



Issue 14. July 2019

Participation News

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Hello and welcome to the July 2019 issue of Participation News. Here you will find up to date information about our work and participation at Sussex Partnership and how you can get involved.

Summer Celebration Event Update

We would like to extend our thanks to all of you that attended our Summer Celebration on Tuesday 2nd July. We have received some great feedback in particular about the feeling of joy and collaboration among attendees!

We would like to pay a special thank you to ALL the people who helped shaping this day and a special thank you to:

- Poetry for wellbeing – Nina Carine
- Singing for wellbeing - Marina Perryman
- Graphic Art Workshop – Andrew Voice
- Pom-Pom dancing - Natalie Butt

We would also like to say a big thank you to Tony at Lunch Positive who supplied us with an amazing lunch buffet and cakes on the day. Please do not be disappointed if your name was not mentioned, there just is not enough space to mention everybody.

Didgeridoo and Circular breathing

At the Celebration we also had the chance to listen to Richard Barton play the didgeridoo and he spoke to us highly about the NHS Crisis and Health in Mind Services. He also told us that the breathing techniques he has mastered whilst learning to play the didgeridoo has helped him relax and helped his recovery.

Organisational Strategy

We are refreshing our organisational strategy – for more information including a film and how to contribute please visit <https://www.sussexpartnership.nhs.uk/our-organisational-strategy-refresh>



The PARTICIPATION WORKSHOP

Formerly known as the Expert by Experience workshop, we have now have dates for our July, August and September 2019 workshops as follows:

- Tuesday 30th & Wednesday 31st July 2019 – Woodside, Hellingly Hailsham, East Sussex
- Thursday 15th Friday 16th August – West Sussex. Southdown, Swandean, Worthing BN13 3EP
- Monday 9th Tuesday 10th September – Brighton & Hove – Hove Community Fire Station, English Close, Hove, BN3 7EE (off Old Shoreham Road, North Side)

All workshops start at 10am and finish at 4pm. Hot and cold drinks are available but please provide your own lunch. Travel expenses will be reimbursed on the day.

The workshops are an interactive peer led introduction to participation at Sussex Partnership, they aim to refresh or increase your skills to participate and provide information about how to get involved. For more information and to book your place, please contact: Sussex Recovery College on 0300 303 8086 or book online at <https://www.sussexrecoverycollege.org.uk>

FORTHCOMING WORKING TOGETHER GROUPS

These regular groups (WTG) are for people who currently use Sussex Partnership Services and are interested in getting involved in improving quality locally. We are happy to pay travel expenses.

Contact participation@sussexpartnership.nhs.uk if you would like to take part.

Brighton & Hove Community WTG Aldrington House, 35 New Church Road, Hove. Elm Room 2.00-4.00pm	Brighton & Hove Inpatient WTG Mill View Hospital the Café, Hove 2.00-3.00pm	West Sussex Community WTG Crawley Library, Southgate Aveune, Crawley 1.30-3.30pm
2019.08.23 & 2019.10.25	2019.07.29 & 2019.08.26	2019.07.24 & 2019.08.28
West Sussex Inpatient WTG Langley Green Hospital, Martyrs Avenue, Crawley RH11 7EJ Conference Room 1 1.30-3.30pm	West Sussex Community WTG Chapel Street Clinic, Chapel Street, Chichester PO19 1BX 1.30-3.30pm	Eastbourne Inpatient WTG Department of Psychiatry, Kings Drive, Eastbourne BN21 2UD
2019.07.25 & 2019.08.29	2019.08.01 & 2019.09.05	1 st Thursday of every month 1.00-2.00pm

HAPPY. EBE Poem by Pat Saunders from the Summer Celebration Event

The bus through the Lavant Valley. No two mornings quite the same. In Winter low clouds cling to the top of the Downs. In Summer bright sun in a blue sky. White fluffy clouds billowing along. Sheep in the fields, looking out for the llamas. Not so noticeable if their heads are down. Forests of Yew always so dark green. Hug the sides of the Downs. Bird song in the still air at the Museum. A sense of having travelled back in time. Butterflies alighting on blooms of flowers. Buzzing bees as they gather pollen for making honey.

NOTE: We would like to inform you that we are taking a break in August 2019 due to staff being on annual leave so there will not be a newsletter that month.

