

Sutton Mental Health Foundation

Background



We are here for people in Sutton whose mental health has had an impact on their lives. We support people with mental health needs in the community, helping to keep them well and active and helping them to have a voice in mental health care in the borough.

Our Vision is of a community in Sutton which values mental wellbeing and understands how to respond positively to anxiety and distress

Our Mission is to work together to promote mental well-being, resilience and recovery from mental distress

Our Values

- We do all that we can to keep people safe
- We always welcome and listen to people who want to take part in what we do
- We work together to achieve our goals, respecting the views and beliefs of others and their right to be different
- We are honest with each other and behave responsibly and with integrity
- We acknowledge and resolve disagreements
- We are resilient and encourage each other when things are difficult
- We respect each other's work and are open to innovation and new ideas

How we work

- We offer safe places where people can meet and seek support without being judged.
- We work and learn together and use our experience to understand ourselves better, to grow and to share
- We support each other, recognising that everyone has something to give

Our Services

BELMONT CONNECT

Before lockdown, we ran a drop-in service in Belmont which was open 5 days across the week, offering a home cooked lunch, advice, support and activities based around the 5ways to wellbeing.

During lockdowns, our services have moved on to the telephones, with weekly support calls and bookable telephone appointments.

Outside of lockdowns we have continued our telephone support service, alongside a limited number of face-to-face appointments for those in need. This may be because they need support with housing or PIP, or they need to talk about their mental health, or they just need to see a friendly face after being isolated for so long. We also run a computer hub at the Drop in, as we found around 60% of our service users were unable to access the internet at home. People can have confidential on-line appointments, join meetings or access information as they need to, with as much support as they need. This service is open 10am – 2pm, Monday, Tuesday, Thursday and Friday. Booking is essential - by phone 020 8770 0172 or online at smhf.org.uk

Other online activities include Yoga, Mindfulness, Signpost Sutton Talks, plus CAB Advice sessions and a weekly OCD support group. We also run free courses, in wellbeing and IT, when we can. These can be booked online at www.smhf.org.uk/events or by phoning 020 8770 0172

INTENTIONAL PEER SUPPORT

Through our Intentional Peer Support service, we offer non-judgemental emotional support for individuals and groups. For those experiencing mental and emotional distress this can be a real lifeline. All our peer support workers undergo a 10-week training course, followed by a further period of shadowing an experienced peer support worker. They all have their own lived experience of mental health issues, and so empathise and support from a shared viewpoint.

The Peer Support relationship is purposeful, in that we agree shared goals which are regularly reviewed; the support is not time limited and can be as long or as short, as needed.

Our Peer Support Workers work across the community, including with:

- Perinatal support
- Physical health checks for people on the severe mental illness register
- The Emergency Department at St. Helier Hospital
- Ward 3 at Springfield Hospital
- One to one peer support in the community
- Sutton Nightwatch
- Hearing Voices Group
- Sutton Crisis Café
- Recovery and Support Team

SERVICE USER VOICE

SMHF also supports service users to have a say in the designing and commissioning of local mental health services, through Sutton 1in4 and the Sutton Mental Health (Service Users) Commissioning Advisory Group (CAG). In the past, service users have been involved in developing safeguarding initiatives, training on the use of restrictive practices and evaluating supported housing. We are currently involving a wide range of service users in the development of a Crisis Café for Sutton.

We try to put the views of the people who use our services at the heart of all we do; our staff and volunteers have all lived and/or shared experience of mental distress, which helps make our service supportive and inclusive. Our quarterly magazine, *The Voyager*, is written, compiled, and edited by our service users. It provides a comprehensive and regularly updated directory of local mental health services as well as entertaining articles, opinion pieces, art and poetry.

SUTTON CRISIS CAFE

We have secured funding to pilot a Crisis Café service in Sutton, which if successful will continue until at least 2024. The crisis café will offer a safe space and someone who will listen in a non-judgemental environment for Sutton residents who are experiencing a mild to moderate mental health crisis. It will operate in the evenings and offer alternative to A&E for those needing support.

PEER-LED ACTIVITIES

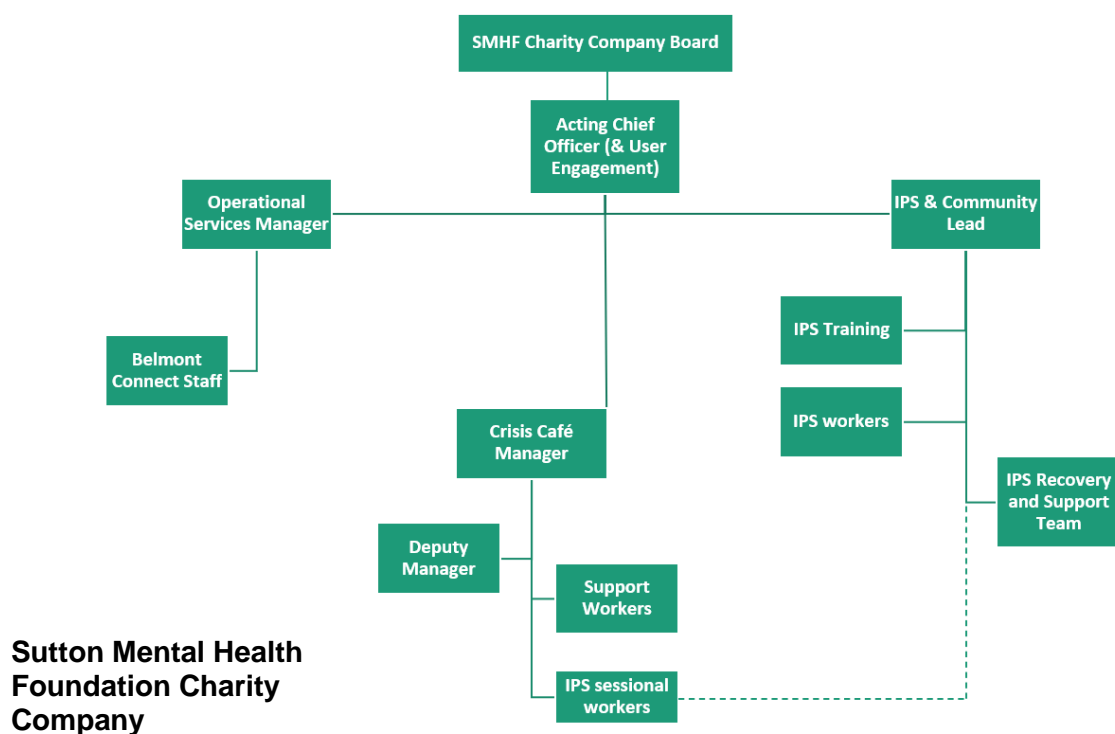
SMHF supports people who use its services to get involved in running peer-led activities, such as the Haven support group, which meets weekly at the Salvation Army in Sutton and Activ8, which organises walks, outings and meals out.

Our Organisation

Sutton Mental Health Foundation is a registered charity. That means we are an organisation whose primary purpose is to create social impact rather than profit.

We are registered with the Charity Commission and with Companies House as a charitable company and are governed by charity law. We have an independent board of directors, also called Trustees, who are volunteers. They are responsible for deciding on strategy and priorities and controlling the work, management, and finances of the charity on behalf of its beneficiaries. The Board appoints senior management staff who are tasked with the day to day running of the organisation.

Our Board consists of a chair, treasurer, and other board members who help oversee the charity's work.



CONTACT DETAILS

Phone: 020 8770 0172

Email: admin@smhf.org.uk

Website: www.smhf.org.uk

Newsletter: http://eepurl.com/gU_a5z Facebook: @SuttonMentalHealthFoundation

Twitter: @SuttonMHF

Instagram: [suttonmentalhealthf](https://www.instagram.com/suttonmentalhealthf)