

Wellbeing Welcome the New Year

*Helping you to
Live Well*



Welcome

Contents

Hello and welcome from the Wellbeing Engagement Team to the Winter Edition of our newsletter.

This is a demanding time of year for many of us and we have packed in as much advice and signposting as we can.

Many people find this time of year a struggle emotionally and it is important to know that there is support out there. Our clinical team have introduced some new workshops dealing with financial stresses and worries as well as new workshops for Carers and a series aimed at elderly communities, including one on the 'Fear of Falling' and 'Living Well in Later Life'.

We also include some news on our community engagement and the development of accessible community resources.

As always a massive thank you to all our contributors and if you or your organisation have any queries or contributions for our Summer Newsletter then please get in touch.

Suffolk.communityteam@nsft.nhs.uk.

Enjoy!

Julie



- 1 Who are we, what we do
- 2 Warm spaces
- 3 Warm homes, healthy people
- 4 Other ways to get help
- 5 Write Prescription
- 6 Senior Message
- 8 Little things, big difference
- 9 2023 What's On
- 10 Wednesdays with Wellbeing
- 11 Safe Rooms
- 12 Not Alone
- 13 PHOEBE
- 14 Friends 1 year on
- 15 Coproduction Catch Up
- 16 Ipswich Community Media
- 17 What is an IAPT service?
- 18 Suffolk Family Carers ND Team
- 20 Mindful Living
- 21 InfoLink
- 24 Signpost
- 25 Wellbeing Workshops
- 26 Don't forget your D
- 27 Referral information

Wellbeing Suffolk

Who we are, what we do

Wellbeing is important to us all. We want to feel good about ourselves, to get the most out of our lives and feel connected to other people. 'Wellbeing' means feeling more than just happy and confident, it means feeling able to cope when things get tough in our lives or when our physical health suffers.

Wellbeing Suffolk provide a range of support for people with common mental health and emotional issues, such as low mood, depression or stress. We work with you to help you make the necessary changes to improve your wellbeing and quality of life. Our services are free and are available for people aged 16 or over.

Scan this code to visit
our self-referral page

If you are aged 16 or over you can access our support through your GP or any other health or social care professional, or you can self-refer →

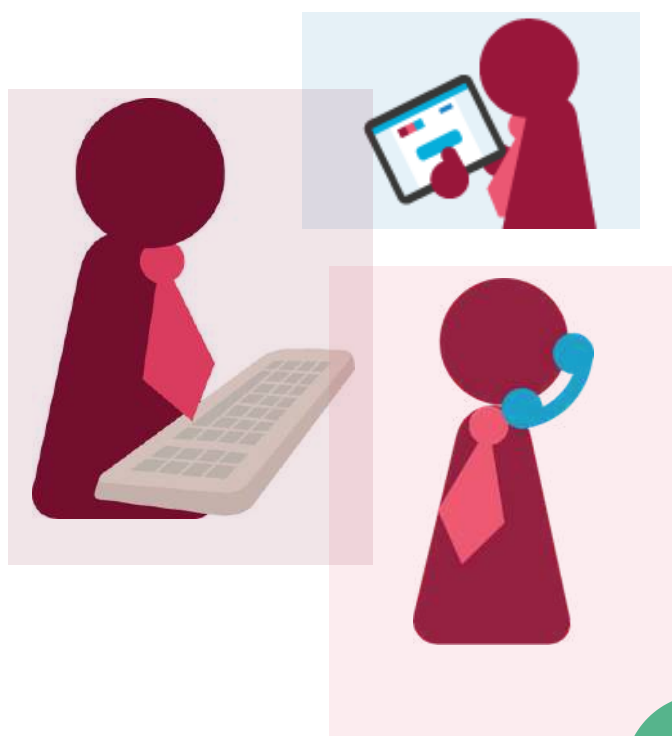


You can also call us, our lines are open 8am-8pm Monday to Friday

0300 123 1503

Services we provide include:

- One-to-one support
- Online Workshops easy to access sessions helping you achieve a better sense of wellbeing
- Self-help advice, helping you find other support for issues affecting your wellbeing such as debt, housing, employment
- Relationship counselling for couples, individuals and families
- Wellbeing in the Workplace support for organisations and their employees
- Employment Support
- Peer support and access to community events in your area
- Regular Wellbeing newsletters



Warm spaces

This winter has hit many of us hard. The financial stresses and strains of January particularly acute in 2023. With so many people in need there is no shortage of support and help for those struggling. We have put together a bunch of information and signposting to help. If the stress and worry of money is impacting you Wellbeing have a dedicated online workshop, Coping with Financial Stress. The session is presented live by our experts who will share strategies and techniques to help with stress and worry, to help improve how you feel during this challenging time. It runs weekly, every Tuesday 6pm-7.30pm. Scan the QR code below to find out more or book your free place.



Where the warm spaces are

Our good friends at the Rural Coffee Caravan have been hard at work mapping where all the warm spaces are across the county. You can find the map on their website and search for a warm space near you. If you know of a warm space that isn't on it, let the team know.

ruralcoffeecaravan.org.uk



Suffolk Libraries Be Kind in Kind



The libraries have launched a new initiative called Be Kind in Kind which aims to give support to people this winter. Wellbeing will be linking their 'Coping with Financial Stress' workshop with the libraries in our ongoing partnership working. More details of what is on offer can be found on the Libraries website or just pop along to your nearest branch.

www.suffolklibraries.co.uk

Warm Homes Healthy People

The project can provide the following for eligible residents in Suffolk:

- Grants for First Time Central Heating.
- Boiler or heater stopped working? Warm Homes Healthy People can lend you electric heaters and point you in the direction of any grant funding available such as assistance in applying for a local authority renovation or home assistance grant.
- Do you own or privately rent your property? Warm Homes Healthy People can arrange for an independent surveyor to visit your home and discuss energy efficiency improvements that could make a real difference to your heating bills.
- The project can also access grants to help pay for insulation and basic draught proofing

Warm Homes Healthy People is a long standing service offered by Suffolk County Council and works all year round to ensure that those living in fuel poverty get the support they need to stay warm in winter. Suffolk's Warm Homes Healthy People is a project designed to help vulnerable people and families make their homes cheaper to heat.



Call Warm Homes Healthy People on 03456 037 686 or email whhp@eastsuffolk.gov.uk if you have a questions.

Winter fuel payments

Contact Citizens Advice Bureau on 01473 298634 or email survivingwinter@ipswichcab.org.uk. You can also visit 19 Tower Street, Ipswich, Suffolk, IP1 3BE. The CAB also visit some libraries for drop-in sessions. You can find out where on the Libraries website. www.suffolklibraries.co.uk

Note: Age UK are no longer offering fuel payments.

Further assistance

- Making your home warmer as well as more energy efficient
- Help with getting your home properly insulated and draught proofed
- Emergency boiler and heating repairs - this is subject to funding availability and eligibility criteria applies
- Loan of temporary heaters in an emergency
- Cheaper oil prices and access to interest free loans via Eastern Savings and Loans
- Please note: If you have substantial savings, any financial assistance may be limited.

Other ways to get help

In the first instance contact your energy supplier. They offer a range of services to older or vulnerable customers and people on low incomes, including cheaper energy deals and free or subsidised energy efficiency measures.

All gas or electricity companies offer a Priority Service Register to customers who are older, disabled or have a chronic illness.

Benefits

If you are concerned about the cost of heating your home you may be eligible for various benefits and schemes.

- **British Gas Energy Trust** Find details of trusts and funds to help with energy and water bills
- **Charis Grants** can help people who are struggling to pay their energy charges and other household bills and costs
- **Community Action Suffolk Community Buying Ltd** is a countywide oil-buying syndicate which enables members to buy heating oil at reduced prices
- **Energy Saving Trust** offers impartial advice on how to reduce carbon emissions, use water more sustainably and save money on energy bills
- **Essential services:** getting extra help free services that can give you extra help if you're older, ill or have a disability, or you've suddenly found yourself in vulnerable circumstances
- **Keep warm, keep well** is a government information leaflet for people over 60, low-income families and people living with a disability. It includes advice on getting prepared for the cold weather and financial help to heat your home
- **Lofty Heights** A loft emptying service for elderly and disabled people to allow them to take advantage of the free insulation schemes on offer
- **Priority Register Support** for vulnerable people who need extra support during a power cut
- **Surviving Winter** A chance for those who receive a winter fuel payment that they don't need to donate it to a fund to help others who do.
- **Winter are you prepared?** Essential information about staying safe and healthy this winter
- **Winter Wrapped Up** Tips from Age UK on how to keep warm and well
- Anyone who has a vulnerable relative or neighbour is urged to help them find out more about what support and assistance might be available to them.





January is named after Janus, the Roman god of beginnings and endings

Wellbeing Suffolk's Write Prescription

For many of us January and the New Year is a time of reflection and new beginnings. We have put together some reflective writing prompts you may find useful.

Janus was the god of beginnings and transitions in Roman mythology, and presided over passages, doors, gates and endings, as well as in transitional periods such as from war to peace.

He was usually depicted as having two faces looking at opposite ways, one towards the past and the other towards the future.

As a god of beginnings and transitions both in literal and abstract ways, he was also responsible for motion, changes, and time. He was present in the beginning of the world, guarding the gates of Heaven, and he also presided over the creation of religion, life, and even the gods. He was probably considered the most important Roman god, and his name was the first to be mentioned in prayers, regardless of which god the worshipper wanted to pray to.

- What was the best thing that happened to you last year?
- Describe last year in five words. What do these descriptions mean to you?
- Do you think the world will be better or worse in the new year and why?
- What do you hope to be doing in 10 years?
- By the end of the year, I will...
- What was your favourite part about last year?
- Last year was a year of...
- This year will be a year of...
- If you could celebrate the new year from anywhere in the world, where would you go?
- What is the best way to ring in a new year?
- How long does it take you to get used to the new year?
- How can you improve your life in the new year?
- How do you feel at the start of a new year?
- What is your favourite New Year's memory?
- Are you sad to see the old year pass?
- How was your last year successful?
- Set three goals for the new year. How will you keep them?
- Do you believe New Year's resolutions are helpful?
- When you were younger, what did you think of New Year's?
- What does it mean to have a fresh start?
- What did you accomplish last year?
- What are your goals for next year?

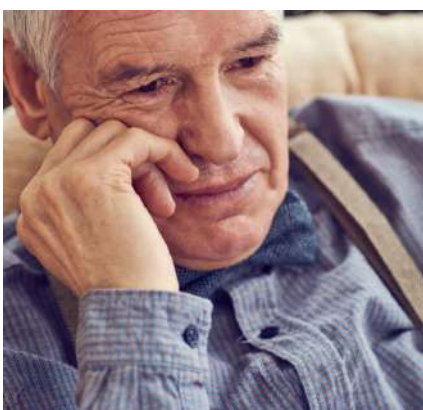
Seniors Message

Winter can be especially isolating for the elderly and rurally isolated. We've put this helpful guide together to help you or someone you know understand how they might be feeling and what to do about it.

It can be hard to recognise the symptoms of a mental health problem. This means they can be overlooked or mistaken for physical health conditions – or just part of getting older.

Spotting signs and symptoms

Recognising the symptoms is the first step towards helping yourself feel better. If you're experiencing some of the feelings or symptoms described here, it's worth speaking to your doctor or nurse about them – whatever the cause, they might be able to help.



Changes within your body:

- having physical aches and pains with no obvious physical cause
- getting pins and needles a lot
- moving very slowly, or being restless and agitated
- breathing faster than usual
- feeling lightheaded, dizzy or sick
- having a fast, thumping or irregular heartbeat
- sweating or experiencing hot flushes
- having panic attacks (sudden, intense bouts of anxiety or fear).

Changes to your mood:

- feeling low
- feeling irritable, restless or tense
- feeling guilty, worthless or hopeless
- feeling numb
- feeling isolated
- feeling like bad things will happen to you or your loved ones
- feeling tired all the time
- feeling confused or forgetting things
- worrying a lot and not being able to relax
- finding no pleasure in things you used to enjoy.

Changes in what you do:

- avoiding social activities
- having trouble speaking or thinking clearly, or making decisions
- taking less care of your appearance
- eating or sleeping more (or less) than usual
- drinking more alcohol than usual.



Feeling lonely

You might be feeling lonely for a number of reasons. Perhaps you've lost a loved one, moved away from friends and family, or lost the social contact you used to get from work. Perhaps you have health problems that make it difficult for you to go out and do the things you enjoy.

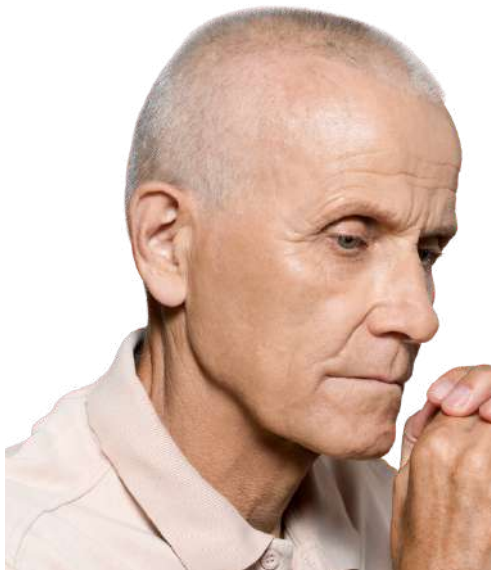
Being lonely doesn't necessarily mean you have no one nearby. You can be surrounded by friends and family but still feel lonely. Loneliness can have a real impact on mental wellbeing. If you speak to your doctor or nurse, they might be able to suggest things you can do to help.

Feeling worried

'Anxiety' describes how we're feeling when we're worried, stressed or afraid. It's a feeling many of us experience now and again. But you should speak to your doctor if you:

- feel anxious for long periods of time
- get worried about lots of things
- lose your appetite because you're anxious

Being anxious can have a big impact on your overall health, so it's important that you get support if you need it.



Feeling low

Everyone feels down from time to time, and usually it passes. But if you've been feeling down for a while, or if you often feel down, then it's important to speak to someone. Maybe the activities you used to enjoy aren't giving you as much pleasure anymore. That isn't 'just part of getting older' like some people think – life should bring us joy at every age.

Perhaps start by telling a family member, or your doctor or nurse – whoever you feel comfortable with. Remember that doctors and nurses see lots of people with similar feelings – and they know how to help.

It can be hard to admit you're feeling low, but talking to someone can take some of the weight off your shoulders.

Feeling unmotivated

We've all felt unmotivated before – whether we can't face doing chores around the home or we don't fancy going out and socialising. But long periods of feeling unmotivated, lacking energy and losing interest in things you'd normally enjoy can indicate that something else is going on. It's always best to speak to your doctor or nurse if you've noticed you've been feeling like this for a while.



Little things, big results

Things you can do that might make you feel better

Just as you can do things to look after your physical health, you can do things to look after your mental health. Here are some suggestions:

1. Be kind to yourself

It's important to have a treat from time to time and do things that you enjoy. Try to find time for your favourite activities, whether that's cooking, going out for lunch with friends, or sitting down with a good book. Talking to friends is a great way to relive old memories and remind yourself of the positive things in your life. Spending time with other people can prevent you from feeling lonely or anxious and give you a chance to share experiences, thoughts and ideas.

2. Get enough sleep

Our sleep patterns change as we get older, and a lack of sleep can directly affect the way we feel. If you're having trouble sleeping, try cutting back on daytime naps and reduce the amount of caffeine you drink. Try to make time to relax and unwind each evening, perhaps by reading a book, listening to the radio, or having a bath.

3. Eat well and drink sensibly

What we eat and drink can have a real impact on how we feel. Try not to fill up on too many unhealthy things – but also be alert to any signs you may not be eating enough, such as losing weight unexpectedly.

4. Keep active

As well as keeping you healthy, being active is a great way to improve your mood, as it increases the production of endorphins (brain chemicals that make you feel happy). Being active can also clear your mind and help you relax. It's never too late to start being more active, and there are lots of simple ways to move more – even things like gardening, going for a walk or chair-based exercises can make a difference to your mood.

5. Create structure to your day and set yourself goals

Most of us look forward to having more time to ourselves – but when it actually happens, it can be hard to adjust to the loss of structure and purpose in our day.

Setting goals and making plans can help bring purpose and meaning to our lives. Start small and make sure you're realistic – for example, you could set yourself a goal to go for a 10-minute walk each day. You could also choose to do some volunteering to help give yourself routine and structure.



2023

What's On
Where we'll be and when

1st and 3rd Tuesday

10-11am and 6-7pm

Become a **Wellbeing Friend** via Zoom -
register on our **Community Events** page



2nd Thursday

1.30-3pm

Community Network Meeting for Professionals
via Zoom - more information below



4th Wednesday

1-3pm

Wednesdays with Wellbeing - 5 Ways Fairs
for Professionals and Public to celebrate positive
Wellbeing in person around the county. Find out more
on our **Community Events** page



Community Network Meetings

Just for professionals working in statutory, voluntary and charity sector health and social care community work. These meetings are a chance to get together to share the work you do and look at ways of forging closer links to the benefit of service users. Email the team for more details about these or any of our regular events.

Suffolk.communityteam@nsft.nhs.uk



Coming in 2023

Wednesdays with Wellbeing

Five Ways Fairs

This year we are getting out and about with our very own roadshow. Entitled Wednesdays with Wellbeing, 5 Ways Fairs, they will be held on the fourth Wednesday afternoon of every month between 1pm and 3pm.

The fairs will be held in different locations across the county and we will be inviting care providers and organisations to come along and help us to celebrate all the different ways in which the Five Ways to Wellbeing can transform your health and wellbeing.



25th January	Leiston
22nd February	Stowmarket
29th March	Haverhill
26th April	Newmarket
24th May	Sudbury
28th June	Ipswich
26th July	Felixstowe
23rd August	Eye
27th September	Bury St. Edmunds
25th October	Mildenhall
22nd November	Shotley
6th December	Ipswich

Drop us an email on

Suffolk.communityteam@nsft.nhs.uk

If you would like to get involved and join us at one of our locations, or could provide a free venue then we'd like to hear from you.

Safe rooms

UK Says No More charity is working with organisations across the UK to offer safe spaces. If you are experiencing domestic abuse and are unable to access help from home, there are places that you can go to for immediate help or for information. Nationwide domestic abuse charity UK Says No More is working with many organisation across the country to offer Space Spaces for people to go.

Suffolk Libraries and many pharmacies, TSB banks and Morrisons supermarkets offer a safe place where you can go to access information or to make a phone call to the Suffolk Domestic Abuse Helpline or, if in immediate danger, the Police.

Safe Spaces are equipped with information and facilities to give you access to help, support and advice. Ask for the Safe Space in one of these outlets and staff will direct you to their consulting room - all confidentially, all without pressure.

"Is there anywhere I can physically go for help?"

"I once ran into Ipswich County Library when being chased by my ex-partner because I knew he wouldn't follow me. Having a designated safe space for victims/survivors to go to for support, respite and peace is so important. I've always seen libraries as non-judgemental spaces that anyone can use. Having library staff with some knowledge about domestic abuse will make victim/survivors feel more comfortable and safe." Anonymous

Bruce Leeke, Chief Executive of Suffolk Libraries, said: "Our libraries have always offered a welcoming and non-judgemental environment with staff willing to listen and help. Our colleagues receive a huge range of queries every day, often using their knowledge and skills to refer people to other organisations for help. If you're affected by domestic abuse it can be difficult to know who to turn to so we want everyone to know that libraries are safe spaces and that we can help."



FIND A SAFE SPACE NEAR YOU

How to access a Safe Space

- Walk into any participating safe space in the UK
- Ask a member of staff at the counter to use their safe space
- You will be shown to the Safe Space which will be a private room
- Once inside you can use the safe space in whichever way works for you. They provide a safe and discrete way to reach out to friends and family, contact specialist support services and start your journey to recovery.



Not Alone



Anglia Care Trust (ACT) have partnered with Suffolk County Council to deliver the Suffolk Domestic Abuse Helpline. ACT man the 24/7, free, confidential phone line and direct calls appropriately.

- The Suffolk Domestic Abuse Helpline is here for you
- Call if you are a survivor of domestic abuse and need action
- Call if you're concerned about a friend/family member or colleague and need advice
- Call if you're a professional and need guidance

ACT is a multi-service charity based in Ipswich with one of their services being Domestic Abuse Outreach Support. They offer services such as Housing, Drug and Alcohol Recovery and Money/Employment Advice as part of their remit which makes them qualified to offer support, advice and action to callers.



According to the DVA Foundation:

Only 3 in 10 LGBTQ people who have experienced domestic or family violence have told someone about it

Available evidence indicates that over 60 percent of lesbian, gay, bisexual, transgender and queer (LGBTQ) people have experienced domestic or family violence (DFV)

According to Refuge, the charity that runs the National Domestic Abuse Helpline:

1 woman in 4 will experience domestic abuse over the course of her lifetime

Every 30 seconds the police receive a call for help relating to domestic abuse

On average, 240 women call the National Domestic Abuse Helpline every single day.

According to the Mankind Initiative, a charity that helps men to escape domestic abuse:

576,000 men were victims of partner abuse in 2018/9

In 2017/8 nearly half of male victims failed to tell anyone they were suffering

Men are three times less likely to tell anyone than women.

BME Support for Violence Against Women and Girls

Violence against women and girls (VAWG) is a fundamental human rights violation, affecting around one in three women and girls around the world.

Women and girls experience violence and discrimination in every society, simply because of their gender.

Millions of women and girls face many forms of violence throughout their lives, including rape, sexual exploitation, female genital mutilation (FGM), human trafficking, modern slavery/servitude and early and forced marriage.

Survivors of violence often experience a myriad of challenges, from psychological and physiological distress which may include, Post Traumatic Stress Disorder (PTSD), suicidal thoughts and tendencies, self-harm, substance/drug abuse, and depression to injury, HIV, STIs and unwanted pregnancy

In the longer term, violence and the threat of violence can stop girls from going to school, from being able to choose if and who they marry, and from reaching their full potential.

There has been minimal traction on the Domestic Violence Bill compounded by the proposed modifications to the Human Rights Act that minimise the protection mechanisms of women and girls thus leaving substantial gaps within our system and putting women and girls.

That is why at Phoebe we are committed to ending violence against women and girls in our community and beyond. We work with communities to prevent and respond to violence against women and girls and create sustainable, long-term change.



Violence Against Women and Girls (VAWG) encompasses a myriad of gender based violence which include but are not limited to:

- Domestic violence & abuse;
- Sexual violence (Inc. rape);
- Stalking;
- Prostitution & trafficking;
- Sexual harassment;
- Female Genital Mutilation (FGM);
- Forced Marriage;
- Honour Based violence (HBV);
- Sexual exploitation

info@phoebecentre.org.uk or
call on 01473 231566

National Helpline



One year in

Has it really been over a year since we introduced our Wellbeing Friends Project?



The Project was launched on World Mental Health Awareness Day 10th October 2021 and has been embraced by the people of Suffolk.

In that time we have inducted around 300 Wellbeing Friends and have begun to work in partnership with a number of organisations to ensure that people of all abilities, diversities and ages are able to access the session.

The idea behind the Friends project is to help raise awareness of the valuable support available for common mental health issues.

The Wellbeing Service is part of a country wide strategy called IAPT, which stands for Improving Access to Psychological Therapies.

The Friends Session goes over what it is Wellbeing Suffolk do and how people can access the support we offer. It is a great way of understanding the service more so that you can be armed to help signpost and spread awareness.



New Developments

We have developed a special Wellbeing Friends Programme for young people.

We have also developed an Easy Read version for those who are Neurodiverse or have English as a second language.



To find out more you can visit our Friends page on the website.

Co-production Catch Up

Interactive Five Ways to Wellbeing



The Five Ways to Wellbeing are a set of changes you can make in your day- to-day life, which may seem small but add up to make a big difference in the way you feel and help improve wellbeing.



The Wellbeing Engagement Team have been working to make these principles accessible to those in our communities who are marginalised in some way. We have been working in particular with Ipswich Community Media and delivered an interactive Five Ways to Wellbeing session to two of their ESOL classes. It was a valuable learning experience for all and enabled our Engagement workers to reflect and refine the session to meet the diverse range of abilities in the groups.



Above all it allowed us to continue to build awareness and trust with organisations and individuals who need support for their wellbeing.



The team have also been engaged with The Bridge Project and ACE Anglia in adapting the Friends session so that it is accessible to the Neuro-diverse communities.



"I love the co-production work we do. It is part of my job that really gets to the heart of what an IAPT service is all about. It's crucial that we work with hard to reach communities and make sure they are empowered to access the support they need. It has been a privilege to work with so many passionate people, who like us are driven by meeting the needs of our clients and communities" Julie, Engagement Worker.



What ICM aim to do:

- **To advance education of the public in communication skills through media, ESOL, and information technology**
- **To develop the capacity and skills of the economically and socially disadvantaged in the East of England**
- **Promotion of Equality and Diversity by promoting activities to foster understanding between people of diverse backgrounds**
- **Cultivating sentiment in favour of equality and diversity**

Ipswich Community Media was launched in 2015 by a group of people with a shared vision to serve the local community through music, media, the creative arts and language learning.

ICM's focus is rooted in a deep belief in fairness and social justice to work with those at the very margins of society to make Ipswich a better place for all.

All of their offerings are free at the point of access because they passionately believe that open access for the most disadvantaged in our community is vital for a healthy inclusive society.

They are based just off Norwich Road in Ipswich, one of the most diverse and exciting areas of our town. It is also an area with many challenges, as Westgate Ward is one of the most deprived wards in the country. But with around a third of local residents from migrant and refugee communities they are proud to be part of such a diverse neighbourhood.

Empowerment Inclusion Empathy Fun Integrity Care



The Hive

The Hive Ipswich CIC (HIVE) is a new grassroots based organisation, developing a multi-functional creative space in the heart of Ipswich, with a leading focus on supporting the diverse community which is predominantly in and around Norwich Road.

What is an IAPT service?



NHS

iapt

Improving Access to
Psychological Therapies

The Improving Access to Psychological Therapies (IAPT) programme began in 2008 and has transformed the treatment of adult anxiety disorders and depression in England.

IAPT is widely-recognised as the most ambitious programme of talking therapies in the world and in the past year alone more than one million people accessed IAPT services for help to overcome their depression and anxiety, and better manage their mental health.

The priorities for service development are:

- Expanding services so that 1.9m adults access treatment each year by 2024.
- Focusing on people with long term conditions. Two thirds of people with a common mental health problem also have a long term physical health problem, greatly increasing the cost of their care by an average of 45% more than those without a mental health problem.
- Supporting people to find or stay in work. Good work contributes to good mental health, and IAPT services can better contribute to improved employment outcomes.
- Improving quality and people's experience of services. Improving the numbers of people who recover, reducing geographic variation between services, and reducing inequalities in access and outcomes for particular population groups are all important aspects of the development of IAPT services.

IAPT services are characterised by three things:

- **Evidenced-based psychological therapies:** with the therapy delivered by fully trained and accredited practitioners, matched to the mental health problem and its intensity and duration designed to optimise outcomes.
- **Routine outcome monitoring:** so that the person having therapy and the clinician offering it have up-to-date information on an individual's progress.
- **Regular support and outcomes focused supervision** so practitioners are supported to continuously improve and deliver high quality care.

Suffolk Family Carers

Living Fuller Lives

The Neurodevelopmental Differences (ND) Project at Suffolk Family Carers is part of the Neurodevelopment pathway. The pathway provides routes to gaining a clinical assessment for neurodevelopmental differences, for children and young people, and also to receive guidance and support from non-clinical organisations, such as Suffolk Family Carers. The Children's Charity Barnardo's is co-ordinating the Neurodevelopmental Pathway and is receiving referrals for this service, they will also guide parents and carers to support.

So what are neurodevelopmental differences? Neuro (nerves) developmental (how the nerve pathways carrying messages to and from the brain are created) involve the brain's influence on how your body functions. Everyone's brain works in different ways but neurodevelopmental differences, such as Autism and Attention Deficit Hyperactivity Disorder (ADHD), mean that the way you see, hear or feel the world is different to others. Some experiences may include social, communication, concentration and memory difficulties.

Neurodevelopmental Differences Project

If you care for a child or young person who may have a diagnosed or undiagnosed neurodevelopmental differences you may benefit from support from one of the voluntary organisations that are commissioned to provide this support, these include; Families Together Suffolk, Access Community Trust BEANs service, Green light Trust, The Befriending Scheme, Suffolk Family Carers, Family Action West Suffolk, and Noise Solution. These organisations work in a variety of ways and in various locations, many also provide peer support groups, workshops and courses. You can have support whilst your child is waiting for a diagnosis, during the diagnostic process or post diagnosis.

If you feel that your child needs an assessment for a neurodevelopmental difference you will need to provide a range of evidence, with the support of other professionals who know your child well, and complete the NDD pathway referral form.

Meet the Suffolk Family Carers Team



Michelle - Project Lead



Angela - Family Adviser



Katie - Family Adviser



Scott - Youth Peer Worker



Wendy - Family Adviser

PARENT CARER DROP-IN SESSIONS

Parent Carer Drop-in for those who have children with Autism, ADHD, Sensory Processing Difficulties or behaviours that indicate a Neurodevelopmental Condition.



Every 2nd Tuesday of the month
10am to 12noon
Suffolk Family Carers, Claydon

MORE INFORMATION

Suffolk Family Carers

Living Fuller Lives

To access support or an assessment you should look at the information provided on Suffolk InfoLink under East and West Suffolk Neurodevelopmental Pathway and complete the NDD pathway form which is downloadable from that page.

Completed forms should be submitted to NDDAdmin@barnardos.org.uk

The Suffolk Family Carers ND Project provides support to the whole family. You can access this support if;

- Someone in the family, under the age of 25, has a diagnosed ND difference such as ADHD, ASD or sensory processing difficulties.
- Someone in the family, under the age of 25, has behaviours that could indicate an ND difference e.g. distressed behaviour, social communication difficulties, difficulties concentrating, frequent issues with school resulting in being sent to isolation/inclusion room or being excluded, sensory issues with food.
- That the family/parent/carer/child is looking for support that is related to the ND difference in some way. This can be a wide range of areas that they may be struggling with due to the ND difference.
- Sibling carers, parent carers and the young person themselves can all be supported.

The support from Suffolk Family Carers includes direct work with you and your family, workshops, courses, whole family activities, peer support groups and parent carer respite activities. They also send out ND Connected, an informative newsletter to parent carers, you can register to receive this into your inbox here

'Parent Carers | Suffolk Family Carers'

(suffolkfamilycarers.org/parent-carers/). A space for parents is a specific area on their website where you can find useful articles relevant to parent carers **'A Space for Parents Archives | Suffolk Family Carers'**

(suffolkfamilycarers.org/category/a-space-for-parents/)

Referrals for support from Suffolk Family Carers ND Project should be made using the NDD pathway referral form, completing section 1 only, and sending to NDDAdmin@barnardos.org.uk. For further information about the wide range of support that Suffolk Family Carers offers to family carers please visit **Suffolk Family Carers, Established Charity Helping Family Carers** (suffolkfamilycarers.org) or contact our Information Hub on 01473 835477.



Mindful Living

Introduction to Mindfulness

One of our one off workshops introduces the idea of Mindfulness.

The practice of mindfulness may be completely new to you or something you want to better incorporate into your daily routine. Whatever your motivation, this one-and-a-half-hour workshop introduces and details the principles and techniques of mindfulness. Scan the code or go to Workshops on our website to book your place.



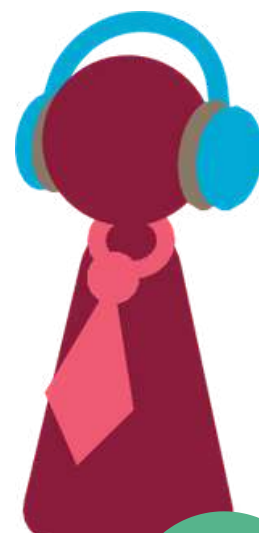
The Mindful Living Course

Mindful Living is a free course for those who would like to bring mindfulness into their daily lives. It's a self-directed programme that works well with the workshop and you can do this from the comfort of your own home. The course is split into 4 chapters covering the themes of; present moment awareness, mindfulness of the breath, connecting to the body, and compassionate responding.

Each chapter includes a video tutorial and accompanying booklet. Chapters 2 to 4 also include audio files of guided meditations that you are encouraged to practice regularly as you work your way through the course. Please note: you will need access to broadband internet to view the course materials.



Please remember to read the course introduction before getting started. This can be found at the beginning of booklet 1 and will give you a sense of what it will be like to undertake this programme.



What is Suffolk InfoLink?

Suffolk InfoLink is an online directory of community information; local clubs, societies, community and voluntary organisations, childcare providers and services. It lists voluntary and statutory organisations, giving priority to those based in Suffolk. National or international organisations may be included where a local contact or branch is available or if they offer relevant services for which there is no local provider.

For those who need to know

InfoLink.suffolk.gov.uk

Good information is available to everyone in Suffolk

Suffolk residents can and are using the information and existing pathways to achieve good outcomes, including:

- Getting out and about
- Connecting with their local community
- Referring into the support they need

- All organisations are community based or represent a significant contribution to their local community
- They provide goods, activities or services that help people to maintain their independence, encourage healthy lifestyles and promote wellbeing
- They offer opportunities to participate in cultural activities

Latest News Feed

A new feature on the site is scrolling news feed which is updated regularly to keep communities updated on what's on. Contact the team if you have anything to share.

InfoLink.suffolk.gov.uk



**150,000+
hits a
month**

Suffolk
infoLink

www.suffolk.gov.uk/infolink

**500,000+
users**

**Average 400
records updated
a month and 24
new records a
month**

**Access via
mobile, tablet
or desktop**

Contact the Suffolk InfoLink
team

Our help page might have the
answer you're looking for, if not
we can help you with:

- Logging into your Suffolk InfoLink account
- Guidance on updating your Suffolk InfoLink entry
- Feedback about the site

Email: infolink@suffolk.gov.uk

Phone: 01473 265265

InfoLink.suffolk.gov.uk

**In 2022 3M+
page views**

Top searches

1. Vaccinations

2. Parish

Councils

3. Childminders

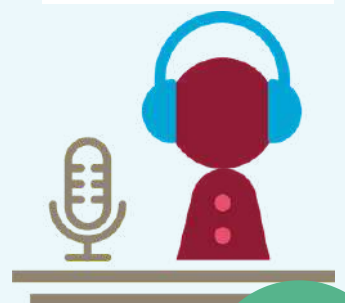
4. Mental Health

- Episode 1 – What is Resilience
- Episode 2 – What is Self-care and Self-Compassion
- Episode 3 – Wellness Action Plans
- Episode 4 – Keeping Well – Christmas 2020
- Episode 5 – The Stages of Recovery
- Episode 6 – Sharing our Recovery Stories
- Episode 7 – Reading and Recovery
- Episode 8 – Stress
- Episode 9 – Nature
- Episode 10 – Volunteering & our mental health
- Episode 11 – Being Active & our mental health
- Episode 12 – Sleep & our mental health
- Episode 13 – Disability & mental health
- Episode 14 – Taking first steps to managing your mental health
- Episode 15 – Wellbeing in Winter
- Episode 16 – Reflections on the Pandemic
- Episode 17 – Exam Results Day
- Episode 18 – How the Caring role can impact your Wellbeing

Wellbeing

PODCASTS

**Take a look on our
website for a
whole series of
podcasts to help
you to live your life.**



[wellbeingnands.co.uk / suffolk / podcasts /](http://wellbeingnands.co.uk/suffolk/podcasts/)

22

Signpost

Alzheimer's Society

Charity offering advice, information and support in England and Wales to people with dementia, their families and carers through its helpline and local branches.

Helpline: 0333 150 3456

www.alzheimers.org.uk

Anxiety UK

Charity providing information, support and help to people who have been diagnosed with, or suspect they may have, an anxiety condition.

Tel: 03444 775 774

www.anxietyuk.org.uk

Carers UK

Charity providing advice, information and support for carers, as well as an online community.

Tel: 0808 808 7777

www.carersuk.org

Cruse

Charity offering a dedicated helpline and counselling to support people who have been bereaved.

Helpline: 0808 808 1677

www.cruse.org.uk

Dementia UK

Charity providing information to those affected by dementia, their family, friends and carers. It offers a helpline staffed by Admiral Nurses who can offer advice and support.

Admiral Nurse Helpline: 0800 888 6678

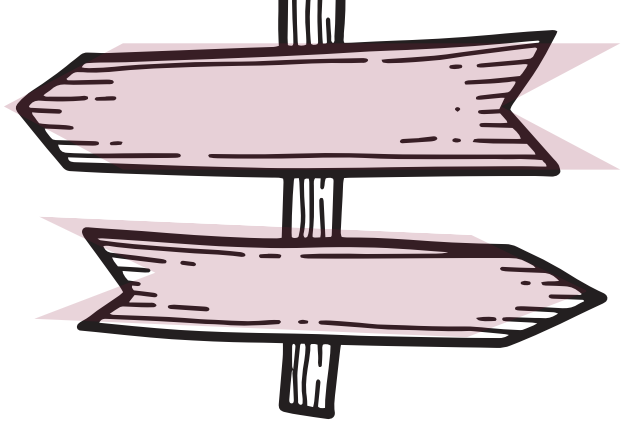
www.dementiauk.org

Depression UK

National self-help organisation that helps people cope with their depression.

Email: info@depressionuk.org

www.depressionuk.org



Drinkaware

Charity aiming to reduce the harm caused by alcohol. It offers information and advice, a free online chat service and a confidential helpline.

Drinkline: 0300 123 1110

www.drinkaware.co.uk

Macmillan Cancer Support

Charity offering practical, medical and financial support for people facing cancer, their carers and loved ones.

Tel: 0808 808 00 00

www.macmillan.org.uk

Marie Curie

Charity providing information, advice and emotional support for people at the end of their lives.

Tel: 0800 090 2309

www.mariecurie.org.uk

Mental Health Foundation

Charity offering information and support on mental health.

www.mentalhealth.org.uk

Ramblers Wellbeing Walks

Organisation that runs a network of health walking schemes in England, Wales and Scotland.

Tel: 020 3961 3300

www.ramblers.org.uk/wellbeing-walks

Re-engage

Charity providing older people with social connections. It runs activities such as regular tea parties.

Tel: 0800 716543

www.reengage.org.uk

Relate

Organisation offering support with personal relationships online, over the phone, or via its network of Relate centres.
www.relate.org.uk

Rethink Mental Illness

Charity offering information and support to anyone severely affected by mental health problems.

Tel: 0808 801 0525

Email: advice@rethink.org

www.rethink.org

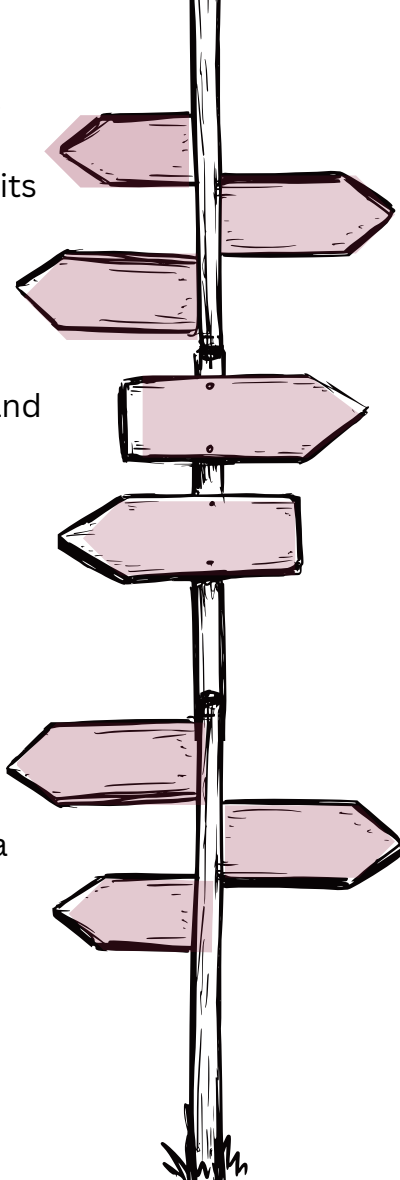
SANE

UK-wide charity to raise awareness and combat stigma about mental illness.

SANEline (open between 4pm and 10pm): 0300 304 7000

Email: support@sane.org.uk

www.sane.org.uk



Samaritans

Confidential helpline offering support to talk about your feelings. Lines are open 24 hours a day, 365 days a year.

Tel: 116 123

www.samaritans.org

Suffolk Family Carers

Wellbeing's partner organisation offering support for carers in Suffolk.

www.suffolkfamilycarers.org

Tel: 01473 835477

Switchboard – LGBT+ helpline

Charity providing information and support for anyone in the UK dealing with issues relating to their sexuality.

Tel: 0300 330 0630

www.switchboard.lgbt

University of the Third Age

UK-wide network of groups for older people who learn together informally.

Tel: 020 8466 6139

www.u3a.org.uk

Support for Older People

How we think and feel can be affected by lots of different things as we go through life but feeling low or worried doesn't have to be a part of growing older.

So if you're feeling low, worried, anxious or stressed, we're here to help you.

We have lots of free support, including talking treatments, workshops and groups, that can help reduce those feelings, especially if you're aged 65 or over.

Take a look at Jacqui's story on our website and see how we can help you to live your life



Wellbeing Workshops

How can they help me?

Our workshops can help you recognise and develop strategies to cope with the stresses and strains we all experience in life that can impact on our mental health and can help you break out of negative patterns to make positive steps forward.

How can I join a workshop?

Simply find the workshop you'd like to join from the list on our website, click 'Request a place on this course' on your chosen date and complete the short form. We'll then email you with the workshop joining details.

wellbeingnands.co.uk/suffolk/get-support/courses/



Top of the workshops

Improving Your Sleep

Join us for a live online workshop for anyone who is experiencing problems with their sleep, regardless of age or physical health difficulties. Sleep is essential to a healthy life in and out of stressful times, so this workshop is here to help.

Anxiety Toolkit

This workshop explores what anxiety is, how it can affect us and those around us - using evidence based techniques we can help you and others to enjoy life and feel less anxious.

Low Mood Toolkit

This workshop explores what low mood and depression are, what keeps low mood going, and shares evidence-based changes anyone can make to feel more positive.

Coping with Financial Stress

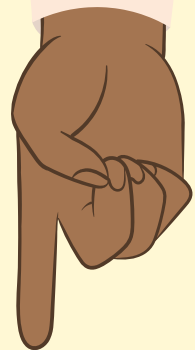
Are you feeling stressed or worried due to the recent cost of living increases? During this workshop our experts will share strategies and techniques to help cope with stress and worry, to improve how we feel during this challenging time.

Improving Low Self Esteem

This 1.5 hour workshop explains what low self esteem is, why we might experience it and how we can start to build healthy self esteem.

and there's more!

- Relaxation Station
- Introduction To Mindfulness
- Money and it's impact on our Relationships
- Relationship Breakups and How to Survive Them
- Moving Forward: after a divorce or break-up
- Intimacy, Wellbeing and Mental Health in Relationships
- Wellbeing over 65 - living well in later life
- Caring for Carers
- Fear of Falling Over
- Wellbeing in the Workplace
- Living Well with Baby
- Living Well with Diabetes
- Living Well with IBS (Irritable Bowel Syndrome)
- Living Well with Pain
- Living Well with Coronary Heart Disease
- Coping with Bereavement
- Understanding Post Traumatic Stress Disorder (PTSD) and the effects of Trauma
- Healthy Relationships (Couples, Children, Teenagers & Families)



Don't forget your D



Some of us are more at risk of not having enough vitamin D even in spring and summer, including those with dark skin (such as those with African, African-Caribbean or south Asian backgrounds), those who are not outdoors often, those in care homes, and those who cover up most of the skin when outdoors. The advice is for these people to take a vitamin D supplement all year round.



There are a range of products and doses available at supermarkets, pharmacies and other retailers; the recommended dose of vitamin D is 10 micrograms (400 International Units (IU)) per day. Taking more than this dose is not necessary, but if you are unable to find a vitamin D supplement providing 10 micrograms (400 IU), products providing up to 25 micrograms (1000 IU) are suitable for everyone.



More advice on vitamin D, including amounts for babies and young children, can be found on the NHS.UK website.

Vitamin D is needed for healthy bones and muscles. Everyone is advised to take a supplement of vitamin D during winter months.

Too little vitamin D can lead to bone problems such as rickets in children, and bone pain and muscle weakness in adults, which may also increase the risk of falls in older people.



Public Health Authority and NICE
(National Institute for Clinical Excellence)



Call 0300 123 1503
wellbeingnands.co.uk



Call 116 123

Children & Young People's Emotional Wellbeing Hub

Suffolk Children and Young People's Emotional Wellbeing Hub

Phone: 0345 600 2090
(Mon to Fri 8am-7.30pm)

Find out more

Information, advice and support for children, young people, families and professionals.

