

Agenda Item 2

If you are interested in our service you can contact us by calling (Freephone) **0800 032 1411** or **020 3513 4044** (charged at your network rate). Lines are open 9am to 6pm.

You can also visit our website www.suttonuplift.co.uk and complete an online self-referral form.

1st Floor

Jubilee Health Centre, East Building

6 Stanley Park Road

Wallington

Surrey SM6 0EX

Fax: 020 3513 3995

Sutton Uplift is delivered in partnership by:

South West London and St George's

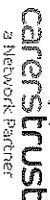
Mental Health NHS Trust



TALK TO US



CHANGING THE WAY WE CARE FOR OTHERS



PROMOTING HEALTH & WELLBEING IN SUTTON



We all go through low points at times in our lives and it is not unusual to experience symptoms related to stress, anxiety and depression. Uplift is a free service for anyone in Sutton experiencing these kinds of difficulties.

Freephone 0800 032 1411

www.suttonuplift.co.uk



imagine

Sutton Uplift is an innovative service which is designed to support your health and wellbeing in a number of ways including:

- Wellbeing Support
- Self management courses
- Psychological Therapy
- Mental Health Assessments
- Recovery Support

How can I access support?

We can suggest a range of options to help you to access support, including:

- Telephone, face-to-face and online support
- Daytime, evening and Saturday morning sessions
- Group sessions in locations across Sutton
- Interpretation facilities
- Self-help resources

Wellbeing

The Wellbeing service aims to support you get the most out of life. Our Wellbeing support is provided through a partnership between Imagine, Age UK Sutton, Off the Record and Sutton Carers Centre which means we can reach and engage with a variety of people across the diverse population of Sutton.

Sutton Uplift is a partnership between South West London and St George's Mental Health NHS Trust and local voluntary sector organisations.

The service is available to people who are 18 years and over and live in Sutton or have a Sutton GP.

If you are interested in our service you can find our contact details on the back page of this leaflet.

Our team of Wellbeing experts have a wide range of experience of engaging with young people, older people, Black and Minority Ethnic communities, carers, and people in work and job seekers. They work across Sutton in community locations as close as possible to your local area. They develop bespoke support for individuals or groups. They will also support you to find and access local activities and community groups which matter to you. This can include:

- Accessing activities that help to keep you both physically and emotionally well
- Developing your confidence to do the things you wish to do
- Learning to relax and cope with the stresses in your life
- Achieving healthier lifestyles such as eating or sleeping well

Self management courses

We run self management courses that are co-run by peer and practitioner trainers from our Recovery College. This brings in professional expertise as well as expertise from peer trainers who have been through courses and developed robust plans to maintain their wellbeing. Courses are designed to support you to recognise and develop your skills and strengths and to support you learn new ones. You will have the opportunity to learn and share experiences with your peers on courses and be given resource lists for further information to continue your recovery.

Psychological Therapies

Psychological Therapies are available in line with the IAPT (Improving Access to Psychological Therapies) model. This is a primary care psychological service for people who experience emotional difficulties including anxiety and low mood. We offer evidence-based psychological therapies, including:

- Guided self-help
- Psycho-educational courses and one-day workshops
- Psychotherapy
- Cognitive Behavioural Therapy (CBT)
- Interpersonal Psychotherapy (IPT)
- Eye Movement Desensitization and Reprocessing (EMDR)
- Behavioural Couples Therapy (BCT)

What happens if I am referred for psychological therapy?

We will arrange a convenient appointment time for one of our clinicians to call you to discuss your difficulties. This call normally takes 30 to 40 minutes. This initial phone session helps us to understand the problems that you would like support with. We then work together to decide what options are best for you.

Mental Health Assessment

Mental Health Assessments will be carried out by a group of experienced Mental Health Nurse Practitioners and Psychiatrists who will work with people who have been identified as having significant mental health difficulties requiring assessment. They will help to decide whether someone needs support or treatment from Sutton Uplift or needs to receive increased mental health support from other services such as Recovery and Support Teams or a Home Treatment Team.

Recovery Support

Sutton Uplift will work with people who have a long standing but stable mental health condition who may require some short term support to improve their quality of daily living, or reduce social isolation. We will also offer additional support with changing or reviewing psychiatric medication and physical health needs.

A team of nurses, pharmacist and psychiatrist will work together to ensure that people with a mental health condition receive greater support in primary care through their GP without having to be referred to a community mental health team.

Give... Helping friends, family, colleagues and strangers links your happiness to a wider community and is very rewarding. Making a habit of doing things for others has shown to increase a sense of wellbeing

Agenda

- ◆ Do something nice for a friend, neighbour or a stranger
- ◆ How about saying thank you
- ◆ Smiling at someone as you pass them in the street
- ◆ Mentor someone or teach someone a skill.

Ways to give in Sutton

- * Dene City Farm
- * Eco Local
- * OTR Jump Start
- * Do-it Volunteering
- * Volunteer Centre Sutton
- * Sutton Shares
- * Imagine Employment
- * Age UK Sutton
- * Sutton Carers Centre
- * Sutton Uplift

IMAGINE
INDEPENDENCE
Imagine Employment and Volunteering:
020 3513 3869

TALK TO US
OFF THE RECORD
Off The Record Jump Start:
020 8669 2524

Sutton
age UK
Age UK Sutton:
020 8770 4090

Sutton Carers Centre:
0208 296 5611

Sutton Uplift: 0800 032 1411 OR 0203 513 4044



IMAGINE
INDEPENDENCE

Take notice & observe



Learn

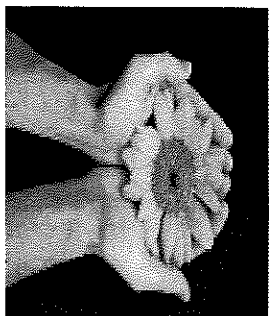


5 Ways to Wellbeing

Active



Give



Connect



Connect... with the people around you family, friends, colleagues and neighbours. People who connect and maintain relationships with others are generally happier and healthier than those who don't.



- ◆ Talk over dinner about your day or plans
- ◆ Phone a friend you haven't spoken to for a while
- ◆ Arrange to meet someone you haven't seen recently
- ◆ Talk to your neighbours - discover things in common
- ◆ www.meetup.com/ - Use this website to find Groups/Clubs and meet people in your local community who share your interests!

Connecting around Sutton

- * Riverside Community Centre
- * Sutton FC
- * The Brook (Wallington)

Be active... Even short periods of less than 10 minutes can improve your mood, energy and self esteem. Exercising is a good way to relieve stress.

- ◆ Lifestyle activities e.g. using the stairs rather than the lift, getting off a stop earlier and walking to work, school, shops
- ◆ Running or cycling in your local park, perhaps with a friend
- ◆ A daily stroll, taking the dog for a walk
- ◆ Gardening, cleaning

Being active in Sutton

- * Sutton Bowling club
- * Sutton Cricket Club
- * Sutton Tennis Academy
- * Spartans Basketball Club
- * GP exercise referral scheme
- * Collingwood Athletic Club

Your local Leisure Centre:

- * David Weir Centre
- * The Phoenix Centre
- * Cheam Leisure Centre
- * Westcroft Leisure Centre
- * The Oaks Sports Centre
- * Sutton Life Centre

Take notice, be curious & observe... Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you

- ◆ Comment on the unusual
- ◆ Notice the changing seasons, plants, flowers, leaves
- ◆ Write down three things that you are really thankful for
- ◆ Sit out in your garden - watch and listen to the sounds
- ◆ Explore your local parks

Observe around Sutton

- * Carshalton Community Allotments
- * Beddington Park
- * Nordic Walking

Learning... can be fun as well as give you more confidence, and it's never too late to start. There are so many different ways to learn

- ◆ Try something new: Learn a new language or fix a bike!
- ◆ Rediscover an old interest/hobby.
- ◆ Take on a different responsibility at work, college, home.
- ◆ Sign up for free online courses: www.futurelearn.com/
- ◆ Learn to play an instrument or how to cook your favourite food.
- ◆ Set a goal or challenge either at home (e.g. **decorating**), work (e.g. **improving your targets, time keeping**) or with friends (e.g. **Race for Life**).

Learning in Sutton

- * Carshalton College
- * Sutton College
- * MAPS Mentoring
- * Sutton Community Farm
- * Learn Direct
- * Recovery College
- * Your Local Libraries

