

March 2021

DERBY CITY LIFE LINKS

OFFICIAL NEWSLETTER



OUR SERVICE

Life Links provides a wellness and mental health recovery service tailored to meet your needs for adults (18+) living in Derby City.

Our information line provides information, advice and navigation services from 9am-5pm, Monday to Friday to help you to find mental health support or any other support you may need.

Our community recovery support is available to you on a 1:1 basis, you can access this support face-to-face at our offices or over the phone.

We facilitate Peer Support Groups and deliver Recovery Education Workshops. These services are currently being delivered via phone and online platforms due to COVID 19 restrictions. We aim to get back to delivering our support at local community venues near to you.

The support we offer focuses on your strengths, needs and future aspirations.

Use your camera to scan here
to visit our website



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WORKSHOPS

This month we are delivering a number of different Recovery Education Workshops via zoom:

- **Positive Psychology**
- **Managing Anxiety**
- **Movement & Mental Health**

Our workshops aim to help the people of Derby to learn ways to manage their mental health and improve their wellbeing. It would be great to have you join us, follow the QR code to our website and reserve your place using Eventbrite or call us.

'THANK YOU FOR THE ICEBREAKER QUESTIONS, REALLY LIKED SHARING DIFFERENT IDEAS PLUS SHARED DISCUSSION ON GROUND RULES. REALLY FOUND THE GROUP USEFUL AND APPRECIATE THE KINDNESS, WELCOMING ATMOSPHERE OF BOTH WORKERS AS WELL AS ADDITIONAL TOOLS'

Member of our crisis to recovery peer support group

VOLUNTEERING WITH US AT DERBY CITY LIFE LINKS

Are you a good listener and empathetic?

We are always looking for friendly and enthusiastic individuals to join our expanding volunteering team. If you are looking for experience in the mental health field or want to contribute to community, please visit our website for details of the roles we have available and how to apply!

UPCOMING EVENTS

Next month is Stress Awareness Month and we are delivering a **Stress Awareness Workshop** following this year's theme: 'Regaining Connectivity, Certainty and Control'. We will explore current events and how this impacts our stress levels, while also learning techniques we can use during stressful periods.

We will be hosting online **open access surgeries** which are held on the first and last Friday of every month. Please come along to find out more about our service.

PEER SUPPORT GOUPS

We understand that with Coronavirus our daily lives and the way we have connected with others has changed.

At Life Links, we hope to bring people together and build a network of people with shared experiences to support one another. Our Peer Groups are currently available online through zoom:

- **Crisis to Recovery**
- **Mind Gym**
- **BAME Group**
- **Anxiety Group**
- **Hearing Voices**
-

**STARTING NEXT MONTH:
Mens Group & Older Adults peer group!**



CLIENT RECOVERY STORY

I wish to thank Life Links for their support and suggestions to help me improve and manage my life. Ritu who has been my Key Worker has been very understanding and supportive throughout. I feel the work that they do is invaluable as they are helping people with issues that can otherwise be difficult to address and I feel the support that they offer is much needed and appreciated. Although our meetings have come to an end, I will do my best to engage with what I've learned and hope to continue with the activities suggested. All the best and long may your support continue and your organisation prosper.

It is nice to know that there is somewhere like Life Links for people like me to turn to, even just to talk with someone about your problems, as there isn't really much else to turn to.- Mr A

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FEEDBACK QUOTES

"Everything went well. I was scared at first about asking for help, but now I'm more used to it. I'm a lot happier in myself now". Aaran

SELF CARE CROSSWORD

Complete this crossword puzzle to find all the different types of self-care that are helpful for our well-being.

Across

2. This aspect of self care involves eating healthily, exercise, sleep and generally looking after your body.
3. This part of self-care involves using healthy coping strategies, expressing our feelings and doing comforting things.
4. This aspect of self-care can involve anything that helps you to develop a deeper understanding of the world.

Down

1. This type of self care is about establishing a healthy work life balance.
4. This part of self-care involves talking to our friends and family and making time to be

