



Welcome to Nottinghamshire Crisis Sanctuaries

June/July Newsletter

we're so glad you're here!



Launched in February 2021, the Nottinghamshire Crisis Sanctuaries has provided mental health crisis support to local communities across the county.

The sanctuaries are delivered in partnership between Nottinghamshire Mind, Turning Point and Framework and are open to anyone over 18 who feels they are in, or near, a mental health crisis and need a safe space to talk.

The Crisis Sanctuaries are across Nottingham and Nottinghamshire at sites in: Mansfield, Nottingham City and Beeston 7 nights a week. The Worksop site opens Wednesday and Sundays. Please visit our website at www.nottinghamshirecrisis-sanctuaries.tv for further information.

Each Crisis Sanctuary has three trained Crisis Intervention Workers who provide mental health support in a trusted and secure space. Support can also be provided via telephone or through video calling platforms for those who are unable to attend in person.

KEY COMPONENTS OF SUPPORT FOR OUR CLIENTS

Emotional support and validation, practical tools and coping techniques, safety and/or action plans, and referrals to other services are all important elements. The sanctuaries has successfully prioritised the needs of the clients and generated engagement through a compassionate and caring approach. Our clients have reported feeling supported, reassured, and empowered.



SUCCESS OF CRISIS SANCTUARIES STRATEGY IN PROVIDING TAILORED SUPPORT

The Crisis Sanctuaries have developed an effective strategy that offers diverse and comprehensive support services, tailored to meet the specific needs and situations of each individual. This approach has led to significant progress among those utilising our services, including improved mental wellbeing and a greater willingness to tackle the underlying causes of each mental health crisis.

EXPANDING SUPPORT OPTIONS AND PROVIDING A SAFE SPACE FOR THOSE IN NEED

We strive to create a secure and welcoming environment for those in crisis. Our inclusive eligibility criteria and preventative approach have been positively received by both our clients and partner organisations.



Have your say and join us!

We are pleased to announce that we have launched our first Community Engagement group! We want to involve and connect with people of the Nottinghamshire, to improve communication, understanding, and collaboration. Our meetings take place online, once every two months.

Follow us on Facebook!





Would you like to volunteer with us?

Volunteering is a great opportunity to not only give back to society and the local community but also to gaining experience and learning new skills!



For more information call 07754 553663 or email: enquiries@nottscrisissanctuaries.org.uk

Important dates in June/July

**June is Pride month - a month dedicated to celebrating LGBTQ+ communities all around the world.
And this year, Pride is 50 years old!!**

Pride is celebrated in the month of June, as that was the month when the Stonewall riots took place.



The Stonewall riots were important protests that took place in 1969 in the US, that changed gay rights for a lot of people in America and around the world.

Pride is a celebration of people coming together in love and friendship, to show how far LGBTQ+ rights have come, and how in some places there's still work to be done.





21st of June 2023!

The first day of summer coincides with International Yoga Day!

Take advantage of the weather and practice yoga outside to get your daily dose of vitamin D.



WITH SUMMER JUST AROUND THE CORNER, LET'S EXPLORE FIVE THE ADVANTAGES OF SUNLIGHT:

1. Maximising Sleep Quality with Sunlight Exposure

Melatonin is a hormone that your body naturally produces to aid in sleep. Since it's generated in response to darkness, you tend to feel tired about two hours after sundown. Our bodies tend to feel tired approximately two hours after sundown as a result of the darkness. Consequently, during summer months when the days are longer, our bodies are likely to stay awake for longer periods. Research has shown that exposure to natural light for an hour in the morning can improve the quality of our sleep.

2. Reduces stress

Being outside will help your body naturally regulate melatonin, which can help reduce your stress level. Moreover, spending time outdoors, whether you're walking, playing, or engaging in other physical activities, can help reduce stress due to the additional exercise.

3. Helps keep your bones healthy and strong.

Our bodies produce vitamin D when exposed to sunlight- about 15 minutes in the sun a day is adequate if you're fair skinned, and since Vitamin D helps your body maintain calcium and prevents fragile, thin, or misshapen bones, soaking in sun may be just what you need.

4. Strengthens your immune system

Vitamin D is also critical for your immune system, and with consistent exposure to sunlight, you can help strengthen it. A healthy immune system can help reduce the risk of illness, infections, some cancers, and mortality after surgery.

5. Fights off depression

There's a scientific reason being in the sunshine improves your mood. Exposure to sunlight increases the production of serotonin in your body, a chemical that enhances your mood and aids in maintaining a calm and focused mindset. Increased exposure to natural light may help ease the symptoms of seasonal affective disorder.



26th of June- 2nd of July 2023 World Wellbeing Week

LOOKING FOR SOME IDEAS TO CELEBRATE WORLD WELLBEING WEEK 2023?



Prioritize Self-Care During World Wellbeing Week- make it a priority to engage in a daily wellbeing activity. Taking the time for yourself to do things like journaling, practicing yoga, cooking a nourishing meal, or chatting with a close friend can make a huge difference in your overall wellbeing.

Discover More Ways to Prioritize Your Wellbeing - World Wellbeing Week is an excellent opportunity to explore various methods for taking care of yourself. It's a chance to gain new insights and perspectives on how to improve your physical, mental, or emotional wellbeing. You might even come across novel ideas that you haven't considered before.

Celebrate Wellbeing Week by Discussing it with Your Loved Ones- Have you considered speaking to your children or close friends about the significance of wellbeing? This week provides a perfect opportunity to initiate a conversation and check in on those around you. On the other hand, it may be an ideal moment to talk about your own mental health with someone you trust.

27th of June

National Post-Traumatic Stress Disorder Awareness Day

WHY NATIONAL PTSD AWARENESS DAY IS IMPORTANT?

PTSD a widespread illness, therefore with knowledge of the disorder, we can make the lives of these individuals less stressful, and better support them in their recovery.

By increasing awareness, we not only generate funding for organizations that assist individuals with PTSD but also educate the public about important issues.

Though sharing resources can be helpful, simply letting those with PTSD know you are there is impactful. A large part of the treatment of PTSD involves social support and opening up to others.

