

About Sutton Mental Health Foundation

We are here for adults in Sutton whose mental health has had an impact on their lives. We support people with mental health needs living independently 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

The Belmont Connect offers a place to socialise, find friendship and receive support in a friendly, relaxed atmosphere. Our "drop-in" is open several days per week (see our website for current days and times). Here you can find support, friendship, snacks and unlimited refills of tea and coffee, plus we offer lunch on a Friday.

We also have weekly "pop ups" in our drop ins – from Cranstoun Drug and Alcohol, the NHS Mental Health Practitioners and the Employment advisors from the Mental Health Trust.

We run activities themed around the 5 ways to wellbeing, including line dancing, yoga, mindfulness, and art therapy. From time to time we also offer courses and talks, along with peer led activities including outings, meals and our walking group. If you need computer access, you can book an hour in our IT hub. We also run a monthly OCD support group.

Our support workers can offer a listening ear and help with small issues that may be worrying you. If you need more specialist help or advice, for example with benefits or housing, debt or employment issues, appointments are available on Thursday mornings, in partnership with Citizens Advice Sutton, and we currently have funding to offer housing support appointments to help with accommodation issues.

We also run a seasonal drop in on a Sunday, with an affordable lunch, as funding permits.

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
- Hearing Voices Group
- Sutton Crisis Café
- Recovery and Support Team

We are also working to ensure people on the Serious Mental Illness Register get their annual physical health check.

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

Sutton crisis café offers 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 is open 6.30 – 11pm (last admission 10.30pm) 7 evening a week, 365 days a year. People can be referred, refer themselves via our website www.suttoncrisiscafe.org.uk , call 0800 012 9082, email crisiscafe@smhf.org.uk or just turn up to be seen.

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.

PSYCHODYNAMIC COUNSELLING

We are currently piloting a limited psychodynamic counselling service, using trainee counsellors. Because of its limited nature, we only accept internal referrals from people who are known to our services. However, as NHS services are so overstretched, this has proved to be extremely valuable.

OUR ORGANISATION

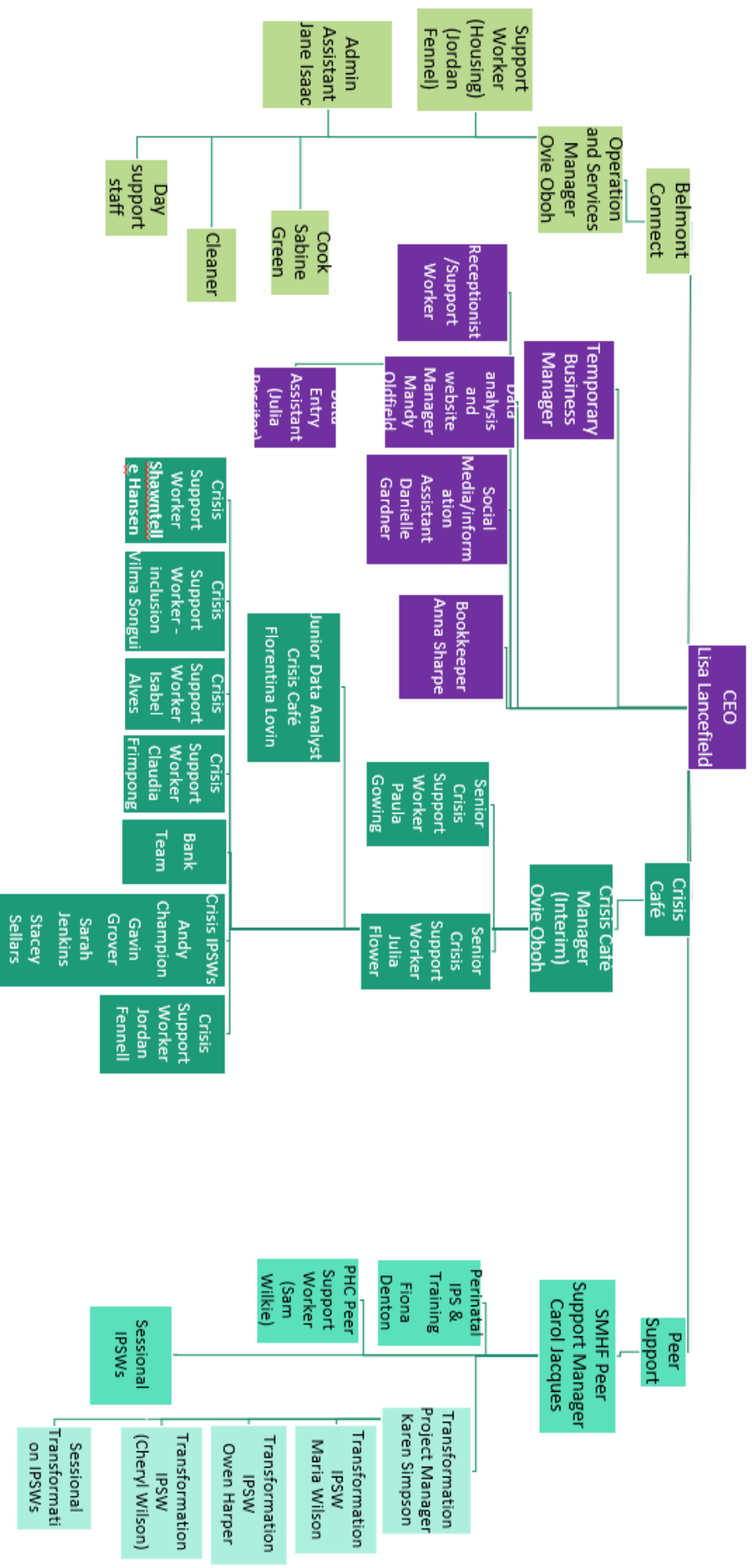
Sutton Mental Health Foundation is a registered charity. That means we are an organisation whose primary purpose is to create social impact rather than profit.

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.

Please see organogram on the next page.

SMHF Board



SMHF Staffing November 2023

CONTACT DETAILS

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**Sutton Mental Health
Foundation Charity Company
as at November 2023**