



FULFILLING LIVES
South East Partnership



FLAG magazine

FULFILLING LIVES ACTION GROUPS

ISSUE ONE | AUTUMN 2016

Welcome to the latest issue of FLAG - the newsletter for Fulfilling Lives.

An opportunity to celebrate success and update on recent activities across the South East Project area, as well as to provide some insight into what the project is trying to achieve.

We want staff and volunteers to be more informed and connected and new members to be inspired to get involved. We hope you enjoy it! We are keen to have your feedback and any ideas for the next edition, please speak to your local communications lead.

JO ROGERS, SENIOR MANAGER, FULFILLING LIVES



Hastings Loves World Mental Health Day

Over twenty organisations took part including Fulfilling Lives, Mind, Together UK, Time To Change, The Youth Council, and The Recovery College.



'Love Hastings, Love Yourself' was a great success.

We got the message out there and over 20 people came through the door the minute we opened, followed by a constant stream of people, many of whom were interested in volunteering with us.

WAYNE, HASTINGS PROJECT CONSULTANT



I chose a free session with the Carers Wellbeing Initiative, who provide complimentary therapies to carers to reduce stress and improve wellbeing.

Later we visited 'My Time Now', a local charity that supports young people who are experiencing a variety of mental health issues to get together in a safe space to explore their feelings through creative therapies.

JACQUI, VOLUNTEER



Muneerah and Jacqui, Eastbourne volunteers, enjoying the 'My Time Now' activity

Carers Wellbeing Initiative: carers.wellbeing@gmail.com | 07966 622089

My Time Now: St Nicholas Centre, 66 London Road, St Leonards on Sea | 01424 423683 | cbrosnan@fsncharity.co.uk

Action Group Play Key Role

Brighton's Action Group were approached by the local Clinical Commissioning Group (CCG) to improve the supported housing referral system for Brighton's street homeless.

The **Homeless Wellbeing Hub** provides a one stop service for the homeless providing a mental health and wellbeing service, a doctor and dentist on site, housing advice, and help with substance misuse.



Our Action Group volunteers sat on the interview panel for the new homeless wellbeing hub, and were absolutely professional every step of the way. Their work will help hundreds of individuals with multiple complex needs to find the right level of supported housing in the future. I'm so proud!

JAMES WOOD, BRIGHTON PROJECT CONSULTANT

Tackling Stigma in Hastings

The Hastings learning event was a major success.

Volunteers and staff from across the board shared their stories with local people, making an unforgettable impact.



Fulfilling Lives volunteers and staff tell their stories

I was gripped as the story unfolded. Similar to the stories we hear on the streets, the difference being that this guy is now helping so many who are at where he used to be.

Cookie Knows How to Raise

When volunteer Steve Cooke, better known as 'Cookie', isn't busy volunteering with Eastbourne Fulfilling Lives he is on his bike practising for the next fundraiser.

Over the summer he cycled from Crawley to Brighton, with friends Paul and Simon, helping to raise **£246** for his favourite local charity, **The Lullaby Trust**, which offers confidential support to anyone affected by the sudden and unexpected death of a baby or young toddler.

The Lullaby Trust Bereavement support: 0808 802 6868 | support@lullabytrust.org.uk

Going National

I'm Chris and it's one year since I started volunteering as the Fulfilling Lives South East representative for the National Experts Citizens Group (NECG).

We all get together every three months to share information and ideas to improve the lives of people with multiple complex needs.

TO GET INVOLVED: Hastings | Gary French | 07824 301010
Eastbourne | Genine Dungate | 07780 227656
Brighton | Claud Murray | 01273 326844

Eastbourne Puts Housing First

Eastbourne's annual learning event at Devonshire Park welcomed a full house in September.



Jo Prestidge from Housing First England gave a fascinating talk about their ground breaking pathway which is having much success in helping homeless people with multiple complex needs, providing housing as a human right, straight from the street.

Having seen the incredible success of Housing First internationally, we really want to pilot this scheme in Eastbourne to show how life-changing it can be.

GENINE DUNGATE, EASTBOURNE AREA LEAD

