

GET WARRINGTON TALKING REPORT

let's end stigma around mental health

Get 
Warrington
Talking



January 2025



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INTRODUCTION, BACKGROUND AND APPROACH

Warrington Speak Up was commissioned in December 2021 to deliver a community based, non-clinical mental health initiative called Get Warrington Talking (GWT), as part of an overarching co-ordinated suicide prevention approach in Warrington. We are a recognised partner within local strategies for suicide prevention, are a member of the Suicide Prevention Board and feed into the Staying Well Programme Board.

Our aim has been to:

- promote positive mental health and evidence based suicide prevention messaging
- deliver a range of wellbeing activities within community settings
- establish effective partnership working with peer, community and statutory mental health services, embedding both informal and formal referral pathways between partners
- address social isolation, loneliness and sense of hopelessness through simple initiatives that value connection, convey hope and validate personal experience and stories
- provide a dedicated safe, non-judgemental and non-clinical listening space that supports conversation, identifies need, encourages self-help approaches and where needed, channels effectively to appropriate services

Key to this was developing a flexible model of support, delivered within the voluntary sector that offered an alternative to the more traditional, referral based, clinical 9am to 5pm offer and that used proven preventative wellbeing approaches such as the NHS endorsed Five Ways to Wellbeing. Our Get Warrington Talking activities take place across the day, evening and weekend, using community venues that people can easily access. Our PAUSE listening space is located in a community building within the town centre, with easy access to transport links and other community based services. We do not take formal referrals, and individuals do not have to meet specific eligibility criteria or disclose sensitive, personal information in order to access an activity. Our experience is that this approach removes potential barriers to meaningful participation and engagement and then, where needed encourages a more positive response to accessing formal services.

Throughout, we have listened to and been led by the voice of the person with a lived experience and have had the flexibility to respond quickly to changing need and priorities within the population according to the national suicide dataset. For example we set up a women's supper club and dedicated female walk and talk due to reports identifying increased suicide rates amongst women as identified in the Warrington Suicide Audit. In addition, we have established strong links and delivered targeted wellbeing sessions within an asylum seeker and refugee service in response to an identified need around social isolation.

Using the resources of skilled and trained volunteers, often with their own lived experience of mental health, enables us to provide support based on the principle of non-judgemental conversation. Having services delivered by those with lived experience can significantly improve the quality of care by fostering deeper empathy, building trust, providing more relevant solutions based on real-world understanding, and ultimately leading to better outcomes for individuals; essentially, it allows for a more person-centred approach to service delivery.

As Get Warrington Talking sits within a well-respected commissioned provider of advocacy services, we have in place both the essential governance needed to provide safe and effective services, and robust crisis pathways and formal escalation processes into appropriate services.

THE ROLE AND IMPACT OF VOLUNTEERS

Volunteers are the backbone of the work of Get Warrington Talking and PAUSE, championing mental health awareness, challenging stigma, encouraging non-judgemental and safe conversations, providing information, self-help resources and coping strategies and supporting access to appropriate mental health services where needed, as outlined in our original project specification.

It is widely recognised that volunteers significantly contribute to social value: supporting community needs, encouraging social connection, building relationship, improving wellbeing and emotional resilience and promoting positive social change through the giving of their time and activity. And this can result in an improved sense of purpose and quality of life for individuals and local communities.

Within mental health services, volunteers provide essential support to individuals struggling with their confidence, wellbeing and mental health issues. At the same time volunteering can improve the self-esteem and mental well-being of the volunteers themselves, developing their skills and knowledge, building relationships and connections with the local community.

Within Get Warrington Talking and PAUSE, 21 volunteers have given hundreds of hours of their time to support a wide range of mental health activities across Warrington. All volunteers are fully trained, receive regular informal supervision and have the benefit from peer support sessions.

Individuals accessing our projects comment that talking and connecting with a volunteer, particularly those with a lived experience, often helps them to feel accepted, listened to, and understood. They share the benefits of volunteers who have the time to listen, knowledge of local support networks, and where appropriate, connect them with other services.

Why volunteering is important to me?

"I became involved in Get Warrington Talking as a volunteer as I wanted to make a difference following my own life experience and struggles with my mental health. Volunteering gives me a sense of purpose, even when having a difficult day. It makes me feel that my own struggle has not been for nothing and making a difference to just one person makes my life experience worth it.

I thrive from seeing the change in the people that we support and for being appreciated for giving our time to listen to others.

Being part of a supportive team and an organisation that values, cares, encourages, supports and puts me and my wellbeing first is amazing. I love being able to give back to an organisation that has supported me to overcome debilitating challenges and give me hope to hold on in times of despair." **Lesley**



VOLUNTEERS

I volunteer for the Bank Park Walk and Talk. This is an inclusive activity that anyone can benefit from and a wonderful way to bring people together. We chat, have a gentle stroll (in all weathers) and there's always the added bonus of have a brew and biscuits at the end. I feel like I'm contributing to something that matters to me. It provides a sense of community and makes a positive difference to peoples lives.

Fiona



I currently volunteer at Pause once a week. To me, volunteering makes a difference by allowing me to offer support to people who need and want it. I aim to make a positive difference on others who visit the Pause space by being open and making them feel like this is a comfortable and safe space to come along and open up about life. Making a difference to others really makes a difference to me.

Adam



I currently volunteer at the Bank Park Walk & Talks. We have a few regular walkers and I look forward to seeing them. It is great when people make the effort to come, even when they do not feel good, and walk and talk seems to help. Volunteering makes me feel useful, and it helps me with the ways to wellness. I like being with people, and we notice the change of the seasons, and talk about all sorts of things!

Mary



I currently volunteer at Pause and attend Get Warrington Talking events.

I really enjoy my volunteering role and making a difference to people's lives.

The difference volunteering makes to me and the people I support literally means everything.

Clint



Volunteering at Soup and Chat gives me a sense of purpose and reminds of the importance of human connection. It's such a simple idea that has the potential to make a huge difference in a person's life. By creating a warm welcome, with the offer of a simple meal as a focus, people are encouraged to relax, engage in conversation, and where needed access advice and information to support with wellbeing and mental health. It is rewarding to see people grow in confidence and improve their wellbeing

Pip



I volunteer as a walk leader and help to run the Women's Supper Club. I know the five ways to wellbeing is a great way of staying mentally fit and the many things Warrington Speak Up / Get Warrington Talking offer to the community contribute to that. I am passionate about helping people, giving back to the local community and about promoting good mental health.

Marie



GET WARRINGTON TALKING - REGULAR ACTIVITIES



GET WARRINGTON TALKING - COMMUNITY ENGAGEMENT



GET WARRINGTON TALKING - EVENTS / AWARENESS DAYS



GET WARRINGTON TALKING - FEEDBACK

I just wanted to let you know how much I value the GWT women's supper club. I can sometimes struggle to be positive about things but I have learned that having purpose can be very beneficial. My instinct is to shut the door, close the curtains and stay at home - but when I make the effort to open my door, go through it and attend the supper club, I never regret it.

There is always such a genuine and warm welcome and a real sense of belonging – even if it's your first time there. There have been a variety of talks, guests and activities and they have all been useful and motivational for me. I absolutely believe that my mental health has improved significantly as a direct result of the supper club.

Participant

Coming along to the Supper Club has improved my anxiety and stress levels. The speakers have been amazing, informative and captivating. It is a safe space to share and talk about issues and problems that affect us and to look at ways of helping ourselves.

Participant

The GWT team recently delivered the '5 Ways to Wellbeing course' at Making Space Day Service. All members thoroughly enjoyed the course, engaging well with the interactive activities. Individuals commented that they found the course beneficial in managing their mental health and have taken active steps to be more active in their daily life. The courses really do make a difference in members lives.

Day Services Manager

I loved making the tower during the Take Notice session. The activities and course was fun and thought provoking. I took part in individual and group activities and worked with people I hadn't met before. I learned a lot. They provided lots of different tips and ideas to support with our wellbeing that were individual to us.

Participant

The course has helped me develop as a person by working in a group, I've become more active and my wellbeing has improved on the whole which I'm really happy about. Lots of tools to take away from this training which will help me manage in the future. Brilliant, interactive training.

Participant

I enjoyed that the course concentrating on 1 of the 5 Ways each week, so that we could flesh out each way and personalise it to our abilities and needs. The course has helped me to put strategies in place in order to stop myself worrying about the future and dwelling on the past.

Such impactful, simple exercises on how to put into practice the 5 Ways to Wellbeing. I'll carry this training in my heart for a long while to come.

Participant

I enjoyed the Any 1 of Us Course. It was really good for me listening to others and sharing my thoughts, my mental health is important to me and I like talking about it

Participant

I enjoyed playing mental health bingo and it helped me to feel more confident about talking

Participant

Doing this course has helped me to think about my mental health and organise my problems

Participant

PAUSE LISTENING SPACE



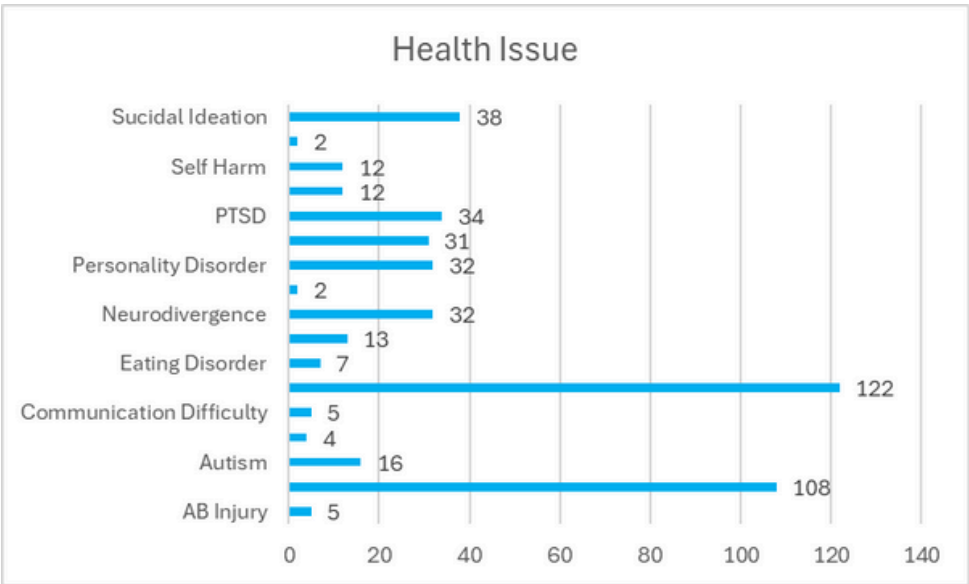
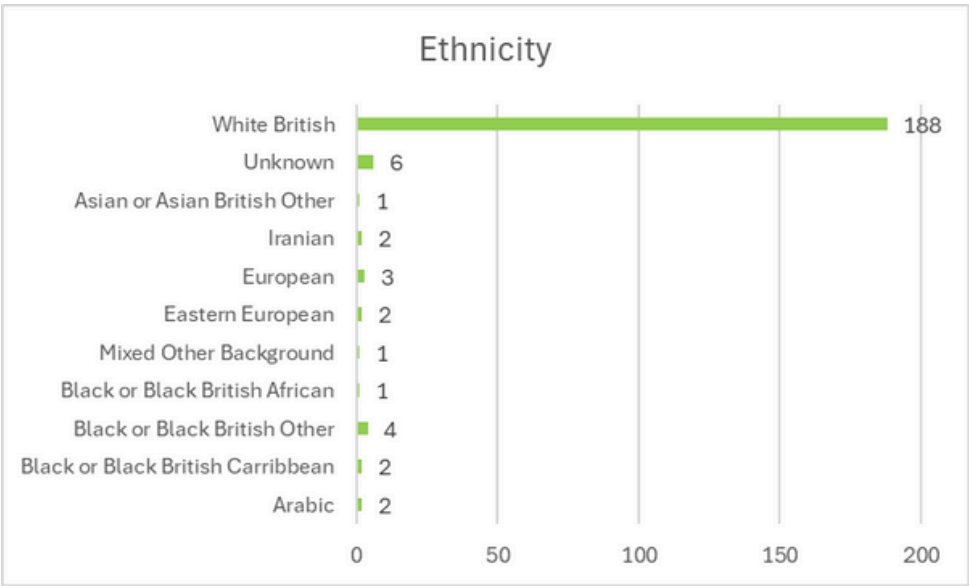
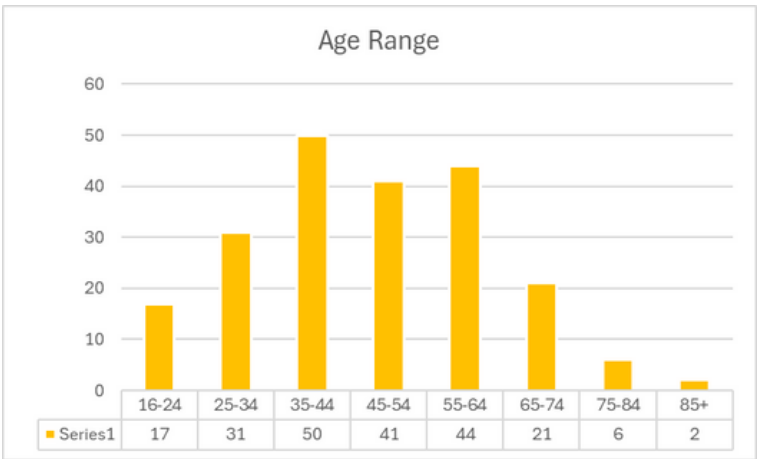
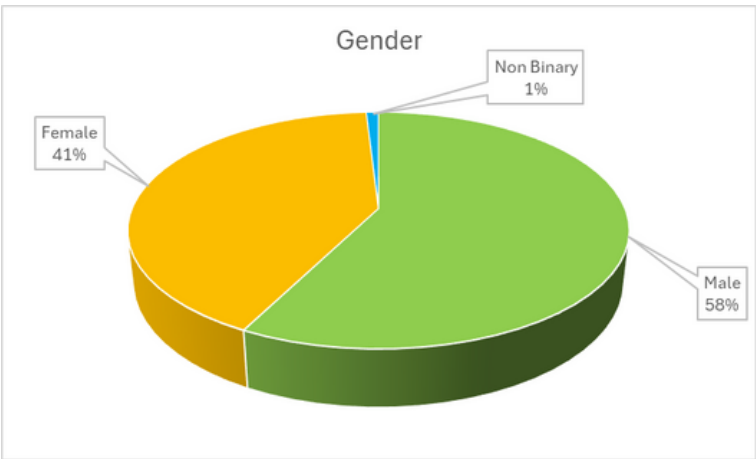


Number of cases
Open Active Jan 24 - Jan 25

212

Number of new cases
Jan 24 - Jan 25

93



Please note:
Individuals may have more than one health issue.

How individuals have heard about Pause

- GP
- Social Prescribers
- Practice MH Nurses
- CAB
- Gateway reception
- Housing Associations
- Talking Therapies
- Advocacy Services
- Probation services
- Lifetime
- MH Outreach Team
- Wakefield House
- St. Joseph Counselling Services
- Living Well Hub
- DWP
- Pathways
- Social Media
- Word of mouth
- Walk ins - people attending Gateway building for other matters

Themes emerging from conversations

- Impact of loneliness, social isolation, limited or no family and friendship connections
- Impact of poor housing, housing insecurity, poverty, economic deprivation, poor work/life balance
- Continuing impact of COVID
- Lack of services offering bereavement support when it is needed
- Lack of ongoing support from services for people with BPD diagnosis
- Long waiting lists for Talking Therapies
- Limited support for people who self-harm and who often find they are excluded from services because they self-harm
- Challenges to accessing support when experiencing a crisis
- Lack of awareness of links between neuro diversity and mental health, difficulties in getting a diagnosis and little joined up working between services
- Limited access and support from GP – appointment times restricting meaningful conversation
- Impact of time limited mental health support from professionals
- Fewer opportunities for women specific mental health and wellbeing activities, courses and services
- Impact of trauma, abuse, loss

ALAN AND KATIE'S PAUSE STORY

“You’ve been so informative about local services and how they work, what to expect etc, which gave me the confidence to actually go and help myself!”

About

Alan is a 30 year old gentleman who in his words had experienced a ‘public breakdown’, was signed off work and was struggling to open up about his depression and anxiety.

Alan had visited his GP who referred him to Birchwood Talking Point and PAUSE. His poor mental health was impacting home life, friendships and work and he wanted the opportunity to talk and to find out about local offers and services.

How we helped

The project worker provided the opportunity to talk in both the drop-in sessions and requested on to one appointments to give confidential space to discuss more personal issues and how they were impacting on his wellbeing and mental health.

We discussed and provided information on local offers and services that may be relevant and explored self-care, using the 5 Ways to Wellbeing to help self-manage, especially whilst off work to help fill time.

Alan was worried about returning to work and having another setback, so we discussed options that might help such a phased return to work, reasonable adjustments, occupational health reports and using grounding techniques in the workplace if he feels anxious or out of control.

Outcome

PAUSE provided a safe, non-judgemental space for Alan to talk openly about his struggles. He felt much better for talking, and shared that having his thoughts and feelings validated surprised him, and increased his confidence.

Being able to provide more in depth information about local services, and the processes and what to expect, gave Alan the confidence to attend.

Alan stated that he feels like he has more awareness and coping strategies to manage when going back to work.

Feedback

“It has helped me coming here today and talking to you both. I feel like I've offloaded and feel better for talking and being open.”

“It feels like I have been able to offload”

About

Katie is a 27 year old woman who was feeling very overwhelmed with lots of complex mental and physical health issues. She was waiting for an appointment at Wakefield House but had no indication of waiting times.

Katie had been referred for an ADHD assessment but was informed that she would be waiting over a year.

Katie was very frustrated at the waiting times and lack of support, and felt this was impacting on her mental health.

Katie was supported to attend PAUSE by her mental health outreach worker.

How we helped

We listened and provided a safe space for Katie to share her story. We talked about ways to improve resilience and mental well-being whilst waiting for appointments. In addition we looked at ways to provide some social connections and distraction techniques. Using the 5 ways to well-being, in particular connecting with others who have similar experiences, supported Katie to consider some additional strategies.

This also gave Katie confidence to attend our women's supper club, where she met someone from Making Space which provided some reassurance. Being able to leave the house, something she found difficult due to her anxiety, and join in a social activity with other ladies was seen as a big achievement.

Feedback

It feels like I have been able to offload. I only have my dad who is unwell and I don't want to worry him. Talking has helped and I'd like to return to PAUSE on my own”

LUCY'S PAUSE STORY

“I had no hope, felt like I had no voice and wasn't being treated with respect until I came into PAUSE”

About

Lucy is a White-British non-binary person (prefers pronoun they/them) with multiple diagnoses such as depression, anxiety, PTSD, OCD, Tourette's Syndrome, ADHD and Autism, as well as communication difficulties. They presented at The Gateway reception in crisis having had an issue with housing and were introduced to PAUSE by reception staff.

Lucy and their 9 year old child had recently been put into emergency accommodation, having fled domestic abuse, where the room they were placed in had a bed bug infestation. Lucy had had a severe allergic reaction from the bites and had been put on strong antibiotics and steroids to treat it that morning. They said housing had not held up their complaint and did not provide any other solutions to address the issue. They felt their mental health was deteriorating as a result.

How we helped

Due to Lucy's autism and Tourette's, they initially had difficulty communicating verbally due to the severity of their ticks - explaining that the stress of their meeting with housing had had a significant impact. The project worker explained the role of PAUSE reinforcing that it is a safe and confidential. After some time, Lucy began to relax and started to share their story.

Lucy explained that their child is also autistic and has ADHD and behavioural difficulties, and they felt unable to cope with their child's behaviour because of the ongoing situation in the accommodation.

Lucy required support during meetings with housing due to their communication difficulties and ticks, and wanted to ensure they were listened to and had their rights upheld. We discussed two options with housing that Lucy felt were appropriate – that the property was fumigated and left suitable for habitation or for them and their child to be moved into more appropriate accommodation until fumigation had been completed.

Fumigation was agreed by housing, but no further appointment was organised which led to Lucy coming back to PAUSE for further support. Another meeting with housing took place to reinforce the impact on Lucy's mental and physical health.

The project worker made a referral to Care UK Charity to organise for new mattresses, duvets, pillows and bedding sets which were to be vacuum sealed and delivered ready for when the property was habitable again.

Lucy continued to access PAUSE over the next two months receiving support to develop coping strategies and grounding techniques to manage their mood. Practical support was given to apply for food vouchers from the CAB.

Outcome

Lucy returned to PAUSE recently looking visibly well and happy. They came in to thank us for our time and support, and to let us know that they had been assigned a flat in a new build, and that they were looking forward to starting afresh. Their child was happy and looking forward to the stability. They shared that PAUSE had saved their life during a crucial time when they felt they “had no hope, had no voice and were not being treated with respect”.

Lucy said they were managing their own mental health using the tips they learned at PAUSE, and that they were waiting to start a counselling course at a local college as they wanted to help people in the way they had in PAUSE. They shared they felt the best they'd felt in their life.

Feedback

“I just came in to say thank you for all your help, I've finally secured a flat for my daughter and I, and we feel so safe again. I honestly don't know how I would have coped if I hadn't have come to PAUSE that first time when we were in emergency accommodation. I couldn't even speak because my tics were so bad from the stress! I had no hope, felt like I had no voice and wasn't being treated with respect until I came in here. I can't wait to get settled into our new place, and my daughter is happy again. Your support has encouraged me to become a counsellor and I start my first counselling course at college next month - I want to be able to help people like how you helped me. I've lost 10 stone and feel the best I've ever felt in my life. I can't thank you enough and I'll pop in to see you again and let you know how we're doing”.

MOONA AND JENNIFER'S STORY PAUSE STORY

“It’s so helpful to be able to talk to someone face to face”

About

Moona is a 35 year old Nigerian woman struggling with her mental health after complex issues with her ex-partner which resulted in her having minimal contact with her children.

Moona has been to see her GP and prescribed antidepressants which she found unhelpful as she lost the ability to regulate her sleep pattern or develop any sort of routine. After re-visiting her GP she learned that taking her medication at a regular time, building structure into her day and making sure she gets out of the house would help.

How we helped

A friend told Moona about PAUSE and supported her to attend for the first time. Following this visit Moona had the confidence to attend PAUSE on her own to chat through some of the issues that she was finding difficult and to explore some strategies to manage.

The project worker spent time listening to Moona and supported her to make contact and place referrals with CAB, Talking Matters and Making Space Day Service.

Moona felt that she now had the tools to manage her mental health.

Feedback

“It’s so helpful to be able to talk to someone face to face, on the phone is very difficult for me. My doctor has told me to try hard to get up and out in a morning and knowing this is here is helpful because I know it is a safe and helpful space.”

“I don’t know what I was expecting but it felt OK and that’s been great.”

About

Jennifer is an 18 year old female attending a local college where she is studying for her A Levels. She has experienced changes in her mood that have affected her motivation and attainment at college over a number of months. Anxiety over her exams have affected her confidence and ability to think about her future. She has been unable to articulate these challenges around her mental health to anyone at college or to her family.

How we helped

Jennifer picked up a postcard at college promoting PAUSE. The offer of a safe, neutral place away from college to talk about her feelings was more appealing than the idea of sharing at college or at home with people she knew.

After walking past the PAUSE space a number of times, Jennifer came in and chatted with a volunteer. She appreciated that there was no pressure to share anything that she didn’t want to and that she was able to set the agenda for the conversation. Within a short period of time Jennifer felt safe enough to talk about her low mood and anxieties.

The PAUSE volunteer encouraged Jennifer to make a written account of how she was feeling that she could share with the pastoral team at college that included some ideas of how she would like to be supported. They gave Jennifer some tips on developing her resilience and provided information on some coping strategies such as grounding and the five ways to wellbeing.

Feedback

“I don’t know what I was expecting but it felt OK and that’s been great.”

NICK AND MARION'S STORY PAUSE STORY

“Coming here has helped me to get my thoughts together and make some plans for the rest of the week”

About

Nick is a 61 year old gentleman who accessed our drop in Pause session.

He shared that he was low in mood, had been experiencing suicidal thoughts and was feeling isolated.

Nick is receiving ongoing support for his alcohol addiction from Pathways.

How we helped

We provided an opportunity and safe environment for Nick to talk about his feelings and suicidal thoughts. He confirmed that he did not have a plan but he was struggling to find any light in his life. Nick benefitted from the insight and positive discussion of his peers who had also attended the drop in. Together we discussed coping strategies he could use when feeling overwhelmed.

Nick continued to attend Pause on a number of occasions when he recognised the need to talk.

We were able to complete referrals to Mental Health Outreach, CAB and Autism Support services and connected him with a writing class, all of which supported him to develop his confidence and skills to address some of the issues he faces and develop strategies to manage his mental health.

Feedback

“I feel much better for coming into Pause and asking for help. Coming here has helped me to get my thoughts together and make some plans for the rest of the week”

“Linking up with the Autism gardening gang has really helped me. Thank you”

“I always feel safe here and know I won't be judged”

About

Marion is a 60 year old woman who has regularly attended PAUSE seeking support for her anxiety, loneliness and sense of isolation following the loss of her husband.

How we helped

Marion received support for the PAUSE project workers include participating in group discussions to build her confidence and one to one sessions to provide coping strategies, guidance on making the most of upcoming therapy input, and referring her to services like Wakefield House to review her long-term antidepressant medication. In addition project workers gave Marion a range of self-help resources to encourage her own resilience, as well as researching and connecting Marion into local walking groups and voluntary opportunities to help reduce her isolation.

Marion also accessed PAUSE when experienced issues around housing and maintaining positive relationships. PAUSE provided a space to air her feelings and discuss coping strategies. Marion was encouraged to utilise techniques like breathing exercises and grounding to self-manage her anxiety. She also attended our 5 Ways to Wellbeing training course.

Feedback

“Thank you so much for always listening to me. I always feel safe here and know I won't be judged because you just understand who I am as a person and what my intentions are. I know I can talk openly here”

ARCHIE'S PAUSE STORY

“I felt much better for opening up and having an external person listening to me so I can talk openly without judgement”

About

Archie is a 20year old male living within young peoples supported living accommodation.

Staff at the accommodation had expressed concern at Archie's lack of engagement with the scheme and with external visitors that attended the location to provide their services on site.

With some encouragement and using an approach that worked for Archie he started to interact with the PAUSE drop-in service.

How we helped

Archie initially seemed quite reserved but would often chat quietly and discreetly with the PAUSE project worker on visits, starting with small talk, until he built up the confidence to disclose his worries.

Archie began to seek support for various mental health concerns, including depression, suicidal ideation, self-harm urges, eating disorders, and struggles related to his gender identity as a trans man. He also wanted to disclose a recent traumatic experience of sexual assault, and to gain support around that particular event.

PAUSE provided regular one-to-one sessions, offering a safe, confidential and non-judgmental space for him to express his concerns and emotions.

The project worker collaborated with Archie's support network, including his assigned worker and the accommodation staff, to ensure comprehensive wrap around care and support was in place.

The project worker, with Archie's consent, continues to coordinate with external services, such as crisis mental health team services, RASAC, Papyrus and Galop to ensure the appropriate services are being offered.

Due to significant ongoing safeguarding concerns, the project worker recommended a MARAM took place to develop a cohesive support and safety plan.

Archie was also offered guidance on accessing appropriate healthcare services, including support for eating disorders and gender-affirming care. Additionally, information was provided about local LGBTQ+ support services.

Active multi-agency interventions are continuing for Archie and significant risks remain. However, the positive relationship established between Archie and the Pause project worker has been key to enabling him to openly discuss his struggles, providing emotional relief and reducing isolation and to start to consider accepting support from external services.

The project worker has helped identify and address gaps in Archie's existing support, issues around his self-harm as well as aiding self-recognition of patterns of behaviour and its consequences, such as the financial impact of his alcohol dependency.

Through the work of the PAUSE drop-in services, continuity of care through regular check-ins and follow-ups continues to provide some stability for Archie during challenging periods.

Feedback

Archie has expressed appreciation for the PAUSE service, stating that he "felt much better for opening up" and valued having "an external person listening to him so he can talk openly without judgement". He specifically noted the benefit of being able to discuss sensitive topics, such as his experiences as a trans man and his struggles with mental health, in a safe and confidential environment.

Archie has continued to request further one-to-one sessions, stating that he found the support helpful and wanted to continue engaging with the service. The positive impact of the interventions has been evident in Archie's improved ability to articulate his needs and concerns, as well as his increased willingness to engage with other support services when encouraged to through the PAUSE sessions.

PAUSE - INDIVIDUAL FEEDBACK

"It took me a lot of courage to walk through the door but once I was through I was greeted by a team who were so welcoming, putting me at ease when I was nervous and unable to make eye contact. They took the time to listen and over a period of weeks gave me the support, advice and confidence to face my issues"

"I cannot commend this service enough. I know my words alone are not enough but if this service had not been there for me, I am not sure how long it would have taken me to seek advice and help"

"I received more help and support in one hour in Pause than I have for 3 years from my GP"

"Just being able to drop-in and speak to someone when I'm in crisis, without waiting for an appointment, is a life saver"

"I don't know if I would be safe without your help. I came in suicidal and left with some hope".

"I have been given a lot of leaflets in the past, but I have never been able to act on them. Coming into Pause and talking has given me the confidence to access support"

"It's helped me coming in here today. feels like I have been able to offload and feel better for talking and being open"

"I know that I'm not judged when I come here – I can speak openly and I really appreciate you listening to me. You've been so informative about local services and how they work, what to expect which gave me the confidence to actually go and help myself!"

"I honestly don't know how I would have coped if I hadn't have come to PAUSE that first time. I couldn't even speak because my tics were so bad from the stress! I had no hope, felt like I had no voice and wasn't being treated with respect - until I came in here. I now feel safe"

"I feel truly valued and respected today, and I now have a sense of hope."

"I always feel safe here and know I won't be judged because you just understand who I am as a person and what my intentions are. I know I can talk openly here"

"It has really helped talking to someone about my mental health and issues as I have no family and support. I feel I have a plan"

PAUSE - PROFESSIONAL FEEDBACK

“PAUSE has been well received by young people residing at Verve Place. Young people have benefitted from group sessions and conversations around various mental wellbeing subject matters. PAUSE has had a positive impact on the Verve Place community promoting positive messages, advocating for young people and actively challenging stigma and providing education and awareness. Numerous young people have benefitted from 121 support, discussing their wellbeing and having a PAUSE staff member provide non-judgemental listening, guidance and advice, signposting and referrals into relevant support services, and safety planning”

Operations Manager

“I am a staff member of Mental Health Outreach Team. I have introduced many of our service users to PAUSE. It is a warm, inviting, and friendly place and is a safe place which is much needed in the town. The feedback I receive from service users is always very positive. Staff and volunteers are very knowledgeable about services and things that are going on in Warrington”

Outreach worker

“I wanted to take this opportunity to thank yourself and the rest of the team for including us in your positive activities and initiatives within the local community, through Warrington Speak-up, Get Warrington Talking and PAUSE. Such important, inclusive and accessible resources ran so professionally and mindfully from a great gang! We wholeheartedly support and promote these services to those accessing our mental health services through Warrington Recovery Team, Merseycare NHS Trust.”

Occupational Therapist

“I wanted to share some feedback on PAUSE and the support the team have offered to myself and clients.

PAUSE is a service that I always share with clients. Often, taking them into the 'Drop In' and introducing them to the team.

PAUSE always offers a warm and welcoming atmosphere. Ideally placed at the entrance to the Gateway to be easily accessible for Warrington residents.

Offering both Group or 1:1 support has given people options to support their individual needs.

PAUSE literature is included in all the displays we have created in our temporary/supported accommodation, and I always have some on hand to pass to clients.

PAUSE staff have also worked collaboratively with partners to wrap support around some of our vulnerable residents and offer professionals support, advice, and guidance.

Thank you for constantly keeping me up to date on the other activities available. I regularly refresh our displays to include the new groups on offer. I love the literature. It's so clear, accessible and eye catching.

Thanks to the team for your constant support”.

Homeless Engagement Coordinator

HOPE 100 - WALK FOR WORLD SUICIDE PREVENTION DAY



HOPE100 - WALK FOR WORLD SUICIDE PREVENTION DAY

HOPE₁₀₀
Walk for World Suicide
Prevention Day



Warrington's 'HOPE100' walk brings the community together to mark World Suicide Prevention Day.

