



Annual Report

2023-24



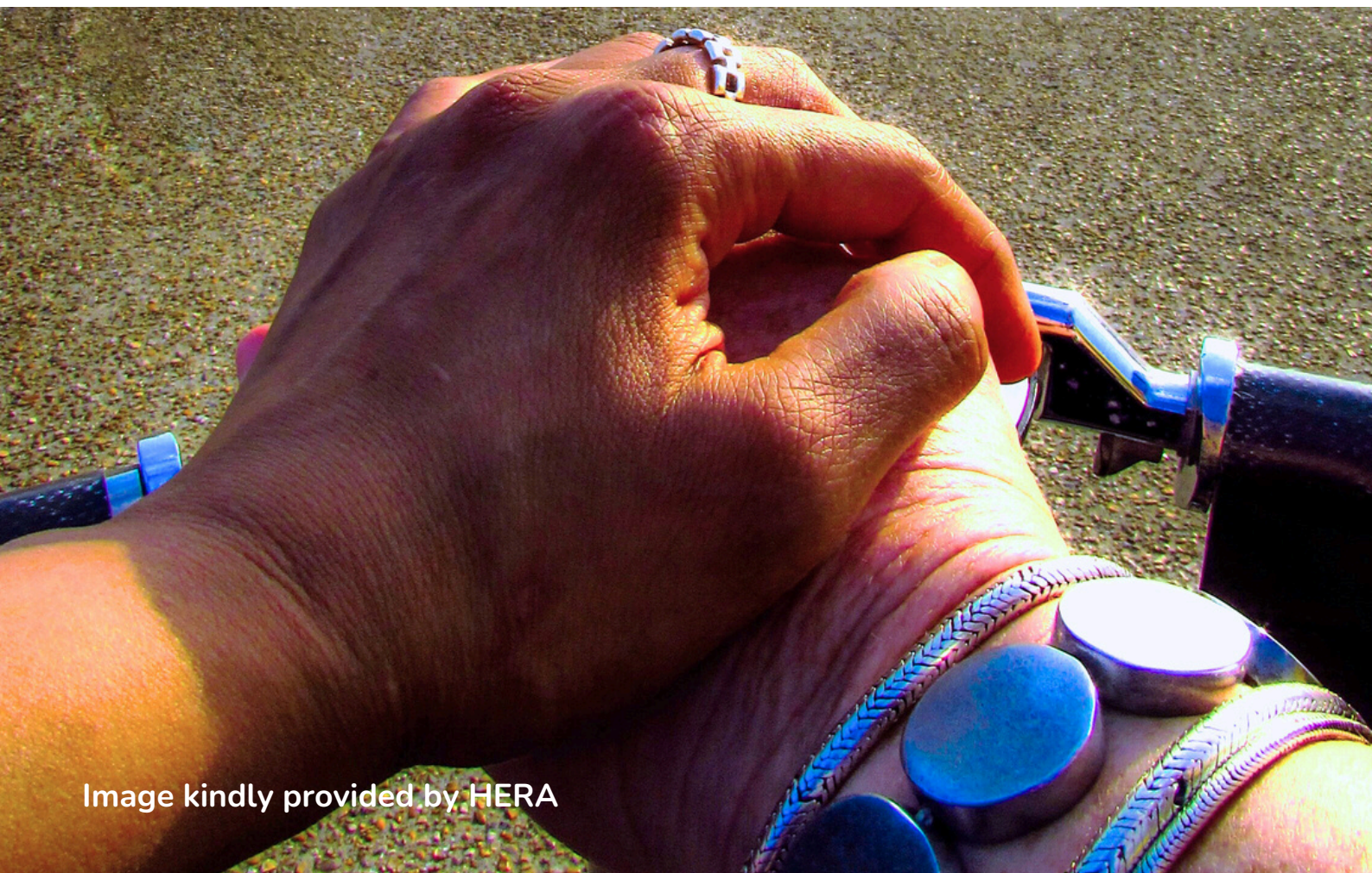
About UOK



UOK was established in Brighton & Hove in October 2019, and is the first mental health network of its kind in Sussex. In April 2024, the network expanded to include East Sussex services. With Southdown as the lead provider, we are a partnership of 20 community services across two locations, working together to support good mental health and wellbeing.

The network is funded by NHS Sussex, Brighton & Hove City Council and East Sussex County Council.

UOK's mission is to help people in the community find and receive the support they need at the right time, and to promote good mental wellbeing for all.



Welcome note

Dear Brighton & Hove,

We are thrilled to present our 2023/24 UOK Brighton & Hove Annual Report, showcasing the incredible work our partnership has delivered over the past year. Through our diverse network of 18 services, we have supported people to live better lives, by improving their mental health and overall wellbeing.

This year has undoubtedly been challenging, with increased demand for services, rising inflation, the presentation of more complex cases, and ultimately the need to do more with fewer resources. By working together, we have been able to make a greater impact. Our collaborative projects, improving access through internal referrals, shared experiences, and training opportunities have all contributed to strengthening support for the people that need us.



As an employee of Southdown, UOK's lead provider, I am proud of the robust central support our organisation has provided. Their leadership has enabled us to deliver as a partnership, meet the needs of our commissioners, and make a tangible impact in our community.

We are looking forward to the year ahead, where we will see the mobilisation of Neighbourhood Mental Health Teams as part of the Community Mental Health Transformation. These teams will further improve access to services and allow for greater collaboration between SPFT Sussex Partnership NHS Foundation Trust, Primary Care Networks and the VCSE (Voluntary, Community, Social Enterprise) sector.

On behalf of UOK, I would like to thank everyone for their ongoing work to support our community. We look forward to continuing to work in partnership to promote and provide excellent services that support good mental health and wellbeing for all.

Brooke Joyce
UOK Partnership Lead, Brighton & Hove

Growth of UOK

In April 2024, East Sussex County Council awarded Southdown the lead provider contract for a network of community mental health services in the region, and UOK East Sussex was born. Together, the networks of support in Brighton & Hove and East Sussex are known collectively as UOK.

Southdown delivers most of the services provided under UOK East Sussex, including wellbeing centres, peer support, Mental Health Support Coordinators, social prescribing, and employment support. The network also includes a drop-in centre provided by Seaview and service user engagement activity provided by Possability People.

Over the next five years, Southdown will sub-contract to work with an increasing number of other local not-for-profit and charity organisations.

Development of the UOK brand

Led by the efforts of Southdown's Communications Team, we incorporated our refreshed colour palette, typography (fonts), messaging and tone to soften our brand to resonate more with UOK's purpose and offerings.

We launched a new website, encompassing Brighton & Hove and East Sussex, which is easier to navigate and find information.



The image shows a screenshot of the UOK website. At the top, there is a dark blue navigation bar with social media icons for Facebook, Instagram, LinkedIn, and YouTube, a search bar, and a language dropdown menu set to 'English'. Below this is a white navigation bar with the UOK logo on the left and five menu items: 'About us', 'Get support', 'Find resources', 'Our stories', and 'News and events'. Underneath these menu items are links for 'Talk to us', '0808 196 1768', 'Under 18', 'Carers', 'Accessibility', and a pink button labeled 'Get urgent support'. The main content area features a photograph of two men sitting on a park bench, smiling and talking. A white text box is overlaid on the bottom half of the photo, containing the text: 'Mental Health & Wellbeing Support in Brighton, Hove and East Sussex'.

Events and outreach

We had tables/ stalls at events around the city where we handed out leaflets and merchandise to attendees and passers-by. We designed new leaflets, posters and banners and invested in merchandise to hand out at these meetings and events.

Our Partnership Lead has presented at many different online forums, team meetings and venues around the city to talk about and promote UOK Brighton & Hove.



Strategic Steering Group

Our Strategic Steering Group provide strategic direction for the partnership. We re procured our group in May 2024 and now have representatives from Trust for Developing Communities, The Hangleton & Knoll Project, Switchboard and Grassroots Suicide Prevention. We also have a Lived Experience Representative who has joined us through Possability People.

Mental Health Services Communications Working Group (MHSCWG)

Representatives across the VCSE including UOK partners and Southdown joined a sector-wide Pan-Sussex working group which was convened as a collaboration between the NHS, primary care, VCSE, local authority partners and people with lived experience. We worked to develop clear and consistent mental health signposting information for Sussex.

This has resulted in a helpful, consistent mental health signposting toolkit to ensure improved access to services. We have been working to popularise the toolkit with our partners as well as through digital channels.

Support for your Mental Health SUSSEX

- Unable to cope, worried you may hurt yourself or somebody else, experiencing suicidal feelings?**
- Immediate help: Call 999 or go A&E
- Call NHS 111 and select the mental health option
- Visit a Staying Well service
- Text SUSSEX to 85258
- Download: Stay Alive app

- Stress, anxiety, low mood, panic attacks?**
- Contact NHS Talking Therapies or your GP surgery
- Significant change in your mental health**
- Visit 111.nhs.uk or call NHS 111
- Advice about local mental health support**
- East Sussex/Brighton & Hove: uok.org.uk
- West Sussex: pathfinderwestsussex.org.uk

What do people say...

Thank you, I am now engaged in young people activities and socialising which has positively impact my life.

Trust for Developing Communities

Thanks so much for all your help which began at a particularly low point in my life.

Money Advice Plus

The Shed is a constant in my life, I enjoy making things and the interaction I get with various people, seeing the skills they bring. Everyone's got something to offer.

Fabrica, Men in Sheds

I feel better informed about mental health services and support after talking to a Navigator.

UOK Central Access Point (CAP)

They went to places she would never have gone to and did things she has never done; this has given her the confidence to try them again.

Mind at The Lighthouse

Volunteering has been a meaningful experience. I've gone home after each shift feeling hugely inspired and like I've made a small but mighty difference.

Switchboard, LGBTQ+ support line

I love the concept of The Recovery College. I like to be viewed as a student and not a patient. I feel equal to the Peer Trainers, their lived experience is helpful and comforting.

Southdown's Recovery College

(The Women's Hub) has made me feel at ease and have more confidence in myself. I can now stand up for myself if there's issues brewing with other people, and feel I have a choice in who I want to see and not, and have my own life.

Brighton Women's Centre (BWC)

My youth support worker has helped me with some difficult questions I had and provided me with support when needed.

Allsorts Youth Project

The person I spoke was excellent. Great advice and has truly helped me move on with my grieving.

Cruse Bereavement Support

I came out of the session feeling like I'm floating - on an oxygen high from actually having breathed properly for a whole session. My anxiety is reduced, I feel more able to cope, and the sessions give me something really therapeutic to look forward to

The Wellbeing Hub at Preston Park

I enjoyed the walk very much and the social space and refreshments after.' I am reluctant to come as I become lazy but once I'm out, I really enjoy it.

The Hangleton & Knoll Project

I really appreciated the safe space that you created as trainers. I feel that this will be so valuable and I wish it was more widely available. Thanks for your time and care!

Grassroots Suicide Prevention

Friends, Families and Travellers have been invaluable in helping me put my life back together again, after an acrimonious split that saw me lose everything. Their support, through the process of claiming the benefits I was entitled to, and lifting me out of the abject poverty I was suffering in the process, has been superb. I really couldn't have done it without the help I received.

Friends, Families and Travellers





Our Partners

UOK partners come together to deliver services covering a range of options, from group workshops to money advice and bereavement care.

Southdown as UOK's Lead Provider

The UOK partnership is led by Southdown, the largest not-for-profit support, care and housing provider in Sussex, and funded by NHS Sussex, Brighton & Hove City Council and East Sussex County Council. We unite organisations to provide a range of mental health and wellbeing services.

As well as working together, Southdown and UOK's partner organisations work with other partners in the mental health and wider health and care system (both clinical and non-clinical services).

Services delivered by Southdown

Brighton & Hove Recovery College

Staying Well Brighton & Hove

The Wellbeing Hub Preston Park

Work and Wellbeing Employment Support

Southdown



allsorts youth project



BWC

Cruse
Bereavement Support

FABRICA



GRASSROOTS
SUICIDE PREVENTION



mind
OUT
LGBTQ mental health service

mind
in Brighton and Hove



switchboard
connecting you to LGBTQ+ support



YMCA
DOWNSLINK
GROUP



Our Impact in numbers

April 2023 - March 2024

5,850 

Total number of referrals received by UOK Brighton & Hove organisations

7,575

people received support from UOK Brighton & Hove organisations.

6,119

people accessed psychosocial support

442

accessed support following a bereavement

625

attended groups and activities at our Wellbeing Hubs

258

were supported through our Work and Wellbeing Employment support

129

were trained in Mental Health First Aid, Suicide Prevention Awareness or self harm



2,500

one-to-one psychosocial sessions were run virtually and in-person

1,687

Psychosocial support sessions

813

Bereavement support sessions



2,986

Events support sessions

20,785

Event attendance recorded

Over £895K

Total financial outcomes as a result of increased benefit income, back paid benefits, reduction in debt payments, one-off payments, debt write off and council tax exemptions



888

Calls to CAP
(Central Access Point)



21,711

Website visitors



Partner's Highlights

Southdown

Brighton & Hove Recovery College

UOK Mental Health Support Coordinators

The Wellbeing Hub at Preston Park

Work and Wellbeing Employment Support

For the Spring 2024 term the Recovery College saw a significant increase in the overall number of students registering, up from 157 in Q3 (Autumn 22 Term) to 200 (target 175). Over 50% of students reported an increased ReQoL score at the end of their course, evidencing an improvement in overall wellbeing.

Southdown integrated our Mental Health Support Coordinators (MHSCs) into East and West Assessment Treatment Services (ATS). The service created a Standard Operating Procedure (SOP) which was co-produced by ATS, clinical leads, UOK management, and UOK MHSCs.

The Wellbeing Hub saw increased group access and attendance with 9,189 group attendances in the last 12 months. The Hub successfully co-produced and curated an Artist Open House Exhibition in May 2023 with 54 artists who are clients at the Wellbeing Hub.

54 clients were supported into paid work and 12 supported to retain their existing jobs with 86% of clients stated that (1) Support has made a positive difference to my life, and (2) My Southdown worker helps me set and reach my goals. 85% of clients stated 'I feel understood and valued as an individual.'

allsorts youth
project



Cruse
Bereavement
Support

BWC

FABRICA



**FRIENDS,
FAMILIES &
TRAVELLERS**

Allsorts' Youth Engagement Program has been one of their major successes, along with the embedding of their 1:1 support offer.

HERA and BERTS, along with The Trust for Developing Communities (TDC) secured Refugee, Asylum Seeker and Migrant funding to deliver a project named Integrated Migrant Pathways. The project will include the creation of a website with a directory of information, along with social prescribing.

Cruse supported over 330 clients through a variety of support services including 1-1, in-person group support and via their new online Understanding Your Bereavement programme.

Brighton Women's Centre's Toybox creche provision was rated Outstanding by Ofsted. The Inspector commented that there was excellent leadership in the setting.

Fabrica moved into a new venue for the Shed in November 2023, after successfully applying for several grants to support ongoing costs. They involved participants at every stage of its design and construction.

Two of Friends, Families and Travellers' clients went on to become volunteers, involving themselves in assisting answering the helpline, performing casework, organising and running focus groups, as well as suggesting direction for services.

GRASSROOTS SUICIDE PREVENTION



Grassroots Suicide Prevention, in collaboration with Mind in Brighton & Hove, spearheaded the Men in Mind initiative to enhance mental health support for men. Participants in their training courses consistently praised the trainers for their expertise, approachability, and engaging teaching style.

In 2023, after consulting men from ethnically diverse backgrounds, we helped establish regular activities to meet their health and wellbeing needs and reduce isolation. These sessions encouraged health discussions in a safe space leading to the formation of a peer support group and increased access to local health initiatives.

For clients with cases closed in the annual reporting period, Money Advice Plus recorded financial gains of £600K+ for their clients as a result of unclaimed benefits, debt relief and tax exemptions

This year, the first peer support group for long-term senior members was launched. Mind's Peer Support and Volunteer Co-ordinator helped develop and run the Leavers Peer Support Group, marking a milestone as the first members graduated from the Lighthouse.

MindOut have provided psychosocial support to over 250 individuals and have provided one-to-one support to over 250 individuals through their Wellbeing service.

Rethink Mental Illness has continued success in minimising the number of re referrals to A&E and crisis intervention but being able to offer a flexible and timely reintroduction to work for clients. They held their first Suicide & Bullying event, supported by Grassroots, with open discussions on the impact of bullying.



Switchboard's helpline has expanded significantly in the last year, with volunteer recruitment being very successful. The active volunteers have increased from 24 to 44. Switchboard responded to over 1,757 calls.



The Clare Project have had continued success with the Tuesday drop in provision and continue to see a high return (80-90%) on people revisiting their services and/or moving onto other more suitable spaces that they provide. There has been pan-Sussex involvement of over 2,000 community members and over 550 hours of involvement activity in 2023 alone.



In response to requests for social and peer support and safe meeting spaces, TDC launched a monthly newcomer's peer support group, averaging 18 attendees. They also expanded EDI initiatives by collaborating with diverse grassroots groups, such as a Bangladeshi women's pilot and ESOL workshops on accessing health appointments.

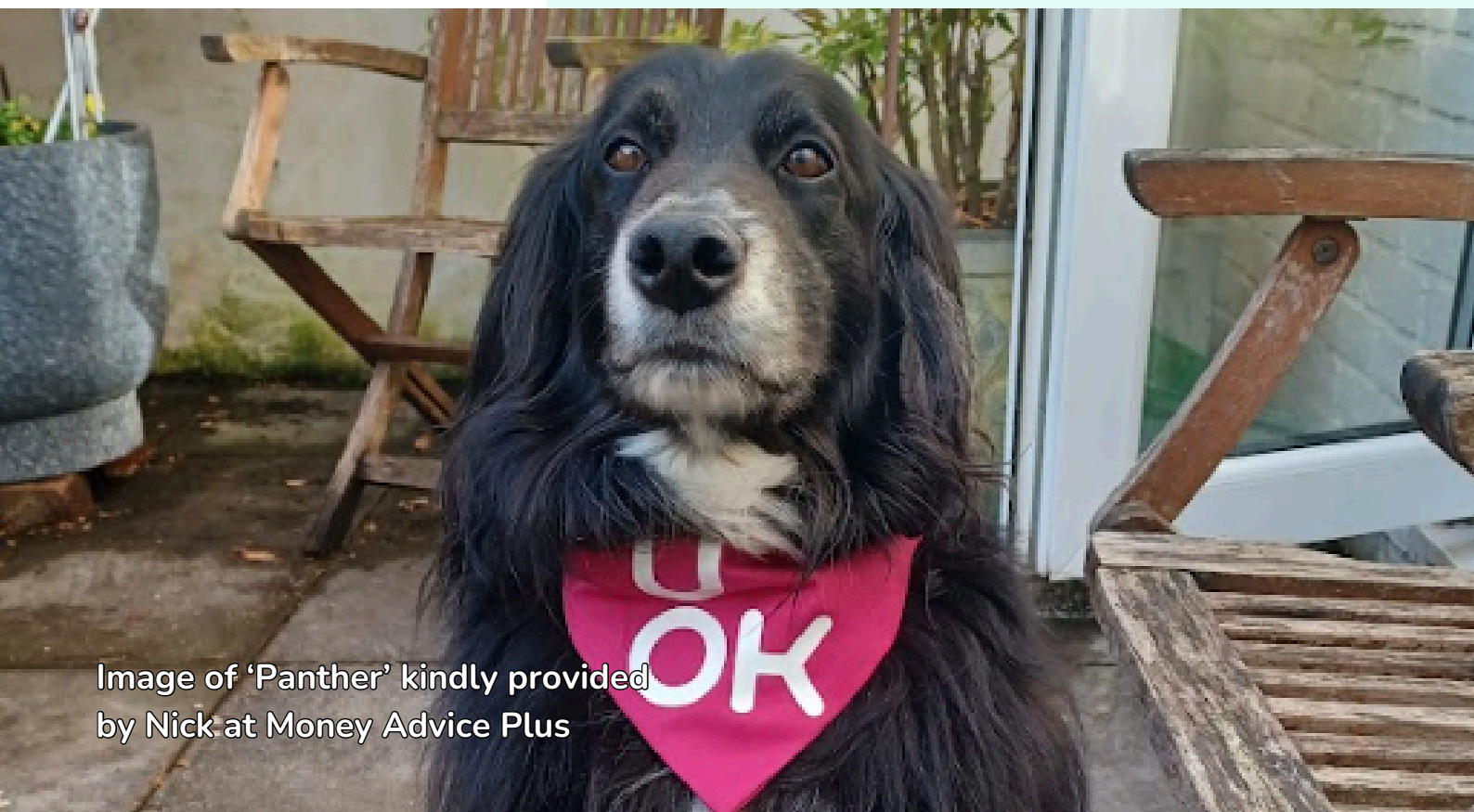


Image of 'Panther' kindly provided by Nick at Money Advice Plus



We are your connection to local mental health and wellbeing support

 @UOKBrightonHove

 @showcase/uok-mental-health/

 @uokbrightonhove

 www.uok.org.uk

**U
OK**
BRIGHTON
& HOVE