

Sharing Voices

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Goodbye Osman!

Sadly for SVB, we will soon be saying goodbye to Osman Gondal who has worked for the organisation for almost 8 years. We would just like to wish Osman all the best with his future endeavours. You truly have been a pleasure to work with and an asset to the organisation. We don't think you realised just how much of a positive impact you have had on the people you have worked with and supported. We will always remember you with warm thoughts and memories. You deserve the best! Good luck with all future endeavours.



New projects...

Suicide Prevention Project

The SPP is something that Sean (Service Manager) and Uzma (Community Engagement Manager) have been working over the past month. The campaign has been released and has been a success as it has reached thousands of people across the country via social media.



Women's Eid Celebrations!

Lilly and the Women's team welcome our ladies back to our groups. This was kicked off with our long awaited Eid Party, where we painted canvasses and indulged in our gift self care packs. We thoroughly enjoyed it, and the ladies are looking forward to attending SVB again.



The Allotment Project

Mental Health Awareness week was based around 'Nature'. The allotment project is also based around Nature and how it can benefit our clients/service users in many ways.

Purpose/Goal:

Svb want to use the allotment to provide a green space where our service users/visitors can benefit mentally and physically through the cultivation of plants, fruits, and vegetables. The space will be used for the facilitation of wellbeing groups and learning sessions in an outdoor space connecting people to nature to help them further on the path towards recovery and fulfilment whilst also reducing health inequalities.

The Benefits:

There are many benefits to having an allotment/green space. Below are a few:

- **Allows for social interaction** - It can be a good way to meet new people and build relationships. Sharing advice and experiences with other allotment owners while you work can be a real bonding activity. It can also help to improve language and communication skills
- **It is a safe environment** - where people can feel confident that they will not be exposed to discrimination, criticism, harassment, or any other emotional or physical harm.
- **Helps boost mood** - especially when you see the fruits of you own labour. Nurturing something else into life can greatly help peoples own wellbeing. Gives you the feeling of a sense of achievement and helps you to care for yourself.
- **People can benefit from a natural source of vitamin D** - which is vital especially in South Asian and other ethnic minority Communities.
- **Therapeutic** - Mental and emotional wellbeing through relaxing in an outdoor environment. Relieves stress and anger which can be better achieved through growing of plants, fruits, and vegetables.

New team member!

We would like to welcome our newest team member. Ureeba is a sessional worker and we look forward to her being part of our team!

