



Sunrise Wellbeing

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Issue 3

A Busy Spring and there's so much more to look forward to...



Here at Sunrise Wellbeing our team are delighted to be back working from the centre, providing face-to-face support for our clients. The passion and enthusiasm is palpable, as all of our therapists have really missed person-to-person contact and lets be honest, we're all feeling a bit of Zoom Fatigue after the last 14 months. Even better, the peaceful and pretty therapeutic garden has started to bloom, meaning therapists & clients can enjoy the sunshine and nature whilst being at the centre.

Half Term Zen & Easter Zen...

Back in February when we were still firmly locked down, our fantastic team of therapists put their heads together to see what they could do to make Half Term that little bit different from all the other days. From there the Half Term Zen was launched. Each morning at 10am a different therapist took to the Zoom stage for 40 minutes to ensure the children were entertained and captivated to learn new skills and understand how they could better understand their feelings. Shelley, our Founder shared all about worry monsters and breathing buddies. Clare, our wonderful Play Therapist talked superheroes and the value of positivity jars. Nicola, our fantastic resident Reflexologist introduced the children to how they could support and calm themselves using their own hands. Thursday saw Grace, our Trainee Music Therapist enthuse and energise the viewers with her Soundscaping Adventure. Finally to top off the wonderful week, Mala shared her beautiful butterfly meditation. The popularity and success of the daily zen sessions blew all the team away. It was simply wonderful to see children of all ages so engaged and enthusiastic, learning about their feelings and





emotions. The feedback was fantastic, so much so that the team did it all again during the Easter holidays. Together the Half Term and Easter Zens raised over £470 which will be used to support the low cost services and support even more families. Sunrise Wellbeing would like to say an extra special thank you to all our wonderful Associates, who gave up precious time to volunteer and share their expertise with more and more families in our community.



WE'RE SO EXCITED...

To be collaborating with Janine Piccirella on the first ever **Sawubona Family Event**, at **Overgrown Acres in Nottingham**. The family festival in the beautiful grounds will have a healing garden and friendly farm animals. Our very own Shelley will be holding workshops for adults and children, sharing her expertise about emotions, grounding, calming and connecting. There will be games and park fun, disco dancing and very importantly refreshments, cakes and of course the chip shop van! Check out the details on Eventbrite to find out even more. **Saturday 5th September, 11am – 6.30pm**

Sawubona Family Event

5th September 2021
11:00 – 18:30

Overgrown Acres, Cotgrave Road
Nottingham, NG12 5PE

Workshops:-
Understanding & Expressing Emotions
Grounding, Calming & Connecting

With
Shelley Smith & Janine Piccirella

- * Refreshments & Cakes
- * Healing Garden - Connecting with Nature
- * Meeting the farm animals
- * Games & Park Fun
- * Disco Dancing & *Chip-Shop Van

£50.00 for 1 Adult & 1 Child



SUICIDE AWARENESS – LETS BE HONEST...

Several of the Sunrise Wellbeing team were enormously touched following the recent Roman Kemp documentary on BBC Three. The documentary talked openly about the impact on family and friends following the death of a loved one by suicide. The discussion that the programme generated nationally was really powerful and it was a very similar discussion that was taking place within the centre walls. Enquiries too were soaring so we knew that the need was both real and increasing. Traditionally women have found it easier to seek therapeutic support, either professionally, pastorally or even just reaching out to a friend for a chat. Research tells us again and again that men can find this hard. This could be for a number of reasons; their views growing up, societal expectations, uncomfortable feelings around asking for help or even because they neither know what to say or who to say it too. As a team of male and female therapists we felt it was really



important to reach out in whatever small way we could. **Talking about suicide doesn't make it happen**, being honest about times of desperation and putting safety plans in place in advance of those dark moments can actually prevent suicide, ensuring the much needed support and intervention is accessed in that very moment. Our suicide awareness video can be viewed on our social media pages as can a list of charities that offer 24hr on call or online support and guidance. Additionally our **safety plan templates are available to be downloaded under 'Useful Links'** from www.sunrisewellbeing.co.uk.

Schedules permitting, we are hoping to launch our **NEW MALE SUPPORT GROUP**, ran by our therapists Kris & Tom. Details to follow soon. A place where men of all ages can come together and experience the normalcy and crucially the benefits of asking for help and seeking support. We are committed to giving everyone in our community a safe place, to off load, share and learn new strategies. See suicide awareness charities below if you'd like to know a bit more.



PAPYRUS
PREVENTION OF YOUNG SUICIDE

24/7 Central Access Point
urgent NHS mental health support for people of all ages living in Leicester, Leicestershire and Rutland



0116 295 3060

A registered charity

Whatever you're facing
We're here to listen

Call free day or night on
116 123

Email: jo@samaritans.org

SAMARITANS
samaritans.org

LETS HEAR FROM MARY...

Mary Shipton has been working with Sunrise Wellbeing since the centre opened last July and was one of the first Therapists to become an Associate. Working with adults, Mary has had a wealth of experience and offers a non judgemental, empathetic approach founded on the core conditions of person centred whilst also integrating techniques from attachment, grief and cognitive behavioural therapy. Through her other work with CRUSE Bereavement and Lighthouse Christian Care Ministry Charity, Mary has extensive experience supporting clients through grief, depression and anxiety.



'I came to counselling training late in life having already had a long career in nursing. I found that so many times I would love to have helped my patients further but was limited by the constraints of my job. I worked initially for CRUSE bereavement charity and then decided to start my training. I loved my role as a nurse but also and equally love my role as a counsellor, I love to see clients grow in confidence and find themselves in their journey. Sunrise Wellbeing has been the perfect place for clients, calming and serene. I love being part of the centre and joining with Shelley, the other Associates and the rest of the team.'



JUST LIKE THE FLOWERS IN OUR GARDEN, OUR TEAM CONTINUES TO GROW...

The demand for mental health and wellbeing services has been high and the Sunrise Wellbeing team have continued to respond and grow. We have new Associates joining all the time bringing with them years of specialist experience and a variety of therapeutic approaches. Additionally, we have a wonderful team of trainees who are able to work with young people and over 16s, supporting our low cost therapy offering. If you are a trained psychotherapist or holistic practitioner looking to be part of our wonderful therapeutic hub and expand your private practice, either online or face to face, don't hesitate to get in contact at: lizi@sunrisewellbeing.co.uk



Kara, is nearing the end of her PG Diploma in counselling children & young people, adopting an integrative approach using person centred, creative and cognitive techniques. Kara has several years experience working in schools, supporting children with various special needs.



Corinne, a Psychotherapeutic Counsellor has over 15 years of experience working with children & young people. She works in a person centred way whilst also using CBT and play therapy to help children 11+ years develop healthy coping strategies.



Millie, is a Trainee Integrative Psychotherapist working with clients aged 16+ with a variety of difficulties. Millie also has experience working with young people via her volunteering with SHOUT support helpline.



Freya, also a Trainee Integrative Psychotherapist has experience supporting a variety of concerns via her voluntary work with NSPCC and here at Sunrise Wellbeing with clients aged 16+.



"At Sunrise Wellbeing we're committed to supporting trainees in gaining their professional accreditation"

PLEASE SAY HELLO TO...



Chloe Pollock, Integrative Psychotherapist who works with children and young people. Specialist in working with experiences of Adversity, Trauma, Autism, Asperger's or ADHD diagnosis. Also a wealth of experience working with children who have been fostered or disenfranchised from mainstream school.



The classic COVID Vaccine card Selfie!

We feel privileged to have had our COVID Vaccinations, with many of our practitioners now having their second dose too. All COVID prevention measures are still in place at our centre and will be continuously reviewed as we move forward.

Some of our team have never actually met in person so we are looking forward to our first 'in person' training session at the weekend.

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people
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kinda
people.

We have been overwhelmed with people's kindness and generosity over the last couple of months.

Louise at the fab Messy Senses has always been a huge supporter of our work and we were honoured to receive so many Easter Sensory and Fidget Boxes to support the clients we work with. A HUGE Thank you!



Thank you for our wonderful donation of wellbeing craft boxes from the lovely Sophia at The Curator Educator. They will bring the wellbeing benefits of creative activities to many.

Thank you so much to Helen Treadwell, Leicestershire Cares for donating our young people and practitioners with free books to support with equality & diversity. Provided by The Reading Agency in partnership with Specsavers.



Shelley received a lovely gift from Vanessa (a wonderful Childminder who attended Shelley's training). A fantastic little cape for her moodstars transferring the cape to different emotions, showing that being brave can mean many things.



Our lovely Lizi is now a certified Adult Mental Health First Aider. If you are interested in training too, please contact Kate Jackson, Wellbeing Therapy Solutions – Accredited MHFA England Trainer

kate@wellbeingtherapysolutions.co.uk





How lucky are we...

Our lovely friends from **Homefield College** are joining

us on work experience, bringing their skills to help us keep on top of our beloved wellbeing garden. When Spring sprung, the rain and sunshine were playing tag, our grass and weeds are growing and thriving relentlessly. We are so grateful for the team's visits, making sure it's always a pretty, peaceful and welcoming place to be. Both Shelley and Clare, the 'plant ladies' of the centre are especially thrilled to get all the extra pairs of hands. Thank you so much for all your help. Let's hope the sunshine comes and stays so we can all spend much more time outside enjoying the team's hard work.



PLANTS
make people
HAPPY



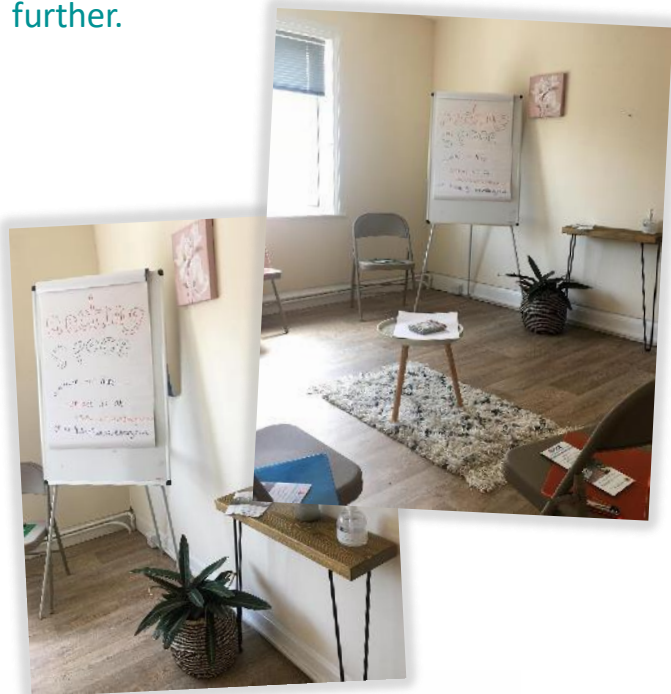
Meeting Space / Therapy Rooms available for hire...



Our peaceful and homely therapeutic hub is available for everyone to use. If you are a therapist or a holistic practitioner, we have a variety of rooms to choose from.

Furthermore we have our larger room, 'The Nook' which can be used for support groups, small training sessions or meetings when face-to-face is simply essential. There is on street parking nearby, kitchen & bathroom facilities plus every training resource you might require. All COVID friendly of course.

Please don't hesitate to browse our wonderful facilities at www.sunrisewellbeing.co.uk or contact us at lizi@sunrisewellbeing.co.uk to enquire further.



SUNRISE Wellbeing

Holistic therapeutic support service for children, young people & adults



**SUMMER ZEN
COMING SOON - IRL!**

