



Sunrise Wellbeing
46b Albion Street, Anstey,
Leicester, LE7 7DE
0116 464 8087

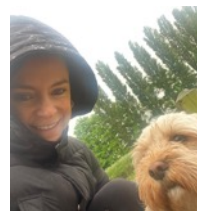
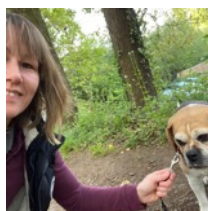
Sunshine is on its way... Summer 2022

It's been such a long while since we've shared our news... no excuses other than we've been so very very busy! As the centre continues to grow and we focus on expanding our services to as many people, across all ages, we're finding there's little time for anything else. However, its so important that we share all that we've been up to so you can help us spread the Sunrise Wellbeing message, wide and far...

As you might remember we are now a CIC which means we are committed as an organisation to raising as much money as we can, enabling us to support even more people in the community. Recently this saw several of the Sunrise Wellbeing team walk, run or swim over 30 miles each during the month of May. Some of us even roped in our furry friends ensuring the whole family got extra active in all weathers, rain or shine, in our coats and wellies or in our shades and shorts. A special shout out to Paula and her doggies & our incredible reflexologist Nicola Fox from 'Refoxology' as she smashed the target, achieving over 103 miles in the 31 days of May!



The money that people pledged was nearly £1,500, but unfortunately the crowdfunding project didn't reach it's target, meaning all money was refunded! **We are heartbroken at this after our total team miles covered the distance from Leicester-Scotland!**



The good news is that you can still send your refunded donation directly to us to support this wonderful cause. Please contact us at hello@sunrisewellbeing.co.uk and we'll let you know how...



SUNRISE Wellbeing Partnership C.I.C.
Holistic therapeutic support service for children, young people & adults

Tea & Talk Morning

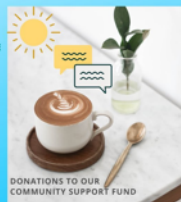
THEN EVERY OTHER WEDNESDAY 9.30AM - 10.30AM

WEDNESDAY 8TH JUNE

SUNRISE WELLBEING THERAPY CENTRE
46B ALBION STREET, ANSTEY

A chance to meet and chat in a small, friendly group setting - find out about our services, see how we can support you and share useful strategies with each other. A time just for you!

To book your place, please email: carla.helps@sunrisewellbeing.co.uk or leave us a message on 0116 464 8087



DONATIONS TO OUR COMMUNITY SUPPORT FUND

Come and join our Practice Assistant, Carla every other Wednesday morning for an informal, cuppa & chat.



This Half Term saw the launch of our first ever Zen Den... As we watched our waiting list grow and grow, becoming aware that some of those children and young people might be waiting for weeks, we knew we needed to do something soon. Then came the inspiration for an after school programme with our very own, super experienced, Carla. It runs from 4-5pm every Thursday and is open to primary aged children. Carla uses creative exercises to encourage the children to share about their feelings, to talk openly in a friendly and safe space and to explore their emotions in a fun way. Feel free to get in touch with Carla.helps@sunrisewellbeing.co.uk to hear all about our upcoming Summer Zen too!

Our placement students are at the core of all that is wonderful at Sunrise Wellbeing... Everyone, including all our fully qualified therapists and practitioners had to start somewhere. Many of them had to secure hundreds of clinical hours so that they could complete their qualifications and gain their official accreditation. To do this they had to secure placements in a variety of different settings. It was really important to the team at Sunrise Wellbeing that once the

centre was running and established we'd be able to offer placement opportunities for trainee MSc students from a variety of different institutions. That ambition has steadily become a reality, we now have four students from; University of Derby, University of Nottingham and Terapia, with two more joining the team in the next few months, from Newman University and Sherwood Psychotherapy Training Institute. As our placement trainee team has grown, so has the low cost service that they support. Between them they can work with children, young people and adults, during the week and even on a Saturday morning! We are so lucky to have them and appreciate all their hard work so very much. If you'd like to read more about all our incredible placement students, check out our website and let us share with you; Millie, Freya, Natasha, Victoria, Nick and Sally... our very own Sunrise Wellbeing placement dream team...

<https://sunrisewellbeing.co.uk/therapy-centre/meet-our-volunteers>



**Placement
Dream Team!**



Lets hear from **Chloe...** another one of our incredible team who is raising important funds to support and expand our desperately needed low cost service...



Children's Mental Health Week...

"Play is a child's natural language: it speaks the worries too confusing for words. Play builds trust, tells stories and takes us on brave adventures to wonderful places of safety, hope and happiness" Lauren @ Sunrise Wellbeing. Some months back during Children's Mental Health Week our team of children and young peoples' therapists wanted to celebrate the joy of playing, allowing clients to express themselves freely and honestly. We have over 10 therapists who are able to work with younger clients, from play therapists to occupational therapists to integrative practitioners who specialise in children and young people. The language of play is used consistently by them all, as a means of giving children the words that they otherwise might not be able to find. Even the grown ups like to get involved sometimes, we're never too old to play...

"My name is Chloe and I am a Child and Young Person's Counsellor and a member of the associate team at Sunrise Wellbeing. On the 23rd August 2022, I endeavour to complete the National Three Peaks Challenge whereby I will climb up and down Ben Nevis (Scotland), Scafell Pike (England) and Snowdon (Wales) within 24hrs to raise money for Sunrise Wellbeing. The total walking distance of these highest peaks is 23 miles (37km) and the total ascent is 3064 metres (10,052ft).

In the UK, mental health services are stretched to breaking point and the official waiting list for those seeking support is at 1.6 million. According to the Royal College of Psychologists, 75% of children and young people experiencing mental health difficulties aren't getting the help they need.

*I want to raise vital funds for **Sunrise** to help expand their services and their ability to offer low-cost therapeutic support for children, young people and families in order to help them during extremely difficult times. With an expanded low-cost therapy service, **Sunrise** could support even more people, offer reduced waiting lists, help them to develop coping strategies and offer a safe space to feel heard.*

Please join me in raising money for Sunrise, who continues to make a difference to so many, all year round."



Just some of our children and young peoples' therapists & practitioners



ANNUAL GENERAL MEETING



GET INVOLVED!

Annual General Meeting Saturday 2nd April

How grown up and important did we all feel... Back in April, earlier this year several of the Sunrise Wellbeing team came together to host our first annual general meeting. Some of us came together in person whilst the rest of the team and supporters watched live online. It felt like a really significant milestone. Shelley shared all the news on the centres growth to date and expansion plans for the future. Analysis of the enquiries revealed how many hundreds we've received since opening fully in 2021. Furthermore how enquiries are growing with an average of over 15 per week. She shared testimonials from clients, placement students and associates and it reminded us all how far Sunrise Wellbeing has come, all that's been achieved and just how proud we are all to be part of such a worthwhile and necessary service provider. Excitingly Shelley also shared the ambitions we have for the future, from school/college support programs and Wellbeing days for parents / carers to a pop up café with guest wellbeing speakers and a Sunrise Wellbeing podcast. We have such big plans which would enable us to support more and more people in our community and beyond. As ever the challenge continues to be funding, our fantastic funding officer and centre supervisor; Paula is working really hard behind the scenes. Asking as many local and national companies whether they would like to be involved in our expanding ambitions.

This process takes time and none of us here as Sunrise are renown for our patience as we're so keen to share our services to as many people as possible. Recently though we've been so very grateful to receive funding support from Imperfect Wood Co, Florence Turner Trust, Maud Elkington Charitable Trust and Corah Foundation. We'll never be able to truly express how grateful we are and how much their support means to us, already we've been able to purchase a much needed centre laptop as well as supplies for our newly launched zen den. If you would like to support Sunrise Wellbeing Therapy Centre don't hesitate to get in contact by emailing us at;

hello@sunrisewellbeing.co.uk



Earlier this year we were thrilled to welcome 2 new t-level students from Leicester College, who are studying mental health. Noah & Kiah have been a wonderful addition to our team, spreading their enthusiasm and passion for exciting new fundraising ideas, supporting workshops and helping Carla at the centre every Wednesday. Thank you for all your help.





Our first face to face conference as a Sunrise Wellbeing team... Earlier this year some of our team came together to exhibit some of our services at the Early Years Health & Wellbeing Conference at LCFC King Power Stadium. Shelley provided training for several of the early years attendees, sharing with them all her knowledge about emotions and anxiety, how it presents in children and how each of the EY providers can support the children in each of their setting through Mindful Movement. She had them all up patting balloons and interacting with one another. The feedback was so positive and the Sunrise team were touched by the enthusiasm, passion and commitment from all in the room to learn more and support even better.



Our Sunrise Wellbeing team at the LCFC King Power Stadium



Support for Loss & Bereavement

As part of our work at Sunrise we are passionate about raising awareness of bereavement and supporting people with grief as this can be such a difficult topic to talk about for many. We love our work, helping others but sometimes part of our support is working with individuals, schools/colleges or organisations who are trying to navigate very sad and traumatic situations. We are proud of our team for the support that they offer to many at such difficult times, through 1:1 support, training and guidance. Often the most important thing is to provide people with a safe space to express their emotions and feel heard as we don't always have the answers and that is ok. Remember there is no right or wrong way to grieve but being kind to yourself during this time is very important. We have listed useful contacts and helpful links on our website to support our community further.



Congratulations Dr Mish!

Our very own Director of Mental Health & Wellbeing is now a Doctor! After years of hard work and dedication Mish completed her doctorate in Psychotherapy & Counselling earlier this year. Her passion for clinical supervision and professional self care is the essence of all that she does and we are privileged to have her guide our Sunrise Wellbeing team. Congratulations Dr Mish, wonder who will be next; Dr Shelley maybe ;-)



*Shelley, Dave,
Clara & friends
saw The Red Hot
Chili Peppers*

*Carla & family
saw The Rolling
Stones in Hyde
Park*



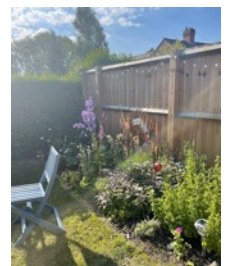
*Lizi took her
daughter &
friend to see
Phoebe Bridgers*



The importance of fun and connection...

this weekend several of the Sunrise Wellbeing team took delight in spending time with family and friends enjoying live music. It reminded us how important it is to carve out moments of joy and closeness with those that fill our emotional cup. Sometimes life can be relentless and its easy to forget to prioritise ourselves and the importance of self care. We all need moments of escapism, connection and joy!

We really do love our secret little garden... as soon as people arrive, almost instantly they comment on our precious and peaceful little haven behind the brown gate. The welcoming space is used by staff in between clients or for fresh air catch ups, for parents of clients waiting whilst their child is in therapy, or for adult clients who are a few minutes early, even for the odd delivery person enjoying the calm while they wait for one of the team to respond to their knock. The feedback is always the same; *'I didn't expect to feel so calm when I came through the gate'*, *'how pretty and peaceful is this'* or *'I think I'm just going to sit here and enjoy for a moment'*. Grounding ourselves in nature doesn't just mean going for long hikes in the countryside it can be achieved in the simplest of outside spaces. Our lovely little garden is beautifully cared for by Sam, one of our volunteers from Homefield College. We are so thankful for all his hard work, as is everyone as soon as they walk in through the gate.



**SUNRISE Wellbeing
Partnership C.I.C.**

Holistic therapeutic support service for children, young people & adults

Sunrise Wellbeing

Summer Zen



**Join us this Summer for 4
interactive workshops**

£10

Per Session

**Have fun, get crafty & learn
new ways to support our
emotions**



**Focussed workshops
for positive
wellbeing**



10.30 - 12

Wednesday 13th July - Brilliant me!

Wednesday 20th July - Becoming an anxiety warrior

Wednesday 10th August - Managing angry feelings

Wednesday 17th August - Ways I can relax



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Not forgetting our wonderful adult clients too...

Thank you for your wonderful feedback and for taking the time to invest in yourself. You matter too!

I was able to talk about my childhood and really understand the trauma I faced.

This helped me to understand how this has impacted me over the years.

It helped me break the cycle of depressive thoughts as I understood where those feelings came from. It also helped me move on from my past and feel more confident as a person.

I would rate the support at Sunrise as excellent!



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I feel I have greatly benefited from the support sessions. I feel more focused on what is important, I have changed my behaviour in small but significant ways, and I feel far less lost and hopeless than I was when I first started the sessions.

My communication has improved significantly, and I am trying to be more open with others as I was in the support sessions.

I feel more focused on improving myself, and my approach to difficult situations rather than the situation itself. Essentially, I am more aware of what is in my control and what is not, which has reduced my anxiety.



I have found the sessions to be life changing!

I have learned so many strategies to help me manage my anxiety and low mood. Having a safe space to open up and discuss things with someone who listens and supports me has been invaluable. Feeling nervous before sessions got a lot easier.

I have greatly benefited from my sessions, they have taught me how to reframe my negative thoughts and understand where they come from. I now don't believe everything I think and recognise my own needs a lot more.

I would highly recommend Sunrise Wellbeing to all.



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I have felt so comfortable throughout my sessions & genuinely believe they've changed the quality of my life day-to-day. I can now take the skills into my life going forwards. They've helped me reach my goals & beyond. I didn't think I could feel as positive & strong as I do now, without this support & safe space my goals wouldn't have been reached.

I couldn't recommend Sunrise enough! I've felt supported & cared for throughout my journey here. My therapist has been incredible & I'm very grateful for her time, attention & the safe space she created.

