



CASE STUDY

HOW YOUR BRASS MADE A DIFFERENCE

A BIT O' BACKGROUND

During the coronavirus pandemic, EyUp! was heartened by the donations, support and kind actions from our local communities and businesses.

You helped us to continue making a difference to people that use our Trust's community, mental health, wellbeing and learning disability services, alongside showing our fantastic NHS staff lots of love and appreciation, during the most challenging time in NHS history.

From taking part in our 'share a smile' rainbow competition, buying things from our Amazon 'Wish List', to fundraising privately, we want to share how your donations have been spent - so you can see the difference this has made.

As part of NHS Charities Together, we also received donations nationally. This includes funds from record-breaking fundraiser, and Yorkshire born and bred veteran, Captain Tom Moore. So we want to say a special thank you to them too.

HOW DONATIONS WA' SPENT

The perinatal mental health team is available so women can have access to sensitive and specific mental health care during and after their pregnancy. The team provide tailored care plans and support and guidance to families, including; medication advice, psychological therapies, individual and group work and peer-led support sessions.

The peer-led support sessions are run by a group of women who have lived experience of mental health difficulties during the perinatal period. Women can attend and talk with other mums, who understand what they're going through, and can therefore share practical insights that only come from first-hand experience.

Women attending sessions who were approaching discharge from the service often became a little worried and anxious; sometimes questioning if they'd be able to go it alone. The peer support workers wanted these women to have something to focus on, alongside new ideas to try, so that they could take ownership of



their own mental health and continued recovery once leaving the service. This was where the idea of the wellness package came from.

- A bundle of pocket-sized flashcards with self-care tips, meditation and breathing exercises
- A pocket-sized journal with an explanation of the benefits of journaling
- Adult colouring sheets
- Aromatherapy oil
- A crystal
- Information on useful websites and alternative therapies

WHAT DID FOLK SAY ABOUT IT?

Thank you so much. Really enjoyed using the things out of the wellness package, I have been journaling and it's really helping me to reflect. I have used the flashcards daily; I keep them in my bag. I have bought my own aromatherapy oil and have started to make and use the bath salts. I have really enjoyed using everything and feel like it has helped me.

Thank you so much for the wellness package, I cried when I opened it, I can't believe you took so much time to make the box, especially for me. I've bought more colouring and special crayons and I've found it really helpful when I feel overwhelmed.

I use my journal to log my dreams and see what they mean; it's helping me to work things out. I'm also doing a vision board to look to the future – places I want to visit and do. Focus on me.

It was really important to me that the package was hand delivered and the tag handwritten as it made me feel like a human being and not a patient. It's a brilliant taster of each thing, empowering people to try new things. It has re-ignited my love for alternative therapies and different ways of looking at things.

Message on the tag made me emotional but in a good way. Really enjoyed the lavender oil and the adult colouring – I've bought myself one. Helps me to unwind. The resource flashcards are excellent for new ideas – I'm trying EFT next.

Lovely to receive. Somebody is thinking of me, such a nice gesture. Best thing was the little booklet on the keyring. I never know where to go to look for things and then I just don't do it; this has all the information in one place. Really nice touch.

