

SIX DEGREES SOCIAL ENTERPRISE

2023 NEW YEAR COMMUNITY NEWSLETTER

Dear community members,

I wish you a happy new year in the first newsletter of 2023. I look forward to the year ahead working together and finding our new 'normal' as the year unfolds.

This year our organisational aims are to gradually reduce fragmented working practices by improving our connectivity and relationships; diversity of voices, increased visibility, and improved confidentiality as we move back into the workplace and back into our community hubs and venues.

The beginning of the year marks phase two of transitioning. We begin to move toward new ways of working, explore the new normal and discover the 'hybrid' world.

February 2023 also marks the first anniversary of the Russian invasion on Ukraine. Sadly, there was further heart-breaking news broke last month as the earthquakes hit Turkey and Syria. This creating further displacement for many and for those whose lives are exposed to destruction. Our thoughts and prayers remain with all those affected.

Best wishes, Kelly

MANCHESTER YOUTH DEMOCRACY DAY

In February some of our colleagues represented Six Degrees and attended a young people's event (13-14 year old students from 10 south Manchester schools) where the students explored different solutions to problems young people face such as mental health challenges, academic pressures, LGBTQ, limited access to sports and physical activities.

They worked with some of the young people and explored new ways schools can promote mental wellbeing for students. The young people then presented their ideas to the council.

One of the most popular ideas was inviting professionals like Six Degrees to run workshops and talks that give young people practical tools to manage their mental health. Another popular idea was reducing school days to four days to enable more time with family and exploring various hobbies.

The young people were also appreciative of the insights into mental health and wellbeing from the team at Six Degrees.



IAPT NEW NAME – NHS talking therapies for anxiety and depression

IAPT has undergone a new branding exercise following a recent consultation with the national team. It now has a new name: NHS Talking Therapies for Anxiety and Depression

You can read about it here:

<https://www.england.nhs.uk/blog/whats-in-a-name-nhs-talking-therapies-for-anxiety-and-depression-the-new-name-for-iapt-services/>

WHAT OUR PARTNERS SAY

In a recent meeting, I'm proud to share excellent feedback from the Long Covid Clinical Team, who spoke very highly about Six Degrees. GPs suggested we were open, collaborative, understanding and facilitate those who may present with additional complexity. Other experiences suggested there were many barriers put in place. I am thankful to everyone involved for all their hard work.

SIX DEGREES ANIMATIONS

Work has been happening in the background to create three Six Degrees animations;

1. About Six Degrees and the work we do for our website.
2. An animation to attract and retain our workforce, also for our website and to include in adverts.
3. An animation to described the work we do in the Jewish community.

These will be available to view on our website soon. A huge thank you to our colleagues for their contributions.

CURRENT VACANCIES

Current vacancies are be found on our website.

<https://six-degrees.org.uk/work-for-us/>