

SIX DEGREES SOCIAL ENTERPRISE

SPRING 2023 COMMUNITY NEWSLETTER

Dear Community Members,

I hope you are well?

I've attended several forums recently where the focus of discussion has been on upsurges in complexity of people using mental health services. I've found myself pondering this term. What does complexity mean? Who defines the level of complexity, a service user, or practitioner? When describing people in this way what are we communicating? How is complexity managed?

I found an article that resonated wonderfully with my understanding and thought I'd share:

The challenge to change and improve is often misunderstood as a need to better "deal with" or "cope with" the greater complexity of the world. Coping and dealing involve adding new skills or widening our repertoire of responses. We are the same person we were before we learned to cope; we have simply added some new resources. We have learned, but we have not necessarily developed. Coping and dealing are valuable skills, but they are insufficient for meeting today's change challenges

The experience of complexity is not just a story about the world. It is also a story about people. It is a story about the fit between the demands of the world and the capacity of the person or the organization. When we experience the world as "too complex" we are not just experiencing the complexity of the world. We are experiencing a mismatch between the world's complexity and our own at this moment. There are only two logical ways to mend this mismatch—reduce the world's complexity or increase our own. The first isn't going to happen.'

From the book - Immunity to Change by Robert Kagan and Lisa Lahey / website <https://mindsatwork.com/>

Post covid the world has become an increasingly complex place, how we approach this is the key to survival and development. I believe the answer lies inside us (individual and organisation) not outside.

Best wishes

Kelly Hylton, Managing Director

SAVE THE DATE

2022 / 2023

Annual General Meeting

Monday 10th July in person.

Further details on page 2.



2022 – 2023 ANNUAL GENERAL MEETING (AGM)

Please save the date for our upcoming Annual General Meeting. The meeting will be held in person at Elm Bank Events & Conference Centre, Elm Bank, 46 Half Edge Lane, Eccles, Manchester, M30 9BA, on Monday 10th July from 12.30pm – 3pm.

Since Linda Gask stood down as a non-executive director last year, having been a core part of Six Degrees from the beginning, the Board has been looking at its membership. As well as the history of Six Degrees, Linda provided a wealth of clinical expertise and knowledge of the communities of Salford and Greater Manchester. Following a gap analysis the Board determined that a Salford GP would add to its skills mix and would help to re-build some of the relationships and connections lost during the pandemic. A suitable and willing GP has been identified and their appointment to the Board will be put to a vote at July's AGM.

THE UNIVERSITY OF SALFORD - ORGANISATIONAL CHALLENGE VISIT

In March a member of Six Degrees gave a presentation to some students from the University of Salford who are on a leadership programme provided by Common Purpose. The students were from various backgrounds including Scientific, Mental Health and Law.

As part of the presentation, the students were set a challenge relating to a real-life problem we have here at Six Degrees. They are given time to ask questions and gather all the information they require, they were then split into groups to work on formulating a response to the challenge. It was an interesting afternoon, listening to these leaders of tomorrow and discovering how they would address a real business challenge.

The students really enjoyed their time at Six Degrees and appreciated having the chance to meet with leaders who shared so honestly and openly and who trusted them to come up with an idea for a real organisational challenge that we and many other organisations are facing.

Some of the feedback received from the visit was the following:

I was able to practice working as a team and I've been able to recognize my strength and weaknesses.

I love the welcoming and flexibility of the program. It helps brings people out of their shells and build their networks.

This has really taught me a lot in quite a short time.



SALFORD CITIZEN PANEL EVENT

Six Degrees Talking Therapies for Anxiety and Depression were invited to the Salford Citizen Panel Event to hear about the 'Big Conversation' with guest speakers from the Salford Integrated Care Partnership updating on the funding and resources, access to health and care, public health and prevention.

The panel were asked about their next steps for improving health care across Salford. A GP panellist spoke highly of our service, outlining that Six Degrees were a fantastic resource for supporting the citizens of Salford with their mental health. He spoke about how grateful GP's were to have us across the city and spoke about how we have made a significant difference. It is always wonderful to receive this feedback about Six Degrees.

The event helped to gather views from a representative section of our Salford community to understand the service users' needs and experiences when planning and improving services in Salford. Six Degrees had a stand, as well as other community groups and organisations, to provide information and answer questions from the public. Our involvement and presence at the event was appreciated.



PATIENT EXPERIENCES FORUMS

We recently facilitated two patient experience forums. The consistent message from patients was that they want choice and flexibility in their care. They want all 3 options - phone, zoom and face to face, as well as being able to mix those options up throughout the course of their therapy journey. A workshop is being prepared to outline more regarding what patients said during these events and this will be delivered to our staff. Another event will also be planned in a few months.



BATON OF HOPE

Baton Of Hope UK is designed to be the biggest suicide awareness and prevention initiative the UK has seen. In June 2023, the Baton of Hope will set off from Glasgow on a journey through towns and cities across the UK, reaching Downing Street two weeks later; raising the profile of this issue, reducing the stigma, and encouraging people to get better at asking questions, listening, and directing people to the right help.

Greater Manchester Bereavement Service will be supporting the event when the Baton of Hope arrives in Manchester on Thursday 29th June! Move information will be shared on our LinkedIn page, closer to the event.

CURRENT VACANCIES

Our current vacancies can be found on our website. <https://six-degrees.org.uk/work-for-us/>