

# SIX DEGREES SOCIAL ENTERPRISE

## SUMMER 2023 COMMUNITY NEWSLETTER

Dear Community Members,

I hope you are all enjoying the summer.

I'd like to share with you the reason why we are called Six Degrees. Our name is based on the principles of six degrees of separation, whereby people are thought to be six connections away from one another at any one time. The impact of supporting one person has a ripple effect and is thought to impact at least six other connections.

Below is a case study of a patient:

*'J came to the TT service struggling with low mood and burnout'.*

It was clear J took responsibility for everyone's problems and happiness in work, home, and her social life. Exploring this and understanding what she could and couldn't take responsibility for helped her develop boundaries and space for herself. Some things were in her gift, but most out of her gift.

It became apparent toward the end of the sessions that this pattern had begun seven years ago following the sudden and tragic passing of her father. She described her father as the glue that held the whole family together, his death had ripped her family apart and hasn't been the same since. J recognised the pattern she had established may be linked to keeping her father's memory alive, and that was no longer required.

The impact of her being able to work through things improved her general mental health and the impact equally ricocheted through her family.

1. her adolescent children have an improved relationship with her (boundary setting).
2. her relationship improved with her partner, with homelife being calmer.
3. she has remained in work with a better understanding of the pressured environment she works within, rather than against and things aren't personal to her as she can open up.
4. this supports her, her community, and wider society as she is an experienced public sector worker supporting our most vulnerable.
5. she supports colleagues and is emotionally available to those who depend on her care in the workplace.
6. she has been able to enjoy social contact again with her best friends from childhood.

This case study is a reminder of the work we do at Six Degrees, the impact we can have on our patients lives and the lives of those around our patients.

Best wishes.

*Kelly Hylton*

Managing Director



# 2022 / 23 ANNUAL GENERAL MEETING

Our annual general meeting (AGM) for 2022/23 was held on 10<sup>th</sup> July, I was sorry to have missed this due to unforeseen personal circumstances.

It was fantastic to hear that so many people were able to attend this year and a huge thank you to those who had a part in the preparation of the meeting, those who presented and those who celebrated with us.

An annual general meeting is an opportunity to celebrate the previous years' work together, with all those invested in the success of Six Degrees. Each year we showcase our work and achievements across the organisation, we present an overview of our performance both in service delivery and financially. It is a legal requirement and an opportunity to bring our workforce, staff and community shareholders, our partners and those who use our services together.

I'm pleased to say at this year's AGM Dr Tom Tasker who is a local GP at St Andrews in Salford, was voted on to the Six Degrees board as a Non- Executive Director. Many years ago, Tom helped to develop the service and now is helping us to re-establish relationships in Primary Care post pandemic and to improve access for those we serve.

We look forward to welcoming Tom to his first meeting of the board in September.



## WORK IN THE COMMUNITY



### PARENTS EVENING EVENT AT ST AMBROSE BARLOW HIGH SCHOOL

In June members of our Talking Therapies team attended a mental health, parents evening event at St Ambrose Barlow high school, along with other services that work with young people. This was to advise parents on the support available for themselves and their children.

The event gave a good insight into support currently offered by the school and increased our knowledge of other children and young people services.



## BATON OF HOPE

On Thursday 29<sup>th</sup> June, Greater Manchester Bereavement Service (GMBS) took part in the Baton of Hope in Manchester.

The Baton of Hope is a national campaign that aims to create a society where suicide and suicide prevention are openly and widely discussed to promote appropriate actions. A specifically designed baton has been touring the UK, engaging cities and towns to support the campaign. Suicide is the biggest killer of men and women under 35 in the UK, and the Baton of Hope intends to promote a simple message: where there is hope, there is a real opportunity to save lives.

GMBS were asked to support the event at various stages including

- Running with the baton with the team travelling from Old Trafford to Etihad stadium.
- Supporting the event at Manchester Art Gallery, offering bereavement support and advice to anyone who needed it.
- The team also attended the evening event with guest speakers, music and singing.

Throughout the day members of the community, professionals and services across Greater Manchester turned up to participate and support the Baton of Hope; raising awareness and hope about a cause close to many hearts.



## FEEDBACK

### FEEDBACK FROM A PARTNER

We recently finished a consultation project with one of our partners and received the below feedback. It is always a pleasure to receive feedback and know that our help and contributions are valued. Thank you to everyone involved.

We're grateful to you for supporting us for the past couple of months. It is always a great pleasure to learn from organisations like yours! Once again, thank you for your expertise and guidance, and we're looking forward to collaborating with you in the future.

## FEEDBACK FROM OUR PATIENTS

We have received some very positive feedback from our patients recently, the feedback we receive is a good reminder about the impact we have on our communities. Below are a few we have received.

My counsellor was great and made me feel at ease I've used six degrees before for my anxiety and depression I was doing really well then had a setback. My counsellor talked me through things to help me and it's made me feel so much better, I can't thank six degrees enough.

My experience of the service was positive. I started my sessions in a completely negative and bad mental state but through these sessions I was able to talk about some of my personal experiences and find an understanding of myself. I would recommend and use this service again.

I had the most amazing, relaxing sessions every time. I'd come away from the appointment feeling better within myself and more confident in tackling my battles with anxiety. My therapist was incredible she really has helped me massively and I'm much more positive as I'm heading in the right direction all thanks to her guiding me and listening every session time. I'm truly grateful for all the help I received.

## PUBLICATIONS

### MARTYN'S LAW PROGRESSES AS GOVERNMENT PUBLISHES DRAFT LEGISLATION

On the 2nd of May 2023, the government published the draft Terrorism (Protection of Premises) Bill which sets out the requirements that, under Martyn's Law, venues and other organisations will have to meet to ensure public safety. 'Martyn's Law' is a tribute to Martyn Hett who was killed alongside 21 others in the Manchester Arena terrorist attack in 2017.

The full announcement can be read here:

<https://www.gov.uk/government/news/martyns-law-progresses-as-government-publishes-draft-legislation>



**WHY SOME PEOPLE DO NOT ACCESS MENTAL HEALTH SUPPORT IN SALFORD**

If you are interested in reading this report, please click the link below.

<https://www.healthwatchsalford.co.uk/sites/healthwatchsalford.co.uk/files/Mind%20Over%20Matter%20published%20Feb%202023.pdf>

**Mind over matter**  
A report on why some people do not access mental health support or services in Salford  
January 2023

**healthwatch**  
Salford



# VACANCIES

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

## LOOKING FORWARD



### GREATER MANCHESTER WORLD SUICIDE PREVENTION DAY VIRTUAL EVENT

8<sup>th</sup> September 10am – 12pm

The theme is, 'Creating Hope Through Action'. This promises to be a great event with guest speakers to inspire and motivate us all to do what we can to prevent suicide.

Click the link below to find out more:

<https://www.eventbrite.co.uk/e/greater-manchester-world-suicide-prevention-day-virtual-event-tickets-690714615007>

World Suicide Prevention Day  
Creating Hope Through Action



September 10

### WORLD SUICIDE PREVENTION DAY

"Creating Hope Through Action" is the triennial theme for the World Suicide Prevention Day from 2021-2023. This theme serves as a powerful call to action and reminder that there is an alternative to suicide and that through our actions we can encourage hope and strengthen prevention.



### CITY OF PRAISE WOMEN'S HEALTH EVENT

In September Six Degrees will be attending the City of Praise Women's Health event.

The event is targeting the Black African Christian Community and will be looking to support emotional wellbeing.

WORDS  
OF  
HOPE

### WORDS OF HOPE POETRY EVENT

Thursday, 5 October 7pm.

Greater Manchester residents will be sharing their poems of hope.

Click the link below for more details:

[https://www.eventbrite.ie/e/words-of-hope-poetry-event-tickets-690738536557?aff=ebdssbdestsearch&keep\\_tld=1](https://www.eventbrite.ie/e/words-of-hope-poetry-event-tickets-690738536557?aff=ebdssbdestsearch&keep_tld=1)



### WORLD MENTAL HEALTH DAY - 10<sup>TH</sup> OCTOBER 2023

The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'.

World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health. It's also a chance to talk about mental health, how we need to look after it, and how important it is to get help if you are struggling.

