

Suicide prevention through the Orange Button Scheme-



Orange button scheme- Public Health

Monthly Newsletter

Vol-April 2023 | Issue- 03 | Author- Dawn Turner- Founder and CEO

Announcement

Front Cover- The Orange Button scheme- Public Health Worcestershire. Eight of the team are now trained professionals. For more information please visit- [ORANGE BUTTON](#)

STEPWAY have been awarded the VMHAS from COBSEO

The BIG BUILD DAY!

7-Step civilian skills program is changing lives.

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Orange Button Community Scheme



If you're an adult and you've undertaken a certain level of mental health and suicide prevention training, you can now wear an 'Orange Button' to make your training and skills more visible to others.

About the Scheme- Originally developed in Lancashire and South Cumbria, the scheme has three aims:

- create a community of people trained in suicide awareness who have gained skills from quality assured training.
- create a network of organisations with Orange Button wearers who can listen to someone and signpost them to support.
- ensure all communities are aware of the Orange Button, what it signifies and how people can be involved, by promoting from within the community.

What does it involve? - Orange Button wearers have the confidence to talk about suicide.

Wearing an Orange Button is a way of showing others in your community who are having thoughts of suicide, or are worried about somebody else, that you:

- are comfortable to say / hear the word suicide.
- can listen without judgement.
- can inform people where to find help and support.

Register to become an Orange Button wearer- [HERE](#)

More information - [OBS](#)



Our newest Volunteer Darren Jaye- 'I attended the 7-step step civilian skills program which helped me find a sense of purpose again. I did not think I would be able to work or be of any use since my near-death experience through Covid. I was wrong- STEPWAY gave me my life back, I am now a volunteer and just completed the Orange Button Scheme. I am supporting others to show them how to live their best life against all odds!'



Veterans Mental Health Awareness Standard
2023-2025

In Early April, STEPWAY was awarded the Veterans Mental health Awareness Standard by COBSEO-

The Confederation of Service Charities (Cobseo) are leading a project to develop and roll out a Veteran Mental Health Awareness Standard across the sector; and to build co-operation, coordination, and collaboration across the VPPP programme and wider Armed Forces charity sector.

This Standard will enable veterans to have greater confidence and choices in accessing services that meet their needs. Cobseo will also provide cross sector leverage to further improve the provision of safe, supportive, and well-run services supporting veterans on mental health recovery pathways. In doing so, Cobseo will work closely with the Contact Group, a collaborative group of statutory and non-statutory organisations working together to improve mental health support to the UK Armed Forces Community.

This was possible by being part of the Veterans Positive pathways and places (VPPP) Midlands Portfolio- For more about the VPPP and the other portfolios running throughout the UK, please visit [HERE](#)



Would you like to find your sense of Belonging and purpose? - Join our volunteer team today.

Email- info@stepway.org | Website- www.stepway.org | Text or call 079306 57568.

COMMUNITY PROJECTS



Worcester- The Bee keeping, and the mushroom farm projects are in full swing! - For more info and/or if you wish to join us, please contact Paul direct- **07522 965645**.

The BIG Build was a huge success! More pathway was laid by the volunteer team and as a treat, a vegetable stew using local produce was served with plenty of crusty bread. The Next Big build will be in May--- LOOK out for next one on Facebook



BREAKING DOWN THOSE BARRIERS BETWEEN VETERANS AND CIVILIANS- To combat adjustment disorder.

NEW ACTIVITY IN SANDWELL- STEPWAY recently received a grant from from SCVO Vision- £2,900 For the walk and talk.

Starting Next Wednesday 3rd May 2023 and every Wednesday thereafter... Get your walking boots on and STEP this WAY >>>

ADVERT- Community Catalysts are working in Worcestershire to increase the choice and quality of care for older and disabled people. If you or someone you know has a great idea, they would like some help with, then get in touch with Launa for a chat. You might want to offer care in the home, support to take people out to activities in the community or even run activities for older and disabled people locally. Launa will support you to ensure your enterprise is legal, safe, and here to stay. This project is fully funded by Worcestershire County Council.

FIND OUT MORE-

Launa Brooks Worcestershire Community Catalyst
launa.brooks@communitycatalysts.co.uk | 07741 260 676
[facebook.com/CommCatsWorcestershire](https://www.facebook.com/CommCatsWorcestershire)



Weekly Walks

Friendly and free and all welcome



Barnford Park, Oldbury

Every Wednesday-- Times- 9:30 -10:30
 Meet outside- STEPWAY Wellbeing Centre,
 Pound Rd, (entrance on Merton close)
 Oldbury. B68 8NG

What will walking do for you?

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- Improve wellbeing and social connectedness
- Strengthen your bones and muscles
- Improve your balance and coordination



SHREWSBURY University Chester > Revisiting the Psychology Department to watch the Student Presentations.

Dawn our CEO was guest lecturer last September at Shrewsbury, University of Chester. (Psychology department).

Dawn and Tina, Operations Director, returned to watch their presentations and to collect research from the psychology students.

Some fantastic ideas which STEPWAY will be including in their care package to enhance the support services already in place.



Credit will be given to the students for their innovations and STEPWAY will be working with them closely in future into further research on improving veteran's wellbeing. 'Thank you for the warm welcome and look forward to working with you soon' 💙💛

The next round of the 7 Step Civilian skills Program starts in May 2023 at the Worcester HUB



TEXT OR CALL 07930657568 / 01905 745 253 FOR MORE INFORMATION

Free Training Programmes and Courses for your organisation

Special thanks to our sponsors and grant givers.



A special thank you goes to the [Veterans Foundation](#) who awarded STEPWAY 26K last year to fund two part-time positions and part pay for the core project costs. The final report is on its way, showing how much difference this grant has made in the lives of the Veteran Community.



Dear Mr., D.M. Wright, on behalf of the Lodge of Equity No 5554, Thank you for taking the time to visit the STEPWAY Wellbeing Centre, it was a pleasure to meet you in person. Furthermore, it was great to hear about all the good work you are doing by raising funds for charities and local causes. Even more impressed with the fact your lodge have members belonging to the Veteran community. STEPWAY CIO would like to thank everyone at the Lodge who donated funds towards our cause. Donations go directly to support all veterans in civilian life, no matter their background or circumstance. Therefore, with your kind donation we can continue to make positive changes on the ground level, by not only improving lives but saving them too.
Kind Regards- Dawn Turner- CEO

External training programme: Understanding Veterans mental health.

THIS COURSE IS BENEFICIAL FOR PROFESSIONALS WORKING IN THE HEALTH AND WELLBEING SECTOR, WHO WOULD LIKE TO GAIN AN INSIGHT INTO WHY VETERANS MAY 'TICK DIFFERENTLY' AND MORE IMPORTANTLY, HOW TO RETAIN THEIR ENGAGEMENT.

BOOK YOUR FREE WORK PRESENTATION [HERE:](#)

DATES FOR YOUR DIARY

Courses, Presentations and Workshops

5th May -Friday – Monthly morning workshop and afternoon training course. FREE course equipment, lunch, and refreshments provided.

STEPWAY Veterans HUB, The Trinity, Worcester WR1 2PN.
Times- 1000 – 1500



Teamwork promotes strong working relationships.

When employees and volunteers work together and succeed as a team, they form bonds that can turn into trust and friendship. It's human nature. And it's great for your organisation, since employees who like and trust each other are more likely to:

Communicate well with each other

Support and motivate each other
Work cooperatively

**Find your sense of belonging and purpose-
Volunteer for STEPWAY today-**

email- info@stepway.org | Website- www.stepway.org | text or call- 07930657568



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Wellbeing Centre:

STEPWAY Wellbeing Centre | Merton Close | Oldbury | West Midlands | B68 8NG | 0121 7922 723
westmidlands@stepway.org

Facebook, Twitter & Instagram: [@stepwayorg](#) | Website-www.stepway.org

EMPLOYER
RECOGNITION
SCHEME

SILVER AWARD