

Mental Health Awareness Month



Walk and Talk

STEPWAY CIO- 1186465

Monthly Newsletter

Vol-May 2023 | Issue- 04 | Author- Dawn Turner- Founder and CEO

Announcement

Front Cover- The new Walk and talk in Sandwell is underway and coming to Worcester soon.

Buzz is the new word down at the Community gardens.

STEPWAY new partnerships to deliver a holistic package.

7-Step civilian skills program- book your place today

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New Volunteers



Welcome our new volunteer Deb (Veteran) who will be working in the Worcester office two mornings a week, as welfare admin. This morning Deb was working on our filing system and did a deep clean of the kitchen area. HUGE asset to the team... We needed someone to get us in order! Thanks Deb

Welcome our new (ish) volunteer in Oldbury. Hardeep has been working in the background for over 12 months. Collecting donated food from local supermarkets and distributing it to families in need with the help from Carol our community project lead. Furthermore, providing the Wellbeing centre with daily refreshments to keep the troops going.



Meet the Project leads.



The project leads are looking for volunteers to join their teams. If you would more information on how to become part of the STEPWAY family, please call Neil Binder, Regional Coordinator (Pictured center back) on- 07398732595 or email neil.binder@stepway.org

Mental Health Awareness Week

If you are suffering from anxiety or depression, please see the 7 steps to a healthy mind below, which can relieve some if not most of your symptoms. Remember, STEPWAY is here to support you every step of the way! Offering services and activities to improve your wellbeing.

'Providing you with a sense of Belonging and purpose in civilian life.'



Supporting all Veterans in civilian life
www.stepway.org

STEPWAY CIO Registered charity in England and Wales 1186465





7 steps to a healthy mind

1. Mindfulness. When you practice mindfulness, you improve your ability to respond instead of react.
2. Work with a professional. Warm referrals available
3. Keep a journal.
4. Practice self-compassion. (be kind to yourself)
5. Get out of your comfort zone. (Try something new)
6. Develop a daily routine.
7. Keep your connections strong.-

STEPWAY are here to listen and support you every step of the way!



Head Office:
STEPWAY HQ | The Trinity | Worcester | WR1 2PN | 01905 745 253

Wellbeing Centre:
STEPWAY Wellbeing Centre | Merton Close | Oldbury (West Midlands) | B68 8NG | 0121 792 2723

Facebook, Twitter & Instagram: @stepwayorg | www.stepway.org | info@stepway.org



Veterans Mental Health Awareness Standard
2023-2025

Health body, healthy Mind!

Funded by



connecting - enabling - transforming

Weekly Walks

Friendly and free and all welcome



Walk and Talk
STEPWAY CIO - 1186465



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

Starts Wednesday 3rd May

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



Supporting all Veterans in civilian life
www.stepway.org

Info@stepway.org
0121 7922 723

A walk and Talk will be starting in Worcester in July 2023- For more details,

please call Tina on- 07498 586806.

COMMUNITY PROJECTS



Worcester- Mushroom project is now underway if you want to know more, pop down to the community garden Brendan would be happy to answer questions on the process. There is a good little tutorial at the end. Thank you to our lead volunteer for the stepway mushroom project Brendan

Early evening in the community garden getting some stress relief. The humming of bees and the birds in song what a sanctuary isn't nature grand! - Paul and Phil

Chris the wood Whittier will be at the garden on the last Thursday of each month he's able to teach anyone that maybe interested. Chris is comfortable teaching groups of 5 for free. Tools and refreshments are provided.

Message from Paul Taylor, Community project lead-

Regency school paid STEPWAY a visit today we talked about biodiversity and why gardening and growing your own produce is so important. We discussed recycling I also introduced them to the bees. The students are eager to learn about nature and what we are doing to help reduce our carbon footprint. It would be nice to see a few more veterans down at the garden. Come down, get involved this is how communities are built. Just putting your hands in the soil and watching what you grow come to fruition helps heal a troubled mind. Don't worry if you're not up for gardening I can always put the Kelly on and make a brew remember this is your space let's make it special. -You can contact Paul on- 07522 965645.

Oldbury- Carol and her volunteer team have been working hard on a Saturday laying the foundations for the greenhouse. Special thanks go to Simon and Keiron for their continued support.

I hear the BBQ is up and running ready for the summer get togethers. More information, please contact Carol on- 07773 625573.



BANTER & BREW- Coming to BROMSGROVE in July



The Banter and Brew Sessions are making their way to the following places- **Bromsgrove, Redditch, Wolverhampton, and Dudley-** Keep on updated by following us on [Facebook-](#)

VETERAN
BANTER
AND
BREW

Bromsgrove

STEPWAY
Supporting all Veterans in civilian life

FREE
REFRESHMENTS

Place- Parkside, Market Street,
Bromsgrove B61 8DA.

Sponsored by
Seetec
PLUS

First Monday of the month
Time- 1000 -1400

From
Monday
3 July

STEPWAY. CIO-Registered charity number1186465 | The Trinity | Worcester | WR1 2PN | 01905 745 253

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Funded by **THE ARMED FORCES COVENANT FUND TRUST**

Working Partnership announcement- Shinning a beacon of light!

On behalf of the Chairman and Trustees of the Parachute Regiment & Airborne Forces Charity (PRAFC), also known as Support Our Paras, we are proud and pleased to introduce you to our first volunteer 'Beacons'.

To Provide and facilitate peer driven, PRAFC-Funded, one to one bespoke welfare support to PARA and Airbourne veterans via a programme and pathway configured to enable earlier awareness, identification, intervention and management of our veterans' welfare issues and concerns. [More details...](#)



Peter Elcock-(front-right) will be at the at STEPWAY Veterans HUB every 1st and 3rd Thursday. He welcomes all veterans who are struggling with their mental wellbeing to pop along to have a brew and a chat. For more details or to book an appointment, please call- 079306 57568.

Thank you to Sponsors Fundraisers and Grant givers.



PRIME

[Prime Foundation-](#) Thank you for awarding the Community Garden in Worcester £5,400 to purchase a shed |work office. This will make a huge difference to the project. Paul our lead is looking forward to delivering classes out of the rain! Furthermore, somewhere to safely store the garden equipment. We look forward to seeing you at the project very soon!

Thank you, [Veterans' Foundation](#), for awarding STEPWAY 26K last year to go towards two part time positions, core overheads and project costs. The end of year report is in, and you can see for yourself how much this grant has gone towards not only improving mental wellbeing but saving lives too!

Charity Race Day at Worcester Races in aid of Stepway Veterans Charity

Wednesday 28 June 2023

£1400 table of 10

Private Marquee in the County Enclosure
Prosecco Drinks Reception
Three course, sit-down lunch
Complimentary wine on table
Private Bar

Race cards on the tables
Exclusive tipster on days racing
CCTV complimenting the viewing of the racing
Free Parking in the Centre of the Course – (car passes are not required)

To reserve a table please contact Chris 'Chalky' Mitchell

Email: chris.mitchell@karvas.co.uk

Tel: 07490161631



Thank you, **The Chequered Past Scooter Club** who have raised over £1,000 for STEPWAY through their Ska nights. The next event is 15 July...More info can be found [here](#).



Our community fundraising volunteers are part of a network across Worcestershire and the West Midlands – representing **STEPWAY** in their local areas and raising awareness of our work.

WOULD YOU LIKE TO TAKE PART IN ONE OF EVENTS, ORGANISE YOUR OWN EVENT OR VOLUNTEER TO HOST A VETERAN COMMUNITY DAY IN YOUR LOCAL AREA? PLEASE CALL **07930657568** FOR MORE INFORMATION

THE 7-STEP CIVILIAN SKILLS PROGRAM

FUN FACTS BEHIND THE PROGRAMS* NAME...

a) When leaving the army, it is 7 clicks to freedom, 7 clicks on the computer mouse to end your army career. Therefore, the natural order of things was the next stage to be the 7 steps, the Survival kit for Civvy street which leads to Freedom, control and empowerment.

b) When you joined the armed forces, you may be trained to become a soldier but not retrained to become a civilian. This happens often if your armed forces career is cut short through medical discharge or to early service leavers (4 years or less). We have people in their 60's 70's still struggling with this aspect of life. We need to reprogram.

c) Decades ago, program appeared in both American and British writing. In the nineteenth century we started to favour the French way of spelling it—programme. However, Program can also function as a verb. It means to reset, regulate to produce a specific result. Hence, the 7-step civilian Skills PROGRAM is exactly that, to retrain, to re-program to make adaption less problematic and in turn, improve mental wellbeing. Therefore, next time when someone asks why **STEPWAY**? Why the misspelt 'program' in the title, you have the answer.

LAST FUN FACT... How many letters are in the word **STEPWAY**?

Next round of the 7- Steps.

Place- Wellbeing Centre, B68 8NG

Date- 12 June – 21 June. **Time-** 1000 – 1400

More details, please call Ray on- 0121 7922 723.

Free Training Programmes and Courses for your organisation

External training programme: Understanding Veterans'

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](#):

Or email dawn@stepway.org

DATES FOR YOUR DIARY

Courses, Presentations and Workshops

5th June -Monday – 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

For more information and to reserve your FREE place on a course or to book a company presentation, please click [HERE](#)

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



EMPLOYER
RECOGNITION
SCHEME

SILVER AWARD

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