

## Newsletter February/March 2024



**Nottinghamshire Crisis Sanctuaries celebrating  
3 years this February!**



**At the Nottinghamshire Crisis Sanctuaries, we are proud to celebrate our three-year anniversary!!**

We are deeply grateful to everyone who has contributed to our growth and success over the years. Without the hard work and support of many individuals, we would not have been able to achieve this milestone. Our Crisis Intervention Workers have been the backbone of our service, providing recovery-focused crisis support in a trusted and consistent space for people who require out of hours mental health support. A big thank you to our rockstar community partners who teamed up with us to help guide anyone in need towards the next steps of their journey. Your support is invaluable!

Together, we have been able to make a positive impact on the mental health of our community. We look forward to continuing to provide our services and supporting those in need for many more years to come.

Once again, thank you to everyone who has contributed to our success and growth.

# Nottinghamshire Crisis Sanctuaries

As we celebrate this milestone, it's important to reflect on the impact that Nottinghamshire Crisis Sanctuaries has had on the local community. Here are some of the ways in which we hope we have made a difference:

Our team at the crisis sanctuaries are trained to handle mental health crisis and provide support to those who need it. They are equipped with the knowledge and skills to de-escalate situations, provide emotional support, and offer practical advice and guidance.



Our mission is to eradicate the stigma surrounding mental health. Our team is always eager to get involved, rolling up our sleeves in outreach programs and events to engage with the community and raise awareness about our goal.

We are dedicated to providing a secure and welcoming environment for individuals experiencing a mental health crisis. This is especially crucial for those who have no other resources to turn to.



Our goal is to create an environment that is open and welcoming to all, regardless of their gender, race, or religion. By doing so, we ensure that everyone has equal access to the support they need in a non-discriminatory setting.





## Volunteer with us

Volunteering is a great opportunity to not only give back to society and the local community but also to gaining experience and learning new skills!

We offer a range of volunteering opportunities,  
in Mansfield, Chilwell and Notts City.

If you are interested in volunteering with us please call Ivona on 07754 553663  
or  
email: [enquiries@nottscrisissanctuaries.org.uk](mailto:enquiries@nottscrisissanctuaries.org.uk)

## Have your say and join us!

**Join us at our upcoming Community Engagement and Networking event to share your insights, offer suggestions, and provide valuable feedback. Your experiences are invaluable to us, and we look forward to learning from them.**

Our top priority is to comprehend our clients' needs and enhance our strengths while addressing our weaknesses to deliver the best possible service. We are proud to host events on the first Wednesday of every month.

Check out our Facebook page to learn more about our upcoming events or call/text Ivona on 07754 553663  
email: [enquiries@nottscrisissanctuaries.org.uk](mailto:enquiries@nottscrisissanctuaries.org.uk)