



## STAKEHOLDER NEWS

JUNE 2022

ISSUE 09

Regular update for our stakeholders on developments and key milestones from the You Matter team

### Pride Month 2022

Every year, during the month of June, we all have an opportunity to celebrate the contribution of the LGBT community to our lives. Across the globe, various events are held during this special month as a way of recognising the influence LGBT people have had around the world.

One of the reasons people in the LGBTQ community experience higher rates of mental health conditions is because they are exposed to more trauma and adverse life events, due to stigma, discrimination, and other biases, which can exacerbate, or even trigger mental health conditions – why not show your support this Pride month whether you identify as LGBT or as a friend! Parades are a prominent feature of Pride month, and there are many street parties, community events, poetry readings, public speaking, street festivals and educational sessions all of which are covered by mainstream media, attracting millions of participants. There's plenty going on around the region with the main Oxford events listed below and a call to help if you live in Buckinghamshire:

- [Oxford Pride \(oxford-pride.org.uk\)](http://oxford-pride.org.uk)
- [Pride is coming to Aylesbury - and they need your help! - Bucks Radio](#)

**Watch: IAPT therapy patients urge others to seek early help.** Five inspiring talking therapy patients have shared their recovery journeys in a series of short films to encourage others to get early help for their mental health. The films explore how therapy improves people's lives and what can stop some people from diverse backgrounds or older generations from asking for help. View all the videos on [OHFT's You Tube channel](#).

### Men's Health Week – June, 13-17

After a turbulent few years, for this year's [Men's Health Week](#) it's time for men everywhere, to book in for an MOT! Click the link to out more about how all men should seriously consider getting their health checked.

#### Did you know?

18000 patients are seen daily by our GPs. Visit the [BOB ICS website](#) to find out all you need to know.

#### Date for your diary:

[Diabetes week 2022 – June, 13-19](#). This year celebrating all of those living with the condition and managing their symptoms.

**Top tip** – Celebrate pride in a small way at work- check in with people to find out what pronoun they like to use for themselves, their friends, partners, and family members.

## A heartfelt staff member account

We were extremely honoured to receive a beautiful poem, self penned by staff member, Humaira. After her time with You Matter and agreement to take part in our Expert by Experience group, she got in touch to provide a personal, truly inspiring poem, also featured on our website under the [What staff say page](#).

### My sessions with You Matter

*Precious moments in being with another in companionable silence, pondering at the rich tapestry that is life.  
Helping another to be seen, letting the sun peak into my darkened mind,  
Loudly speaking your distress and pain.  
I will whisper hope as you find your life; yours and mine words spoken in tandem, bring joy and hope.*

*Finding your feet, being like the earth, solid and always there.*

*Whether you take small steps forward, looking at the remnants of the past or when you drop to your knees,  
like the sky opens new with every sunrise and speaks with rain, I'm offering my shoulder and letting you know it's okay to cry.*

*I may use words, paint, the fresh soil, the sound of music to tell stories, to reach into and leave you feeling a little lighter,  
a little better than when I found you.*

*A smile here, an encouraging word there, a gentle touch, to comfort, console and share and make a "heaven out of hell"  
I've come to change my world, not changing the world.*

*We meet at the crossing point; a place of healing, comfort, accepting life's many paradoxes.  
These slivers of time are much more; it's a memory, a thought, a feeling and emotion.*

*Seeking the calm and inner strength, to quiet the chaos of the mind, body and soul; ceasing the worries, seeing the face of  
stillness and freeing yourself and I.*

*To ask questions that may not always have answers. Who am I? Who are you?  
Accepting there is something bigger than me.  
Knowing this is good enough for me.*

**Remember: it's very easy to contact us to arrange an appointment for you or your team.**

#### Online referral

Via our website  
homepage:  
[www.youmatter-bob.nhs.uk](http://www.youmatter-bob.nhs.uk)

#### Email us

[youmatter@oxfordhealth.nhs.uk](mailto:youmatter@oxfordhealth.nhs.uk)

#### Phone us

Call 0800 145 6568  
Monday to Friday  
Excluding bank holidays  
8am – 4pm