



-Space—
2B Heard

Supportive Supervision for Organisations

2022



Need

Life experiences can impact on mental health and wellbeing in different ways. To help people to be well, preventative support needs to be people-led, responsive to our community needs and boldly promote holistic wellbeing.

Welcome to Space2BHeard CIC

Space2BHeard CIC (S2BH) is a trusted people-led wellbeing service shaped by our staff, volunteers and clients. Our shared aim is helping people be well by offering a positive environment that enables choice, improves experience and addresses mental health needs locally.

We are fortunate to have a wealth of knowledge and expertise within our organisation and we work to represent people from a wide mix of backgrounds. Now is the time for us to further resource our community by supporting organisations through our Workplace Wellbeing initiatives. Here you will find more details about our Supported Supervision options.

If you would like to know more we would love to hear from you, get in touch today.

Gemma Wardell
Director of Health and Wellbeing

About Space2BHeard CIC



We work with people in our community that are experiencing mental health difficulty and our service users can range from someone with mild symptoms of anxiety and depression through to more enduring struggles such as complex trauma and eating disorder. The wide range of work we deliver covers all sorts of experiences and presentations, however the common theme is that our service users are seeking help and our aim is to provide services that best meet their needs and support them in to recovery, improving quality of life and experience.

Between April 2020 and May 2021 we worked with a total of 749 people in Hull and the East Riding, for an average of 12 months via group sessions, one to one therapy and other types of interventions.

We define our community by geographical location, in Hull and the East Riding and consider our workforce which is a mix of employed, self employed and voluntary staff to be our community and as such we foster a positive and developmental environment and S2BH and our volunteers often go on to secure paid work with us.

Through purchasing our Workforce Wellbeing support you will be contributing to our wider Social Impact as a Community Interest Company. You can be assured that all the profit you help us to generate will be spent on making a difference. Here are some examples of how we do this:

- Through providing therapeutic options that are not available locally such as longer term low cost therapy (with some free therapy for those most in need) group interventions such as therapy and support groups, psychoeducation opportunities and wellbeing events

- Providing our service users with support and intervention that enables them to make long lasting change for themselves

Working in this way helps us support our service users in overcoming barriers that they may experience as a result of poor mental health.

More specific outcomes for our community of service users with shared experience are:

- Reduction in social isolation
- Increased social connexion through our group interventions and support networks
- Normalising and destigmatising mental health
- Reduction in suicide and risk to self and others
- Improved relationships and general wellbeing
- Increased employability



Supportive Supervision for Organisations

In 2022 Workforce Wellbeing is of the utmost importance in all organisations. Space2BHeard is a Mental Health and Wellbeing organisation with a passion for encouraging and cultivating a healthy and happy workforce. We recognise that your workforce is your most valuable resource and supporting them to be the very best is essential both for the individual and the whole organisation.

One of the ways that Space2BHeard provide this is through our Supportive Supervision sessions. We are specialist in providing this service to teams working within a Health and/or Social Care setting.

What is Supportive Supervision?

Supportive supervision is a process of professional support, reflection and learning that helps individual's grow and develop within their role. It provides a safe, judgement free space for team members to question their practice, critically analyse and evaluate experiences, and debrief after challenging or stressful encounters.



Why is Supportive Supervision important to team members working as Health and Care providers?

Providing support, care, and intervention to service users, patients and clients is at times demanding, challenging and difficult. Supportive supervision enhances teamwork, build's supportive relationships within team's and encourages the sharing of knowledge, professional challenges, and inclusive working practices. Supportive supervision develops teams and individuals to increase their growth and professional identity, it is an essential aspect to continuing professional development and plays a key part in ensuring good practice and high-quality care.

How does Supportive Supervision differ from a line management or organisational Supervisor?

Supportive supervision differs greatly to line management supervision in that the 'supportive supervisor' is not assessing or appraising to meet organisational targets. Nor are they assessing performance in line with company policies and work output expectations. The work of a 'supportive Supervision' is developmental and encourages a healthy, happy, high quality and productive workforce.

How does Supportive Supervision in the workforce work?

Effective supervision results in positive outcomes for all. Those who use the services, the workforce, the supervisor, and the organisation as a whole.

Effective supervision requires the organisation to:

- provide regular protected time slots for supervision to occur
- the process to be understood and valued, and embedded within the organisation's culture
- a commitment from all parties that will embark on the supervisory relationship.
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The sessions can be provided on an individual or group/team basis at weekly, bi-weekly or monthly intervals. Ad hoc sessions can also be agreed upon.

Our supervisors are highly qualified and experienced professionals working within psychology, mental health and wellbeing. They have an integrative approach to their work, drawing on a number of models to deliver a tailored, flexible, and inclusive supervision sessions to a range of experiences and needs.



Organisational Investment

We can provide different options to meet the needs of your organisation.

Option 1 – Sessions are booked in a block of 6

6 x 1-hour individual sessions £450

6 x 2-hour group sessions (3/4 people per group) £960

Option 2 – Sessions are booked individually

One to one session £80 per 1-hour session

Group sessions £170 per 2-hour session (3/4 people per group)

Option 3 – Enquire about a yearly package to suit your organisational needs

Want to know more?

Email hello@s2bh.org or call 01482 705023 if you would like to get more information.

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