



WELCOME

Welcome to our new Space2Bheard CIC Newsletter.

Now we are entering the summer months, we welcome the sun and it's powers of boosting our mood and wellbeing.

Each year, many of us look forward to the warmer months and the health benefits it provides us.

Here at Space2BHeard we try to bring sunshine into the lives of others with the work we do and we hope you enjoy reading all about us!

SPACE2B UPDATED

Contents :

- Page 2. New Logo and pricing structure for our low cost therapy service Valued Minds.
- Page 3. Updates within S2BH
- Page 4. Going Green - Eco therapy with Tanya Parkin and Community Allotments with Emma Ashton.
- Page 5. New groups and services.
- Page 6. Equality, Diversion and Inclusion.
- Page 7. Workforce Wellbeing and bespoke counselling packages.

CONGRATULATIONS TO JO GIBSON



Jo took over line manager responsibilities for our Space2BHeard clinicians and has been doing an amazing job of supporting and organising the team.

Jo works alongside the clinical team at S2BH to ensure our Space2BHeard Values are central in our service delivery.

Nice to have you on board Jo!



AWARD WINNING LOW COST THERAPY VALUED MINDS

We aim to make psychotherapy more accessible to our communities. By this we mean reduced costs, an open referral process, no geographical boundary and therapy of a duration to suit your needs.

we use the skills, knowledge and passion of student psychotherapists that are willing to commit and volunteer their time and skills to provide a valuable and quality psychotherapy service whilst enhancing their own experience and working towards the successful completion of their chosen qualification.

VALUED MINDS SERVICE UPDATE

Our Valued Minds service has a new logo and pricing threshold

We are excited to show off our new colourful Valued Minds Logo, as seen below.

To make Valued Minds accessible to more people, we have also altered the pricing structure.

The cost of living has dramatically risen in the past few years and it looks like it will continue to rise, affecting everyone. With this in mind we have increased the

Annual Salary income to £35K

26K and under will still pay £10 per session, £27K - 30K PA £15, £31K - £35K PA £25.

Hello@s2bh.org or call: 01482 705023



Valued Minds

Low-cost counselling and
psychotherapy service



A WORD FROM LAURA AND SHELL

We have had a fantastically warm run up to Summer and it has felt good to feel the sun and take advantage of more time spent outside.

Summer always signifies a quieter time in the therapy community and at S2BH we will all be taking rest at different stages.

A time to take stock, move a bit slower and replenish spending time doing what you like best.

What do you have planned this year?
We hope it brings you joy.

Laura and Shell

BRIDLINGTON PROJECT

Impact in numbers

As our time working alongside HEY Mind with the Homeless Community in Bridlington draws to an end we reflect on the difference we made, our clients progress and how they inspire us to keep working towards our Vision of truly accessible and quality therapy for all:

47 Individuals in to Treatment

72% Completed Treatment

403 Therapy Sessions Attended

78% reported improvement or recovery from Anxiety and Depression

50% reporting improvement from symptoms of PTSD

9 people reported suicidal thoughts at the start of treatment and by the end 7 people described reduction in these thoughts

If you would like to know more about how you can work with us get in touch!

LAURA STEAD LEADER AND DIRECTOR

SUPPORTIVE SUPERVISION

I am passionate about supervision, both as a supervisor and a supervisee and really value how supervision can support people working within the health and social care industry. Working with people can be challenging at times, providing ongoing support to people means we give a lot of ourselves and to prevent burnout we need to be supported as well. Space2BHeard has developed a package of supervision which can be purchased to support the wellbeing of people working with people. This type of psychotherapeutic supervision provides a space in which we can explore what we are navigating, both the positive and the more demanding.

Additionally, supportive supervision facilitates our reflection and understanding of our own internal world and why we may be reacting and responding to people in the way we are, which in turn offers an opportunity for us to learn and develop both personally and professionally.

Our supervision is facilitated by a qualified UKCP Accredited Psychotherapist and Supervisor and can be purchased as part of our Workforce Wellbeing offer.

To discuss your individual organisational needs please contact hello@s2bh.org

MICHELLE SHANLEY CLINICAL LEADER AND DIRECTOR



ECO THERAPY WITH TANYA PARKIN

HELLO, I'M TANYA. OVER THE PAST 12 YEARS, I'VE STUDIED AND PRACTISED A RANGE OF HOLISTIC HEALING AND THERAPEUTIC APPROACHES - INCLUDING ECO-THERAPY, WHICH IS ONE OF THE MANY TOOLS THAT I DRAW UPON TO SUPPORT OTHERS.

ECO-THERAPY IS A THERAPEUTIC APPROACH THAT SUPPORTS MENTAL AND PHYSICAL WELLBEING THROUGH CONNECTION WITH NATURE. IT TAKES MANY FORMS, BUT MY PRACTICE FOCUSES ON WORKING ONE-TO-ONE OR IN GROUPS, TO HELP INDIVIDUALS DEEPEN THEIR RELATIONSHIP WITH THE NATURAL WORLD-AND, IN TURN, WITH THEMSELVES.

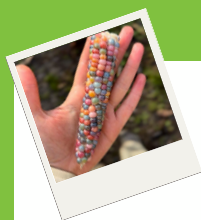
ALONGSIDE MY COUNSELLING QUALIFICATION, I USE A RANGE OF TECHNIQUES SUCH AS MINDFUL OBSERVATION, NATURE-BASED INVITATIONS, AND REFLECTIVE DIALOGUE TO CREATE A SAFE AND SUPPORTIVE SPACE FOR SELF-AWARENESS AND HEALING. THESE SESSIONS MIGHT INCLUDE GROUNDING EXERCISES, SENSORY WOODLAND WALKS, OR WALK-AND-TALK THERAPY.



RESEARCH SHOWS THAT SPENDING MINDFUL TIME IN NATURE CAN LOWER FEELINGS OF STRESS, ANXIETY, AND DEPRESSION. JUST 15 MINUTES A DAY OUTDOORS CAN SUPPORT NERVOUS SYSTEM REGULATION, REDUCE BLOOD PRESSURE AND HEART RATE, AND DECREASE LEVELS OF THE STRESS HORMONE CORTISOL. AS HOLISTIC BEINGS, RECONNECTING WITH THE NATURAL WORLD CAN BE A POWERFUL STEP TOWARDS EMOTIONAL BALANCE AND RESILIENCE

Small exercise to try ;

When you're next outside, pick one of your senses to focus on. Choose a natural object in your surroundings, and use that sense to explore it in detail for a couple of minutes. Slow it right down. Try and have a soft fascination with the object you are meeting. Observe what you notice, be it the texture, shape, colour, smell or sound. Ponder, does this object have any meaning for me? Thank the object and notice how you feel.



COMMUNITY ALLOTMENTS WITH EMMA ASHTON

Nature has always been a safe haven for me. It doesn't matter what I'm feeling - whether it's intense sadness, anger, numbness, or anxiety - nature has a wondrous, almost mystical ability to pull me out of it. It shares with me stories, lessons, and ancient wisdom that so many of us forget, or were never taught at all. And when I'm feeling okay, happy, and content? Being in nature only deepens that. It fills up my cup. More and more, until I'm overflowing with balance, gratitude, and a profound connectedness to the Earth we live on. The message? I am here. I am safe. I am grounded... and I breathe.

'Being in nature' looks different for everyone. For some, it's a trip to the woods or a hike up a mountain. For others, it might be a walk round the block, or simply opening the back door into the garden. It can be as simple as a shaft of sunlight or the sound of birdsong infiltrating an office window. Nature is all around us, always available. No matter the where, the when, or the who - everyone has the potential to experience nature's quiet light and gentle guidance. It's here to teach us, if only we allow it.

For me, my biggest fix of nature comes from a community farm - growing. Here on the farm, there is the tangible growth that happens when we plant a humble seed in soil, give it the right conditions, and witness it flourish into food. The result? Nourishment, joy, fuel for humankind. But at the same time, there's another kind of growth unfolding - inside me. Alongside the cob of corn and the strawberry, a quieter, more personal harvest begins to take shape. It's the kind of growth that comes from slowing down, from being still and undistracted - fully at nature's mercy.



To read the full article on Community allotments go to <https://www.space2bheard.org/2025/05/23/nature-and-community-farming/>



AMY EMMERSON

ON POST NATAL WELLBEING

"I think finding motherhood challenging is still a taboo for many people and that bringing women together to share and normalise their experiences is powerful and empowering.

In this group mums have the opportunity to explore and share their own experiences of motherhood without fear of judgement, criticism or being given unwanted advice.

We explore personal responses through questions and discussions. We finish the session with a check out, sharing how people have found the session and what they might take with them into the week ahead".

OUR WOMENS HEALTH GROUPS

I think wellbeing in general is about the resources we have within ourselves, how we can take good care of ourselves. The post natal period can be an intense, demanding and isolating time for some people and this group is about giving a voice to mothers experiences.

The overarching theme we explore is of "matresense" this is the process of becoming a mother, made popular by the author Lucy Jones in her book of that name. The idea is much like the concept of adolescence, which we are all familiar with.

During matresense, many changes occur, physically, psychologically, spiritually and existentially. It is a significant period of personal and identity change and this group focuses on supporting and amplifying the experiences of mums during this time knowing they are not alone.

FREE WOMENS HEALTH GROUPS

Ladies can self refer their interest to our future Menopause, Endometriosis and Post Natal groups via the following link:

<https://forms.office.com/e/DUqb61afrT>

Alternatively, direct them to [Hello@s2bh.org](mailto>Hello@s2bh.org) and we can send them the form.

The groups are every week for 8 weeks and they are FREE!





**Hayley
Johnson**



EQUALITY, DIVERSITY & INCLUSION

At Space2BHeard, our commitment to Equality, Diversity, and Inclusion (EDI) is at the heart of everything we do. We truly believe in making our mental health and wellbeing services accessible and effective for everyone. Our inclusivity drive means we're constantly striving to be "people-led," adapting our approach to meet the diverse needs of our community and ensuring a positive, empowering experience for all our clients and staff members.

A significant recent step for us has been our comprehensive neurodiversity training held in April. We've learned so much about the unique strengths and challenges neurodivergent individuals face, and for those who attended this training has boosted our team's confidence in creating truly inclusive environments. It's about equipping us with the understanding and strategies to better support people with conditions like autism, ADHD, or dyslexia. As this training topic has left us hungry for more - new training dates to be announced

SPACE2BHEARD CIC STATEMENT OF SUPPORT

At Space2Bheard we understand that the recent UK Supreme Court ruling regarding the definition of a woman under the equality legislation maybe unsettling for some. At Space2Bheard we want our clients, staff, trainees and our local community to know that we continue to support the diverse community which encompasses our clients, staff, and trainees of all genders.

At Space2BHeard our values are key to our business, and we believe Inclusive counselling is essential for creating a safe and supportive environment where individuals from all backgrounds feel respected, understood, and valued.

Our inclusive counselling practices prioritise acknowledging and embracing the diversity of our clients, staff and community. We believe everyone should be able to express their gender identity in a way that that is comfortable for them.

Space2BHeard is committed to inclusion, dignity, and respect for all. We celebrate difference and diversity, and are dedicated to being inclusive of all genders, ensuring that every member of our community feels valued, respected, and treated with dignity.





Contact : Hello@s2bh.org
Tel: 01482 705023

WORKFORCE WELLBEING

The team at Space2BHeard takes pride in fostering positive relationships with our partners.

We are responsive and flexible to meet the nuanced and individualised needs of each organisation.

To find out more information about our Supportive Supervision and Counselling Packages, scan the QR Code.

6 SESSION COUNSELLING BESPOKE PACKAGES TO SUIT YOUR BUSINESS REQUIREMENTS

One-off purchase of 6 one-hour counselling sessions to support employees experiencing anxiety, depression and any other issues effecting their mental health and wellbeing.

or

A longer term package, tailored to suit your business needs and requirements.

Modalities offered:

- Transactional Analysis (particularly good for organisational/work based communication issues)
- Person Centred Counselling
- EMDR (Eye Movement Desensitization and Reprocessing)
- CBT (Cognitive Behavioural Therapy)
- Counselling for Depression
- Acceptance and Commitment Therapy

