



## WELCOME

Welcome to our Winter edition Space2Bheard CIC Newsletter.

As we enter the winter season with shorter days and dark nights, it's a good time to take guidance from nature to rest and renew.

The cold and wet weather can be seen as permission to cosy up in a warm space, relax, recharge and conserve energy for future growth.

Many people experience mood changes from Seasonal Affective Disorder (SAD) during winter, this is due to reduced sunlight, which affects serotonin and melatonin levels.

## SPACE2B UPDATED

Contents :

- Page 2. Coping with Seasonal Affective Disorder (SAD) with Lauren Leonard.
- Page 3. Updates within S2BH
- Page 4. Welcome back Kathie Hostick.
- Page 5. A personal reflection on Men's Health with Ben Bradshaw
- Page 6. Update on Accreditation with Jo Gibson..
- Page 7. Workforce Wellbeing and bespoke counselling packages.



Read about how our S2BH Lauren Leonard copes with SAD with strategies for low mood, fatigue and motivation during this season (P2)



## Seasonal Affective Disorder (SAD)- my experience with Lauren Leonard

As the seasons change and the days get shorter, many of us notice a shift in our mood and energy. For me, this time of year can be particularly tough. I often feel more tired and lethargic, and mornings can bring a wave of anxiety when the whole day stretches ahead. Everything feels that bit harder - small jobs become bigger, and I find myself with less patience and more overwhelm.

Over time, I've learned a few things that really help me manage these feelings:

I try to plan something for the morning to get myself up and out - it makes a big difference to my mindset.

I also try and listen to the radio whilst I get ready- music always makes me feel happier. If I can I will spend time with friends or family to make sure I am busy, so those long days don't drag.

I prepare for the weather, so it doesn't become a barrier: umbrella, hat & scarf are ready to go.

Evenings are for comfort - candles, my favourite wax scents, a long hot bath with a podcast or music playing, blankets, and my trusty slow cooker make dark nights feel cosier.

It's not always easy, but I'm learning to see the good in this time of year too. The changing leaves make for lovely walks - even with kids, it can be fun to collect things, do a bit of foraging, or just enjoy the sensory side of autumn. And on those rainy days, there's nothing better than curling up for a movie marathon (or my favourite - a good series binge) with hot chocolate and popcorn.

Let's not forget the little celebrations that brighten these like Christmas... little things to look forward to that breakup the darker days.

If you're finding the darker months difficult, please know you're not alone. SAD is common, and support is available. Be gentle with yourself, reach out when you need to, and find comfort in the small things that make you feel grounded.

And remember that spring always comes again.

Small exercise to try  
The "Light & Gratitude"  
Morning Ritual

Goal: Boost mood and energy by combining light exposure with positive reflection.

- Find Natural Light: Sit near a window or go outside for at least 10 minutes in the morning, when possible.
- Deep Breathing: Take 5 slow breaths—inhale for 4 counts, hold for 2, exhale for 6. This calms the nervous system.
- Gratitude Focus: While breathing, name 3 things you're grateful for today (big or small—like a warm drink, a friend, or a cosy blanket).
- Movement Add-On (Optional): Do gentle stretches or a short walk to activate your body.



**LAURA STEAD**  
OPERATIONAL LEADER  
AND DIRECTOR

Thank you for your continued support as we work together to make a difference.



**MICHELLE SHANLEY**  
CLINICAL LEADER AND  
DIRECTOR

## A WORD FROM OUR DIRECTORS

As we move into the winter months, Laura and I have been working hard behind the scenes to keep things moving forward at Space2BHeard. This past month has been a busy one, filled with exciting developments and opportunities. We've dedicated a lot of time to bid writing, ensuring we can secure the funding needed to continue delivering the vital services our community relies on.

We're also thrilled to share that we've entered into a new contract with Smile, which will enable us to offer services specifically designed for VCSE leaders. This partnership marks an important step in strengthening support across the sector and creating meaningful connections.

Another highlight for us is welcoming Kathie back to the Board of Directors. Her experience and insight will be invaluable as we plan for the future and continue to grow. And finally, we're excited to let you know that new podcasts will soon be uploaded to our website. These will feature conversations and insights that matter to our community, so keep an eye out for those.

*Laura and Shell*



PLEASE  
JOIN US IN  
GIVING  
KATHIE A  
WARM  
WELCOME  
BACK TO  
THE SPACE  
2BHEARD  
FAMILY!

## WELCOME BACK KATHIE

We are delighted to announce that Kathie Hostick, Director of Ellesmere Counselling and Psychotherapy, has joined the Board of Directors at Space2BHeard CIC.

Kathie brings a wealth of experience and insight that will strengthen our organisation and the partnership between Space2BHeard and Ellesmere. Her involvement offers:

- A fresh perspective and critical friendship – helping us challenge ideas constructively and think innovatively.
- Extensive experience in service development – from setting up to delivering high-quality counselling and psychotherapy services.
- Training expertise – enhancing professional growth and learning opportunities.
- Career progression pathways – supporting the development of our workforce and future leaders.

While Kathie will not hold an operational role within Space2BHeard, her contribution will be invaluable in shaping our strategic direction, business planning, and organisational development. Working alongside our other directors, Kathie's knowledge and experience will help us continue to grow and deliver exceptional services to our community. Please join us in giving Kathie a warm welcome back to the Space2BHeard family!





## BEN BRADSHAW

Psychotherapeutic Counsellor  
(TA) & Valued mInds Assessment  
Officer

Every November, there's a welcome focus on men's health, particularly on talking, checking in and challenging stigma. I am often reminded that men don't always need to be told to talk, they need to feel safe enough to be heard.

It is common for men to carry messages about what it means to "be a man." Be strong. Don't cry. Sort it out yourself. These rules can make it hard for men to reach for help, or even to recognise when they need it.

cont...

## A PERSONAL REFLECTION ON MEN'S HEALTH AND CONNECTION

with Ben Bradshaw

cont...

I am also familiar with these rules, of what a man "should" be. I've wrestled with the same ideas about masculinity that so many of my clients bring into the room. I've lost three brothers to mental health related deaths and those losses continue to shape my understanding of how urgent these conversations really are.

What I've learned, personally and professionally, is that men often find ways to express pain without using words. Sometimes through withdrawal, anger, humour or silence.

Beneath it all is often a longing to be understood and to connect. In my work, I hope to create a space where feeling doesn't equal failure and vulnerability is met with respect.

Men's health also extends beyond emotional wellbeing. Physical health issues such as prostate and testicular cancer, heart disease and diabetes remain leading causes of death for men, often compounded by a delay in seeking help. The same cultural scripts that tell men not to show emotion can also stop them from booking a check-up or mentioning symptoms that worry them.

This Men's Health Awareness Month, let's challenge the quiet assumptions that tell men to tough it out, and instead remind them that asking for help is an act of strength, not weakness. I know this message is shared a lot, but I believe this is a broken record that needs to keep spinning.



**Jo Gibson**  
Clinical Lead

By November 2027, all clinicians will be required to hold professional accreditation, either as a UKCP Level 6 Psychotherapeutic Counsellor, a BACP Accredited Member, or NCPS Accredited Professional Registrant. To support our team in achieving this, we will introduce structured accreditation support, including peer groups and other developmental opportunities.

## Update on S2BH Accreditation Standard requirement with Jo Gibson

All new clinicians joining Space2BHeard will be expected to gain professional accreditation within 12-18 months of joining.

We recognise that this represents a cultural shift for Space2BHeard, but we strongly believe that setting a consistent standard of qualification and accreditation is vital. This change will allow us to strengthen our position within the local area, maximise funding opportunities, and create new avenues for clinicians to develop their careers within Space2BHeard.

**Accreditation Standards and Organisational Commitment**  
Space2BHeard continually monitors developments and changes within the industry, both from an NHS perspective and in relation to funding opportunities. To ensure the continued growth and enhancement of our services, it is essential that we meet both national and regional standards—across the delivery of our services and within the professional standards of our clinicians, whether contracted or employed.

To remain a strong competitor and secure a wider range of contracts—privately and within the NHS—we must align with the SCOPed framework and implement the necessary steps to achieve compliance.

At present, all clinicians working within Hull Talking Therapies are required to hold accreditation with BACP, NCPS, or UKCP. We are pleased to confirm that our clinicians, with the exception of our most recent clinicians who are currently undertaking their IAPTus qualifications, meet this requirement. Those clinicians who are completing training in Counselling for Depression or IPT are also actively working towards accreditation.

As part of our commitment to organisational values and professional excellence, we have made the decision to standardise accreditation requirements across the entire organisation. We acknowledge that this change may affect clinicians differently, and we are dedicated to supporting you throughout this transition.



## 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

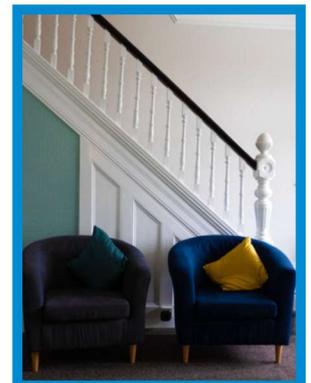
One-off purchase of 6 one-hour counselling sessions to support employees experiencing anxiety, depression and any other issues effecting their mental health and wellbeing.

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**



  
**SCAN ME** 

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