

Service User Network (SUN)

Peer support group

The Service User Network (SUN) is an empowering peer support group running several times per week and open to anyone, but particularly for those with complex emotional difficulties or personality disorders.

This service is for adults aged 18 and over who live in and/or whose GP is in Berkshire.

Is SUN for me?

SUN is exclusively a self referral service and there is no formal assessment process.

Each group runs for 2.5 hours and we ask that members attend the full session where possible.

There is a three part structure, separated by short breaks:

- **Check in** - Each group member is invited to voice their current thoughts, feelings, mental/emotional state and what they would like to get out of the group that day
- **Open forum** - The space can be used by members to discuss topics brought up in check in and offer support and advice to one another.
 - New members are welcomed and the group assist them in completing their crisis and support plan (CASP).
 - All members can voice thoughts, feelings, coping strategies, etc. around these ideas
- **Check out** - All SUN members are expected to voice their emotional state and are encouraged to say something that they've got from the group today
 - Minutes are formulated by the group

All SUN members must engage in check in and check out at each group they attend.

The SUN ethos does not include any individual contact with facilitators, however members can attend SUN groups as often or as little as they wish.

All new members must complete a Crisis and Support Plan (CASP) as a condition of being in the SUN service (this will be done with support of members and facilitators within your first two SUN group sessions).

Members must be supportive of one another

What else do I need to know?

You may feel anxious or nervous when you first join. All our members were new once so have been there and they'll be there to welcome and support you.

You should also know:

- Confidentiality and safety are an important part of SUN
- The SUN model allows members themselves to determine whether they are appropriate for the service or the service appropriate to them
- Members do not have to be under any other team but if you are, you're still welcome to join SUN
- You can be a lifelong SUN Member as we don't have discharge dates - SUN members themselves determine when they want to come and for how long

You can register by using our online form which you can access by visiting our webpage or scanning the QR code.

You can also talk to us if you want to know more about SUN, or if you need help using our online form. You can find our current timetable on our webpage or by contacting us.



Why do people join SUN?

These are quotes from some of our SUN members:

- "Reminding me I'm not alone"
- "Some ideas from others of what to do"
- "Being able to share your thoughts and feelings with others who will understand"
- "It is great that this kind of peer support is available in the community"
- "Since the Crisis Team discharged me, SUN has been a great support to me"
- "Everyone's really supportive and open to making changes to improve quality of life"
- "I found my tribe"

Contact us

Phone: 0300 365 8000 - 9am - 5pm, Monday to Friday (excluding bank holidays)

Email: SUNteam@berkshire.nhs.uk

Postal address: Erleigh House, Whiteknights Campus (University of Reading), Whiteknights Road, Reading, RG6 6BZ (Please note SUN groups do not take place at this address)

Webpage: www.berkshirehealthcare.nhs.uk/our-services/mental-health-and-wellbeing/service-user-network-sun-service/ - please scan the QR code below to go to our webpage



0300 365 8000

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