

STRENGTH BASED LEARNING PROGRAMME **25/26.**

Looking after our wellbeing
while supporting others

With Dr Sarah Brown, Clinical Psychologist
Phil Richardson, Platform's Deputy Director of Operations

WHO WE ARE

- **35 years' experience** of housing, mental health and complex needs support
- **17,500+** people a year
- **170** projects and services
- Commissioned by several **Health Boards** and **Local Authorities** across Wales – inc CVUHB and VoG Council



- **Crisis prevention and home:** crisis services, supported accommodation, homelessness prevention and specialist housing support
- **Employment, volunteering and skills:** work placements, peer mentoring, qualifications and community support
- **Children, young people and families:** wellbeing programmes, one-to-one and group support, peer networks, out of hours drop-in, community projects
- **Workplace Wellbeing:** talking therapies, clinical supervision, training and bespoke consultation
- **Policy and campaigns:** influence, consultation responses, research, evaluation

OUR MISSION

We are changing how people understand and respond to mental health, and shaping the systems that are there to help.

We're doing this by:

1. Advocating for a **social justice view of mental health** that recognises the impact of trauma, inequality and life experiences.
2. Ensuring that support is **easy to access, compassionate and close to home.**

ANXIETY IS
NORMAL IN
AN UNJUST
SOCIETY

PLATFFORM WELLBEING SUPPORT

Supporting others

- **A relational approach to mental health** – a non-medicalised lens on understanding mental health.
- **Strengths-based Working**– how can we work differently with people we support?
- **Creating the Conditions for Strengths-based working** – How can we create the systems internally to remove barriers to strengths-based working?
- **Clinical Supervision** – our services see a lot of difficult things – how do we support our teams with that?

Supporting ourselves

- **1:1 Talking Therapies**
- **Wellbeing Training** – Topics such as Burnout, Stress, Anxiety, Self-care, being trauma informed.
- **Compassionate leadership programme** - developing emerging leaders
- **Reflective Practice Workshops** – Putting into practice
- **Coaching** – developing thinking with goals and stuckness

www.platffomwellbeing.com



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Why this conversation matters

- Change-making is emotional labour
- Activists & practitioners often give at personal cost
- Our wellbeing is essential, not optional



The weight of the work

- The work is heavy, but we don't have to carry it alone
- Exposure to trauma, injustice, complexity
- Chronic stress and being stretched too thin
- Burnout as a context, not a personal failure



A trauma-informed lens on ourselves

- Safety
- Predictability
- Choice
- Connection
- How these principles apply to our wellbeing as workers

(Ref: Karen Treisman)



Relational practice as protection

- We heal and sustain ourselves through connection
- The work becomes possible together, not alone
- Rejecting individualised blame
- Boundaries allow us to keep doing the work sustainably
- Solidarity is a wellbeing strategy



What belonging looks like in teams



Feeling seen, valued, and significant



Shared purpose and rituals



Consistent attuned leadership



Owen Eastwood on belonging: based in whakapapa — “an unbroken and unbreakable chain” of identity and purpose.



“What will you do with your time in the sun?” inviting us to consider our purpose within the collective narrative of past, present, and future.

Organisational trauma and culture

- The impact of chaos, silos, scarcity
- Moving from fearful to safe cultures



Developing reflective capacity

Reflection slows down overwhelm

Shift from control to curiosity

Helps us make meaning, not just react

What parts of us are reacting?

The 'what ifs'...

A sustainable way forward



What drains you?



What sustains you?



Who are the people who hold you up?



Commitment to belonging, collective care practices



Prioritising wellbeing as ethical responsibility



Creating conditions for resilience, not exhaustion

Final thoughts

We are not meant to carry this work alone

Belonging and solidarity make change possible

Looking after ourselves is part of the work

**WE WOULD LOVE
YOUR FEEDBACK**



**Are there any topics you would like
us to cover in future sessions?**

<https://forms.office.com/e/2uMtd7aDVG>

THANK YOU.