
Service User Network (SUN)

What is SUN?

The SUN (Service User Network) is an initiative aimed at improving services for people with diagnosed personality disorders and people with no diagnosis who experience difficulties in interpersonal relationships, emotional regulation and/or managing distress.

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

It provides community-based peer support groups to those who may have found it difficult to engage with other services. The aim of these groups is to help people better cope with the difficulties mentioned above and enable them to develop Crisis and Safety Plans to manage risk and safeguarding concerns.

SUN groups take place weekly in community venues across the six Berkshire local authorities: Bracknell, Newbury, Wokingham, Slough, Reading, and Windsor, Ascot and Maidenhead.

Why do people join the SUN?

There's a variety of reasons an individual would want to be part of SUN, including the opportunities to:

- Build an effective support network within the community and reduce isolation
 - Get advice on accessing other services that may be helpful as sources of support
 - Improve confidence, coping mechanisms and problem solving skills for all areas of life
 - Develop and maintain a plan for personal safety and wellbeing
 - Learn skills that will be helpful in a workplace context
 - Reduce the level of distress associated with crises
-

How does SUN work?

There is no formal assessment process. When you call in, you can book your first group with us. You will be asked to complete a crisis and support plan (CASP) with us within the first two meetings with support from other group members and facilitators and will then become a full SUN member and will be able to attend as many or as few groups as you'd like within the weekly timetable.

All work is carried out in the groups. There is no care coordination and one-to-one appointments are not available.

Members are free to use the groups when it suits them, and there is no limit to the length of time people stay in the SUN.

There will be some guidelines, drafted within the groups, that encourage an atmosphere of respect and support for each other. If you are unable to respect these, you may be asked to take time away from attending the groups to reflect.

You are welcome to join us even if you are using another service, but please do discuss this with them.

How to contact us

If you'd like to join us, or get further information, please get in touch:



0300 365 8000

9am-5pm, Monday to Friday (excluding bank holidays)

SUNTeam@berkshire.nhs.uk



**Erleigh House
Whiteknights Campus (University of Reading)**

Whiteknights Road
Reading
RG6 6BZ

