



For better
mental health

York and District Mind

Caring and campaigning together for better mental health

Reg. Charity Number 1037603. Registered in England Number 2921142

York reMind_{er} Spring Newsletter

Befriending Service

The befriending project is going really well and we are in need of more volunteers! Do you think you could give a few hours a week to offer friendship and support to someone? You could offer a listening ear, help someone to do things they find difficult and have fun together. If you would like to know more, or want to volunteer to help with this exciting new project, get in touch with Jenny or Rachael on 01904 466660. Full training will be given.



Brand New York Website

A new community website for York has been set up by John Henderson, a local York resident. It's called www.talkyork.com and is a free to use simple forum. The site can be used to discuss local York issues, find out what is going on in York, discuss issues affecting your own area and participate in discussions based around interests. For example, there is a York pet's forum to allow discussion on all things pet related and users can make use of the lost & found board: a gardening forum allows York gardeners to interact online and a York caring and disability forum.



In the York area there are approximately 18000 carers and very often this role can be tiring and lonely. The aim of the York carers & disability forum is to give an outlet for those needing care and those giving it, to communicate with others in the same boat as themselves. They can swap

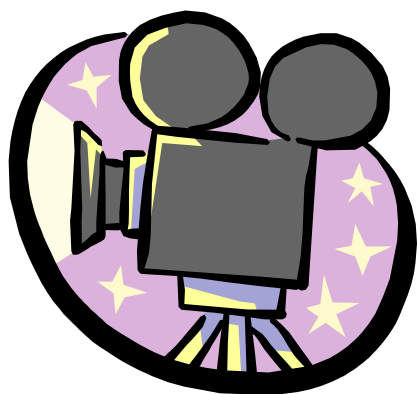
useful information that will help others out, post up details of meetings they may be organising and generally have a good gossip. All a user needs to join the site is a user name and password. Forum style websites are generally designed to be anonymous places of information exchange, but they do allow a private messaging facility where users can send private messages between themselves. If you have any questions please email john@talkyork.com



ARE YOU INTERESTED IN PHOTOGRAPHY ?

York Mind would like to find out if there is sufficient interest to start a Photography Group.

If you might be interested please let Brian or Dan our Support Group workers know. You can phone them on 01904 647349.



ALSO.....

We would like to hear from anyone who might have old cameras to donate, or other photographic equipment.

Expert Patients Programme

The **Expert Patients Programme** is run through the NHS and is aimed at people with long term health conditions. This of course includes people with mental health problems. The idea of this initiative is that people learn to manage their own conditions. It is run by people who have their own long term health issues. The programme can include information and advice on cognitive-behavioural techniques (CBT), diet and exercise. The course usually lasts for 6 weeks and can help improve a person's quality of life and confidence.

You can find out more about this initiative at <http://www.expertpatients.co.uk/public/default.aspx>

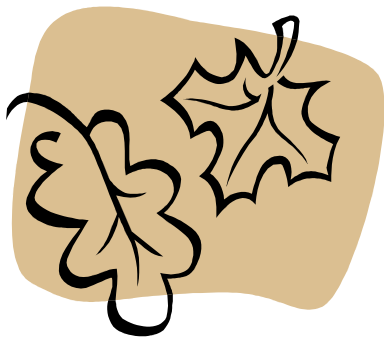
Anti-discrimination Campaign

Mind is launching a new anti-discrimination campaign called **Time to Change**. This aims to combat the discrimination faced by people with mental health problems in their lives in relation to work, family, education and elsewhere.

This campaign involves a range of initiatives including an anti-stigma campaign, community projects, an activity week with widespread national involvement, legal challenges and a network of people challenging discrimination at a grassroots level.

To find out more about Time to Change visit

<http://www.mind.org.uk/timetochange>



I am not an egg

I am not an egg

Though in time I've built up a fragile shell

The slightest thing can waft in a worry

Which can disturb me for hours, like a bad smell.

I think it all started with losing a parent

Being given a body perceived as soiled

That was rejected, picked on and laughed at

I wish at times that I came out hard boiled.

It's a shame as I was once such a happy kid

But being told your no good, regrettably it sinks in

I've gotten quite paranoid over conquering my cynics

Afraid of missing out, as my restless head lets them to win.

I know my thoughts have drained as much as they are hurt

Some people have just decided its easier to give a wide berth

Some just can't see what all the stress is all about

Where others just see me as lazy which further doubts my worth.

I have also noticed after being tagged "mentally ill"

Others can come across too smiley, almost desperately kind

Which magnify my insecurities, I feel more like cracking

When told that I am being irrational if I decide speak my mind.

Having been shunted around, watching my chances being cut

WORD SEARCH

Feeling joy is so hard when anchored
to the bottom of the keg

But I want my relating sadness to give
new hope like the yolk

So maybe I am not that different after
all to the egg.

Except I know that I am person, a well
liked one of that

I accept my issues and unlike Humpty
I have learnt to stay on the wall

But I can see mental health becoming
as varied as it is widespread

So understanding is needed not
stigmas, no one is an egg at all.

© Daniel North

P	L	V	E	G	W	C	Y	W	K	H	P	R	I	O
A	H	L	W	N	D	T	A	N	X	I	E	T	Y	N
G	C	Y	T	E	Q	K	L	H	E	G	M	H	J	R
V	R	O	X	H	I	U	S	C	H	A	R	I	T	Y
D	A	O	W	G	A	M	I	Z	I	P	H	K	N	U
J	E	T	U	S	D	O	T	U	P	X	L	E	F	D
H	S	E	M	P	V	J	A	L	Y	A	T	O	L	E
O	E	I	N	F	O	R	M	A	T	I	O	N	A	P
C	R	D	B	T	C	G	B	J	M	Z	K	D	V	R
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N	C	S	G	F	Y	K	I	L	D	M	C	U	X	S
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ADVOCACY
ANXIETY
CHARITY
DEPRESSED
ENQUIRY
FUNDS
GROUP
HEALTH
HELP
INFORMATION
ISSUE

NEED
PANIC
RESEARCH
RESOURCE
SERVICE
STRESS
TALK
VOICE

What is on for better mental health for March/April:

What day?	When?	Where?	What?	Who?
Mental Health Social Groups				
Tuesdays in April 7 th and 21 st May 5 th and 19 th	2-4 pm	St Clements Church, Scarcroft Road	Steps Drop-in, Mainstay	People who have experienced mental health problems
Fridays April 10 th May 8 th	8-10 pm	Guppys, Nunnery Lane	Rethink Club 84 - social club	People who have experienced mental health problems
Obsessive Compulsive Disorder (OCD) Groups				
Tuesdays April 7 th and 21 st May 5 th and 19 th	3 pm – 5 pm	Café Concerto High Petergate, Nr Minster	OCD Social Group	All with experience of OCD including family, friends and carers
Mondays April 6 th May 4 th	7 pm - 9 pm	York Mind's offices, 9 Castlegate, York	York OCD Support Group meeting featuring talking treatments	
Depression Groups				
Friday April 3 rd May 1 st	2 pm	York Mind's offices, 9 Castlegate, York	Depression Steering Group Meeting	All with experience of depression including family, friends and carers
Wednesday April 22 nd May 20 th	7.30 pm – 9.30 pm	York and District Mind, 9 Castlegate,	Depression Support Group meeting	
Anxiety Groups				
Mondays April 13 th May 11 th	7.30 pm – 9.30 pm	York and District Mind, 9 Castlegate, York YO1 9RN	Anxiety Support Group Meeting	All with experience of anxiety including family, friends and carers

Writing Group				
Every Wednesday	3-5 pm	York and District Mind, 9 Castlegate, York YO1 9RN	Institute of Distraction (creative writing group)	For all mental health sufferers
For Our Celebration February Leisure Club events please telephone 01904 643364 and ask to speak to Hannah				

York and District Mind, 9 Castlegate, York YO1 9RN
 Advocacy 01904 647030
 Befriending 01904 466660
 Counselling 01904 466690
 Information Line 01904 647349 (1pm to 5pm every weekday)
 Administration line 01904 647014



We wish to thank you for reading our newsletter, which is produced as a collaborative effort by the 'Press Gang' at York and District Mind. If you have any ideas, writings, comments, complaints or compliments do let us know so we can include it and improve this newsletter together, special thanks goes to Dan for compiling this!

Ways to help York and District Mind Include volunteering, donating money, organising a sponsored event or even eBay and help us raise funds. You, your friends and family can buy and sell on eBay to support York and District Mind. Click here to start:
http://donations.ebay.co.uk/charity/charity.jsp?NP_ID=29454

If you want to help organise a sponsored event for our charity please contact us on 01904 647014 and we can work together on a project.