



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<sub>er</sub> - August 2008 newsletter



### York and District Mind launch Exercise and Mood fact sheet

As featured in the Evening Press we have launched our first information leaflet, ‘**Exercise and Mood**’, with the help of a photo shoot with the York City football team. The leaflet, which examines the link between exercise and better mental health, was researched and produced by a team of volunteers, inspired by Linda. They carefully looked at research and media coverage to create an informative leaflet, based on current findings in psychological studies.

The researchers found that exercise is beneficial for improving mental health and self esteem. It is suggested exploring fitness options that range from gardening and steady walking to attending a gym or exercise classes. Exercise can become a day-to-day coping strategy for anyone to improve their mood and wellbeing, and not only helps you get outside and socialise, but improves the way we feel about our appearance (body image) and how we feel inside (raises dopamine and serotonin levels). Copies of the ‘Exercise and Mood’ fact sheets are available from our office or call the Information line on 01904 647349.

## Advocates bumper month

July was our busiest month ever for community advocacy! We have increased our workload by 50% this month and are looking to increase capacity so we can maintain our quality service.

For more information on our advocacy service call 01904 647030.

### Circle of Friends

Our new Befriending service, called the 'Circle of Friends' scheme, will aim to provide a group of supportive people who will be able to socialise and help people who have experience of emotional and mental distress to reintegrate into the wider community. We are currently hiring two Co-ordinators to help with this endeavour, and hope that it will be as successful and helpful as our other current services. Funded by The National Lottery through the Big Lottery Fund.

For an application pack before the closing date 15<sup>th</sup> August 2008 please write to us or email [office@yorkmind.org.uk](mailto:office@yorkmind.org.uk) If you are interested in getting involved in this project let us know and we can put you on our waiting list for the project when it starts call 01904 647349.

### A volunteer story...

After a spinal injury in July 2007, which also resulted in reactive depression, I was unable to return to my previous employment. My Jobcentre's Disability Employment

Advisor suggested volunteer work. After going on line to look into this further I felt that Volunteering would be a gentle, less pressured way for me to recover and regain my confidence and self-esteem.

I remembered my father telling me about the four 'F's' one should contemplate when seeking any type of employment.

*Find what you want.*

*Find what your passion is.*

*Find what you have to offer.*

*Find where you can do it.*

I sat down and I wrote a list of the skills that I have and that can I contribute with. I found this exercise a bit complicated, but at the end I was able to list down all the things that I could offer to a position in terms of skills and experience. On hearing about a placement at York and District Mind, Yorkcraft arranged an interview for me, which resulted in me working for this charity.

I have so far found my experience a truly enjoyable one. The other volunteers and workers have been extremely friendly, reassuring and helpful to me. It may be selfish of me, but I tend to feel great when I help others. Perhaps it's the smile I see on their faces when I've accomplished even the simplest of tasks for them, or the fact that I hope to also gain a lot out of this experience in terms of friends, contacts, and self worth. Either way, I am finding volunteering a rewarding experience. This has benefited both the local York and District Mind organisation and myself and I would heartily recommend it to others.

## Naturally Minded

**St Nicholas Fields (or St Nick's)** is a 24-acre [Local Nature Reserve](#), which is owned by the City of York Council and managed by a local community group 'The Friends of St Nicholas Fields'. The [York Environment Centre](#) is located on the edge of the Reserve and offers [environmental education sessions for schools](#), kerbside [recycling collection](#), [home composting advice](#) and other services to the local community and beyond. It is available for booking for [meetings](#), conferences and other events.

St Nicks have invited people involved with York and District Mind to visit St Nick on Wednesday 27 August from 10am to 12 noon, to see what they do and to see if we can do some partnership working together. Please come along and discover what things we can work on together.

**York OCD Support Group** started meeting in June 2007. The group is open to sufferers, friends, family and carers. We meet the first Monday of the month at the St Bede's Centre on Blossom Street at 7 pm. The group so far has been very well attended, averaging 14 people per meeting. People have attended from a very wide area, travelling from Halifax, Leeds, Malton and Northallerton. Topics covered so far include medication, cognitive-behavioural therapy (CBT) and coping tips. We have had a number of guest speakers including clinical psychologists and have shown various videos relating to OCD.

A social group has been formed that meets fortnightly on a Tuesday. A number of sufferers have said how much they appreciate the support and understanding that the group provides. Sufferers find it much easier to speak to others with personal experience of OCD.

The **August** meeting is shared with the depression group – open to anyone – and relates to mental health and exercise. This is on **Wednesday 20<sup>th</sup> August at 7 pm** at the **Priory Street Centre** in York.

Dan, July 2008

## York Depression Support Group

The above group has been running for 10 months, the first of which was

held in October 2007. Our group attendances vary from 12 to 16 and our mailing list consists of 34 names. We try to vary the content of our meetings, having had guest speakers covering such diverse things like CBT.

We do not provide any sort of counselling but consist of informal talks between users and guest speakers. We attract people with varying degrees and different types of depression from the surrounding area and outside of York.

We did a series of talks on BBC Radio York about depression running for three consecutive days, with presenter Jonathan Cowap. We have no negative feedback on the group and hope to carry on in the same vein for many more months to come.

## General and Carers Counselling

We continue to offer free counselling to those who have experience of mental distress and their carers, including carers of people with dementia. Carer can access the service relatively quickly. General clients currently have 6 - 8 weeks waiting time but we plan to reduce this when we move to new premises, which will have more rooms.

If you are interested in knowing more, Michael can be contacted on 01904 466690 when he can't answer the phone, there is a 24 hour answer machine to leave messages on.

## Speak up on Health and Social Care

*York LINK is here for you to have your say on some of the most important issues in our area — the NHS and social care services.*

Independent from local government and the NHS, the Local Involvement Network (Link) will grow to be an active network of local people, organisations and groups that want to make a difference in their area. The LINK will provide everyone in the community with the chance to say what they think about local health and social care services and their experiences of them. The LINK

won't take over from the groups already working for our community, but will be a way of bringing individual people and groups together.

York LINK is a way of letting the people who buy, deliver and manage local health and social care services hear about what is working and what isn't, as well as suggesting ideas that could make services better. Interested people can become formal members of the LINK or just be involved in the issues that interest them.

The LINK is part of a new structure in England. So if you, your group or organisations want to take part right from the start, get in touch with us at our York office and come along to our launch event on 15<sup>th</sup> September.

For information call 01904 621631 email: [participate@yorklink.org.uk](mailto:participate@yorklink.org.uk) or click on the website: [www.yorklink.org.uk](http://www.yorklink.org.uk)

## World Mental Health Day

We are planning an event to celebrate World Mental Health Day on Friday 10<sup>th</sup> October. We will be publicise changes and new services and we would like to thank Castlegate Fund and the National Lottery for the funding. We have exciting developments to announce.

### What is on for better mental health for August and early September:

What day?	When?	Where?	What?	Who?
Friday 15 August	9am	York and District Mind 11 -12 Stonebow York	Mind Quality Management working group	Mind group members
Every Tuesday	1.00pm	York and District Mind 11 -12 Stonebow York	Mind Press Gang	Open to new group members

Wednesday 27 <sup>th</sup> August	10-12noon, leave YDM at 9.30am	St Nicholas Field	Picnic and meeting at St Nicholas Field	Open to all, please do attend!
Thursday 28 August	1.00pm – 2.00pm	York and District Mind 11 -12 Stonebow York	Mind Community Involvement working group	Open to new group members
Thursday 11 September	4.15pm	York and District Mind 11 -12 Stonebow York	Fundraising working group	To attend contact Mike 647014

### **Mental Health Social Groups**

Tuesdays in August – 5, 12, 19, 26	2-4 pm	St Clements Church, Scarcroft Road	Steps Drop-in, Mainstay	People who have experienced mental health problems
Friday 8 August	8-10 pm	Guppys, Nunnery Lane	Rethink Club 84 - social club	People who have experienced mental health problems

### **Events focussing on Obsessive Compulsive Disorder (OCD)**

Wednesday 20 <sup>th</sup> August	7 pm- 9 pm	Clementhorpe Room, York CVS Centre, Priory Street, York	York and District Mind Joint OCD and Depression Support Group meeting on 'Exercise and Mood'	All with experience of OCD including family, friends and carers
Tuesday August 12 & 26	3 pm – 5 pm	Café Concerto High Petergate, Nr Minster	OCD Social Group	All with experience of OCD including family, friends and carers

### **Depression Groups**

Wednesday 20 <sup>th</sup> August	7 pm- 9 pm	Clementhorpe Room, York CVS Centre, Priory Street, York	York and District Mind Joint OCD and Depression Support Group	All with experience of depression including family,
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			meeting on 'Exercise and Mood'	friends and carers
<b>Other useful dates</b>				
Sunday 31 August	11am-5pm	Rowntree Park,	Music, Food, Stalls and all green!	Green Festival for Everyone
September 5 &12	12 noon – 3 pm	St Bede's Pastoral Centre, 21 Blossom St.	Making felts	Open group, cost is by donation
<b>Our Celebration</b>				
Wednesday 13 August	1.30 pm- 3.30 pm	Our Celebration Highcliffe House Highcliffe Court York	Ceramics Workshop	For clients of Our Celebration Leisure Club 01904643364
Wednesday 27 August	1.30 pm- 3.30 pm	Our Celebration Highcliffe House Highcliffe Court	Either Quiz indoors or Picnic Homestead Park, weather dependent	For clients of Our Celebration Leisure Club 01904643364
Wednesday September 3	1.30 pm- 3.30 pm	Our Celebration Highcliffe House Highcliffe Court York	Ceramics workshop	For clients of Our Celebration Leisure Club 01904643364
<b>Future Prospects</b>				
Every Tuesday from Sep 16, for ten weeks	6.30 – 9pm	All Saints High School, Mill Mount Lane, York, YO24 1BJ	Confidence Building Course 0800 834239	Contact Grainne on 0800 834239 01904634748
Every Wednesday, from Sep 17, for ten weeks	6.30 – 9pm	Huntington School, Huntington Rd, York, YO32 9WT	Stress Management	Contact Grainne on 0800 834239 01904634748

Thanks for reading our newsletter 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 improve!