



# York and District Mind

"caring and campaigning together for better mental health"

For better  
mental health

Reg. Charity Number 1037603. Registered in England Number 2921142

## York reMind<sub>er</sub> - July 2008 newsletter

### Information resources team

**Mental health information helpline hours have now changed** and from Monday 30<sup>th</sup> June will be staffed every weekday from 2pm till 5pm. We have plans to extend these hours and are very positive about this development. The Information and Resource Team offer information and resources on all aspects of mental distress and related issues **647349**.

**York Mind's Information Line** is in the process of preparing a series of fact sheets. The first of these will be on the subject of 'Exercise and Mood', and should be ready in the first week of July. It has been written by information line volunteers, as all future fact sheets will be. Future topics will include: 'Food and Mood', 'Discharge From Hospital', 'Maintaining Social Contacts' and possibly, 'Relaxation and Meditation'.

**Action:** Anyone who would like to be involved in this project, or who has ideas for future topics, should contact Brian Elmer, on 647349.

### Cool counsellors

An additional 5 counsellors will be joining us over the next six months, bringing our total number of counsellors up to 14 in 2009. This is a welcome addition to the service and hopefully it will meet the

anticipated demand and availability for counselling services in our new premises.

Michael the Counselling Manager has completed his Cognitive Behaviour Therapy (CBT) delivery training for Anxiety at York University.

Links with University of Teesside - is the only BPS Accredited Counselling Psychology course in the North of England and we are hoping to establishing links with them in order to offer trainee counselling/psychology placements.

**Action:** Michael can be contacted on 01904 466690

### Beginning to befriend

This month we are advertising for 2 full time Befriender posts to help set up a befriending service throughout York and District. This will be for those with Mental Health problems to help and support them so they can be as involved in the community as they would like. Funded by The National Lottery through the Big Lottery Fund.

**ACTION:** If you are interested in this project let us know and we can put you on our waiting list for the project when it starts call 647349.

## Advocate angle

Community Advocacy is going from strength to strength, with an ever-increasing number of clients accessing support. This does mean though that there is currently a short wait for new referrals. Please be patient and we will endeavour to meet the demand!!

Hospital advocacy has very successfully reached the end of its first year in operation. Hurrah!! This service continues to develop to serve the needs of inpatients in the York area.

**Action:** For more information on the service or to make a referral please contact our hard working team on 01904 647030.

## Information Technology

Ecominds is funding joint mental health and environmental projects and have a facebook group that you can join if you are interested.

**Calling all web designers!**

We want to update our website any help greatly appreciated!

**Action:** search for Ecominds and volunteer to help with the website as part of Mind's 'Press Gang' office@yorkmind.org.uk

## From the shop floor...

The Mind shop is separate from York and District Mind but the two organisations are working closer together. The Mind shop in York is

currently seeking volunteers to help out in the store.

Among the duties which volunteer staff carry out are operating the till, sorting out donations and collections, steaming clothes, pricing goods and arranging goods on the shop floor. Training is provided.

**Action:** Anyone interested in helping out at the Mind Shop should contact Nina Whitefield, the store manager, on 01904 639541, or call into the shop at 25, Goodramgate to pick up an application form.

## The Co-operative Group

A big thank you to Ed Powell from The Co-operative Group. Melody contacted him and they have helped with four £5 Co-operative fairtrade product vouchers for us to raffle. These can be either used as prizes or exchanged for chocolate/wine.

**Action:** Stirred to help us too? Then please contact Mike: 01904 647014.

## Carers can't afford to be ill

York and District Mind would like to thank, David, Dan, Gerard, Linda, Sue and Becky for being volunteer ambassadors during the events of **carers week**; representing us and letting everyone know about the advocacy, counselling, support groups and information service we provide, the befriending service too.

We shared a stall with Dawn from CMHT this went very well. **A big thank you** for their co-operation and we worked together to make it a successful day. Thanks also to Brian, Rachael, Jamie and Mike.

## Request for help

We welcome donations to York and District Mind and can benefit from gift aid. We are looking to increase the number of volunteers active with us and to this end are looking for donations of computers, to put to good use! We are also looking for prizes for fundraising activities.

**Action:** Ideas? Talk to Mike 647014

## A moving experience

Having consulted with those who have used our services it is clear that our current location is not ideal and we are looking at possible new locations. We are still considering options and looking at progressing this in the near future but any options you can think of that would help Mind to continue to do our support work, meetings and administration we would be delighted to hear about.

**Action:** If you can help us move contact Mike on 01904 647014.

## Readers views

We are interested in hearing your views on the newsletter especially how to improve it. Please do submit items or tell us any ideas you have for things that can be included from letters, poetry, cartoons and events to puzzles, prizes and pictures.

**Action:** Do think about joining the Press Gang team who can be contacted on 01904 647014

## Mind Book of the Year

Martin Townsend, editor of the Sunday Express, won this year's award with his book *The father I had*, a vivid personal account of the trials, fears and joys of growing up with a father diagnosed with bipolar disorder.

## What is on for better mental health for July and first week in August:

What day?	When?	Where?	What?	Who?
Monday 7 July	3.30pm	York and District Mind 11 -12 Stonebow York	Mind Quality Management working group	Mind group members
Tuesday 15 July	1.00pm	York and District Mind 11 -12 Stonebow York	Mind Press Gang	Open to new group members
Thursday 24 July	4.15pm	York and District Mind 11 -12 Stonebow York	Fundraising working group	To attend contact Mike 647014
Monday 28 July	7.30pm	Brigantes, Micklegate York	York and District Mind team social	All those contributing to York and District Mind

Thursday 31 July	1.00pm – 2.00pm	York and District Mind 11 -12 Stonebow York	Mind Community Involvement working group	Open to new group members
Thursday 31 July	1.00pm – 2.00pm	York and District Mind 11 -12 Stonebow York	Presentation by St Nicholas Field on the work they do	Open to all, please do attend!
<b>Mental Health Social Groups</b>				
Tuesday's 1, 8, 15, 22, 29 July	2-4 pm	St Clements Church, Scarcroft Road	Steps Drop-in, Mainstay	People who have experienced mental health problems
Friday 11 July	8-10 pm	Guppys, Nunnery Lane	Rethink Club 84 - social club	People who have experienced mental health problems
<b>Events focussing on Obsessive Compulsive Disorder (OCD)</b>				
Thursday 3 July	1.30 –2.30 pm	York and District Mind 11 -12 Stonebow	OCD Support Group Steering group	OCD Group participants
Monday July 7	7 pm- 9 pm	St Bede's Pastoral Centre, 21 Blossom Street.	York and District Mind Obsessive Compulsive Disorder (OCD) Support Group	All with experience of OCD including family, friends and carers
Tuesday July 15	3 pm – 5 pm	Café Concerto High Petergate, Nr Minster	OCD Social Group	All with experience of OCD including family, friends and carers
<b>Awareness days and weeks</b>			6-12 July Dementia Awareness Week 24 July Samaritans Awareness Day	
<b>Depression Groups</b>				
Wednesday July 9	9.30am registration 10am-4.30pm	York further details Skill Development Service Seminars	Working with Depression	Those who pay £104.58 interested in Depression 08702417294

Wednesday July 16	7.30 pm	St Bede's Pastoral Centre, 21 Blossom Street.	York and District Mind Depression Support Group	All with experience of depression including family, friends and carers
<b>Other useful dates</b>				
Friday 4 July	12 noon – 3 pm	St Bede's Pastoral Centre, 21 Blossom St.	Learn about Hand Massage	Open group, cost is by donation
Wednesday July 23	6 pm start	York and District Mind 11 -12 Stonebow House	York and District Mind's Counselling team Meeting	York Mind Counselling team
<b>Our Celebration</b>				
Wednesday 2 July	1.30 pm- 3.30 pm	Our Celebration Highcliffe House Highcliffe Court York	Yorkshire Wheel (£3.00 each)	For clients of Our Celebration Leisure Club
Wednesday 9, 23 and 30 July	1.30 pm- 3.30 pm	Our Celebration Highcliffe House Highcliffe Court	Pottery Workshop	For clients of Our Celebration Leisure Club
Wednesday 16 July	1.30 pm- 3.30 pm	Our Celebration Highcliffe House Highcliffe Court York	Picnic and Ball Games at Homestead Park	For clients of Our Celebration Leisure Club
<b>Future Prospects</b>				
Tuesday 15 and 22 July	9.30 am- 12.30 noon	Future Prospects 24 Swinegate York	Confidence Building Course 0800 834239	Contact Grainne on 0800 834239 01904634748
To be confirmed	1.30 pm- 3.30 pm	Future Prospects 24 Swinegate York	Stress Management	Contact Grainne on 0800 834239 01904634748

Thank you for reading this produced as a collaborative effort by the 'Press Gang' at York and District Mind. Please let us know any ideas, writings, comments, complaints or compliments you have. If you let us know how we are doing so far we can learn to do better!