



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> our newsletter for June 2008

### **Directors' arrivals and departure**

We offer a big thank you to John Burgess who served as our Director for 18 months doing a wonderful job and secured funding from the Big Lottery for a befriending service that will be starting in the Autumn. John's talents will remain in use for the organisation, as he is joining our Trustee Board. Please do welcome him into his new role. His work and indeed his ongoing support for the organisation is very much appreciated.

The new Director of York and District Mind is Michael Beckett, who has now joined us after being a senior manager at York and District Citizens Advice Bureau with experience of Housing, Benefits, Debt and Community care law, he was also responsible for Access, Equality and Diversity issues. He also has experience working for Mental Health Matters in Ryedale, working on an acute psychiatric ward in London and as a manager of a street homeless shelter.

Mike is keen to meet all those involved with our organisation or who might want to be involved, to promote service user led initiatives and participation at all levels of the organisation. He also wants to build on our culture of continuous improvement in the quality services we provide to the people of York and District.

**ACTION:** If you would like to get involved talk to Mike on 01904 647014 or send him a message on [mike@yorkmind.org.uk](mailto:mike@yorkmind.org.uk)

### **Fancy being a York and District Mind ambassador?**

We have been invited to attend the National Carers Week Event 2008 at York CVS Priory Street, York YO1 6ET. This will be open to the public from 2pm –7pm on Monday 9th June. The Carers Centre who are having their new offices opened at 1.45pm are also launching the Carers Emergency Card, which is to help carers and

cared for in an emergency a scheme we fully endorse. This year Carers week's theme is "Carers can't afford to be ill!"

If you are able to commit to joining us and helping to represent our Mind by giving out information and being friendly and being seen out and about preferably wearing a badge, that would be great.

**ACTION:** Volunteers please use sign up sheet in Mind's kitchen!

**ACTION:** Information on Carers Emergency Card: 01904 656985

### **Counselling corner**

Just to let people know we are recruiting new counsellors and so will have some new faces appearing over the summer. If you or someone you know wants to volunteer as a counsellor, do drop in your CV for the next recruitment round. Michael the Counselling Services Manager is receiving training in delivering Cognitive Behavioural Therapy (CBT). He is happily cascading information to those who are interested.

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

### **Budding journalists required**

We know we provide a much needed quality service to our community but we still need to let people know what we are doing and finding out what more we could achieve to help support and enable those experiencing mental health problems. To do this we want to continue producing a regular monthly newsletter and increase it's circulation, to carry on this project we are looking to form our own 'press gang' to help, improve our communication.

**ACTION:** You can write information for inclusion in next month's newsletter or ask about becoming our volunteer editor!

### **Advocacy action**

Jamie and Rachael attended the Advocacy Special Interest Group for Mind advocates held in Manchester in May. Advocates & Managers from Local Mind Associations across the country attended to discuss the forthcoming implementation of Independent Mental Health Advocates (IMHAs). With training for advocacy soon to be accredited, we are keen to maintain our leading position. They had good networking opportunities and enjoyed the lunch!

**\*\*\*NEWS FLASH\*\*\*** It's been a long time in the pipeline but the hospital advocacy service will soon have its very own Liaison Group. Training starts on 12<sup>th</sup> June and will be attended by all hospital staff, hospital service users & advocates who wish to join the group & help to develop the way the advocacy service and the hospital work together.

**ACTION:** We can be contacted for information on 01904 6647030

### Planning to go forward

York and District Mind want to increase and improve the services we offer. To do this we are looking at options including moving premises, we are more than happy to hear about any opportunities for new locations we might be able to afford. To help with this and other future projects we are setting up a fundraising Working Group, the first meeting is on 12<sup>th</sup> June 2008 at 4.15pm.

**ACTION:** If interested please attend Fundraising Working Group or let us know if you are unable to come but can help 01904 647014.

**ACTION:** 01904 647014 for ideas where we may find a new home.

### Information resources

We provide information and resource service on Mental Health and related topics. Including referrals to Advocacy, Befriending Service (to be launched Autumn 2008), Counselling and Support Groups.

**ACTION:** For information we can be contacted on 01904 647349

### Forthcoming diary dates for June and start of July:

What day?	When?	Where?	What?	Who?
Sunday 1st June	11am- 4pm	Brunswick Organic Nursery, Appleton Rd	Open Day	All Welcome
Wednesday 4 <sup>th</sup> June	12noon- 2pm	York CVS, Priory Street.	Scope Inclusive Volunteer 'taster' training	To book contact Volunteer centre 621133
Wednesday	7pm- 9pm	St Bede's	Obsessive	All with

4 <sup>th</sup> June		Pastoral Centre, 21 Blossom Street.	Compulsive Disorder (OCD) Support Group	experience of OCD including family and friends
Thursday 5 <sup>th</sup> June	10.30am-12.30noon	York CVS, Priory Street.	Advocacy training on Care Management	Advocates from Mind and OCAY
Thursday 5 <sup>th</sup> June	3.30pm-4.30pm	York and District Mind 10-12 Stonebow House.	Staff Team Meeting	Closed group
Friday 6 <sup>th</sup> June	12noon – 3pm	St Bede's Pastoral Centre, 21 Blossom St.	Making Cards	Open group, cost is by donation
Friday 6 <sup>th</sup> June	2pm – 3pm	York and District Mind 10-12 Stonebow House	Depression Support Group steering group	Closed group
Monday 9 <sup>th</sup> June	1.45pm-2pm	York Carers Centre, Priory Street.	Official Opening	All Welcome
Monday 9 <sup>th</sup> June	2pm –7pm	York CVS, Priory Street.	Carers Week Event 2008	All Welcome
Tuesday 10 <sup>th</sup> June	3pm	Café Concerto, High Peter Gate, Nr Minster	Obsessive Compulsive Disorder (OCD) Social	All with experience of OCD including family and friends
Tuesday 10 <sup>th</sup> June	2pm	Cloisters Suite, Monkbar Hotel, Monkgate	A service of thanksgiving for carers by Carers.	All welcome
Tuesday 10 <sup>th</sup> June	6pm	York and District Mind	York and District Mind	By invitation

		10-12 Stonebow House	Executive Meeting	
Thursday 12 <sup>th</sup> June	9.30am – 12.30noon	Future Prospects 24 Swinegate, York	Stress Management for Carers	Call 0800 834239 to book a place
Thursday 12 <sup>th</sup> June	12noon-2pm	Venue to be confirmed	Advocacy Liaison Group.	Closed group of stakeholders
Thursday 12 <sup>th</sup> June	4.15pm – 5.15pm	York and District Mind 10-12 Stonebow House	Fundraising Working group	All welcome
Thursday 12 <sup>th</sup> June	6.30pm – 8.30pm	The Guildhall, York	Launch of CANDI (Parents and Carers Forum)	All welcome
Monday 16 <sup>th</sup> June	7pm-9pm	The York Brewery, 12, Toft Green, Micklegate, York	John Burgess Leaving Do	Staff, Volunteers (including Trustees) & John's guests only
Wednesday 18 <sup>th</sup> June	7.30pm-9.30pm	St Bede's Pastoral Centre, 21 Blossom Street.	Depression Support Group	All with experience of depression including family and friends
Friday 20 <sup>th</sup> June	12noon – 3pm	St Bede's Pastoral Centre, 21 Blossom St.	Making a Mosaic	Open group, cost is by donation
Monday 23 <sup>rd</sup> June	7pm start	St Bede's Pastoral Centre, 21 Blossom St.	York Mind Peer Supervision Meeting	York Mind Counselling team

Tuesday 24 <sup>th</sup> June	3pm	Café Concerto, High Peter Gate, Nr Minster	Obsessive Compulsive Disorder (OCD) Social	All with experience of OCD including family and friends
Wednesday 25 <sup>th</sup> June	7.30pm- onwards	O'Neills Bar, 10 Low Ousegate, York	Depression Support Group, Social event.	All with experience of depression including family and friends
Friday 27 <sup>th</sup> June	11am – 3pm	St Bede's Pastoral Centre, 21 Blossom St.	Art Exhibition	Open, cost is by donation
Saturday 28 <sup>th</sup> June	9.30am registration 10am- 4pm	St Robert's Centre, Robert Street, Harrogate	Margaret Wilkinson talking about 'coming into Mind'	Those who pay £95 to Oakdale, includes lunch
Thursday 3 <sup>rd</sup> July	10.30am- 12.30noon	York CVS, Priory Street.	Advocacy training on Independent Living Scheme	Advocates from Mind and OCAY
Friday 4 <sup>th</sup> July	12noon – 3pm	St Bede's Pastoral Centre, 21 Blossom St.	Learn about Hand Massage	Open group, cost is by donation
Monday 7 <sup>th</sup> July	7pm- 9pm	St Bede's Pastoral Centre, 21 Blossom Street.	Obsessive Compulsive Disorder (OCD) Support Group	All with experience of OCD including family and friends

Thank you for reading this. Please let us know any ideas, writings, comments, complaints or compliments you have. If you let us know how we are doing we can learn to do better!