



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} *Christmas Newsletter*

York Mind's Services

Support Groups Update

- We have a new group. A **meditation** class takes place at Mind's offices on a Friday at 4 pm. New people are welcome.
- Next year we are hoping to run an **art therapy** class at Mind's offices. Let Dan know if you are interested.
- On **Thursday 7th January** we are hoping to hold a Mind Social for all the support groups. This will take place in the evening at Keystones pub which is on Monkgate. There will be a buffet. Everybody in our groups is welcome.
- Finally the **walking** group will start again in March.

Information Line

York Mind Information Line volunteers have recently

produced 2 fact sheets. One of these is on meditation. The other is a seasonal fact sheet on mental health services that are available over the Christmas period. It also, has information on other seasonal events in York. Both fact sheets are available free from Mind's office. (Thanks to Gentian and Linda for their work on this).

Befriending Service

Our Befriending Project, which matches volunteers with people who have become socially isolated because of mental health problems, is one year old. Although we have recruited lots of volunteers, we always need more, as the demand for the befriending service is very great. If you are interested in volunteering you will have to have a CRB check and be prepared to do our training course which consists of 4 three hour sessions. The next training course will start in January. If you are interested contact Liz, Rachael or Brian at the

Befriending Scheme office (Tel 466660).

MANAGING YOUR PERSISTENT FEARS AND ANXIETIES

By: Stanley Popovich

Everybody deals with anxiety and depression, however some people have a hard time in managing it. As a result, here is a brief list of techniques that a person can use to help manage their most persistent fears and every day anxieties.

When facing a current or upcoming task that overwhelms you with a lot of anxiety, the first thing you can do is to divide the task into a series of smaller steps. Completing these smaller tasks one at a time will make the stress more manageable and increases your chances of success.

Sometimes we get stressed out when everything happens all at once. When this happens, a person should take a deep breath and try to find something to do for a few minutes to get their mind off of the problem. A person could get some fresh air, listen to some music, or do an activity that will give them a fresh perspective on things.

A person should visualize a red stop sign in their mind when they

encounter a fear provoking thought. When the negative thought comes, a person should think of a red stop sign that serves as a reminder to stop focusing on that thought and to think of something else. A person can then try to think of something positive to replace the negative thought.

Another technique that is very helpful is to have a small notebook of positive statements that makes you feel good. Whenever you come across an affirmation that makes you feel good, write it down in a small notebook that you can carry around with you in your pocket. Whenever you feel depressed or frustrated, open up your small notebook and read those statements. This will help to manage your negative thinking.

Learn to take it one day at a time. Instead of worrying about how you will get through the rest of the week, try to focus on today. Each day can provide us with different opportunities to learn new things and that includes learning how to deal with your problems. You never know when the answers you are looking for will come to your doorstep. We may be ninety-nine percent correct in predicting the future, but all it takes is for that one percent to make a world of difference.

Take advantage of the help that is available around you. If

possible, talk to a professional who can help you manage your depression and anxieties. They will be able to provide you with additional advice and insights on how to deal with your current problem. By talking to a professional, a person will be helping themselves in the long run because they will become better able to deal with their problems in the future. Remember that it never hurts to ask for help.

Dealing with our persistent fears is not easy. Remember that all you can do is to do your best each day, hope for the best, and take things in stride. Patience, persistence, education, and being committed in trying to solve your problem will go along way in fixing your problems.

BIOGRAPHY:

Stan Popovich is the author of "A Layman's Guide to Managing Fear Using Psychology, Christianity and Non Resistant Methods" - an easy to read book that presents a general overview of techniques that are effective in managing persistent fears and anxieties. For additional information go to:

<http://www.managingfear.com/>

Report from Ellie Wood– Volunteer

I have thoroughly enjoyed my time here at York and District

Mind. Throughout the last two weeks I have completed a wide variety of tasks, most of which were things I had not done before and which I was unsure about. As a result of this, I have learnt many things whilst working here.

I think the most important thing that I have learnt is the importance of accepting everyone for who they are. I knew before I started here that I would meet a wide range of people, many of who have suffered or are still suffering from a mental illness. From being in an environment that cares for these kinds of people, I have learnt to be more mature and understanding, and act with responsibility in the workplace.

From a volunteer's perspective, I have lots of praise for York and District Mind. Here, there is a very welcoming atmosphere where volunteers are treated as equals. Volunteers are also able to work in many aspects of the charity, allowing them to develop skills in many areas and deepen their understanding of the work York and District Mind does.

I think that York and District Mind particularly excel in the area of support groups. Compared to many other Minds in the UK, YDM has a wide range of support groups, offering help to people suffering from many different mental illnesses. YDM should be very proud that they

have one of the few OCD support groups in the whole of Yorkshire, a condition that does not seem to be recognized enough by society.

I cannot thank everyone at York and District Mind enough for the opportunity you gave me to work here, and I hope that I will return in the future to help continue the excellent work you do. Good luck for the future.

By Ellie Wood

FOR MY PEOPLE IN PRISON

In my lost days of will
My mind was flame, wind, mountain
stream,
Not as it is now, still
And stale, one wilted dream.

Though only of fifty years
I am left like trash on the world's
heap,
Devoured by gulls of fears.
Half of the day I sleep.

Because not like the rest,
Not of the elect that numbers most,
But reject, price depressed,
I flit at the edge, a ghost;

Unseen and, worse, unheard,
For what I came to give, my bloom,
My fragment of the Word,
Lies withered in a tomb.

No, I yet smoulder, breathe,
And in my breast lies pent-up ice;
My head pale dreams still wreathes;
So curse earth's loaded dice:

For I may yet be raised,
My winter ebb, my spring return –
Let One alone be praised –
And my grey eyes will burn;

And I will be, when risen,
A window to eternal sun
For my people in prison.
Let His will be done.

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

What day?	When?	Where?	What?	Who?
Mental Health Social Groups				
Alternate Tuesdays in December & January	2-4 pm	St Clements Church, Scarcroft Road	Steps Drop-in, Mainstay	People who have experienced mental health problems
Friday December 11 th	8-10 pm	Guppys, Nunnery Lane	Rethink Club 84 - social club	People who have experienced mental health problems
Obsessive Compulsive Disorder (OCD) Groups				
Monday January 4 th	7 - 9 pm	York Mind's offices, 9 Castlegate, York	York OCD Support Group Meeting	All with experience of OCD including family, friends and carers
Depression Groups				
Wednesdays December 16 th January 20 th	7.30 pm – 9.30 pm	York and District Mind, 9 Castlegate	Depression Support Group meeting featuring talk on depression	All with experience of depression including family, friends and carers
Anxiety Groups				
Mondays December 14 th January 11 th	7.30 pm – 9.30 pm	Friends Meeting House	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
Photography Group				
Every Monday	11 am - 12.30 pm	Sycamore House, Clarence St	Photography group	For all mental health sufferers
Walking Group				
Starts again in March	Contact Dan for more details			For all mental health sufferers
For Our Celebration Leisure Club events please telephone 01904 643364				

Please contact Dan for more information:

dan@yorkmind.org.uk

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

York and District Mind raises money for charity with Everyclick.com -

<http://www.everyclick.com/york-and-district-mind>

There is also the **chance to win a car** at everyclick.com and raise money for York Mind.

Ways to support our work:

Financially: If you would like to donate to help our work, please make your cheque payable to `York and District Mind' and post it to: York and District Mind, 9 Castlegate, York, N Yorkshire, YO1 9RN.

Please note that any donations made go directly to York and District Mind to help us continue the provision of our local services.

Membership: You can also become a supporting member of York and District Mind. Members receive a newsletter and have voting rights at our Annual General Meeting. Annual membership fees for 2008 are £3 (unwaged) and £10 (waged). Cheques for membership fees, made payable to "York and District Mind", should be sent to:

York and District Mind, 9 Castlegate, York, N Yorkshire, YO1 9RN. .

Social Network: Show your support by joining our facebook group Friends and Supporters of York and District Mind - for better mental health

www.facebook.com/group.php?gid=125940205608



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.