



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}

December/January 2008/9 Newsletter

*Merry Christmas and a
Happy New Year to you!
from everyone at York and District Mind*



York Mind has expanded in 2008.

We now offer:

- **Advocacy**
- **Befriending**
- **Carers Counselling**
- **Counselling**
- **Information Service**
- **Support Groups in anxiety, OCD & depression and closed groups**

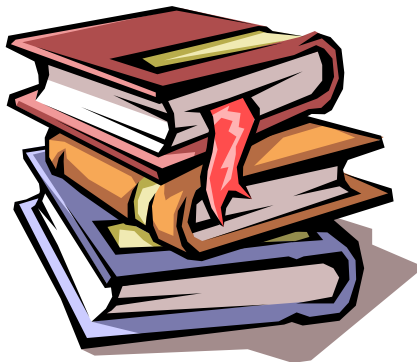
Our vision for 2009 is to offer new services including a creative writing group, art therapy and a community resource centre, where we can all work together for better mental health.

Please help support the work we do

If you are interested to support the work we do, why not join York and District Mind and become a member, or become a regular giver or even do some fun activity and raise sponsorship for us to carry on our work. For more info contact Mike on 01904 647014 or mike@yorkmind.org.uk

York Survivor Writers – New Group

I have been writing poems for the past thirty-six years. At first, as a teenager, I was aping the rock lyrics listened to by my older, cooler sister. Then I was, perhaps, fulfilling my father's frustrated ambition to be an artist: I grew hair and beard and wore sandals. Next, disillusioned by my less than creative experience of the 'freak scene', I was pursuing my own dream of success. But I only published three poems and caught between my craving for applause and my dread of failure, I began to suspect a conspiracy to silence my poetic voice.



Now I turn my doubted talent against my inner demons and aspire to rise above mundane ambition. Each poem has become a milestone on the road to, if not recovery, better management of my distress.

Self-expression can be a means to self-awareness*: so a fellow-volunteer and I at York Mind are offering to facilitate a creative writing group for people with mental health problems in the area, one

not confined to any genre or learning how to write formally. We have already generated some interest; all we need is a few more people and an agreed date and time to start in the New Year. We are going *write* out of our minds.

Brinley Price

* Daniel Freeman, Jason Freeman and Philippa Garety, *Overcoming Paranoid and Suspicious Thoughts*, (London: Robinson, 2006), pp. 107-109.

If interested contact Brin or Sue at York Mind Information Line, 01904 647349

York Anxiety Support Group

York Anxiety Support Group started in November 2008. The facilitator of the group is Tracey McElroy and co facilitators Brin and Dan assist her. The group is open to anxiety sufferers as well as their friends, family and carers. Anxiety occurs in many sufferers of mental health problems. Anxiety includes phobias, obsessions and panic attacks, and sufferers of these conditions are very welcome to the group.

At the moment the idea is for the group to meet fortnightly in 2009 at York Mind's new premises at 9 Castlegate. The group hopes to meet the 2nd Monday and the 4th Monday of every month at 7.30 pm. This will start with **Monday 12th January** and **Monday 26th January**.

It is hoped that a steering group, including members of the anxiety group, will be formed to share ideas and plan meetings. We are planning to attract a variety of speakers and play videos, DVDs and CDs. We expect a range of books, leaflets and information will become available to the group in due course. We envisage that the group will hold social events such as coffee meetings and meals.

The main national organisation for anxiety is Anxiety UK - www.anxietyuk.org.uk - formerly known as the National Phobias Society, which is based in Manchester. Other well known organisations include Anxiety Care, No Panic and First Steps to Freedom.

We look forward to welcoming you to our supportive and friendly new group. For more information contact Brin or Dan on 647349

Dan

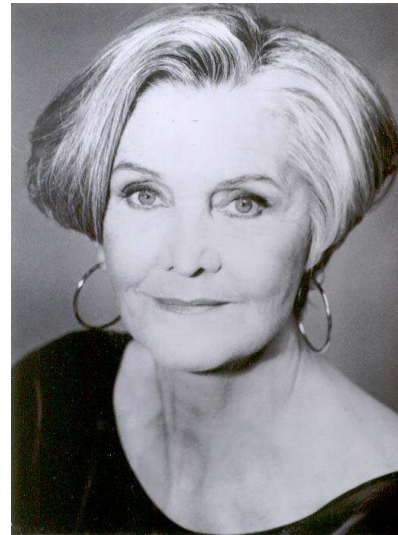


Volunteer Story **Receptionist/Administrator**

I have been involved with Mind since 2006. After completing a non vocational degree in 2005 I found it difficult to find permanent work. When I have been between temping roles I have volunteered in the Mind shop in Goodramgate.

I started volunteering as an administrator for York and District Mind about five weeks ago. My role as receptionist/administrator involves logging in and distributing post, circulating emails, welcoming clients and answering the phone and taking messages. There is also a volunteer receptionist handbook which I update whenever I can.

Volunteering for Mind has given me a routine and made me feel more positive. I've felt very valued both at the Mind shop and at the office here at 9 Castlegate. Volunteering at Mind has also given me something constructive and proactive to put on my CV and I get job satisfaction from doing something useful with my time.



Sheila Hancock



Mental healthcare : for people, not for profit

We are excited to hear that actor Sheila Hancock praised the work of staff at The Retreat in York, commenting on their unique working practices for older people.

The actor and wife of the late John Thaw, spoke at a recent conference and mentioned The Retreat's excellent end of life care for people with dementia.

The Retreat's clinical service manager Chris Smith explained: "As a Quaker herself, Sheila has become a friend of The Retreat and is extremely supportive of the work we do here. She is genuinely

interested in our humane treatment methods and unique ways of working. We are delighted that she has recognised our work and are very proud to have her support.”

The Retreat’s older people’s service provides specialist care to people with challenging behaviour and complex needs, such as dementia or psychosis. Some people may have a background of long term mental illness or cognitive impairment. The service upholds The Retreat’s historic values of traditional, but modern care that values the individuality and uniqueness of every person.

Chris said: “Our model of working is founded on a bio-psychosocial approach to care, focusing on the individual’s unique personal and interpersonal strengths. We recognise that many of our patients have suffered past traumatic life events, requiring input and support from healthcare professionals. Our aim therefore is to understand and resolve challenging behaviours and empower our patients to rediscover their feelings of wellbeing and personal integrity that they need and deserve in later life.”



CHRISTMAS

Christmas comes just once a year:
If it came twice then it would be
Hellfire for all eternity.
Break out last Christmas’s stale beer.

Hellfire for all eternity
Is listening to drunk Uncle Fred:
Please hush him, take him up to bed;
Don’t feed his sad infirmity.

Please hush him, take him up to bed
And Tiny Tim with his toy bat,
That ill-raised, warlike little brat;
Or tie him to his brand-new sled.

That ill-raised, warlike little brat
Is nothing to that rabid dog
That’s begging for the chocolate log,
Having devoured Aunt Ada’s cat

It’s begging for the chocolate log
But when commanded not to beg
It sniffs the tree and cocks its log:
Thus it repays its hosts’ hard slog

It sniffs the tree and cocks its leg
Upon the gifts that costs us dear:
Thank God it comes just once a year;
Who let it drink Fred’s rancid keg?

Thank God it comes just once a year:
I’d sooner Uncle Scrooge was there
Than Fred, kid, dog, partridge and pear,
For Christmas comes too soon I fear.

Brinley Price

GRIPLE

Locking my body,
Anger that never passes.
Around me autumn,
Its mellow tones of feeling;
Mine an anachronism.

On the steel foot-bridge
A cold breeze stiffens my face
More than already,
Reminding me that anger
Is natural as the winds.

In this flawed nature
We encounter both anger

And serenity,
Both of them its elements.
Unlike soon bare trees, we choose.

Winter's gale will still,
The calm pond splash and ripple:
All that is must pass;
My endless anger will end
When I grasp it, loose my grip.

Brinley Price



What is on this month for better mental health:				
What day?	When?	Where?	What?	Who?
Mental Health Social Groups				
Tuesdays in January 13, 27	2-4 pm	St Clements Church, Scarcroft Road	Steps Drop-in, Mainstay	People who have experienced mental health problems
Friday 9 January	8-10 pm	Guppys, Nunnery Lane	Rethink Club 84 - social club	People who have experienced mental health problems
Obsessive Compulsive Disorder (OCD) Groups				
Tuesday 16 and 30 December Tuesday 13 & 27 January (every other Tuesday)	3 pm – 5 pm	Café Concerto High Petergate, Nr Minster	OCD Social Group	All with experience of OCD including family, friends and carers
Monday January 5th	7 pm - 9 pm	York Mind's offices, 9 Castlegate, York	York and District Mind OCD Support Group meeting	
Depression Groups				
Wednesday 17 th	7.30 pm –	York and District	Depression Support	All with experience of depression

December	9.30 pm	Mind, 9 Castlegate, York	Group meeting featuring speaker on managing on a limited budget	including family, friends and carers
Wednesday 21 st January	7.30 pm – 9.30 pm	York and District Mind, 9 Castlegate, York	Depression Support Group meeting	All with experience of depression including family, friends and carers
Anxiety Groups				
Monday January 12th	7.30 pm – 9.30 pm	York and District Mind, 9 Castlegate, York	Anxiety Support Group Meeting	All with experience of anxiety including family, friends and carers
Monday January 26th	7.30 pm – 9.30 pm	York and District Mind, 9 Castlegate, York	Anxiety Support Group Meeting	
For Our Celebration January 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 together!

