



For better
mental health

York and District Mind

Caring and campaigning together for better mental health

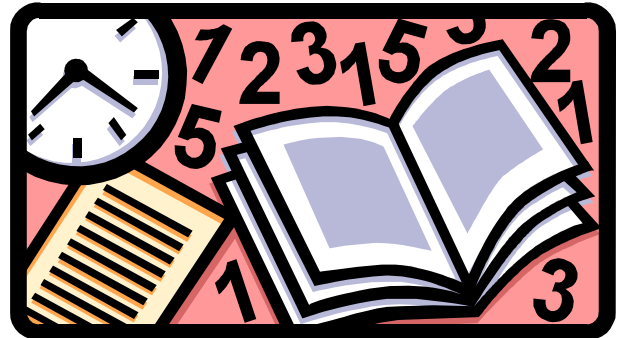
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York reMind_{er}

February 2009 Newsletter

New Befriending Service

The befriending service is making excellent progress, and starts its first training course in February. Jenny and Rachael are delighted to report that the response from people wanting to volunteer has been so good that they are having to run 2 courses side by side! For more information either about becoming a volunteer or getting support from the befriending scheme, call 01904 466660 and speak to Jenny or Rachael



Write your way out of distress

The creative writing group for people with mental distress, "York Survivor Writers", is up and running. With 15 interested people, and an offer of WEA funding, meeting each Wednesday from 28th January 3-5 pm at the Mind office at 9 Castlegate . If interested phone Brin or Sue on York 647349 or, alternatively, just come along and bring paper and a pen.



Recycle your toner cartridges

York and District Mind are collecting Toner cartridges for the environment and to help raise funds for the charity, if you have any or know anyone who does please do drop them by at our office.

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



Try your hand at collage

A course using all sorts of bits and pieces, and glue, to build up a textured image on a thick card background. When painted and rubbed with metallic wax, the effect is interesting, intricate, and enticing to look at. Simple shapes are best: the magical effect is in the texture.

Anyone can do this with simple instruction. All materials provided.

The course, spread over 10 weeks, is free to all users of York & District Mind. **Thursday Evenings 7.30 – 9.30 pm Starting soon.**

If interested, contact Brian Elmer at Mind Tel: 01904 647349

Walking Group

2 Mind volunteers, Brin and Dan are planning to start a walking group in the Spring. Walking can be very beneficial for mental health and our group offers a good opportunity to socialise in a friendly environment. It is open to all Mind's clients and workers including members of the support groups. We intend for walks to be monthly, short and not to last more than an hour. Walks are planned to places like Bishopthorpe and Skelton with refreshments in a country pub or tearoom.

To find out more contact Brin or Dan at York Mind on 647349.

Women's Support Group for Women with Complex Mental Health Needs

The first meeting took place on Wednesday 28th January and was a long awaited success. The group is scheduled to run fortnightly and is a closed group for upto 8 women. The group's core aim is to provide a safe environment for its members, to share experiences and learn new ways of coping with their difficulties.

York Mind Advocacy

Thanks to a huge commitment and hard work from two Mind advocates, Isobel Mac Donald and Penny Stafford, we have been able to continue providing advocacy in hospital during the current staff vacancy. Our new hospital advocate, Patrick Love, is due to start in late February.

What is very much in the air is the changes in the Mental Health Act, brought in by the Mental Health Act 2007. The new statutory Independent Mental Health Advocates (IMHAs) will come into existence on 1st April. Arrangements for commissioning the service have been delayed by the Government, so it is still not clear who will provide the service. We hope IMHAs will provide a valuable increase in the availability of independent advocacy for patients subject to legal restrictions, and – importantly - will be well integrated with existing hospital and community advocacy.

Another huge change in the 2007 Act is the introduction of Community Treatment Orders (CTOs), by which service-users who are not in hospital can be placed under requirements about their treatment,

and can be quickly recalled to hospital. Mind has always raised concerns about the extension of an element of compulsion.

Now that CTOs are beginning to be used, we are already seeing evidence of how they can have a negative effect, and can damage the relationship of trust between patients and staff. No doubt the changes in

the new Mental Health Act will be a major feature of Patrick's work in hospital, and they will also affect our community advocacy.

Peter Phillips

What is on for better mental health for February:

What day?	When?	Where?	What?	Who?
Mental Health Social Groups				
Tuesdays in February 10, 24	2pm - 4pm	St Clements Church, Scarcroft Road	Steps Drop-in, Mainstay	People who have experienced mental health problems
Friday 13 February	8pm - 10pm	Guppys, Nunnery Lane	Rethink Club 84 - social club	
Obsessive Compulsive Disorder (OCD) Groups				
Tuesday February 10 th and further dates to be confirmed	3pm - 5pm	Café Concerto High Petergate,	OCD Social Group	All with experience of OCD including family, friends and carers
Monday February 2 nd	7pm - 9pm	York Mind's offices, 9 Castlegate, York	York OCD Support Group meeting featuring meditation	
Depression Groups				
Friday 6 th February	2pm	York Mind's offices, 9 Castlegate, York	Depression Steering Group Meeting	All with experience of depression including family, friends and carers
Wednesday 18th February	7.30 pm – 9.30 pm	York and District Mind, 9 Castlegate, York YO1 9RN	Depression Support Group meeting with speaker on managing on a limited budget	

For Our Celebration February Leisure Club events please telephone 01904 643364 and ask to speak to Hannah

Please also remember Carers Week 2009 is from 8 – 14 June 2009

Anxiety Groups				
Monday February 9 th	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 February 23 rd	7.30 pm – 9.30 pm	York and District Mind, 9 Castlegate, York	Anxiety Support Group Meeting	
Writing Group				
Wednesday January 28 th weekly	3-5 pm	York and District Mind, 9 Castlegate, York YO1 9RN	York Survivor Writers (creative writing)	For all with close personal experience of mental health issues.

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!



York Carers Centre – 2 job vacancies

Carer Advice Worker Salary £20,591 - £22,664 pro rata (NJC Scale Point 24-27) 25 hours per week (full time 37.5 hrs) Includes regular evening work and some weekend activities. York Carers Centre need a skilled person to join a committed team providing support and information services to carers in York. The role will focus on two work areas, young carers aged 18-25, and support for carers of working age to remain / re-enter employment, education or training. Applicants should have a good understanding of issues for young carers in transition, and awareness of employment, education and training issues.

Finance Worker Salary £21,937 - £23,405 pro rata (NJC Scale Point 26-28) 8 hours per week (full time 37.5 hrs) York Carers Centre need a skilled person to provide financial support including producing reports for the Manager and Trustees, assisting with funding bids, banking, depositing cash and cheques, and dealing with finance queries.

For an application pack for either post, phone 01904 715490 or visit: <http://www.yorkcarerscentre.co.uk>

Closing date: Friday 20th February 2009.

Interviews Advice Worker – 6th March, Finance Worker 3rd March 2009.