



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}

November 2008 Newsletter

Annual General Meeting

TUESDAY 11TH NOVEMBER 2008
From 5.30 PM at The Bar Convent,
17 Blossom Street, York

You are invited for afternoon tea at the Bar Convent from 5.30 pm; the meeting will start at 6 pm followed by:

SPECIAL GUEST SPEAKERS

Judith Beckett – Research on the after effects of surviving acute mental health care

Sue White – Post Traumatic Stress Disorder and Combat Stress

Alison Brewer – ‘a’ dressing the wounds, challenging adolescents risk taking behaviour

Everyone is very welcome to attend. Only members may vote. Membership is free to those who use our services. £3 a year for unwaged and £10 a year waged. There will be plenty of food available.

We will be announcing our New Patron at the AGM. He is a senior public figure of similar standing to Dr Vincent Cable who we announced as one of our Patrons on World Mental Health Day.

Places are limited. Let us know if you would like to attend. Telephone 01904 647014 or e mail mike@yorkmind.org.uk

A volunteer's story 3

I have been a volunteer for the Information Line for 4 years. I have found it has really helped to improve my confidence. Before I started I was nervous about dealing with enquiries. Now I find I have built up an extensive knowledge about where to find useful information on mental health issues.

I get to deal with a variety of interesting enquiries. We get a lot of enquiries about counselling, support groups, advocacy, medication, housing and a wide range of topics. I enjoy using the internet to research information for clients. An example of the information I may look for could be a list of local therapists. Mind has its own website which I have found very useful.

Since Spring 2007 I have also helped to run York OCD Support Group. I have found this to be greatly rewarding. We have had very good attendances with on average 15 people present at our meetings. People have come to the group from all over Yorkshire. There is no group in Leeds and we get a number of clients from this area. We have had a lot of very positive feedback from clients. The group seems to help OCD sufferers feel a lot less isolated.

Dan

York Human Givens

York and District Mind are pleased to announce that they have agreed to share offices with York Human Givens by subletting part of the second floor. In 2002 the York Human Givens Centre was set up by Rita Leaman and was the first of its kind. www.yorkhumangivens.co.uk/

Rita was inspired by the teaching and writing of Joe Griffin and Ivan Tyrrell, the founders of the Human Givens approach. She is now a Fellow of the Human Givens Institute.

The Human Givens: Each person has needs and should have the means to live healthily and thrive in their environment. These are the human givens.

What use are they in therapy?

Human Givens Therapy helps identify a person's individual needs and resources, which are usually more than they are aware of. Used incorrectly they can cause unhappiness, anxiety and illness.

York Human Givens:

- Psychotherapy and counselling services in and around York.
- A not-for-profit practice.
- A home base for Human Givens practitioners in York and North Yorkshire.
- Supervision provided for therapists, nurses and counsellors.
- A training base for Human Givens graduates.
- A meeting place for Human Givens therapists.
- A venue for talks and workshops.
- A focal point for dissemination of ideas about the Human Givens approach.



Hugh Bayley MP, Mike Beckett Director and Roger Thompson Chair of York and District Mind

1) Friday the 10th day of the 10th month 2008 was World Mental Health Day. York and District Mind celebrated this by announcing 10 new initiatives. The 10 initiatives for the 10th day of the 10th month were launched at 10am when Hugh Bayley MP officially opened our new premises at 9 Castlegate, York YO1 9RN (our first initiative). A commemorative plaque to mark the occasion was displayed. Guest speakers from our partner agencies joined us in celebrating included: John Clare, Assistant Director for Mental Health from North Yorkshire and York Primary Care Trust; Bill Hodson, The Director of Housing and Adult Social Services form City of York Council and John Bennett the Senior Operations Manager for Jobcentre Plus. Hugh Bayley, MP for York said "Mental illness can leave people very isolated, which is why support groups like Mind are so important. In York, Mind have a lot to celebrate, with their new premises and new services, their new Befriending Service and their information leaflet on diet. I support these new initiatives and I know that local people with mental health problems will benefit from them. I congratulate Mind on their award for supporting disabled employees and wish them every success in their future activities."

2) John Bennett marked World Mental Health Day by presenting York and District Mind with an award recognising their commitment to helping disabled employees. York and District Mind were granted use of the government's prestigious 'Two Ticks' symbol which is awarded only to businesses or organisations that support recruitment, employment, retention and the career development of disabled people. After receiving the award, Mike Beckett, Director of York and District Mind said: "People with close personal experience of mental distress drive everything we do as a local charity so it's only natural that we

encourage disabled job seekers to enable them to compete on an equal basis with other applicants and employees. I'm really pleased we have met the criteria to use the disability symbol. We take a positive lead on disability and other diversity issues, and we are proud to show diversity is about recognising what people can do rather than what they cannot." York and District Mind will now display the instantly recognisable 'Two Ticks' symbol frequently to reflect a positive stance. John Bennett said: "I'm delighted to present this certificate to York and District Mind. They have a clear commitment towards disabled employees. All employers need to fill their vacancies with the right person for the job and it makes sense to consider the potential of all applicants, whether disabled or not. If other organisations in the York area are interested to find out more about the applying for permission to use the Disability Symbol, please phone the Disability Service Team at Jobcentre Plus on 01904 882128"

3) York and District Mind was proud to launch their Befriending Service and introduced their two Coordinators Jenny Shaw and Rachael Clark. The project will be based on the successful model piloted by the Scarborough Whitby and Ryedale Mind (SWR Mind). The project uses the *Circle of Friends* approach and was launched in 2002 by SWR Mind with the support of funding from the National Lottery.

4) York and District Mind's second local information leaflet called 'Food and Mood' was officially launched today. The leaflet gives information about how changes in your diet can help how you think and feel.

5) Also announced was the start of a new support group called as an initiative aiming to help women who have experience of complex health needs to find additional support in the community.

6) Special thanks were expressed to the Tudor Trust and the Castlegate fund for their financial contributions, which will enable York and District Mind to further develop the valuable work undertaken with self-help support groups.

7) To meet increasing demand for services York and District Mind are expanding both the hours of their Information Line and also our Counselling Services. The Information Line will now run every weekday from 1pm till 5pm and can be reached on 01904 647349. Trained local volunteers with close personal experience of mental distress deliver the service. It provides information and support to those who need it in a confidential and independent setting. In addition the Counselling Service will be increasing its capacity by 50%. This will enable more people to access the service, which we provide free of charge to our clients.

8) Mike Beckett, Director of York and District Mind was delighted to introduce their New Specialist Advisor to the Executive Committee, Dr David Geddes. David is a local GP in York city centre as well as Medical Director for Primary Care with the North Yorkshire and York Primary Care Trust. David says "I am delighted to continue to work closely with York and District Mind and to do so on a more formal basis".

9) We also welcomed our new patron of York and District Mind, Vince Cable MP. Vince having witnessed the effects of mental distress in his youth decided to undertake Mental Health nursing at The Retreat early in his career. Olympia was also nursing at the Retreat when Vince met her and they later married.

10) To support the national 'Get Moving' campaign week, York and District Mind have been encouraging people to create their own sponsored event. This will promote keeping active which can have a positive effect on mental well being and raise vital funds for York and District Mind to continue its invaluable work and service to the local community.

What is on for better mental health for November:

What day?	When?	Where?	What?	Who?
Thursday 6 November	1.00pm – 2.00pm	York and District Mind, 9 Castlegate, York YO1 9RN	Mind Community Involvement working group	Open to new group members
Thursday 6 November & October 23rd	4.15pm	York and District Mind, 9 Castlegate, York YO1 9RN	Fundraising working group	To attend contact Mike 647014

Mental Health Social Groups

Tuesdays in November 4, 18	2-4 pm	St Clements Church, Scarcroft Road	Steps Drop-in, Mainstay	People who have experienced mental health problems
Friday 14 November	8-10 pm	Guppys, Nunnery Lane	Rethink Club 84 - social club	People who have experienced mental health problems

Events focussing on Obsessive Compulsive Disorder (OCD)

Tuesday 4 & 18 November (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
3 rd November (first Monday of the month)	7 pm - 9 pm	York Mind's offices, 9 Castlegate, York	York and District Mind OCD Support Group meeting on medication	

Depression Groups

Wednesday 19 th November	7.30 pm – 9.30 pm	York and District Mind, 9 Castlegate, York YO1 9RN	Depression Support Group meeting	All with experience of depression including family, friends and carers
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Other useful dates

Tuesday 11 th November	5.30pm	Bar Convent,	York and District Mind	Please let us know if you are coming
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		Blossom Street	Annual General Meeting	preferably by email to mike@yorkmind.org.uk or 01904 647014
Our Celebration, Highcliffe House, Highcliffe Court				
Wednesday 5 th November	1.30 – 3.30	Our Celebration	Ceramics work shop	All Our Celebration events are only for people who have been referred or are active clients. Except the Open Day!
Wednesday 12 th November		Our Celebration	Open Day	
Wednesday 19 th November	1.30 – 3.30	Our Celebration	Glass Painting	
Future Prospects				
Every Tuesday from Sep 16, for ten weeks	6.30 – 9pm	All Saints High School, Mill Mount Lane, York, YO24 1BJ	Confidence Building Course 0800 834239	Contact Grainne on 0800 834239 01904634748
Every Wednesday, from Sep 17, for ten weeks	6.30 – 9pm	Huntington School, Huntington Rd, York, YO32 9WT	Stress Management	Contact Grainne on 0800 834239 01904634748

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!

