



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 re Mind er

October 2008 Bumper Newsletter

...Stop Press...

Help us celebrate

We Have Now Moved

**World Mental
Health Day**

Our new address is:

9 Castlegate, York. YO1 9RN

FRIDAY

OCTOBER 10TH

This will provide York and District Mind with additional space for group work and new projects. We will also have space for an information resource centre. The new premises will hopefully provide easier access for all our clients.

York MP Hugh Bayley is to officially open York and District Mind's new premises and help us celebrate World Mental Health Day with Bill Hodson The Director of Housing and Adult Social Services from City of York Council and John Clare Assistant Director Mental Health from North Yorkshire and York Primary Care Trust and John Bennett the senior operations manager for Job Centre Plus.

Prize Word Search on Page 5

New job vacancy attached to the back of the newsletter.

Ways to support York and District Mind with pledge and Sponsorship forms attached to the back of this newsletter.

The event will take place from **9.30am – 12.30pm**. Coffee will be served and there will be other guest speakers. We will also be launching our new Befriending service, and Food and Mood leaflet

York Mind's Services

Mental distress can affect anyone, rich or poor, young or old, sometimes shattering the lives of those affected and the lives of the people close to them. One in four of us will experience a mental health problem at some point in our lives. Each year more than 250,000 people are admitted to psychiatric hospitals and over 4,000 people take their own lives.

We are committed to combating discrimination and inequality and to ensuring our services are inclusive and accessible to everyone experiencing mental distress. We do not charge people for using our services.

We offer **counselling**, for people who experience mental or emotional distress, **advocacy** helps people to make sure their voice is heard, empowers them to have more choice and supports you to be more independent.

Our **information service** is run by service users who have personal experience of mental health problems. Our **befriending** service is launching to help people to socialise and integrate into the wider community.

We have two support groups, **York OCD Support Group** and **York Depression Support Group**. Both have been running for about a year and have been very well attended.

Counselling Corner

Many of the counsellors took a Summer break in the month of August and have now returned to continue their voluntary work with Mind. I am very pleased to have them back and it feels great to see our counsellor numbers back to full strength.

I would like to welcome two new counsellors to the counselling team, they are: Mark Bednarski and Liz Pycroft. Both Liz and Mark are currently in training at York St John University and began working with us this month. They are a very welcome addition to the team who now number eleven in total.

Congratulations also to one of our team members; Naella Grew for recently being awarded her Masters Degree in Counselling - a great achievement!

This is an exciting time for the Counselling team as we increase in numbers and settle into our new 'home'. More counsellors and bigger and better premises mean that we can see more clients and continue to build on the service that we offer. It is hoped that clients will also begin to experience shorter waiting times and increased availability for evening appointments.

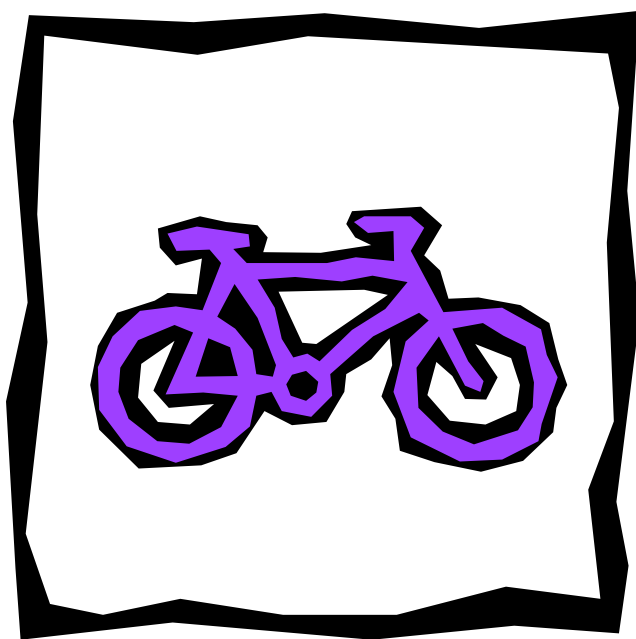
[Michael Hansford](#)
Counselling Services Manager

GET MOVING

To take part in promoting people to be active and exercise with www.movingpeople.org.uk York and District Mind support this and are encouraging people to organise their own get moving event and perhaps they can raise sponsorship at the same time.

Please see the pledge and sponsorship forms attached, we want to help people help us and to help people get moving!

This is part of Time to Change which is England's most ambitious programme to end the discrimination faced by people who experience mental health problems, as well as improve the nation's wellbeing.



EXERCISE MEETING

The **OCD** and **Depression Support Groups** held a joint meeting on Wednesday 20th August 2008. The meeting was open to everyone. Colin Hough, a fitness instructor, gave a talk on **exercise and mood**. The session was lively and interesting with people volunteering to demonstrate various exercises. There was a very good attendance with 27 people in total. Colin emphasised the wide variety of sports and exercises that are available. Volunteers did exercises including stretches and press-ups

Exercise can be very beneficial to mental health problems such as depression. It releases chemicals called endorphins that help improve mood. Recently York Mind launched an exercise fact sheet on exercise with the help of York City Football Club. This project was the work of York Mind volunteer Linda who has suggested that we do a series of fact sheets. Future fact sheets will include Food and Mood to be released to help celebrate World Mental Health Day on 10th October 2008.

A volunteer's story 2

Initially I needed assistance with how to claim benefits, so was therefore a Mind client. Through this, I was asked if I would like to help on the Information Line, as it was felt that this would be of benefit both to Mind and to myself. I felt this would be a good way of giving back something to the organisation that had provided me with help when I needed it. **The Information Line** is set up to give out information or to pass the client to a relevant division of Mind or refer them to other organisations that can be of help.

I was a bit nervous on my first day and wondered what type of calls I would be taking, but as I had training this wasn't as difficult as I thought it would be. I found that there was no pressure and that everyone was really welcoming.

The work can be draining at times but the satisfaction in helping people makes it all worthwhile. I found that I gained confidence by being in a social setting and feel that my work is very much appreciated. Volunteering for Mind would be an excellent way for students to get an insight into the world of Mental Health charities but would be particularly helpful for anyone trying to get back into society and to start their rehabilitation process.

Lee Holmes

What's your experience of employment and mental health?

If you would like to participate in a research project at St John's University on Thursday 2nd October. 4pm

If you fancy sharing your views in an exciting study.

(Refreshments provided)



Please contact Brian Elmer on the information line 647349

Thank you for your support

We would like to show our appreciation to Peter Hunter of Tesco Extra for his kind donation of a Gift Card to be used for a future fundraising event.

We would also like to thank John for his donation of a large bottle of single malt whiskey and for fundraising.

A thank you also to volunteers Louise, Babs, Dan and Lee for their pledges of kitchen supplies.

Thanks to the Tudor Trust!

Prize Word Search

Beatles Songs 1

Find and circle all of the songs by The Beatles that are hidden in the grid.

W D H E Y B U L L D O G E T B A C K A
A R E T T E B G N I T T E G S H E P S
I E Y A D H T R I B B N O R E P L Y K
T C D A R W O P O L Y T H E N E P A M
S A M I O P D H A S Y N O P A G I D E
E E T O R N R C D R U L I S N F T H W
X G F I E O K U C A A N E R E I O U H
Y U N E R B T Y D D R P K Y G X Y R Y
S E H I I Y B T Y E L L B I S I B E Y
A T F R H A L M E E N D I E N N G P H
D H D I B T A E A K O C U N L G I P W
I H E Y L D E S V O C L E L G A R I E
E T R Y O Y E M G O B I E H E H R R M
T C B N J M M O O R L F T A T O O T L
A H N U E U L N E S I I W I L L N Y L
X A L R O L D Y I F L Y I N G E A A E
M I C H E L L E I P Y E N O H O E D T
A M W H I N Y A D R E T S E Y D L O W
N L R I G R E H T O N A E N I M E M I

ANOTHER GIRL
ASK ME WHY
BIRTHDAY
BLACKBIRD
CRY BABY CRY
DAY TRIPPER
DEAR PRUDENCE
DIG A PONY
ELEANOR RIGBY
FIXING A HOLE

FLYING
GET BACK
GETTING BETTER
HELLO GOODBYE
HEY BULLDOG
HEY JUDE
HONEY PIE
I ME MINE
I WILL
IF I FELL

IN MY LIFE
JULIA
LADY MADONNA
LOVELY RITA
MICHELLE
NO REPLY
OH DARLING
PLEASE PLEASE ME
POLYTHENE PAM
SEXY SADIE

SOMETHING
SUN KING
TAXMAN
TELL ME WHY
THE END
TICKET TO RIDE
TWO OF US
WAIT
YER BLUES
YESTERDAY

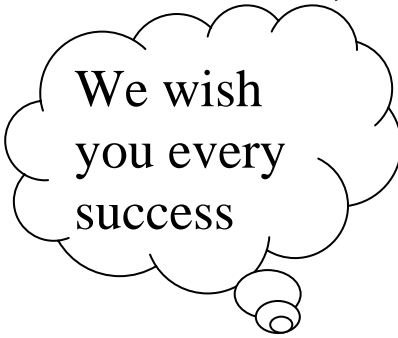
*****Winner will receive a £10 Marks and Spencer voucher*****

**Please send completed word search to York & District Mind,
9, Castlegate, York. YO19RN**

Name:

Address to

Send prize to:



We wish
you every
success

BRIDLINGTON

*Punkrocker sea, you gob in my face,
As though I need salt on my fish and
chips.*

*I hope the promenade does not
erode
Like the east coast cliffs and we
plunge in the drink.*

*Unperturbed seabirds are bobbing
far out:
'Why don't they get seasick?' asks
Dave by my side.*

*A seafront ride is menacing children
Whose screams mingle with those of
the gulls*

*Against the horizon, 'A sail! A sail!'
A boat enduring the sea's assault;*

*Its fan is the oceans 'fairer face',
A white crescent lit by the sun god's
grace.*

A poem submitted by Brinley Price

MindinfoLine
Monday to Friday
9.00am to 5.00pm
0845 766 0163

Research on thinking style and Bipolar symptoms

The University of Manchester is studying psychological factors that can contribute to symptoms of hypomania, mania and depression. The research has been designed to aid

developments in cognitive behavioural therapy (CBT).

The university is looking at the effects of thinking style (e.g. beliefs and attitudes) on the symptoms of bipolar disorder. They need people who have a diagnosis of Bipolar Disorder who are currently well (not in an 'episode'). The study involves a clinical interview, either over the phone or in a one-to-one meeting with the researcher at the University of Manchester, followed by a series of questionnaires about thinking style. You will be asked to complete questionnaires regarding mood, behaviour, coping and life events twice a week over a four week period. These questionnaires can be completed at home, and you will be paid £10 for completion of the study. At the end of the entire study, you will receive a brief summary of the research findings.

For further information or to show an interest, please contact:

Alyson Dodd
School of Psychological Sciences
Coupland I Building
University of Manchester
Oxford Road
M13 9PL

Telephone: 0161 275 2562

Email: alyson.dodd@postgrad.manchester.ac.uk.

Thank You!

What is on for better mental health for October:

What day?	When?	Where?	What?	Who?
Friday 31 October	9am	York and District Mind, 9 Castlegate, York YO1 9RN	Mind Quality Management working group	Mind group members
Every Tuesday	1.00pm	York and District Mind, 9 Castlegate, York YO1 9RN	Mind Press Gang	Open to new group members
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 October 14, 28	2-4 pm	St Clements Church, Scarcroft Road	Steps Drop-in, Mainstay	People who have experienced mental health problems
Friday 10 October	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 7 & 21 October (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
6 th October (first Monday of the month)	7 pm - 9 pm	St Bede's Centre, Blossom Street	York and District Mind OCD Support Group meeting on medication	

Depression Groups

Wednesday 15 th October	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
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				family, friends and carers
Other useful dates				
Thursday 2 nd October	4pm	St Johns University	What's your experience of employment and mental health	Please contact Brian Elmer on 647349
Our Celebration, Highcliffe House, Highcliffe Court				
Wednesday 1 st October	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.
Wednesday 8 th October	1.30 – 3.30	Our Celebration	Bowling trip	
Wednesday 8 th October	1.30 – 3.30	Our Celebration	Still life painting	
Wednesday 8 th October	1.30 – 3.30	Our Celebration	Pumpkin Carving	
Wednesday 8 th October	1.30 – 3.30	Our Celebration	Halloween party when the room will be decorated	
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

Thanks for reading our newsletter 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 improve!

York and District Mind, 9 Castlegate, York YO1 9RN

Advocacy 01904 647030

Befriending 01904 466660 (Going live on Thursday 16th October)

Counselling 01904 466690

Information Line 01904 647349 (1pm to 5pm every weekday)

Administration line 01904 647014