



York reMind_{er}

In this month's issue...

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Information Line

York Mind Information Line has recruited new volunteers recently. We are currently providing training sessions every two months. We ask that all volunteers have personal experience of mental distress. If you are interested in being a new volunteer, contact Brian on the information line on 01904 647349. The opening hours of the Information line are 1 to 5pm from Monday to Friday.

Befriending Service

Our Befriending Project, which matches volunteers with people who have become socially isolated because of mental health problems, is over 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 March.

Ma Support Groups

The sale at **St Crux** on 11th February raised **£320** for York and District Mind and the support groups. We would like to thank all the volunteers who took part. It was a real team effort.

The **Seeing Green** auction raised **£750** for York and District Mind. A big thank you to everyone who took part. It was a fantastic effort.

On Friday afternoons from 4 to 5 pm at the Mind offices on Castlegate we are holding a **meditation** class. Anybody with mental health issues is welcome. We would like to welcome new people to our new group, the **Bipolar Disorder support group**. Sufferers, friends, family and carers are all welcome. We are meeting on the **3rd Monday** of the month at 7.30 pm at Mind's offices. Come along and participate in the **creative writing** class, *The Institute of Distraction*. A very experienced teacher facilitates this group. We would really welcome new participants.

St John's College on Lord Mayor's walk are providing **creative dance/exercise** on Wednesdays 1 to 3pm. Speak to Gemma Aldred at St Johns on **624624** for more details.

A Review of techniques to manage your depression

By Stanley Popovich

Some people have a difficult time in managing their depression. Sometimes, their depression and fears can get the best of them. As a result, here is a short list of techniques that someone can use to help manage their depression.

One of the ways to manage your depression is to challenge your negative thinking with positive statements and realistic thinking. When encountering thoughts that make you fearful or depressed, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense. For example, you're afraid that if you do not get that job promotion then you will be stuck at your job forever. This depresses you; however, your thinking in this situation is unrealistic. The fact of the matter is that there all are kinds of jobs available and just because you don't get this job promotion doesn't mean that you will never get one. In addition, people change jobs all the time, and you always have that option of going elsewhere if you are unhappy at your present location.

Some people get depressed and have a difficult time getting out of bed in the mornings. When this happens, a person should take a deep breath and try to find something to do to get their mind off of the problem. You could take a walk, listen to some music, read the newspaper or do an activity that will give you a fresh perspective on things. Doing something will get your mind off the problem and give you confidence to do other things.

Sometimes, we can get depressed over a task that we will have to perform in the near future. When this happens, visualise yourself doing the task in your mind. For instance, you and your team have to play in the championship volleyball game in front of a large group of people in the next few days. Before the big day comes, imagine yourself playing the game in your mind. Imagine that you're playing in front of a large audience. By playing the game in your mind, you will be better prepared to perform for real when the time comes. Self-visualisation is a great way to reduce the fear and stress of an upcoming situation.

Another technique that is very helpful is to have a small notebook of positive statements that make 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, open up your book and read those statements.

Take advantage of the help that is available around you. If possible, talk to a professional who can help you manage your fears 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. Managing your fears and anxieties takes practice. The more you practice, the better you will get. The techniques that I have just covered are some basic ways to manage your depression. However, your best bet is to get some help from a professional.

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/>.

Turnstone

I found you
on a beach, long ago
worn and smooth, I
carry you in my pocket
always –
I turn you slowly
between my fingers
half in a dream –
suddenly, I stand in
a faraway place,
a long deserted beach
stretching for miles and miles
I walk alone, the warm
wind ruffling my hair,
a golden sun beating down
gently caressing, undressing

body and soul. I feel the
warm sand and sea – between
stretching happy toes
high overhead,
seagulls
effortlessly sailing, wheel
and turn.
I hear their cries, filtering
through half closed eyes
drifting –
I hold this long blissful
moment –
the fresh salty smell
of the sea – lingers –
I turn you slowly
between my fingers –
half in a dream.

Laurie Farnell

Get Moving 4 Mind

(Walk with Paolo for Bipolar)

A sponsored dogwalk

In Memory of Dr Charlotte Hall

A sponsored dog walk to raise awareness of mental wellbeing and to raise funds for better mental health, as 1 in 4 people experience mental distress. On Sunday 25th April 2010 starting at 11.15 am for prompt 11.30 am departure. At 'The Tiger Inn, The Green, North Newbald, York, YO43 4SA. Sponsorship forms available from York and District Mind's volunteers and website www.yorkmind.org.uk

What's on in March and April...

What day?	When?	Where?	What?	Who?
Mental Health Social Groups				
Alternate Tuesdays in March, April and May	2-4 pm	St Clements Church, Scarcroft Road	Steps Drop-in, Mainstay	People who have experienced mental health problems
Fridays March 12th, April 9th etc	8-10 pm	Guppys, Nunnery Lane	Rethink Club 84 - social club	People who have experienced mental health problems
Obsessive Compulsive Disorder (OCD) Groups				
Mondays March 1 st April 5 th May 3 rd	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 March 17 th April 21 st May 19 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 March 8 th April 12 th May 10 th	7.30 pm – 9.30 pm	York Mind's offices, 9 Castlegate, York	Anxiety Support Group Meeting	All with experience of anxiety including family, friends and carers
Bipolar Groups				
March 15 th April 19 th May 17 th	7.30 pm – 9.30 pm	York and District Mind, 9 Castlegate	Bipolar Support Group meeting	All with experience of Bipolar 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

Starts again in mid Feb 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

Raising money for Mind...

York and District Mind raise money for charity with everyclick.com:

www.everyclick.com/york-and-district-mind

If you would like to volunteer to raise funds for York Mind then phone Mike on 647014.

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.

Getting in touch...

Please contact Dan for more information: dan@yorkmind.org.uk

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

Telephone:

01904 647014 (administration)

01904 647349 (information and support groups, between 1pm and 5pm every weekday).

Advocacy: 01904 647030.

Befriending: 01904 466660.

Counselling: 01904 466690.



Ways to support our work...

Financially: if you would like to make a donation to the charity, please make your cheque payable to 'York and District Mind', and post it to: York and District Mind, 9 Castlegate, York, YO1 9RN. Please note that any donations made go straight to York and District Mind to help us to 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 Networking: 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

Ways to help York and District Mind Include volunteering, donating money, organising a sponsored event or even using eBay to 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/c>



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.

