

Summer 2019



We are York Mind.

Welcome to our Summer Newsletter



**We believe no-one should
have to face a mental health
problem alone.**

If you live in York, we are here for you.
We will help you get to where you want to
be. We will listen, give support and advice,
and fight your corner.

We hope you enjoy this edition of our
newsletter; please do get in touch with
your thoughts and feedback, we would
love to hear what you think!

Find us online

www.yorkmind.org.uk



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In their own words

The voice of the individuals in York who have received the support of York Mind

Sharon's story

Sharon (*not real name*) was initially referred to [York Mind Carer's Counselling](#) as a result of caring for her husband who suffers with poor physical health. Carer's Counselling is a part funded project by the [York Carers Centre](#) that offers up to 12 sessions for people who care for others with a **mental, physical or other disability**.

Sharon does everything around the house, including the cooking, and at times would get resentful for doing this. She started to experience feelings of anger and would sometimes have to stop herself from shouting as a result of her caring role. She would then experience feelings of guilt for her frustrations and anger.

Sharon felt that counselling would support her to explore the feelings she was experiencing surrounding her situation. It's now been 1 month since Sharon completed her counselling at York Mind.

How did you find out about counselling at York Mind? What brought you to access the support?

"I was advised through City of York Council Carers Service, who had called me in for a general chat about my husband's disability and how they could support and guide both himself and me. Counselling was not something I had thought about but, in conversation, they identified that this

may be a support mechanism for me in my role as a carer to my husband (which I have been for over thirty years)."



How have you found the experience and support provided by York Mind?

"The experience has been extremely helpful - from the referral from York Carers Centre, to the speedy response and contact from York Mind, through to the actual counselling. The staff are helpful, kind and professional. Darrin discussed with me at the first meeting how York Mind could help, and what support could be offered. I was a little bit apprehensive at first, but he set my mind at ease and I came out of the meeting feeling supported and happy, something I had not felt for a long time. My counsellor, Helen, was a joy and I looked forward to meeting her every week. She provided me with the ability to open up and I was surprised at the amount of 'baggage' I was carrying, without realising how it was impacting on my everyday life, Helen is one of the most professional individuals I have ever met. She supported and helped me to identify solutions without pushing me into decisions."

I came out of the meeting feeling supported and happy, something I had not felt for a long time.

What have been the key personal benefits you have gained so far?

"I came out of the counselling sessions realising that I needed to take time out for myself, to say no more often and to stop saying sorry. My husband's disability means that I am constantly supporting and being a sounding board for his problems and illness. I just needed to not feel guilty by stepping back and having my own personal space – and counselling has helped me to realise that I can do this and still be a good carer and supporter. It has also helped me to pursue the other areas and hobbies in my life that I had ceased to do because of my depression and lack of positivity – which has helped with my personal relationships."

Find out more

We have been working very hard to re-open our Counselling referrals. Our waiting lists are continuously being reviewed, and we hope to start accepting referrals for both Carer's and General Counselling services within the **next 2-3 months**.

We have recently recruited new volunteer counsellors, to allow us to offer a wider variety of counselling approaches & continue to meet demand for our services.

To contact us, please email counselling@yorkmind.org.uk

What would you say to someone else considering accessing counselling at York Mind?

"Don't think twice about accessing York Mind – go for it! I can honestly say I have a greater understanding of how I can help myself and how I can move forward positively. York Mind has provided me with the capacity to just step back and take stock when things get out of control and given me the skill to 'think about myself more often' without feeling guilty."



York Hub Advocacy

York Advocacy Hub delivers all types of advocacy:

General Advocacy, NHS Complaints Advocacy, Care Act Advocacy, Independent Mental Health Advocacy, Relevant Person's Representative roles, Independent Mental Capacity Advocacy

Benefits & Debt Advocacy -

Open for referrals

This project runs until November 2019 and we can work with anyone who has additional needs (i.e. mental health, learning disability, physical disability) across the city of York. We support clients to access specialist advice around their debt/benefits and we can attend assessments/tribunals to give emotional support, ensure that they are listened to and understand the process. We have trained volunteers who can offer their time to clients who are in need of this service.

Referring in

Clients can self-refer, or you can refer on their behalf. Just go to our [website](http://www.yorkadvocacy.org.uk) to download and complete a referral form, then return to office@yorkadvocacy.org.uk

In other news...

We're about to start trialling regular appointments for **General Advocacy**, in the hope it will reduce our waiting list. We're doing a pilot session shortly, with the hope of setting up regular sessions, so watch this space!



Benefits and Debt Advocacy

York Advocacy Hub

Do you need help with benefits?
Or
Sorting out money problems?

An advocate can help you to have a voice and know your rights

Advocacy is independent, confidential and free

Advocates are not trained advisers. We cannot give you benefits or debt advice or fill in benefits application forms - but we can help you access the specialist advice and help you need



Contact York Advocacy Hub

01904 414357
office@yorkadvocacy.org.uk

This service is available for people in York until November 2019

Activities @ York Mind

Updates about our mental health & wellbeing activity groups

Year 3 Activities programme now live!

We are happy to announce that our next year of the [Mental Health and Well-being Activities Project](#) is now live. We are excited to be partnering with [Converge](#), [Kyra](#), [Move the Masses](#), [RAY](#), [Sunshine Changing Lanes](#), [York LGBT Forum](#), [York Carers Centre](#) and [WEA](#) for our third year!

Our brochure is now available on our [website](#), and hard copies are available at York Mind.



If you are interested in any of the activities in the brochure, or would like to know more, please get in touch with the Activities Team by calling 01904 643364 Option 5 Activities, or emailing activities@yorkmind.org.uk

Coffee Club moving back to Sundays

Since March, our Coffee Club has been running Mondays 11am-1pm, but is due to move back to its original time and place from Sunday July 14th!

You will be able to find us every Sunday from 2pm – 5pm at 30 Clarence Street, where you can stop in for a chat and a cuppa with Holly, our volunteers, and our new Club Manager!



David & Holly from our Coffee Club during Volunteers Week

Contact the Activities Team:

01904 643 364 /

activities@yorkmind.org.uk



Peer support with York Mind

We will be running a new round of our **Well-being Peer Support Group** starting from Monday July 22nd.

Please get in touch with the [Activities Team](#) for more details or to make an enrolment. You can also find our enrolment form on our [website](#).

Our [Semi-Structured and Flexible Peer Support groups](#) also have spaces! Call us on 01904 643364 (option 5) or email us to discuss your referral.



Mindful Walking Group

Are you looking to improve your health and fitness?
Would you like to be more active, meet new people and explore
York as a group?



Come along and join the York Mind- Mindful Walking group!

Our group is all about getting out and about in the local York area, focusing our awareness on our surroundings, improving our physical and emotional health and making new friends.

We will engage in short, relaxed walks in various locations across the City. Please wear comfortable clothing and suitable footwear.

Date: 25th July -12th September 2019

Day: Thursdays

Time: 10.30am-12noon (including refreshment break)

Meeting point: York Mind, Highcliffe Court, York, YO30 6BP

Cost: Free

For further information, or to discuss a referral, please contact the Activities Team at York Mind by email: activities@yorkmind.org.uk, or telephone 01904 643364 option 5.

Registered charity no. 1006759

www.yorkmind.org.uk

Healthy Gardening in the Park

Do you like gardening and being outdoors in nature?

Would you like to support a local community project?

York Mind are supporting a 5 week gardening project, in conjunction with The Friends of Rowntree Park. Based within Rowntree Park, our group will work alongside park volunteers to create a sensory garden where visitors can enjoy the well-being benefits of beautiful plants, shrubs and flowers.

No experience of gardening is necessary to join, as we will work and learn together as a group. All equipment is provided. Please wear appropriate clothing and footwear for outdoors. You may get dirty!

Gardening can have positive benefits for health, including reducing stress levels and promoting better sleep.

Date: 18th June– 16th July 2019

Day: Tuesdays

Time: 10.15-12.15pm (including social time)

Venue: Rowntree Park, York (meet in Reading Café)



For further information, or to discuss a referral, please contact the Activities Team at York Mind by email: activities@yorkmind.org.uk, or telephone 01904 643364 option 5.



**THE FRIENDS OF
Rowntree Park**



Registered charity no. 1006759

Poetry and Motivation

Do you like reading? Are you looking to meet new people?

Then our Poetry and Motivation course could be for you!

This is an informal, interactive course where participants will read short pieces of poetry, quotes or verse and reflect as a group and individually on the meaning of the words.

The 5 week course looks at the responses we have to what is written, the meaning we take from it, the common threads that we share in the group and whether it helps us process feelings and thoughts internally.

Research suggests that reading and processing the written word may help reduce stress, boost concentration and improve low mood.

Date: 30th September—4th November 2019

Day: Mondays

Time: 11am—12.30pm

Venue: York Mind, Highcliffe House,

Highcliffe Court, York YO30 6BP

Cost: Free



For further information, or to discuss a referral, please contact the Activities Team at York Mind by email: activities@yorkmind.org.uk, or telephone 01904 543354 option 5.

Mindfulness at York Mind



Mindfulness is about living in the moment and learning to be more present in life. It can help you learn to accept thoughts and experiences, just as they are, without judging or worrying about them.

Mindfulness is clinically proven to reduce depression and anxiety, improve your well-being and support physical health. Our 8 week facilitated course will provide you with practical strategies and techniques to live your life more mindfully.

Date: 24th September –12th November 2019

Day: Tuesdays

Time: 2pm—4pm

Venue: York Mind, Highcliffe House, Highcliffe Court, York
YO30 6BP

Cost: Free

For further information, or to discuss a referral, please contact the Activities Team at York Mind by email: activities@yorkmind.org.uk, or telephone 01904 643364 option 5.

Registered charity no. 1006759
www.yorkmind.org.uk



Well-being Peer Support Group

Are you looking for ways to improve your well-being?
Do you want to meet and share with people in a similar
situation to you?

Our Well-being Peer Support Group provides a structured weekly space, for members to share their feelings and experiences with others.

Over the course of the 9 week group, members will work together and explore ways to improve their self-esteem, manage emotions and learn techniques and strategies to boost their health and emotional well-being. The group is facilitated.

It is all about You!

Start Date: 22nd July 2019 (Round 1)

Day: Mondays

Time: 2.30-4pm

Venue: York Mind, Highcliffe House,
Highcliffe Court, York, YO30 6BP

Cost: Free



For further information, or to discuss a referral, please contact the Activities Team at York Mind by email: activities@yorkmind.org.uk, or telephone 01904 643364 option 5.

Registered charity no. 1006759
www.yorkmind.org.uk



Peer Support Groups

Are you looking for ways to improve your well-being?
Do you want to meet and share with people in a similar situation to you?

Our Peer Support Groups meet weekly and give members a chance to share their feelings and experiences with others, in a safe space. Over the course of the groups, members can explore different topics i.e, ways to improve their emotional and physical wellbeing, coping strategies, etc, alongside people they can relate to.

The groups are facilitated by a member of York Mind staff.

Our Group Meeting Times:

Every Tuesday 12noon-1:30pm

Every Wednesday 2.30pm—4pm

Venue: York Mind, Highcliffe House,
Highcliffe Court, York, YO30 6BP

Cost: Free



For further information, or to discuss a referral, please contact the Activities Team at York Mind by email: activities@yorkmind.org.uk, or telephone 01904 643364 option 5.

Registered charity no. 1006759
www.yorkmind.org.uk





16 - 21 Peer Support group

Open for referrals

We recently started our **Peer Support** group for 16-21 year olds. Our first session included playing games, ice breakers, Skittles, and discussions about reducing mental health stigma.

The weekly group sessions are social and supportive, focussed on ways of feeling more positive and putting them into action.

To self-refer for the group, please [visit our website here](#)

You can call our Young People's team to discuss on 01904 643 364 (option 2).



16 - 21 Mentoring

We're really pleased to be delivering **Mentoring** to 16-21 year olds.

Mentoring aims to build your independence in coping with mental health struggles. Your mentor will work alongside you to help discover what strategies work for you, listening to your views and experiences. They will speak to you as a person, not just focusing on your mental health, but also your passions and interests.

We are currently working to capacity within this service, however we will be reopening for referrals in **September/October 2019**.

Further information can be found [here](#)
Or contact our Young People's team on 01904 643364 (option 2).

13 - 16 Peer Support group

We also run weekly Peer Support groups for young people who are struggling with their mental health and emotional wellbeing. Young people take leadership of the groups, deciding on important topics to discuss and the most comfortable way to lay out the sessions.

We are currently working to capacity within this service, however we will be reopening for referrals in **August 2019**.

Further information can be found [here](#)
Or contact our Young People's team on 01904 643364 (option 2).

Young People's services

Contact us:

youngpeople@yorkmind.org.uk
01904 643 364 (option 2)





5 minutes with... Mark Willis Trainer/Training Manager

When did you start working with York Mind?

20th August 2015. I had to do a presentation for 15 minutes to the interviewers and just as I started, a huge drill started up just outside. I like to think my adaptability under pressure got me the job, but it just might have been because they couldn't hear me!

What led you to work within this sector?

Teletubbies. Sort of. I used to work in financial services years ago and I was struggling with the stress of that and the demands of my two autistic children. Especially their 24/7 obsession with Teletubbies, if I'm honest!

Around this time I started to relapse into depression and anxiety but a friend got me to try various techniques (including Mindfulness) to look after my own mental well-being. This was a total revelation, I never realised we could look after our mental health in the same way we can our physical health. When I saw how well it worked for me, I just couldn't get enough of it. So I took my degree, retrained to teach (PGCE) and now here I am (via 4 years also teaching for City of York Council). All thanks to Teletubbies – especially Po (the irritating, smug red one).



What have you enjoyed most / found most challenging about your role so far?

It is the best job I have ever had, and yes, I always say this, but it is true. Firstly, my colleagues at York Mind are like no other. The friendship, laughs but moreover the support you get here is amazing. So there is that – a perk that isn't even taxable!

Secondly, I say my job is the most glamorous here, I get to travel the country delivering training; hotspots such as London, Bristol, Manchester and the joys of being in Grimsby for an 8am start!

I also meet so many different people from all walks of life and teach them to look after their mental health, and potentially save lives (particularly with our suicide prevention training and Mental Health First Aid). That is really, really special and the connections you make with people – like I say, the best job I've ever had.

The only real challenge is trying to ensure I do not take too much on – delivering training is exhilarating and fun, but it can be tiring too. Always good to spend time back in the office with colleagues – everyone needs to refresh. Ditto making sure I switch off at weekends and during the holidays. A little practising what I preach.

Tell us a little more about you...

Heavens, what can I say. I once ran ten half marathons in a year for charity, but although I still run, I also enjoy Kettle Chips rather too much and desperately need to get back into shape. I have a cat called Mittens who is tiny and has no balance. I am a York City supporter, so there goes my credibility with you, dear reader - thanks for reading this far. Erm.... I love Line of Duty, cricket, buns, nature, walking and curry, my children, in no particular order. Is that it? <drops mic>



The difference we make



Feedback from people we've recently helped

"Structured Peer Support group profoundly helpful, supportive and transforming- highly recommend and very grateful."

April 2019



"York Mind has helped so much, at the start of the peer group and mentoring I felt like I was in a secure and safe place, and it really helped me open up and get the help I needed in school, at home and in my social life. It's like they helped me learn how to control my life and I'm so grateful and thankful that I came here and I've now made some amazing friends"

Young Person, April 2019

"Thanks for everything, I have progressed so much in my mental health and stability"

May 2019



Fundraising News



York Mind relies on the support and generosity of the people of York to continue our vital work.

If you'd like to help, whether you'd like to make a donation, organise your own event or join us as a volunteer, just get in touch with our **Fundraising Team:**

fundraising@yorkmind.org.uk / 01904 404940



**York City FC collection
(£456.71)**

Recent fundraising successes

If you've been out and about in York since our last newsletter, you might have seen our fabulous fundraisers out in the community, raising vital funds to continue York Mind's work. Check out the most recent activities...



**York Women's Rugby Club
(£583.50)**



**John Lewis & partners York
(£1286.00)**



**Pivni York Lemon Challenge
(£393.23)**



**York Train Station collection
(£445.61)**



**York Pride info stall with
Time To Change York,
8th June 2019**



**Morrisons Bag Pack
(£457.33)**

Thanks to everyone involved - you are amazing!

Holly & Georgie release 'The Body Positivity Song' for York Mind

During Mental Health Awareness Week in May, York Mind staff Holly & Georgie asked people '**what do you like most about your body, and why?**'. At the end of the week, they put the words to music and called it 'The Body Positivity Song', and then filmed a video to share it with the world. Imagine their surprise, when the video hit a Facebook video sharing page and was viewed over 60,000 times!

They've now recorded and released the song - you listen and download on [Spotify](#) & [iTunes](#) (100% of the proceeds will be donated to York Mind).



The video can be viewed on the [York Mind Facebook page here](#)



Team Bowie Boaters set for Dragon Boat race glory

Have you ever wondered what 20 David Bowies paddling down the River Ouse looks like? Well - you're about to find out.



On Sunday 14th July, staff & supporters of York Mind will be taking to York's most famous waterway to raise vital funds for York Mind and St Leonard's Hospice. You are warmly invited to support our team, known as '**Team Bowie Boaters**' in the **2019 Rotary Dragon Boat Challenge!**

Please donate generously via our [Virgin-MoneyGiving](#) page to help us smash our team fund-raising target of £1500 - thank you!





Volunteering opportunities

Current volunteering vacancies:

[Volunteer Training Administrator](#)

[Advocacy Volunteers](#)

We will shortly be recruiting for:

Volunteer Counselling Administrator (x 2)

Check out the very latest volunteering opportunities at York Mind [on our website](#)

Upcoming event dates we need your help:

Sunday 4th August—[York 10k marshals needed](#)

Saturday 31st August—[Tesco Askham Bar bag packers needed](#)

20th—28th September—[MindFest York collection volunteers needed](#)

Sunday 20th October—[Yorkshire Marathon marshals needed](#)

Friday 20th December—[York Train Station collection volunteers needed](#)



Fancy sparing an hour or two to help out?

Get in touch with Holly:

01904 404940 / fundraising@yorkmind.org.uk

Could you be a Marshal for



Team York Mind?

York 10k

Sunday 4th August 2019



Yorkshire Marathon

Sunday 20th October 2019



Come and give all the amazing runners a clap, cheer or high five (whilst you ensure the race route is effectively marshalled).

Don't worry if you've never been a marshal - you'll be shown everything you need to do, no experience required. You're guaranteed to feel good watching

all those people raising funds and best of all - you get to don a

HIGH VISIBILITY VEST.

We need LOTS of people to help!

To register to volunteer on either date, simply ring or email:

01904 404940 / fundraising@yorkmind.org.uk

Accessing support from York Mind

Make a Self-Referral

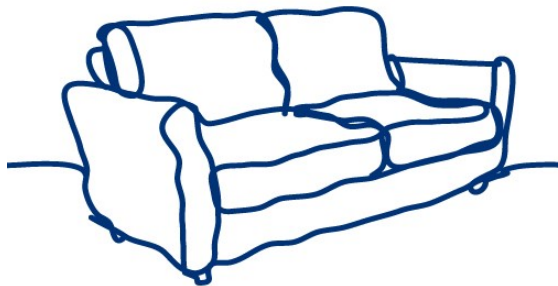
If you, or someone you know needs some support, York Mind is here to help.

We provide a range of **one-to-one** and **group activities** for people aged 13+, designed to help you manage your own mental health and recovery.

Anyone can submit a Self Referral – it is not a requirement that you visit your GP/Healthcare professional first (though we would recommend that you do).

To submit a Referral Form, simply visit:

<http://www.yorkmind.org.uk/refer>



As always, a massive
'thank you' goes
out to all of you who
support York Mind
and the work that we
do - we simply
couldn't do it without
you!





Contact us

Getting in touch

We'd love to hear from you.
Please don't hesitate to get in touch...

01904 643 364

www.yorkmind.org.uk

York Mind, Highcliffe House, Highcliffe Court,
York, YO30 6BP

Want to Unsubscribe?

Just email office@yorkmind.org.uk to let us know,
and we'll take you off our Mailing List.