

December



2019 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!

Connect with us

www.yorkmind.org.uk



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York Advocacy Hub

A day in the life of an IMCA (Independent Mental Capacity Advocate)

Diane Neville-Beck, Advocate at York Advocacy

I have worked as an advocate for the last 3 & ½ years, covering several different types of advocacy, including IMCA (Independent Mental Capacity Advocacy). I love that the role is there to represent the person and their wishes – it's completely person-centred!

I arrive at the office, fire up my computer, and check what I need to do today; whether I'm visiting clients, attending meetings, making phone calls, or writing reports. Or all four!

Advocacy is about what the client wants to say. For people who lack capacity to make their own decisions, advocacy work can be a bit of an investigation to gather what their views are or would be.

This morning I have to go and visit a new client; a decision needs to be made about putting a DNACPR order in place. This would mean that if the client's heart stops beating that no attempt would be made to re-start it. I have worked with this client before, and I am aware they have previously clearly expressed a consistent wish to be resuscitated. I find the client's cognitive ability has declined and they are now unable to express their wishes on this, even with very careful and slow explanation. However, despite their elderly years, the client's quality of life within the care home, and their current health are both good.

Returning to the office I add my notes to the record system, before having lunch with colleagues. As a team we support each other with the stresses of the job; I really value that.



York Advocacy Hub

After lunch I'm at my desk, responding to emails, making phone calls consulting another client's family, and arranging visits for another case later in the week.

Then it's eyes down and completing a report on another current case; this summarises my investigation and will be passed to the person making a decision about where that client should live.

'I love that the role is there to represent the person and their wishes – it's completely person-centred!'

Later in the day, I consult with the GP about the client and the DNACPR order. We discuss the client's current situation, and that they are in good health for their age. I highlight that the client was no longer able to express a view, but they have expressed clear wishes previously (18months ago). The GP confirmed that although CPR was very unlikely to be successful for the client, given their current quality of life, they were happy to not put the DNACPR order in place – thereby respecting the client's previous wishes. I confirm that I will write up my report and it can be kept on the client's file. The decision can be reviewed if the client's health and quality of life changes.

Overall, I love being an advocate. My focus is very much on representing my clients. Clients who are unable to make certain decisions for themselves are often less able to comment on the impact your work has had on their lives. I always try to hold in mind the support I would want to express my views in their situation, and value that I am able to ensure decision makers do consider what the client wants. Often professionals ask me what my views are, and I have to remind them, it's not about me – it's about the client!



This January, challenge yourself to get active every day, your way.

Whether you run, swim, cycle or choose your favourite fitness activity, set your goal and enjoy support from the RED community every step, splash and pedal of the way!

Kick-start your 2020 in a positive way and raise funds for Mind York so together we can be active for better mental health.



Join RED January at york.redjanuaryformind.co.uk

Action Towards Inclusion



We are delighted to announce that Action Towards Inclusion funding has been extended until 2022, allowing us to continue to offer long-term, holistic support for people who are unemployed to develop confidence, self-belief and skills to move into training or find work.

The collaborative project is funded by the Big Lottery Community Fund and European Social Fund project and offers support to unemployed people across York, North Yorkshire and East Riding. We offer one to one keyworker support alongside a range of other support options that are meaningful for the individual and their situation.

Here's how ATI has made a difference for people this year:

'When I came to Mind in October [2018] I was in a really bad place. Without this, who knows where I would be now. My whole life has changed, everything is better.'

'Having a focus was really helpful, it helped me reach my aim of getting an apprenticeship. I know now that when I put my mind to something I can achieve it.'

'It's been fantastic! I've been through a journey and without the people here I wouldn't have achieved what I have.'

We are now **open for referrals**. If you are unemployed and would benefit from emotional and practical support and encouragement to move forwards with your life then get in touch with us on 01904 643364 (option 3) or ATI@yorkmind.org.uk



2020 Events Calendar

January

RED January

Month long challenge - pledge to get active every day, your way



February

Time To Talk Day

6th February 2020

Get together and get chatting for better mental health



March

It's OK To Be Blue month

Choose your own blue themed events!



April

Stress Awareness Month

Why not host a stress-reduction talk from York Mind?



May

Mental Health Awareness Week

18th - 24th May

Yorkshire Three Peaks Challenge

15th May 2020

The Yorkshire Corker Cycle Ride

31st May 2020

June

York Pride

13th June 2020

Raise your rainbow!



September

Great North Run

Sunday 13th September 2020

£45 entry donation

£300 sponsorship target

Mindfest York

End September 2020

Mind Your Mates campaign

10th September—10th October

July

Dragon Boat Race

Sunday 12th July 2020

Enter a team of 20 into the Rotary Club of York's annual fancy dress row down the River Ouse

August

York 10k

Sunday 2nd August

Charity places available - £100 sponsorship target

November

Stress Awareness Day

6th November 2020

Take the opportunity to talk about ways to reduce & combat stress

December

York Train

Station collection

Friday 18th December 2020

Volunteer as a team to help us raise funds



October

Yorkshire Marathon

Sunday 18th October 2020

£40 entry donation + £300

sponsorship target

Relay team option available

World Mental Health Day

10th October 2020



Sign up to Events here: <http://www.yorkmind.org.uk/events>

Or contact the Fundraising Team:

fundraising@yorkmind.org.uk / 01904 404940



Activities News



Community Socials

York Mind are delivering 12 Community Socials up until June 2020. The aim of the socials in community venues, is to bring people together to reduce isolation and help integrate people into their local areas in York.

Picnic In The Park

We hosted our first Activities Community Social on Tuesday 20th August 2019 in Homestead park. Our Picnic in the Park included a Yoga taster, Treasure Hunt, 'BeLeaf in Yourself Art Project' and a Move the Masses taster session delivered by Egg Cameron.

The day was a brilliant success with 35 people attending and partaking in the Fun!



'You, Me and Mental Health'

'You, Me and Mental Health' took place on Thursday 10th October 2019-World Mental Health Day at The Friends Meeting House in York with 17 attendees.

'You, Me and Mental Health' explored people's life journeys with Mental Health, using different activities.

Sunday Coffee Club

Hi I am Ayisha, the Sunday Coffee Club Manager. I started at York Mind in June 2019.

A bit about me...

'For those of you who don't know me or haven't met me, I'm a mental health advocate by day and serial napper any chance I get. When I'm not working or napping, I'm driving across the northeast in search of beaches and a good sunset. I'm all ears if you have any recommendations!'



The coffee club...

'The coffee club has been up and running for 5 months now, since the re-launch on 14th July 2019. I'm not sure where the time has gone but I'm fully immersing myself in this new role as manager, and loving every second of it. It's definitely been an exciting few months. I'm having fun getting to know the team, the fabulous volunteers and everyone that attends the club. We've got so many things lined up with themed events and different activities. We also have our monthly general knowledge quiz on the last Sunday of the month. There is talk of food, film, and music in the coming weeks - what better way to bring people together. Watch this space - the coffee club is going to be pulling out all the stops.'

'We're seeing a solid turnout every week, keeping us busy but we're always open to more people. So if you are free on Sundays from 2pm - 5pm and looking for a place to socialise, why not head on over to Clarence Street.'

 York
Mind



Mental Health and
Well-being Activities
Programme 2019



Getting In Touch

For more information please contact activities@yorkmind.org.uk , or telephone us on **01904 643364** option 5.

Click on the picture to go directly to our activities brochure!

Confidence and Resilience

Would you like to feel more confident and in control of your life?
Do you feel that you are missing out and not able to move forward?



Our facilitated 6 week course will look at practical ways of managing emotions by exploring how we think and behave. In doing this we will be able to reflect on how we could change our thoughts in order to feel more confident, resilient and connected.

As a group, we will look at the barriers we face, and explore coping strategies to support positive well-being.

Come along and take a step on the path to a more confident life!

Date: 21st January—25th February 2020

Day: Tuesdays

Time: 10am—12 noon

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



Creative Writing at York Mind

Do you have a story to tell?

Would you like to develop a new skill in a relaxed space?



Unleash your imagination; invent characters to light up your short stories, explore the poet within, or write about your life experiences.

All explored in a relaxed atmosphere, which is designed to share ideas and make writing fun. Creativity is clinically recognised as being beneficial for mental health, including recovering from depression and anxiety.

Why not give it a go? Set your inner storyteller free and sign up today.

Date: 17th January—6th March 2020

Day: Fridays

Time: 10.30am-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 643364 option 5.

Registered charity no. 1006759

www.yorkmind.org.uk



Sunday Coffee Club

Looking for something to do at the weekend?
Fancy a hot drink and a chat with others?



Join us at 30 Clarence Street for our weekly Sunday Coffee Club!

Our Coffee Club offers a friendly and welcoming space, where you can drop in for refreshments, meet new people and have a chat. We will also be running a few fun-themed events too and a monthly quiz!

Socialising with other people can help reduce isolation and be beneficial for mental health and well-being.

No initial referral necessary. Just pop along and see us!

Date: Starting 14th July 2019

Day: Sundays

Time: 2-5pm

Venue: 30 Clarence Street, York YO31 7DE

Cost: Free to attend (charges are made for refreshments)



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

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 meets weekly and gives members
a chance to share their feelings and experiences with others.

Over the course of the 9 week group, members can explore ways of
improving self-esteem, managing emotions, techniques for relaxation
and mindfulness, alongside people you can relate to.

The group is facilitated.

Come and join us—meet people and share your story at your own
pace in a safe space.

Start Date: 20th January 2020

Day: Mondays

Time: 2pm-3.30pm

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 643364 option 5.

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



Young People's Counselling

We recognise how it can sometimes be difficult to think how counselling may be able to help, or take that first step towards accessing such support.

York Mind's **Young People's Counselling Service**

provides a confidential space for young people (16 to 25) to talk to a trained person about something that is on their mind or a problem.

Peter, who recently used the service, shares his experience.

What initially brought you to access Young People's Counselling?

"So I first made contact with the people over at York Mind because I was going through probably one of the worst times in my life, I'd lost a few people who were my main means of support, old memories of loved ones were becoming more prominent and I was starting to become scared of my own thoughts on a daily basis."

How did you find the experience and support provided by York Mind?

"The support from York Mind was absolutely fantastic, they were there for me every step of the way, supplied me with various different means of support, contacts in case I needed to speak to anybody prior to my first meeting, post meeting and all the time I was receiving counselling. I couldn't have asked for more."

Young People's Counselling



What do you feel have been the key personal benefits you have gained as a result of the support you received?

"I've honestly never felt better in myself and my mental health, having people there who you know you can talk to and not be judged is amazing, having someone help me understand how I was thinking when I was struggling with anxiety and when I was having troubling times. In the short time I was there it's helped me to be able to just go places locally I was unable to go previously because of anxiety, helped me to understand it's okay to talk to others about how I'm feeling which in turn has stopped me from having bad thoughts most of the time and helped me to set short term goals one at a time to build on my progression."

What would you say to someone else considering using Young People's Counselling Service?

"Please try it, you don't have to be scared. I was so worried about reaching out and being judged but I can honestly hand on heart say this is one of the best decision's I have ever made in my life. You're in a safe and relaxed environment going there. Counselling may not be for you but I urge anybody struggling to try it and if it doesn't work the people at York Mind will help you find the support you need."

Young People's Counselling can be contacted on:

01904 643 364 (option 1) /

ypcounselling@yorkmind.org.uk

Art Auction Appeal for artworks

Can you help us fill the gallery for better mental health?

York Mind, working with Rethink York Group, are seeking **original artworks** from artists (either professional or amateur) for **exhibition and auction** at City Screen Gallery, 25th of February to the 23rd of March 2020.

- Art work can be of any size, but must be framed or on canvas and with sufficient fixings to mount on the wall
- Artists must be happy to donate their work for exhibition and auction
- 1 x submission per artist
- The theme this year is **Identity**. We are looking for a broad interpretation, not just self portraits!
- Must be able to drop off art work at: York Mind, Highcliffe House, Highcliffe Court, York YO30 6BP 9am-5pm Monday to Friday
- Please include the artist's name & email address, title of work, a sentence or two about the piece and a starting bid (minimum you want to sell for) on a piece of paper alongside your artwork

Deadline:
Friday 31st JANUARY 2020, 5pm

For further information, please
contact:
artauction@yorkmind.org.uk

York Mind is a registered charity no. 1006759
Rethink Mental Illness is a registered charity no. 271928



York Group

Fundraising News



York Roundtable Charity Curry Quiz Success

We were thrilled to receive a donation recently of £2557 from our friends at York Roundtable, raised from their Charity Curry & Quiz Night held at Jaipur Spice on Haxby Road. The evening was superbly organised, and Holly (Fundraising Manager) was able to attend to give a short talk about York Mind's work. Well done to everyone involved – great work!



The Soapy Group supporting York Mind as Charity of the Year

As the New Year approaches, we're so happy to announce a new partnership with boutique marketing agency The Soapy Group. Team Soapy will begin fundraising to raise money and raise awareness about mental ill-health and help end the stigma surrounding mental health conditions. We will also be working closely together at different events.



Richard Burn, Creative Marketing Assistant at The Soapy Group, said: "We all have our own journeys with mental health, and we wanted to support a charity that is close to many of us at Soapy. We will be fundraising and raising awareness of York Mind and the importance of better support for mental health throughout the year".

Rob completes his '30-150' Challenge

"My name is Rob and I am the business owner of Breeze Artworks and York based Artist. I raised money for York Mind by running a 5k every day in November...that's 30 days running totalling 150km! For someone who doesn't really like running I've actually found I quite enjoy it! A change in our Mental Health is something that can affect any of us at any point in our lives without warning and a good state of mind is something we undoubtedly take for granted day to day."



Could you help us turn York blue in March?

We're asking people in York to do something **blue** and help raise funds for better mental health.

Taking part couldn't be easier:

1. Choose your activity

What could you do? As long as it's blue, we're all ears! Blue cake sale, blue dress down, dye your hair blue, blues night, blue quiz, paint your face blue for a day.... whatever you think you can do, make it blue.

2. Choose your date, time and venue

Select the date that works best for you (aim for March to coincide with our promotional activity), and make sure you've got the right time and place in which to do your fundraising.

3. Order some materials

Simply email fundraising@yorkmind.org.uk and we'll give you collecting materials, decorations and badges so you can run your own fantastic fundraising challenge... then off you go!





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

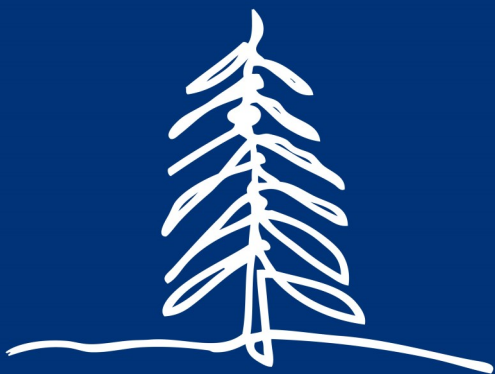
Closing **3pm Monday 23rd December**

Usual services resume at

9am Thursday 2nd January 2020

Want to Unsubscribe?

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



Christmas & New Year If you need urgent help

NHS Crisis Service

If you are in need of acute care or admission and need support, telephone:
01904 526582

A 24/7 service across the whole of York for adults of all ages, this service aims to assess all service users who are in crisis and presenting with significant risks to themselves and/or others and who may require acute mental health care.

City of York Council

The **Emergency Duty Team** carries out urgent assessments of adults, young people and children and provides advice and guidance over the phone on how to deal with problems over the Christmas period.

Tel: 01609 780780

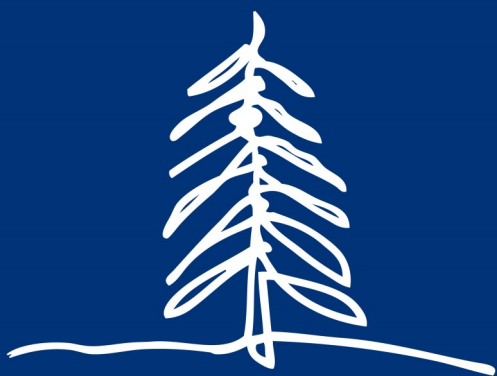
The Haven @ 30 Clarence Street

Provides out of hours support in-person, for people in need of immediate mental health support, based at 30 Clarence Street, York, YO31 7DE

The Haven opening times are as follows:

Daily 6pm-11pm

(Open 365 days a year, including Bank Holidays)



Christmas & New Year Helpful Contacts

Samaritans

89 Nunnery Lane, York, YO23 1AH

Tel: 01904 655888 (local call charges apply)

Tel: 116 123 (this number is free to call)

Email: jo@samaritans.org

Samaritans telephone lines are open 24 hours a day, 365 days a year offering confidential emotional support.

Childline

Childline helps anyone under 19 in the UK with any issue they're going through.

Childline is – a free, private and confidential service where you can be you.

Whatever your worry, whenever you need help, however you want to get in touch. Online or on the phone, anytime.

Tel: 0800 1111 (this number is free to call)

Website: www.childline.org.uk

Elefriends

Elefriends is a supportive online community for over 18's where you can be yourself. We all know what it's like to struggle sometimes, and this is a safe place to listen, share and be heard. Whether you're feeling good right now, or really low, it's a safe place to share experiences and listen to others.

<https://www.elefriends.org.uk/>