

We are York Mind.



Welcome to our Summer 2020 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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Contents

- 2. A word from our CEO
- 3. We Are Still Here
- 4-5. Activities Programme
- 6. Bethan's story
- 7. Counselling
- 8. Young People's service
- 9-10. Families in lockdown

- 11. York Advocacy update
- 12-13. A Day In The Life - Jacqueline
- 14-15. Action Towards Inclusion update
- 16. Mental Health Training
- 17. Pets Gallery
- 18. Virtual Fundraising
- 19-20. Fundraising News
- 21. Accessing support from York Mind
- 22. Contact us

A word from Alyson Scott, York Mind CEO



As I write this, it has been three months since we locked down and we began what for most people, will have been the strangest time we can remember.

Initially we were “all in this together” and we did see an immediate surge in anxiety across many communities. However, it very quickly became apparent that although we were weathering the same storm, we were all in very different boats.

Early indicators have shown that different groups have been disproportionately, adversely affected by the ongoing pandemic. These are people who were already dealing with enduring mental health conditions, young women and those from a Black, Asian or other Minority Ethnic background. Cutting across these groups are additional factors such as those already in poverty or those who were only just managing financially. This is very much the tip of the iceberg, and we expect to see the impact of Covid-19 on other groups as we move forward.

Throughout the pandemic, York Mind have continued to provide support to people who were already using our services and to people who contacted us and are new to mental health services. Our staff team and volunteers have been amazing, managing their own difficult circumstances and continuing to provide much needed support to others.

People who have accessed York Mind have all been fantastic in trying new ways of working with us, so many people having to use Zoom for the first time and often finding it easier than they had imagined. I hope they will be able to use their new found skills to continue to speak to friends and family.

Going forward, we are intending to take all the lessons we have learnt and the emerging community needs to help shape our new strategy. And these lessons do not all come from a negative place, many people have realised that removing endless commutes, sitting in traffic has been a real positive and I have certainly found some benefits from having online meetings rather than all having to be in the same room.

I hope you all stay well, please remember that each individual out there has a mental health that needs looking after – we are very much still here and we look forward to hearing from you.

Alyson Scott

We are still here.



You do not have to go through this alone.

We are still here to help people in York who are experiencing mental ill-health. We have a combination of group-based and one to one support available for both adults and young people, which at the time of going to press are all being delivered remotely (online / telephone).

These include:

- Counselling for adults, young people + carers
- Young People's service incl. text drop-in, mentoring + online groups
- Mental Health & Wellbeing Activity Groups
- Peer Support groups
- Training Courses for those wishing to learn more about mental health
- Action Towards Inclusion employability project
- York Advocacy Hub helping people in York find their voice in relation to their care, rights and treatment

Please visit our website for the most up to date information + availability: www.yorkmind.org.uk

To make a self referral: <http://www.yorkmind.org.uk/refer>

Mental Health & Wellbeing Activities Programme



Mental Health and
Well-being Activities
Programme 2020-21

York Mind, in partnership with:

Kyra, York Carers Centre, Refugee Action
York-RAY, York LGBT Forum, Blueberry
Academy, Hoglets Theatre, York City
Knights, Portal Bookshop, Explore York and
Heart. Wood. Works. are supporting the
delivery of Year 4 of the programme (July
2020-June 2021).

Activities run across the year, with
staggered start dates.

The programme is funded by City of York
Council and reflects its commitment and
investment in mental health provision and the
early intervention and prevention agenda.

Guided Learning

Mindfulness

Managing Anxieties

Building Confidence and Resilience

Creative Writing

Arts and Craft

Creative Cafes

Well-being Activities

Yoga

Fit Knight Lite fitness sessions

Peer Support

Carer Well-being sessions

Whittling and Outdoor Crafts

How to enrol / refer:

Visit our website to complete an
enrolment form

Contact us for queries:

01904 643364 (option 5)

activities@yorkmind.org.uk

Social Activities

LGBTQ+ Choir

Walking Groups

Community socials

Men's groups

Open access cafe

Upcoming activities at York Mind...

"I loved performing to an audience and being accepted for who I am and where I have come from."

We're looking forward to welcoming some new activities soon, which will be delivered directly by York Mind.

These include:

- Assertiveness course
 - Singing group
 - Zumba Dance group
 - Arts group
- 'Getting Back Outdoors' walking group
- Nurturing Good Health After Lockdown course

How to enrol / refer:

Visit our website to complete an enrolment form

Contact us for queries:
01904 643354 (option 5)
activities@yorkmind.org.uk



'Don't give up'

Bethan's story



The beating heart of York Mind is the positive change we can help people achieve. Bethan shares her story of hope and recovery.

Back in my early twenties I suffered from crippling anxiety. I felt so overwhelmed by the world I ended up barely leaving the house for several months. I couldn't work for more than two days a week. I was broke, miserable and couldn't see how anything would ever get better.

There was no magic cure and it certainly didn't happen overnight, but slowly and surely I got better with the support of my friends and the wonderful people at York Mind.

After several months of poor mental health, I referred myself to York Mind for Counselling after I was told that the NHS waiting list was over 6 months long.

I was suffering from a period of acute anxiety which had left me unable to work full time. I felt extremely hopeless and was convinced that I would never be able to get better and live a normal life again.

My first session was hard but strangely calming. It felt empowering to talk to someone about my fears and feelings in a non-judgemental space, with someone who I felt genuinely wanted to help me.

Over the course of the following sessions, we explored a number of coping techniques which started to have a marked impact on my thoughts and actions.

I started to feel more confident and the possibility of getting better started to seem actually tangible.

After finishing the sessions I was able to re-build my confidence and re-enter full-time employment. I now practice a number of self-care techniques to manage my negative thoughts and maintain my mental health for the long term.

I can't thank York Mind enough for supporting me during this period. I doubt I would have gone on to achieve some extremely wonderful things in my life and career without them. I went from someone who couldn't leave the house to someone who recently flew solo to the US to give a talk on stage to several hundred people.

I know a lot of people are feeling trapped and stuck right now. Life is uncertain at the best of times, but now is especially hard. It sounds cliché to say, but I promise you that this too shall pass. Not today, probably not tomorrow, but better days lie ahead.

Don't give up.

Find out more about Bethan's work as a Marketing Consultant, Podcast Host & International Speaker here: bethanvincent.com

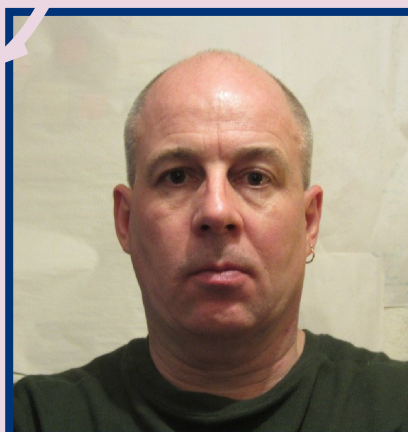
Between January -
March 2020, we
delivered:

372 Adult Counselling sessions
236 Young People's Counselling
sessions

Counselling

Adults (daytime + evening)
Carers Counselling
Young People's (16-25)

**"Counselling was
fantastic. The person
centred approach has
enabled me to manage
my life better. My
counsellor has been so
supportive and has
really helped me,
thank you"**



Welcome to Haydn

We recently
welcomed
Haydn aboard
the good ship
York Mind, who
will be delivering Young People's
Counselling. Haydn brings with him a
wealth of experience in working with
young people across York & Leeds.

Haydn said:
"I've really felt welcomed by all the
staff at York Mind. Everyone shares
such commitment & energy for what
we're trying to do."

Young People's Counselling

OPEN to new referrals

Visit our website for up to date
availability + online self referral form

Contact us:

01904 643364 (option 1)
ypcounselling@yorkmind.org.uk

Adult Counselling

Carers - **OPEN** to new referrals

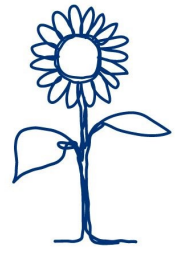
Adults (daytime / evening) - **CLOSED** to new
referrals

Visit our website for up to date
availability + online self referral form

Contact us:

01904 643364 (option 4)
counselling@yorkmind.org.uk

Young People's Service



Saoirse joins the team

Joining Rab & Georgie, we recently welcomed Saoirse as Young People's Co-ordinator. Saoirse will be running lots of our online groups and brings bags of experience and enthusiasm for supporting young people.

Saoirse says:

"I'm really looking forward to taking a camping trip in the dales with my family, dog and partner in a couple of weeks, it will be really nice to be surrounded by nature and drink hot chocolate by a fire!"



Between January -
March 2020, we
delivered...

71 Young People's Mentoring
sessions

85 Group support sessions

Positive Changes

A young person who had previously been in an inpatient unit used mentoring to support them to engage in college + planning for the future.

One young person has started journaling most days, and has become more mindful of their emotions and how to support themselves.

What's new?

Telephone Drop-In

Text 07483 167 931 and ask to speak on the phone or by text, we'll respond within 48 hours.

Telephone Mentoring

8-13 year olds (available now)
13-18 year olds (currently closed)

Online Groups

Words + Wellbeing
Emotional Wellbeing
Mindfulness
Visual Art + Self Esteem

www.yorkmind.org.uk/YP

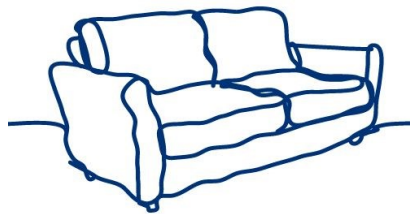


Families in lockdown

Recently the members of our Young People's Steering Group (who have been meeting online during the last 3 months) shared some ideas for how family members can help each other, whilst spending more time indoors.

Be there – everyone will experience this lockdown differently. What might pass you by, barely noticeable, might be huge for someone else. Let your children and family know that you are there to listen. Try to go further than the perhaps 'routine' line "let me know if you need anything" but really make sure they know to talk if they need to.

Being there could also mean trying not to come up with solutions, unless the person talking wants them. It might be just a case of *really* listening, being a soundboard and hearing their thoughts. As a parent, it will be natural to want to help your child, but sometimes answers can be more dismissive than helpful.



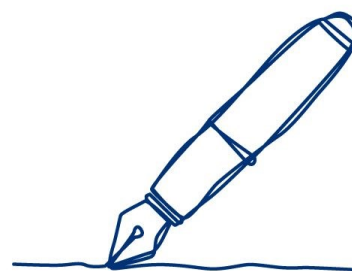
Social Media Chats on What's App, texting or even having a recognised emoji, can help to make a difference. Chatting through text, with a view to eventually try real conversation when both parties are ready, can be a great way to understand the other person. Similarly, if there are ongoing issues, suggest an emoji that can be sent to say "I am feeling overwhelmed, or stressed right now, please give me space to talk to you when I am ready"

Don't assume – Appearing ok despite experiencing difficult situations, might not be reflective of the real situation; simultaneously, your child going through a quiet, down time, doesn't always signify mental illness. General mental *health* is ever changing and complex. Sometimes a simple conversation or awareness, can mean illness is avoided or caught early on.

Write a letter – Voicing thoughts out loud suddenly makes them more 'real' and being the first one to speak can be too difficult for many. Letters can be a great way to get around this. Write to your parent and leave it where they can read it. Or, write to your child, letting them know you are worried or want to know they are doing ok. This means not only that language can be chosen carefully to make the message clear, but reduces the chances of overwhelming the other person. Alternatives to this could be having an ongoing notebook in a certain place in the house, or passing notes like in a classroom!



Go on a walk or organise a family activity - Having big conversations face to face, can seem daunting, but have you noticed how much you talk when walking, driving or doing an activity together? Having that space to chat but without having to look straight at the person, can lessen the intensity and pressure to react in the 'right' way. Try making it a routine slot in your schedule or suggest it as a one off as a way of making contact.



Families in lockdown

York Advocacy Hub

The team at York Advocacy Hub have been working hard to support people remotely during the pandemic. This hasn't been without its challenges! But we're happy to report that between **January 2020 - March 2020**, the team supported **299 people** and took on a total of **206 new cases**.

How can York Advocacy Hub help me?



Live in York?

Self-refer & find out more:

www.yorkadvocacy.org.uk

07864 728 942

Registered charity no. 1006759



A day in the life...

Jacqueline Bawtry

IMCA/RPR (Relevant Person's Representative) Advocate,
York Advocacy Hub



I have worked within advocacy for the last 15 years and as an RPR advocate for the last 6 years. This is an area of advocacy where we support people who lack capacity to make decisions for themselves.

An RPR only comes in to force when a **Deprivation of Liberty Safeguard (DoLS)** has been placed on a person to keep them safe from harm and would not be free to leave a residence without supervision.

As I am home based, I set my office up and log on at 9am remotely to check my emails, diary and check documents that I may need for the day ahead.

Today I am going out visiting 2 clients who live in care homes. The first is a lady who has lived within a care home for many years. She has a learning disability and has also recently been diagnosed with dementia. I have seen her many times before. On my arrival I speak with staff to find out how she has been over the last 8 weeks since my last visit, if she is settled and compliant with care and medication and accessing services and activities within the home, and whether staff have any concerns around her welfare. I read through care plans, files and daily notes covering the time since my last visit to identify changes, extra needs, if she is accessing activities and in general if she is settled within the home.

The main information I am looking for is ways in which her life and movements are restricted in the home, and in particular whether there have been any new restrictions or changes (under the legal framework of the DoLS).

Examples of these would include:

- Whether the use of medications is appropriate and being monitored by a relevant health professional
- Living in a care setting with locked doors, and
- Being supervised on all outings

My role is to make sure that the home is using the least restrictive measures for that individual. I speak to my client to get her views and wishes.

This lady likes where she is and likes the staff that care for her. She loves having her hair done and wearing her jewellery. She loves having visitors and likes to chat, her conversation can be muddled and



some answers not relevant to the question asked, but she loves the interaction.

A day in the life continued...

My second visit is to a new client that has been placed on a **Deprivation of Liberty Safeguard (DoLS)** and is quite confused as to why he is in a home and why he can't go back to his own home.

I carry out the same tasks - talking to staff, reading care plans and daily notes. Staff tell me that he is not settled and keeps trying to leave the building. Staff also report that he is not easily settled and it takes a lot of staff time to orientate him and reassure him he is safe.

Because my client is objecting to being there, I may need to consider if it is appropriate for me to challenge his deprivation on his behalf, as he lacks the mental capacity to decide this for himself.

It is my duty as RPR to make sure that his rights under the DoLS are upheld, and one of his key rights is the right to appeal his deprivation. This means that a judge at the Court of Protection would review the deprivation and make a decision as to whether it is still appropriate and necessary for him to continue to live there, or whether alternatives need to be considered (e.g. him moving back home with a package of care and support).

Once I am back home I phone my line manager for guidance on the second visit. We discuss the case and make a decision that it is still early days for my client, as he has only been in the care home for a few weeks, and may therefore need further time to settle in. We agree that I will return to see him in 4 weeks instead of the usual 8 to monitor his wellbeing and establish if he is still unsettled and making attempts or asking to leave. If he is, it is likely I will then need to instruct a solicitor to support him with a challenge.

I can now write up my notes on our database for my first client and send an email to the DoLS team at City of York Council to say I am satisfied with her circumstances at present and I have no concerns about her care or her deprivation of liberty.

As my second client is new, I need to write a full and formal report for the DoLS team as this is my initial visit and I have concerns to report to them and actions I am going to take over the coming weeks.

It's now tea time and my daughter is cooking and I can smell the food, I am so hungry, my day is complete and I can enjoy my dinner!

I have been an advocate for my own family with disability issues and equal opportunities that have needed addressing. Working in the role of Advocacy for the last 15 years and supporting others has always been a passion and to work within the team I am a part of at present is a privilege and a pleasure.



Action Towards Inclusion



Between January
- March 2020,
we delivered:
45 Action Towards
Inclusion sessions

What is Action Towards Inclusion?

Action Towards Inclusion is funded by the European Social Fund and the Big Lottery Community Fund, and is a collaborative project involving a number of different organisations across York, North Yorkshire and East Riding as part of the national Building Better Opportunities programme.



Welcome Simona!

Another new member of the York Mind crew recently has been Simona, who joined us during lockdown working alongside Pam as ATI Project Lead.

Simona said: "So far starting a new job in lockdown has been an awesome challenge, which I'm really enjoying . I'm super excited to be working on the ATI programme again, where I can be part of creating positive changes to people's lives ."

It aims to offer long-term holistic support to people who are unemployed and experiencing difficulties relating to health, social exclusion, poverty & employability skills, to help overcome these and move closer towards job-search, training, education and employment.

Action Towards Inclusion



“It was really good... it gave me a purpose”

Anne-Marie, ATI participant

You can access support from
Action Towards Inclusion (ATI)
at York Mind if you are:

- ✓ Aged over 18
- ✓ Currently unemployed
- ✓ Finding it difficult to have the **self-belief, confidence** or **skills** to move into training or work
- ✓ Live in York, North Yorkshire or the East Riding
- ✓ Wanting one to one support to overcome challenges

Contact Action Towards Inclusion at York
Mind:

01904 666752 / ATI@yorkmind.org.uk

Mental Health Training

During this time we can still offer support and training for you, your business or organisation via our **Virtual Mental Well-Being Training**.

Courses offered are of varying length, using a virtual classroom facility as follows:

- **Mental Health Awareness** - General and Covid-19 Specific Versions
- **Mindfulness**
- **York Mind Mental Health First Aid** - General, Staff and Manager versions
- **Suicide Prevention**
- **Managing Stress and Anxiety**
- **First Aid for Mental Health** (accredited version)

We hope to be able to deliver **2 day Mental Health First Aid** on line from late June.

It terms of F2F training, we will be following government guidelines on social distancing and will offer our usual suite of courses when deemed safe to do so.

If we can offer help in any way during this difficult time, whether that is arranging a virtual course or just wanting a chat, please email our **Training Manager Mark**:

training@yorkmind.org.uk

Pets Gallery

Whilst our staff have been working from home, we have some new furry co-workers...



Nicola's dog Willow



Rab's cat Hugo



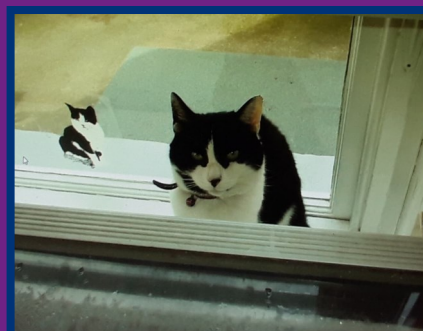
Saoirse's step-cats



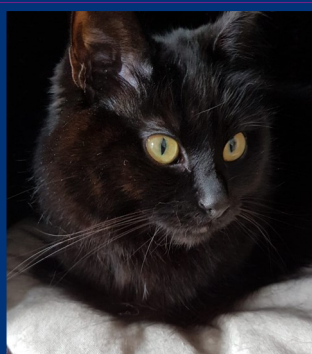
Two of Jo's 6 (!) pets



Jamie's dog Billy



Hazel's rainbow cat Kiki



Nikita's cat Morrigan



Holly's cat Merlin



Bev's dog Meeko



Lisa's floppy-eared bunny



Jay - Saoirse's pup



Mr Crosby, Di's cat

Virtual Fundraising

Why let event cancellations
stop you in your
tracks?



With so many mass participation events postponed or cancelled, you don't have to let this stop you from raising funds for better mental health.

Simply set yourself a goal to get active. Or challenge a group of friends to get active!

Want to do something as a group? Gather your team together - could be your local school, your street or a circle of your child's friends! Choose a (wipe-able) 'baton', run / walk with your child to their friend's house, pass the baton and they run onto the next house in the relay! Great for local community groups with children.

Register your Virtual Run / Challenge

What support do I get?

For everyone who registers their solo or team based Virtual Run or Challenge with us, you'll receive:

- Finisher's Certificate
- It's OK To Be Blue badge

....and if you raise over £50 you'll also receive:

- A York Mind running vest & chocolate medal



Registered with
**FUNDRAISING
REGULATOR**

York Mind is a registered charity - No. 1006759

 **mind**
for better mental health
York

Fundraising News

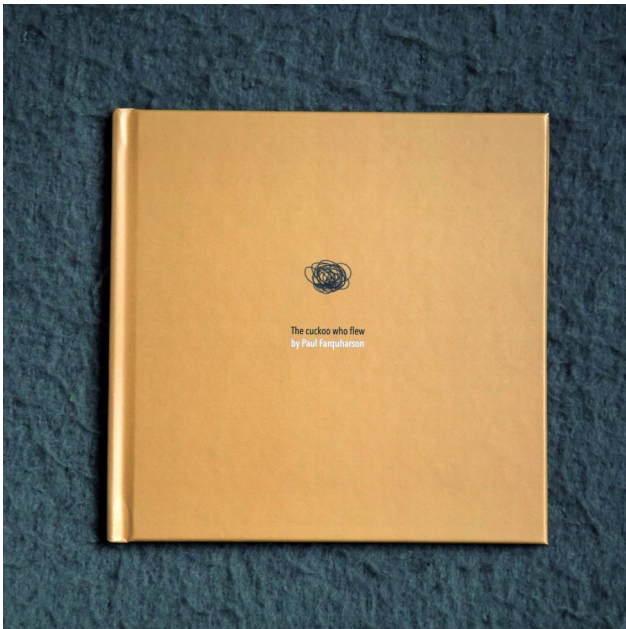


York Mind relies on the support and generosity of the people of York to continue our vital work.

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 / 07483 167 930

The Cuckoo Who Flew - out now!



Paul Farquharson, from York, who found himself with more time on his hands than ever before during the Coronavirus pandemic, has realised a 20-year long dream to write and publish his first picture book, to aid mental wellbeing.

The book is described as 'a tiny tale of a little cuckoo and a troubled mind'. Reflecting the author's own experience, the book cleverly uses stylized drawings and a simple storyline featuring our hero - the cuckoo - to highlight the importance of mental wellbeing, listening to yourself and taking a break from time-to-time.

Paul is kindly donating 50% of all profits to York Mind - thank you Paul!

'The Cuckoo Who Flew' is out now in printed copy and e-book

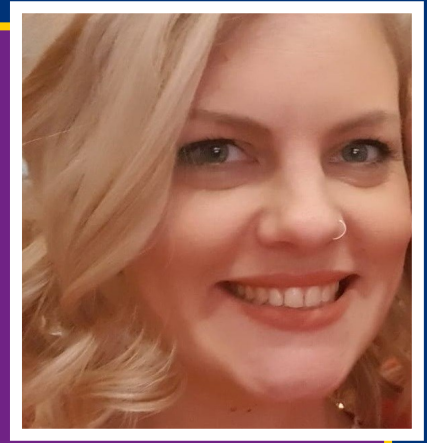
"Lockdown has allowed me the time to stop and think, and to pursue new creative outlets and ideas. "

Welcome Nicola!

Rounding off a quartet of new starters at York Mind during lockdown, we're pleased to welcome Nicola to the Fundraising team, as Community Fundraiser!

Nicola says:

"Having started during lockdown has been an interesting time to be sure - but 'meeting' everyone online has been fairly easy as the whole team are so welcoming! I am really lucky to be able to secure a Fundraising job that I love during the pandemic, and I'm really looking forward to meeting York Mind supporters, learning more about York's mental health services and the extent to which they help people, especially at a time like this. Plus, of course, actually meeting everyone properly when this is all over!"



Lauren, Poppy, Steph and Andrea's 600 Mile June

A team of four fantastic fundraisers from York have just completed their own gruelling challenge - to walk 600 miles between them during June 2020.

The team smashed their goals, by walking 753 miles and raising £1275 for York Mind.

Lauren said:

"Despite the aches and pains we are over the moon to have hit our target for York Mind, and although it's been tough, the challenge has been a positive experience in so many ways"



Fundraising News



www.yorkmind.org.uk/fundraising

York Mind is a registered charity - No. 1006759

 **mind**
for better mental health

York

Accessing support from York Mind



Make a Self-Referral

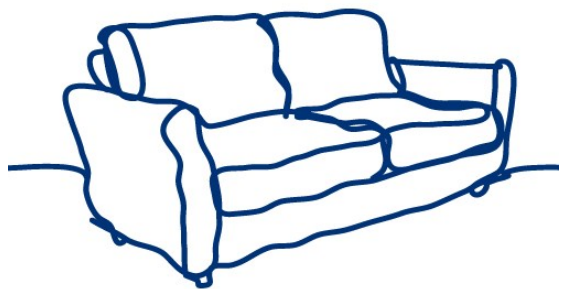
If you, or someone you know needs some support, York Mind is here to help.

We provide a range of **one-to-one** and **group activities** for people aged 8+, 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.

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

*(Please note that our building is not currently open to
visitors)*

Want to Unsubscribe?

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