

We are
York Mind.

Nightly
BILE BEANS
Keep You
HEALTHY BRIGHT-EYED & SLIM

Welcome to our Autumn 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. Moving Forward Together
- 3. Staying OK
- 4-7. Activities Programme
- 8-14. Upcoming Activities
- 15. Counselling
- 16-17. Self-care September
- 18. Young People's service

- 19. A volunteer's story
- 20. York Advocacy update
- 21. Action Towards Inclusion update
- 22. Training update
- 23-25. Fundraising update
- 26. Accessing support from York Mind
- 27. Contact us

Moving forward together.

We know that the Coronavirus pandemic has caused **exceptionally challenging** and **worrying** circumstances for many people.

If you feel that your mental health has become a problem, York Mind are still here. As the Government restrictions change, we're all adapting to new ways of doing things, in order to keep ourselves and those around us safe.

In light of the new Government restrictions announced this week (22 / 09 / 20), we are currently considering how we will continue to deliver services going forward. In the meantime, all of our work continues safely online or on the telephone - we are still here for you.

We look forward to re-opening in person, when it is safe to do so.

We will update our [website](#) and [social media](#) pages regularly, so please keep checking back for the latest information.

At York Mind, the wellbeing of our clients, volunteers and staff remains our top priority.

Please visit our website for the most up to date information + service availability:

www.yorkmind.org.uk

To make a self referral:

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

Staying OK

"Helping you stay mentally resilient in a changing world"

Are you ready for what life might throw at you?

Stressful events, or circumstances can knock us off balance.

Staying OK offers **free**, one to one coaching, and telephone support sessions, to help you build resilience, and prevent stressful events having a negative impact on your life.



Over **6 weeks**, our sessions can help you:

- Talk to someone who understands your mental health concerns
- Explore aspects of life that are not working as well as you'd like
- Identify and work towards meaningful and realistic goals
- Find solutions and coping strategies to support your wellbeing

1-1 Telephone Support - Our 1-1 telephone support, offers a designated space for people to talk through how they are feeling and coping currently. Sessions act as a safe place to check in, reduce isolation and identify coping strategies. Sessions may include providing information, or signposting to other services.

1-1 Coaching - Our 1-1 coaching provides structured and goal focused support. We will work with you to set a clear goal or objective, which you will need to be committed to working towards in a time focused way. Our coach will support you to progress your goal, and help you identify and work through any barriers to achieve this.

Who can access - These services are open access for people who are 18+, who **do not** identify with having mental ill health, but are struggling with their mental well-being currently due to Covid-19, or those who have accessed MH services **in the past** and are looking to prevent MH deterioration.

How to access - To apply please contact activities@yorkmind.org.uk or telephone 01904 643364 option 5.

Funding from the Coronavirus Community Support Fund, distributed by The National Lottery Community Fund, has helped us to provide this support. Thanks to the Government for making this possible.

Mental Health & Wellbeing Activities Programme

How to enrol:

Visit our website to complete an enrolment form

Contact us for queries:

01904 543354 (option 5)

activities@yorkmind.org.uk

It has been a really busy time in the Activities Service over the past few months.

We have been adapting our service delivery to facilitate more online Zoom groups, whilst continuing to offer much

needed 1-1 telephone support, to those unable to use the internet, etc.

We have seen an increase in people accessing activities to support their wellbeing, and recognising the importance of looking after their Mental Health.

And we are more than happy to help. We are at the end of the phone or email, to support you to find the right activity for you!

Our new Activities Brochure is live and we are working with 10 partners this year - York City Knights, Blueberry Academy, Explore York, Kyra, York LGBT Forum, Heart Wood Works, Portal Bookshop, RAY, York Carers Centre and Hoglets Theatre. With activities ranging from **Sports and Fitness**, **Mother and Baby**, **Dealing with Loss**, **Creative Cafes**, **Mindful Walking**, **LGBT Choir**, **LGBT gender support**, **Sunday Coffee Club** and a wide range of educational classes like **Mindfulness** and **Confidence and Resilience**, we hope we have something for everyone to enjoy.



Groups coming up...



Hoglets at Mind - Mother and Baby
storytelling and support group

Portal Bookshop -Gender
Adventure support group

Creative Writing

Hatha Yoga

Dancercise

Well-Being Peer Support

Assertiveness

Coping with Loss Group

Christmas Singing
Extravaganza

Recent feedback

“For someone that is really averse to being round people socially, Zoom meetings can ease you in, they’ve been brilliant for me. From the comfort of my own home I’ve been able to grow. Thank you York Mind for providing such great groups.”

“I really enjoyed the courses and cannot thank Jamie and Mark enough for supporting me and getting me on to them. I’ve learned a lot about myself and what makes me tick. I am looking forward to more groups with Mind now. I have also learned how to use ZOOM, which has been really good for me. I am shielding so I can still contact people this way.”

“I really enjoyed the telephone support sessions. They helped motivate me especially as our sessions were first thing in the morning. Worker* helped me realise qualities in myself that I didn’t realise I have. It was nice to have someone that I could speak to on a weekly basis and talk about what was happening in the week. Just the connection to have with someone in a non-judgemental way.”

How to enrol / refer:

Visit our [website](#) to complete an enrolment form

Contact us for queries:

01904 543354 (option 5)

activities@yorkmind.org.uk

More Activities...



Activities Facts

93% increase in enrolment numbers between April - June 2020.

60% of all enrolments coming from unique users

(people who would not normally identify with mental ill health but are experiencing MH/wellbeing decline)

Recent feedback

“The delivery of the course was excellent. It felt relaxed, welcoming and friendly, despite being nervous about being in a big group and using Zoom for the first time.”

“I am so pleased with York Mind and would like to help you in any way I can. You have really helped me turn a corner in my life and kept the door open for me if I need help. I know you genuinely care and I am not just a number. “

Welcome to Paula!

We have experienced a change in staffing in the Activities Team. Nikita Poli, our Administrator for 3 years has left York Mind to take on a new career challenge.

Nikita has played a significant part in the development of the service and will be greatly missed by clients and staff.

We have recruited a new administrator Paula Robinson-Ridge who brings a wealth of experience in client facing roles and is looking forward to meeting new clients, partners and contacts and supporting activities.

Daniel's story

Daniel has psychosis-hallucinations and voices, with schizophrenia. He engaged with York Mind via referral from the Early Intervention Team (EIT). Daniel had never used Zoom before and he surprised himself by how quickly he was able to go from talking to our staff on the phone, to talking via video-link. He was a bit like a kid in a sweet shop, and was too scared to hang up his landline in case we disappeared from his laptop. We did a few trial runs before he knew this would not happen.

As a result of the positive links with York Mind - Coffee Club, Covid 1-1 support, and attending a Confidence and Resilience course, Daniel has been able to reduce some of his medication and is taking big steps to go out of his home and do new things with his keyworker.



Daniel said he went out for a curry the other day with his worker. This is a first for him at 55. He now knows he likes curry!

HOGLETS WITH MIND

Introducing a special class for new mothers and their babies.

Hoglets With Mind is for any mummy who need a friendly group to spend a little bonding time with their babies and also a safe & supportive space to talk openly with others about how they feel.

Find out how to join at www.hoglets.org.uk



Assertiveness Skills

Do you find yourself saying **YES** when you really mean **NO**?
Would you like to communicate your views and ideas in ways
that enable you to feel heard and respected?

Our 6 week Assertiveness course will teach you techniques to help you speak up for yourself, with confidence, whilst communicating in an honest and respectful manner with others.

The content of the course will look at dealing with conflicts, making compromises and achieving better communication.

Becoming more assertive can boost your self-esteem and respect for yourself, as well as having a positive impact on your relationships.

Date: 20th October-24th November
2020

Day: Tuesdays

Time: 10 —11:15am

Venue: Delivered on Zoom Platform

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



Christmas Singing Extravaganza

With York Mind

*"If winter weather is getting you down,
And social restrictions are making you frown,
Come and join us over Zoom,
All from the comfort of your living room!
Make sure you've got a mince pie, or two,
We'll sing Christmas songs till the day is through!"*

Our singing group is a 6 week fun activity, open to anyone looking to boost their well-being through song. No previous experience is needed.

Date: 13h November-12th December 2020

Day: Fridays

Time: 10.30am-12noon

Venue: Delivered over Zoom Platform

Cost: Free

For further information, or to discuss a referral, please contact the Activities

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.

Date: 7th September—2nd November 2020 *(No group 14th September)*

Day: Mondays

Time: 10.30am-12.00pm

Venue: Delivered over Zoom Platform

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



York Mind Dancercise

Looking for a breath of fresh air when it comes to exercise?



Dancercise is a fun and inclusive way to get in your weekly exercise, whilst feeling energised and empowered.

Our 6 week class enables you to increase your fitness levels, at a pace that feels right for you. Dancercise provides you with a full body workout. It is an accessible form of exercise and can be adapted to everyone's abilities.

Our facilitator Georgie is qualified in dance and musical theatre and runs her own dancercise classes in York.

Why not join Georgie and make a positive start to your week?

Day: Mondays

Date: 7th September-12th October 2020

Time: 10:30am-11:15am (45 Minutes)

Location: Delivered over Zoom Platform

For more information or to sign up please call: 01904 643364 option 5 or email: activities@yorkmind.org.uk

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

HATHA YOGA AT YORK MIND

An 8 week course in Hatha Yoga, breathing
and relaxation techniques



Yoga is a gentle form of exercise, which helps to unwind the stresses; mental, emotional and physical, that we experience from day to day life.

It helps us to move mindfully, listen to our bodies, can improve flexibility, strength, and can have a positive effect on our mood and general well-being.

Date: 25th September—13th November 2020

Day: Fridays

Time: 10 —11am

Venue: delivered over Zoom Platform

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 643354 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 meets weekly and gives members a chance to share their feelings and experiences with others.

Over the course of the 8 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: 7th September 2020

Day: Mondays

Time: 2pm-3.15pm

Venue: Delivered over Zoom platform

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.

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Registered charity no. 1006759

www.yorkmind.org.uk

York Mind *Virtual*

Sunday Coffee Club!



Pop the kettle on and join our friendly, fun and interactive Sunday Coffee Club!

Our Virtual Sunday Coffee Club will take place online, so you will need internet access, a smart phone, tablet or laptop, and Zoom downloaded on your device to take part. Alternatively, if you do not have internet access you can dial in using a phone. Please let us know if you would prefer to dial in, so we can send you the details.

Join us for quizzes, themed afternoons, or for a chat!

Day: Sundays

Date: Weekly from Sunday 19th July

Time: 3pm

For more information or to sign up, contact:
activities@yorkmind.org.uk or 01904 643364 option 5.

Between April - June
2020, we delivered:

201 Adult Counselling
sessions

249 Young People's
Counselling sessions

Counselling

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



Welcome to Richard!

We recently welcomed Richard Cooling to team York Mind as our new Senior Counselling Coordinator. Richard says:

"My background in supporting people has been quite varied and diverse. I started out as a mental health nurse for the NHS in London working in mental health hospitals. This later developed into working for community teams, as well as a local charity that supported rough sleepers to get access to healthcare services.

I've always enjoyed working with people and my passion for therapeutic work progressed further as I decided to train as a counsellor. I really enjoy this one-to-one work now, the ability to support clients personal growth and witness improvements in their mental health, is a real privilege!

I'm keen to contribute as much as possible with my skills and experience, and looking forward to being part of the excellent counselling team and wider organisation at York Mind."

Young People's Counselling

CLOSED to new referrals

We hope to re-open this service soon. Visit our website for up to date availability + online self referral form

Contact us:

01904 543354 (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 543354 (option 4)

counselling@yorkmind.org.uk

Self-care September

Ideas for how to take care of ourselves, from our
Counselling team

Helen, Counselling Manager

“Hi, my name is Helen and I am the Counselling Manager at York Mind.

The past few months have been a strange time for us all, whatever our individual circumstances or situation. The Counselling team felt it might be helpful to share a little bit about us and **what we do to support ourselves**, especially during these strange and unprecedented times.

There is a saying that **variety is the spice of life** and I certainly do believe this to be the case in respect of self-care. Over the years I have developed a varied self-care ‘toolkit’, but it has definitely taken time to figure out what works best for me (and I am still learning).

In all honestly it really does **depend on what mood I’m in**. I love cooking (and eating it) and have recently discovered that I can bake an exceptionally good scone (see pic for evidence). I like to catch up with friends and currently I’ve mainly been using social media and good old fashioned phone calls to keep in touch. I love to be outdoors in the fresh air and around nature, and this can be anything from tidying up my garden, taking my dog for a walk, to walking in the Dales when I have the time.

If I’m having a challenging day sometimes I allow myself time to figure out what is going to be helpful; sometimes it’s just allowing myself to relax whilst on other days I’m not ashamed to admit that I enjoy cleaning and decluttering - I especially find hoovering therapeutic! The main thing that supports me is being Mindful. I don’t meditate or anything like that, but I have learnt to just sit and listen to my own internal chatter and then do whatever I feel is going to be best for me in that moment.

It’s so important to **listen to and acknowledge our own needs**. Sometimes I don’t always get it quite right and on those days I offer myself understanding and compassion, in just the same that I would support a friend. So I invite everyone to try to make one small act of self-care part of your to do list each day.”



Self-care September

Wendy, Young People's Counsellor

"My name is Wendy Beavers, I am one of the Young People's Counsellors. I find a walk or a bike ride, helps me feel more 'at peace' with myself, but at the same time, 'energised', if that makes sense. I enjoy the movement, feel 'free', taking in nature, feeling the weather, noticing what's around me and being in the moment.

I don't judge the activity, or try to get faster or fitter, I just experience it. It's very individual, but walking and cycling, makes me feel better. It doesn't change any worries or concerns, but it puts me in a calmer, more energised place to deal with them. It helps me to know I have a resource that gives me some distance and rest from any worries or concerns and maybe they lose their intensity, just a 'little bit', also helping me to gain a clearer perspective."

Luana, Senior Counselling Coordinator

"My name is Luana Pritchard and I'm one of the Senior Counselling Coordinators. I'm a registered Occupational Therapist and trained in Cognitive Behaviour Therapy (CBT). My passion is the natural world and I find time whenever I can to be in the countryside. I love to do long walks and immerse myself in the peace and quiet of nature.

I find this to be the ideal opportunity to unwind and the perfect way to take care of myself. Nature has enabled me to keep a balance between my work and home life which enables me to enjoy both separately.

I can recommend it!"

Haydn, Young People's Counsellor

"Hi, my name is Haydn and I am one of the Young People's Counsellors. I have worked with children and young people as a teacher, youth worker and university lecturer for more than 25 years. For most of this time I have also worked as a therapist and I am BACP accredited.

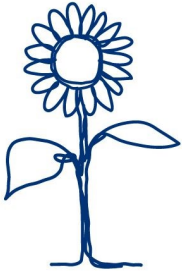
My busy working life has helped me to learn to look after myself, so that I am able to work across my different roles whilst maintaining as good a life / work balance as possible. For me yoga is a great way of properly relaxing. If I can, I usually go to the gym at the end of a counselling day and find this a really good way of switching off from work so that I can then focus upon my friends and family – not forgetting my dog, Titchie, who is the best therapist that I know."

Richard, Senior Counselling Coordinator

"Hi! I'm Richard, the new Senior Counselling Coordinator. Looking after our own mental health is important every day of the week, but even more so due to the impact of coronavirus on our lives. How we care for ourselves can take many forms, be individual and unique to each of us!

For me I like to walk in the countryside, read a good book or cook some of my favourite foods. These are ways I look after myself, but they won't be for everyone. Think to yourself, "what do I like to do?" and then go and try it. If it doesn't work, try something else. Playing around with your own ideas is part of the process and you might find something new about yourself or a new interest!"

Young People's Service



Updates from the team...

“Over the last 3 months, the Young People's Service has been working remotely, providing 1-1 mentoring over the telephone and running online video groups. The mentoring focuses on goal setting, breaking long-term goals down to short-term steps, which even during these difficult times has helped young people take steps forward with their mental health.

We've had lots of fun designing our different groups to run over video chat for 11-15 year olds and 16-21 year olds. These included the **Wellbeing Toolkit** exploring coping strategies, **Mindfulness** to promote positive mental wellbeing, **Visual Art & Self-Esteem** to use art to build self-identity, and **Communication & Self-Expression** to build emotional literacy and the ability to articulate feelings.

We've also introduced the drop-in, where any young person aged between 11-21, or a family member, can contact us on **07483167931**. We text back within 48 hours, and arrange a session within a week. This provides a form of support with no waiting list at all for young people.

Throughout lockdown, our wonderful Steering Group of young people have been advising us on how to keep the service accessible to young people. They've helped us develop options such as text based mentoring sessions and video call one-to-ones that help young people who would otherwise struggling to access the service get involved.

We've also been lucky enough to welcome 8 new mentors to offer support over the telephone, a few of whom have mentored with us in the past, and liked it so much they came back!

Between April -
June 2020, we
delivered...

154 Young People's Mentoring
sessions

“I now sleep better, feel closer to parents and can talk to them now about my mental health. I also feel able to spot toxic behaviour in relationships.”



Volunteering Story

Charlotte, a York St John Student, tells of her experience of volunteering with York Mind

“For my second-year work placement, I volunteered with York Mind undertaking three different roles.

In June 2019, I started as a **Group Activity Assistant** for their 16-21 Support Group, which involved taking part in group activities supporting the young people, discussing mental health in general and how it was personally affecting those attending the group, carrying out various mental health and non-mental health related activities, such as playing card games (Uno was a particular favourite of the group, although it could get rather competitive... mainly me!).

As a group, we would also go for trips to various places with personal highlights being an escape room and a cat café. We would also have monthly speakers come in to talk about various aspects that could influence mental health. A rather interesting speech was from a York St John Psychology lecturer who talked about bullying. This was a fantastic way for the young people to participate in discussions which **helped to enhance their own confidence and social skills.**

As my rapport grew stronger with the mentees, I was also assigned the role of a **1:1 Mentor**, wherein I would have a session with another mentee and we would set agreed goals about what they wished to achieve through the sessions and both engage in conversation about their mental health, as well as go through activities that enabled them to further explore issues.



Although I had completed my required 75 hours at the beginning of March, I enjoyed volunteering with York Mind so much that during the lockdown I **continued to perform as a mentor via phone.** Volunteering with York Mind was a great experience, as it both gave me transferable skills that I currently use in my new job as a support worker with United Response, taught me valuable lessons in how to deal with certain situations that I had never been exposed to in previous voluntary roles and brought me a gratifying sense of achievement.

My colleagues at York Mind were remarkable people, both professionally and personally, and **seeing the positive transformation of the young people is something that will always stay with me.** Whilst some days there were challenges that arose, this only added to the variety, and the end goal of seeing a young person go home with a smile on their face that they didn't have when they came into the building was the ultimate reward. Even if I entered with a frown from having a bad time, it was always guaranteed I would also be the one to walk away with a smile.

I **cannot recommend, nor thank, York Mind enough for the enriching experience** I had with them. If you wish to undergo a mentor role for a placement, I can promise you that you will finish with an abundance of knowledge and fantastic memories from colleagues and mentees alike. I, for one, will always look back fondly on my work placement.”

York Advocacy Hub

The York Advocacy Hub team have continued to support people during the pandemic. We are now carrying out more face to face client work in some areas of advocacy.

We are proud to announce that four of our advocates have also completed their Independent Advocacy Qualification this quarter.

Between April - June 2020, the team supported **350 people** and took on a total of **146 new cases**.

How can York Advocacy Hub help me?



I need **help removing barriers** to access services

Contact us about
General Advocacy

I want to make a formal complaint about my **NHS care**

Contact us about
NHS Advocacy

I have been sectioned and want to understand my rights

Contact us about
Independent Mental Health Advocacy (IMHA)

I have difficulty understanding **decisions about my care**

Contact us about
Care Act Advocacy

I need support with my/my relative's **Continuing Health Care (CHC)** assessment

Contact us about
CHC Advocacy

Someone I know is being **deprived of their liberty** in a care setting

Contact us about
Relevant Person's Representative (RPR)

Someone I know lacks **capacity** to make decisions about their care

Contact us about
Independent Mental Capacity Advocacy (IMCA)

Live in York?

Self-refer & find out more:

01904 414 357

www.yorkadvocacy.org.uk

Registered charity no. 1006759



Action Towards Inclusion



Between April - June 2020, we delivered:

43 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.

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.



To discuss a self-referral, contact
Action Towards Inclusion at York Mind:
01904 666752 / ATI@yorkmind.org.uk



York

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**
- **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)**

It terms of F2F training, we will be following government guidelines on social distancing and will offer our usual suite of courses on a case by case basis, 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

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

Mindfest York goes virtual

We're pleased to be hosting our **free** annual music festival, Mindfest York, online between **25th - 27th September 2020**.

For 2020, we're going **virtual** so you can enjoy the music from the comfort of your own home!

Between **5pm - 9pm every night**, you can watch 4 - 5 local musicians / artists performing via livestream directly from the [York Mind Facebook page](#).

Mindfest York, in conjunction with [York Food & Drink Festival](#), normally happens across 9 individual evenings in the Music Marquee on Parliament Street, featuring fantastic local live bands, musicians and performers to accompany the wide range of food and drink stalls on offer.

The Food & Drink Festival is going ahead this year, but is a smaller and COVID-safe event, between 25th - 27th September. So, if you're going for the full 2020 experience, you can still head to Parliament Street to pick up some tasty take-home treats during the day, then enjoy them whilst watching Mindfest York from home!



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



Soldiers take on 24 hour running challenge

Fundraising Manager Holly had the honour of meeting Sgt Daniel Blackburn and several other members of the 94 (New Zealand) Battery from Topcliffe, who recently raised a fantastic £714.93 for York Mind from their '24 for 24' overnight relay challenge. A team of hardy runners lapped the airfield for a full 24 hours, to represent the 24 hours a day people experience mental ill-health.

They managed to complete their challenge and raise funds for both York Mind and forces charity 'Forever Fourth'.

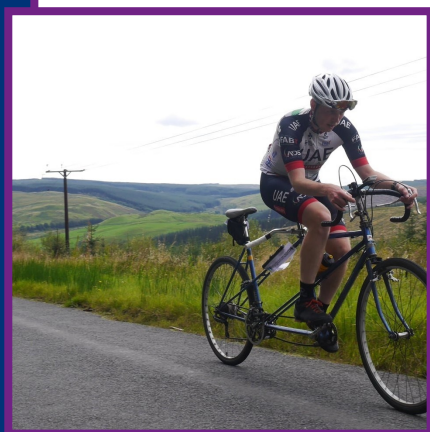
Sgt Blackburn said: "Mind York do fantastic work in the community supporting individuals recovering from mental ill-health. The event went well and it was great to see a large turn out from all our different departments. Everyone's definitely had a chance to get some rest now, I know I was feeling shattered the morning after. We wouldn't have been half as successful without your continued support!"



Scott's epic solo tandem ride from Land's End to John O'Groats

Intrepid cyclist Scott Caul recently scaled the length of the country by himself, on a restored vintage tandem bicycle, to raise funds for York Mind & York Teaching Hospital Charity. Scott, who works at York Hospital and wanted to honour all those impacted by the virus, has raised over £3500 at the time of going to press - wow!

Scott said: "If I can lug a £100 22.2kg 1971 tandem, 907 miles up 44,549ft across the country in 10 days, you can do anything with the right will and support. You are never truly alone."



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

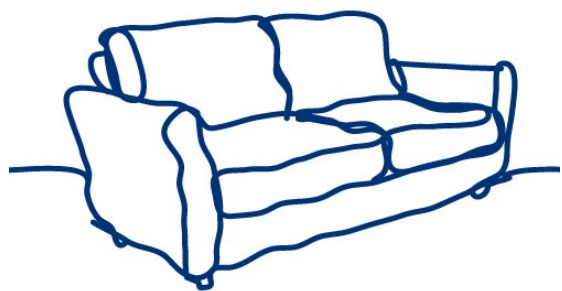
If you, or someone you know needs some support, York Mind is here to help.

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

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6BP

*(Please note that our building is not currently open to
visitors without a prior appointment)*

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