Mind Your Mates 2020

Week 5: Keeping In Touch

This week aims to:

- Share details of the services and work that we do within the community

- Give you and your team fundraising ideas to help further support the work of York Mind

- Explore how you can keep in touch with us and keep supporting the mental health of those around you

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A final hello,

Welcome to the final newsletter for this year's Mind Your Mates campaign – we hope you've found and continue to find these resources useful, in your personal lives and whilst at work.

This week we wanted to share a little about what we get up to at York Mind, the services we provide, and how you and your workplaces can keep in touch and work with us in the future.

To **continue working towards a society with more understanding and less stigma surrounding mental health**, it's vital that we continue to connect with local individuals and businesses, who want to make a difference.

We couldn't do this without you – so let's stay in touch.

What do York Mind actually do?

York Mind exists to help make life that little bit easier for those living with mental health conditions, encourage recovery where possible, and to promote emotional well-being and independent living.

- **Counselling** – *(adults & young people)* – We offer a regular space to talk about issues you have in your life with a counsellor. Our counsellors have the skills and training needed to help you to explore your feelings and guide you through the issues affecting you

- **Advocacy** – we deliver an advocacy service in York, which can help you with choices affecting your treatment, care or support, tell you about your rights, help you find your voice, and assist you to access specialist advice and support (e.g. benefits, legal advice etc.)

- **Mental Health & Wellbeing** Activities + Peer Support – free group activities for individuals (ie. Sunday coffee clubs, yoga sessions, courses on assertiveness, participatory music groups)

- **Young people's services** – one to one and group based services specifically for young people (8-25) such as group sessions on emotional wellbeing, mindfulness skills, self esteem, how to talk about feelings and mentoring

- **Action Towards Inclusion** – one-to-one support from a key-worker to help you access the right support for you as an individual (financial advice, employability skills, well-being and personal development activities etc.)

- **Staying OK** – Free one to one coaching and telephone support for developing awareness & skills to prevent stressful events from having a negative impact on your life.

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Mental Health Training

We provide training to a wide range of organisations in York and the surrounding areas including:
corporate clients, schools, colleges, local businesses and other local charities.

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
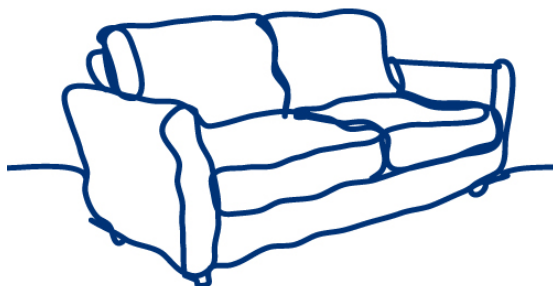
Accessing support from York Mind

Make a Self-Referral

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

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

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Help us by fundraising for York Mind

York Mind relies on the support of the local community to continue our vital work.

Fundraising can be a great way to bring teams together and inject a little bit of fun into your workdays!

Bake-offs, raffles, sponsored walks or bike rides, fancy dress days, crafty afternoons... let your team relax and have fun with each other, and in turn help York Mind reach those who need us.

We can offer all the support you need to make it happen. Pick what works best for you, let us know about it, and we'll help you make it a success!

fundraising@yorkmind.org.uk

Or call us: 07483 167 930

Different fundraising ideas

Looking for your next **charity of the year?**
Would your staff like to **volunteer with us?**
Fancy setting up **Payroll giving?**

How about shaping your fundraising around these key dates?

February – Time To Talk Day
March – It's OK To Be Blue month
April – Stress Awareness Month
May – Mental Health Awareness Week
September – World Suicide Prevention Day
October – World Mental Health Day
November – National Stress Awareness Day

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Make a one-off donation

If you're short on time but would like to support the work of York Mind by making a donation, we would really appreciate it

Your donations mean that we can continue and expand our life-changing support for people in York.

Just £26 could fund 1 hour of one-to-one counselling at York Mind.

To make a donation, simply visit:
http://www.justgiving.com/YorkMind

York Mind is a registered charity – No 1006759

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Wait! The person I want to help is not in York

Mind is a national charity; however not everyone knows that in addition, there is a network of independent local Minds delivering services to local people in towns and cities.

If you would like to find out where another local Mind is, you can search by city / postcode here:
https://www.mind.org.uk/information-support/local-minds/

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A big thank you!

A huge thank you for participating in this year's Mind Your Mates campaign with York Mind.

We hope you've found the newsletters and activity packs useful within your workplaces, and we hope you've found the resources helpful to open up the dialogue surrounding our mental health and well-being.

We would love to hear how you've found this year's campaign, if you have the time please fill in our feedback form

Email: fundraising@yorkmind.org.uk
Or call us: 07483 167 930

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