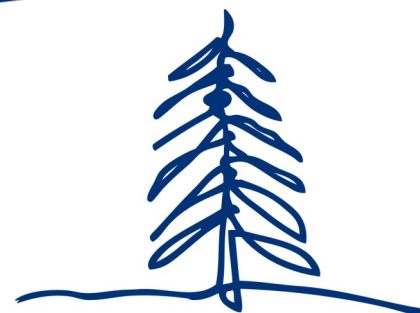




**We are
York Mind.**

Welcome to our December 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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End of 2020 message
from

Alyson Scott

CEO, York Mind



Merry Christmas everybody.

As we draw closer to the end of 2020, thoughts turn to the year we have been through. A year no-one could have anticipated in December 2019.

In February, I returned from holiday in Seville, not realising that life was going to change for us all in a way I couldn't have imagined. The impact on the collective mental health of society has been huge and will continue to be so for some time to come.

Throughout this, our staff, volunteers and people who support York Mind through fundraising and awareness raising have risen to the challenge and if I am to take one positive thing from this year it will be the way we efficiently and speedily moved all our services from face to face delivery to a whole variety of online platforms. As a result, we are reaching out to people who would have never come to our building. Support from individuals, communities and businesses has been incredible and will help us continue providing services as demand continues to increase.

I write this on the day we have seen the first person vaccinated against Covid-19. Hang on in there everybody, and to steal a phrase from Doctor Who:

"Well done. Well done everyone! We're halfway out of the dark"

Alyson



Christmas Contact Information

York Mind

Tel: 01904 643364

Email: office@yorkmind.org.uk

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

Address: Highcliffe House, Highcliffe Court, York, YO30 6BP (visitors currently by appointment only)

Services are closed from 3pm Thursday 24th December 2020 and will resume 9am Monday 4th January 2021.

York Advocacy Hub

Tel: 01904 414357

Email: office@yorkadvocacy.org.uk

Web: <https://www.yorkadvocacy.org.uk>

Address: 30 Clarence Street, York, YO31 7EW (offices currently closed until further notice)

Normal Services will close 3pm Thursday 24th December 2020 and re-open Monday 4th January 2021.

However, on call service is provided for urgent Independent Mental Health, Independent Mental Capacity and Care Act Advocacy:

- Tuesday 29th December
- Wednesday 30th December
- Thursday 31st December

This service is available 9am - 5pm on 01904 414357 for the above dates.

Mind Infoline

Infoline: [0300 123 3393](tel:03001233393) - Email: info@mind.org.uk - Text: [85463](tel:85463)

Open 9am - 6pm (closed 25th, 26th, 27th, 28th December 2020 + 1st January 2021)

Crisis / Out of hours contacts

Please visit [this page](#) to view our full list of local contacts for those requiring crisis care during the festive break.

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. **Staying OK is not a replacement for Counselling, or for those in crisis.**

How to access - To enrol 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.

News from Staying OK

Covid-19 has challenged us this year in ways that were hard to imagine 12 months ago.

We ALL need to look after our own mental health and well-being to navigate this difficult time. Ask yourself – how am I? Then ask again – How am I really?

At York Mind we understand that a lot of us have been thrown off track and our lives have changed significantly. Sometimes we need a bit of support – York Mind are here to help.

Thanks to the **National Lottery Community Fund** we are able to offer that help – 1:1 Well-being coaching and 1:1 telephone support are available. Take that first step to find out more.

We are now accepting self-referrals.

Email: activities@yorkmind.org.uk or Telephone: 01904 643364 option 5

Recent Staying OK feedback...

“I really valued the sessions with Hazel and the offer of the service from York Mind. The staff are all really lovely and it has really helped me to move on from a dark place into the light”

“Without the chats with Nick and helping me to find a path forward, I would have struggled to get back to work and feel confident about it”

“The positive, constructive, and considered feedback from Nick provided food for thought on ways forward to maintain my mental health, and look to the future”

“In the past I have struggled with mental health problems and had to get to a really difficult point before being able to be referred for any support. This project intervened at the right time to develop strategies that I hope will mean that point isn't reached again”

Mental Health & Wellbeing Activities Programme

Enrol on an activity:

Visit our website to complete an enrolment form

Contact us for queries:

01904 543354 (option 5)

activities@yorkmind.org.uk

York Mind and our 10 community partners - [Kyra](#), [York LGBT Forum](#), [York City Knights](#), [Heart Wood Works](#), [Blueberry Academy](#), [Hoglets Theatre](#), [York Carers Centre](#), [Refugee Action York](#), [Explore York](#) and [Portal Bookshop](#), have been very busy adapting our activities in response to the pandemic. We have moved a

lot of our activities on line, but hope that from January 2021 we can get back to some face to face groups.

We have re-launched our brochure for 2021, so have a look at our new programme dates!

Upcoming Groups:

- Learn to Dance
- Managing Anxieties
- Winter Arts and Crafts for Well-Being
- Pathways To Health and Well-Being
- Eating Well for Good Health
- Building Confidence and Resilience
- York Mind Book Club
- Well-Being Peer Support

You can find full details of the upcoming groups later in this Newsletter!



Welcome to Oliver & Gavin!

We have recently recruited a new Administrator to the Activities Team, Oliver Harris. Oliver is busy getting to grips with all the activities and meeting clients and staff.

We have also recruited a new administration volunteer, Gavin Dickinson. Gavin accessed some of our activities during the first lockdown and loved how they support people's wellbeing. He loved them so much he offered to join the team and now supports people to access the groups. Find out more about Gavin later in this Newsletter!

Recent Activities feedback...



"The class itself was exactly what I expected and what I needed.

The group was kind and respectful of one another and Jo was a great leader and did a fantastic job at keeping things light and pitched at just the right level. I also liked that there was no obligation to participate in the exercises or share if you didn't feel like it."

"The Hatha Yoga group was excellent. Having something to look forward to during lockdown and/or to break up the week. Still being able to do the exercise activity despite Covid restrictions was fantastic and helped my mental health and fitness after months of doing little. I feel an increased sense of wellbeing and relaxation."

"From the start the service has been 5*. Even ringing up to find out about the groups and sign up, people listened to me. That felt so important as I felt quite isolated in lockdown."

"The group helped me to realise what I need to do next in terms of my recovery. It exposed my feelings about abuse in my past and made me realise I need to work on these things to get better. As a result of the group I have signed up for counselling, which I had previously avoided, as too scared to face demons. The group gave me the confidence and support I needed to feel able to tackle the next step."

How to enrol / refer:

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

Contact us for queries:

01904 643364 (option 5)

activities@yorkmind.org.uk

Managing Anxieties

Is worry and stress keeping you up at night?
Would you like to feel calmer and more in control of anxiety?



We all experience stress and anxiety at times. It is a normal part of life. But too much can adversely affect our mood, our body and our relationships.

Our 8 week course will help you learn how to recognise your personal stress and anxiety triggers, and learn simple practical techniques to manage these feelings.

As a group we will learn together, in a relaxed and friendly space. We will help each other to manage our anxieties, and share ideas to feel calmer and more relaxed.

Dates: Tuesday 19th January– 9th March 2021

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.

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: 11th January —1st March 2021

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.

Registered charity no. 1006759

www.yorkmind.org.uk



"Winter Well-being Arts and Crafts"

Thursday 21st January-18th March 2021

1-2.30pm (Zoom)

Start the New Year with York Mind, and take part in some exciting art and craft activities. Lets make some creative connections in a friendly and supportive environment.

After a challenging year, our group aims to help us relax, recharge and express ourselves, whilst connecting with others.

The sessions will run online via Zoom, we can help you set this up. The group is open to all abilities and **free** of charge, but you will need to provide some of the art materials you use.



For further information, 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 Book Club



Do you enjoy relaxing with a good book?
Would you like to keep motivated to read regularly?



Book clubs are the perfect way to keep reading, talk about what you're reading, and meet other people. And you don't even have to leave your house to join!

Reading stories can offer a space to explore different views and opinions, unlock ideas and boost creativity. Reading is also a great way to de-stress and relax.

Our Book Club offers you a space to explore themes and ideas with other readers and make connections.

**This group will meet every two weeks starting
Thursday 7th January 2021**

Time: 6:30pm—8pm

Venue: Delivered on Zoom platform

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

Registered charity no. 1006759



Learn to Dance with York Mind

Improve your fitness whilst having fun



Join us for 6 weekly sessions, learning different dance styles, including Bollywood, Street Dancing and Twerking!

No experience is necessary-just a wish to have fun and express yourself through dance and music is required.

Our dance teacher Jas will guide you through the sessions, building up your confidence and skills.

Dates: Tuesday 12th January-16th February 2021

Time: 6-7pm on Zoom platform

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

Pathways to Health and Well-being



Has lockdown affected your health and well-being?
Would you like to explore ways to look after yourself better?

Our Pathways to Health and Well-being course offers a range of information and skills sharing, to support positive well-being. Over 5 weeks we will explore topics including: food and mood, physical and mental activity/ exercise, managing stress and anxiety, mindfulness, sleep and relaxation, and connecting with others. You will have the opportunity to share thoughts and ideas with other participants, and support each other to take positive steps towards better self care. Lets grow together!!

Date: Wednesday 13th January-17th February 2021

Time: 1pm-2.30pm

Venue: Zoom platform



To discuss a referral, please contact the Activities Team at York Mind by email: activities@yorkmind.org.uk, or call 01904 643364 option 5.

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



Eating Well for Good Health



Our 8 week group aims to help:

- Explain the relationship between 'Food and Mood'.
- Boost your confidence and knowledge, to Eat Healthily and making positive nutrition choices.
- Provide weekly, easy, low cost recipe ideas.
- Implement your own tailored food support plan, in case of a decline in mental health and well-being.

You will have the opportunity to share ideas and learn tips from other group members. We will also provide weekly, step by step recipes to try in your own time.

Dates: 24th February– 14th April 2021

Day: Wednesdays

Time: 1-2.30pm

Venue: Zoom online platform



For further information, 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



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: 23rd February—30th March
2021

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 643354 option 5.

Registered charity no. 1006759

www.yorkmind.org.uk



Mindful Walking Group

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



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

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

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

Date: 1st February-22nd March 2021

Day: Mondays

Time: 1-2.30pm (including refreshment break)

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

Cost: Free

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

Registered charity no. 1006759

www.yorkmind.org.uk

Evening Mindfulness at York Mind



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

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

Date: 2nd March –20th April 2021

Day: Tuesdays

Time: 6:30-8pm

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



Building 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 8 week course looks at practical ways to manage our emotions, by exploring how we think and behave. As a group we will reflect on how we can change our thoughts, so we can feel more confident, resilient and connected. Together 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: 8th March—10th May 2021
(No group on 5th April or 3rd May 2021)

Day: Mondays

Time: 1pm-2.30pm

Venue: Delivered over Zoom Platform

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.



Counselling

Adults (daytime + evening)

Carers Counselling

Young People's (16-25)

Some lovely feedback for Carers Counselling...

"My experience of York Mind has been excellent from start to finish. Like most people who are referred I wasn't sure how to cope with the trials I was faced with.

My counsellor gave me the opportunity to be open and honest and I felt able to discuss things which I had been scared to talk about. I was told that a counsellors role wasn't to tell you what to do but to help you realise what you needed to do for yourself. It certainly helped, and towards the end of the sessions, I was actually able to see my situation in a more positive way. Don't be scared to accept help through counselling as I felt for me, it was an extremely helpful, positive experience."



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

Thank you to our volunteers

This month, we'd like to say a big thank you to our incredible volunteer team, who have helped bring so many people through this tough year...



Words of thanks from Helen, Counselling Manager

"The York Mind General & Carers counselling service would simply not exist without the commitment of a team of wonderful people who give their time, skills and knowledge freely on a weekly basis. We have about 20 volunteer counsellors working with us at any one time. This includes some who are working towards completing qualifications and a number who have already qualified and remained with us. **Between them, they enable us to offer between 30 to 50 counselling sessions per week.**

To put this into perspective, this meant that last year alone we were able to offer over **1700 hours of support, enabling 171 people to access affordable counselling sessions.** Amazing!

Traditionally, everything York Mind do (including counselling) was held face to face at our premises at Highcliffe House. All of a sudden this wasn't safe anymore and, with a passion to ensure our services remained available, we had to quickly rethink how we did things. The one thing we knew for certain, was that we would find a way to keep on providing our service, and **the safest option for all meant moving as much support as possible to telephone and online support.**

Whilst face to face, telephone and online support can all offer huge benefits and help in different ways, the process of delivering counselling via virtual methods requires use of different skills and practical considerations. **This was not only a big change for people using our service, it also involved a big ask of our team of volunteers.** There was much for them to think about such as did they have the privacy and technology to 'work from home'? How would it be for them not being there in person? How did their skills and approach fit with this way of working? Such decisions involved consulting with York Mind staff, clinical supervisors, the BACP (our counselling ethical body) and (for those still in training) tutors to help them make the right decision that was right for them and the people we support.

In super quick fashion, those that felt able to work in this new way quickly got to grips with making all and any necessary adjustments. Alongside learning our new way of doing things, for many this involved completing BACP recommended training and learning about this thing called Zoom (a platform for holding video calls which to be honest I and others had rarely heard of before, because we hadn't needed to!). Fast forward a few weeks and we started to offer our first telephone sessions. **This enabled us to continue to provide 551 sessions to over 55 people,** many of who would have otherwise struggled to access counselling sessions. Fast forward a few months and, following much work to make our premises 'Covid Secure', we have recently started to resume some face to face sessions with a plan to offer more in the New Year.

None of this would have been possible without the dedication of our team of volunteer counsellors.

They are simply all superstars. The York Mind team give their thanks for everything all our volunteers - past, present and those that we look forward to welcoming back soon - do to help us reach as many people as possible.

Thank you, thank you, thank you."

Volunteers... in their own words

Lucy, Volunteer Counsellor

"I've been working as a volunteer counsellor at York Mind for two years, having worked as an Advocate here previously. It's really important to me to be able to offer some of my time, as I was fortunate to receive some Carers Counselling here a number of years ago, which was one of the reasons I was inspired to qualify as a counsellor. It feels a real privilege to contribute to the service, as I know personally how valuable that support can be.

I'm really pleased that York Mind adapted so quickly to the pandemic, allowing the Counselling service to continue to offer support at such a challenging time. At the start of lockdown, moving to online/telephone counselling did put me out of my comfort zone! But I'm so glad I challenged myself, primarily as it felt so important to provide some continuity for clients, but also because my new skills and ways of working mean I can now offer greater flexibility and choice for clients in how they access counselling. In that respect, it feels as though some positive change and an enhanced counselling provision has come out of this difficult time.

I'm excited to be back in the York Mind office offering some face-to-face sessions to clients who need this support. Initially I was a little apprehensive, but the team have been really supportive, and all safety aspects have been carefully managed, so my focus can remain on the clients and our work together."



Volunteers... in their own words

Gavin, Activities Team Volunteer

"I first became involved with York Mind in 2014 when my GP recommended that I look at Mindfulness to help me with my newly diagnosed Bipolar Condition. In 2020 due to shielding and a close bereavement I decided to apply to join a number of activities, which have been a huge help in these tough and personally hard times, and found them to be of great benefit and support, learning new techniques to manage my wellbeing.

As a volunteer in the Activities Team, my role is to process enrolment forms for different activity groups, speaking to clients regarding their needs and expectations, and also advising them on which activities may be suitable for them. I also have to collate the feedback forms and provide reports for partners on the success of the activities.

I enjoy everything about my role, the support we offer to people, and the understanding I can help bring to people who are looking for help and assistance in their time of need. I really enjoy speaking to different people, having conversations about how York MIND can help them and the great activities we offer. I am proud to volunteer with York Mind and give something back to the organisation that has really helped so much with my wellbeing."



Tricia, Fundraising Volunteer

"I first got involved with York Mind some years ago when my daughter Holly became the Community Fundraiser for the charity. As a big supporter of people's mental health I was only too happy to help and get involved with volunteering. Over the years I have been lucky enough to be involved in numerous supermarket bag packs and collections, York Barbican collections, information stalls at York Pride, York Uni, Rowntrees Park, York Food and Drink Festival, York 10k, Bucket collections at Mindfest York and one of my favourites of all, the Christmas and Spring train station collections. I'm very sad that due to the pandemic this year we haven't been able to do many of these things. However, this year I helped to get the Self-Care Starter Kits ready for sending out, made a small 'thankyou York Mind' video clip to be included in a charity recording and shared York Mind's social media posts to help spread the word about the services. The best thing about volunteering with York Mind is you get to meet and speak to people who share their stories, good and bad, with us and if you help just one person during an event either by passing on helpful info or just lending a listening ear then it makes it all worthwhile. This pic sums up how volunteering feels. It's a lot of things but above all, it's fun."



Young People's Service

Our support for people aged 8-25 years



Service Status

Text Drop-In: OPEN

07483 167 931

(For young people, parents & guardians)

Unavailable 25th Dec - 4th Jan

Online Groups: OPEN

(For young people aged between 11-25 years old)

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

Contact us:

07483 167 931

youngpeople@yorkmind.org.uk



Welcome to Nicky, Wellbeing Education Coach

“My name is Nicky Hainsworth and I am the new Wellbeing Education Coach for York Mind. As a result of this challenging year, my role is to offer free of charge wellbeing support and training, specifically to staff in Education Settings.

The training looks at positively supporting Staff Wellbeing, in the context of Covid-19.

This aims to prevent longer-term mental health problems developing, as well as helping to manage and support those who have pre-existing difficulties, that may have been exacerbated by coronavirus. The programme aims to support staff working in Schools and Colleges to respond to the additional pressures as a direct result of the pandemic, as well as any emotional response they, their colleagues or their students may be experiencing from bereavement, stress, trauma or anxiety over the past months.”

Contact Nicky for further information:
Nicola.hainsworth@yorkmind.org.uk



www.yorkmind.org.uk/YP

York Mind is a registered charity - No. 1006759

York Advocacy Hub

Our Advocates are still doing some limited face to face work in care homes and hospitals where clients are unable to communicate via video call/phone. All these visits are risk assessed and staff are wearing appropriate PPE.

If people are struggling to access services during Covid, they can contact the Advocacy Hub and discuss whether having an advocate would be appropriate.

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



Visiting Care Homes During Covid

We know that during the Covid 19 pandemic it can be very worrying and upsetting if you have a relative or friend in a care home who you are unable to see. Care homes do have a responsibility to keep their residents safe and reduce the risk of infection, but as visitors, there is also guidance around visiting people in care homes that we want you to be aware of.



The Government Guidance states that:

“The first priority is making sure those in care homes receive the care and support they need. That includes making sure that residents are not put at avoidable risk of contracting COVID-19, which can have such a devastating impact if it spreads through a care home, infecting vulnerable residents and potentially care staff. The guidance also recognises that receiving visitors is an important part of care home life. Maintaining some opportunities for visiting to take place is critical for supporting the health and wellbeing of residents and their relationships with friends and family.

Therefore, in order for visits to happen, the provider needs to assess and balance the risk of local prevalence and the ability of the care home to manage the visit safely. This dynamic risk assessment must formally take into account the advice of the local Department of Public Health.”

The guidance states that **where it has been identified that harm will take place if someone has a lack of visitors, then it should be considered whether visiting can safely take place.** Each resident in this case should have a risk assessment which identifies how they could safely meet visitors, using the lowest risk method possible. This might be seeing someone through a window for example, or in an isolated room.

A care home or supported living setting **cannot make a blanket decision that no-one will receive any visitors.** This is in opposition to a person's human rights. They should have a visiting policy which clearly sets out the processes they are taking. If you are concerned that a care home or supported living setting is preventing a resident from accessing visitors, you can take the following steps:

1. **Ask for the reason as to why someone cannot have visits,** and a copy of the home's visiting policy. The reason might be based on the high risk to the person from contracting Covid 19 versus a lower risk from not having visitors. However alternative arrangements should be able to put in place such as a regular video or phone call.
2. **Check the resident has a risk assessment in place** and ask for the outcome of the risk assessment and why the risk can't be minimised. If a home have identified a resident cannot have visitors, a risk assessment should support this by highlighting the risk is too high for the resident and there are no ways to minimise this risk. This should be in line with the home's visiting policy.
3. **Raise an informal complaint** with the home in the first instance – explain why you feel the resident should have a visitor, and ask for a discussion about how visits could be safely facilitated.
4. If you feel that this is still not resolved, **ask for a copy of the home's formal complaint process** and follow it. You can also contact the Care Quality Commission if you feel that the home has not followed the government guidance.

Action Towards Inclusion

June - Sept 2020:

13 people set personal goals: 6 fully met, 4 partly met, 3 not met (1 started on 29th September, 2 were not fully engaged in the programme)

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 courses**
 - **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

Training... Recent news

Mark, Training Manager, says:

"I recently delivered 4 x 2-day MHFA sessions to the nursing staff at **York and Scarborough Hospitals**. It has been a challenge, social distancing, huge room to project voice over, sanitiser, masks, etc.

We also had to adapt the course as a lot of the exercises needed changing to fit the rules – but plenty of lighter moments along the way including watching Yorkshire v Durham (under 15s) cricket from the fabulous balcony in the sun during breaks!

A shout out to the venue provider – Liz and Kevin at **York Sports Club** on Boroughbridge Road - who performed miracles to make the venue as safe as possible and provide us with tea, coffee and amazing paninis!

I've also developed a new 2.5 hour **Suicide Prevention course** (to replace SafeTalk while we are not allowed to deliver this). This has been delivered in conjunction with City of York Council and other providers.

We have a large contract with **North Yorkshire County Council (NYCC)** to write a new suicide prevention course for them and then train their trainers to deliver it. This is a six month project and I am hoping Covid will allow a meet up with NYCC trainers to begin the instruction section in March 2021.

I've also developed a new '**Well-Being Challenge**' hour long session which has gone down well. One hour, 8 challenges that delegates **MUST** try in the next 7 days. All things that are good for mental health - self compassion, exercise and of course a little bit of mindfulness plus trying something new!

Broke my all time attendance record with 180 delegates from **AVIVA** joining me recently. A little weird – me in my slippers with just the cat for company, trying hard not to think too hard about just how many people were listening!"



"I have done hundreds of different training modules over the years, however I found this to be one of the most informative and enjoyable sessions I have ever done. I have already begun sharing some of the tips and apps with my wife, colleagues and mother-in-law (who has a diagnosis of anxiety), and I will be trying out some of the 'new things' this week."

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



York Mind's Christmas Appeal 2020

We recently launched York Mind's first Christmas Fundraising Appeal for 2020.

Asking for special donations & gifts is not something we would normally do, at any time of year. We would much rather see you at an event, or invite you to join us for a couple of hours volunteering at a Christmas bucket collection or bag pack. But then again, 2020 hasn't been a normal year, has it?

We appreciate that giving might not be something you can do right now. But we also want to give you an opportunity to send a gift, if you are able to and would like to help us.

£26 could fund a 1 hour Counselling Session for someone who needs our help - but most of all, it will make 2021 that much kinder and safer for someone who is struggling.

Together, we can make 2021 a year where local mental health support is available to everyone who needs it.

TO MAKE A DONATION (OF ANY SIZE) TO THE CHRISTMAS APPEAL:

Online: Visit <http://www.justgiving.com/campaign/YorkMindChristmas2020> to make a one-off donation (if you are a UK taxpayer, you can add GiftAid to this donation at no extra cost to you)

Cheques: Can be sent to us directly at York Mind, Highcliffe House, Highcliffe Court, York, YO30 6BP

(Please remember to include your name and address with your cheque, so that we may acknowledge safe receipt of your donation.)



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



Self-Care Starter Kits - Only £12!

We recently got a little crafty with the help of our wonderful friends at Rafi's Spicebox, Shelley King Neal's Yard Organic Independent Consultant, Hook Yarn & Ginger and LUSH - York to create these amazing **Self-Care Starter Kits**.

For a donation of just £12.00 (including postage), one of these little boxes of treats can be on it's way to you (or someone you love!) in time for Christmas! You can also include a personalised message inside.

Contents include:

- Rafi's Spicebox Curry Mix (full size)
- Lush handmade soap miniature
- Handmade crocheted 'Positivi-Pea' character (from Hook, Yarn and Ginger)
- Invitation to an exclusive online York Mind Mindfulness taster session
- Neal's Yard Organic Wild Rose beauty balm
- Mini-easel with comforting quote card
- Chocolate foil-wrapped heart
- Vanilla scented candle
- Herbal tea bag (individually wrapped)
- York Mind pin badge & pen



Order a **Self-Care Starter Kit** here:
<http://www.yorkmind.org.uk/SelfCare>

Holly's Jukebox Challenge plays again for 2020

Our very own Fundraising Manager Holly has been busy this month - not just with looking after all of our wonderful fundraisers in the community - but with her annual personal challenge to learn and perform a different song request every day in December!



This year's requests are all booked, and include songs originally by Cyndi Lauper, Peter Gabriel, Nat King Cole, Fleetwood Mac and there's even some classic Disney thrown in for good measure!

Find out more & watch Holly's Jukebox Challenge videos here:

<http://www.justgiving.com/HollyJukebox2020>

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

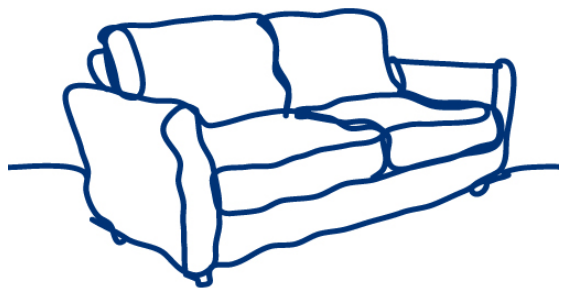
If you, or someone you know needs some support, York Mind is here to help.

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 Self 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 without a prior appointment)*

Want to Unsubscribe?

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