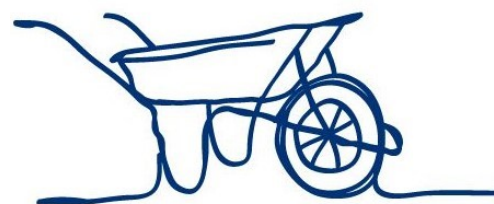


**We are  
York Mind.**

## Welcome to our March 2021 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](http://www.yorkmind.org.uk)



[Facebook](#)



[Twitter](#)



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[LinkedIn](#)

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# Here with you.

## For whatever 2021 brings.

Due to the Government announcement made on Monday 4<sup>th</sup> January 2021, and in order to maintain the health and wellbeing of our staff, volunteers and clients, York Mind made the difficult decision to close all face to face services until further notice.

All support is now being delivered **online** or **via telephone** only.



We know that the most recent changes may cause some distress for you.

We would like to let you know that we are still here for you, if you need support to manage your mental health.

To view our **current service availability**, please visit our website [‘How We Help’ section](#)

To **make a referral** to one of our services, you can self-refer online [Click here to make a self-referral](#)

If you, or someone you know needs **urgent support**, please [Click here to see our Crisis Contacts](#)

# Action Towards Inclusion

## Tom's story

In a year that has forced many people to pause, Tom shares his story of how Action Towards Inclusion has changed his life



### What led you to access support from Action Towards Inclusion at York Mind?

I received a diagnosis of anxiety & depression in December 2019, and I was given lots of information from my mental health care team for things I could be involved in to support my wellbeing locally. I had known for a while that my work was a main source of pressure for me – I was trying to keep it together and keep my job, I felt like I had to carry on – but I knew I didn't want to.

### Eventually, I reached breaking point.

I realised that my work situation had to change if I was to break the cycle of taking time off sick, then returning to work too early and needing to be off again. Longer-term, I needed to find something 'more me' and make a career change, but I accepted that I needed some support to structure that journey with me.

### What were the main challenges you wanted support with?

I referred into the Action Towards Inclusion project at York Mind, and started working with my keyworker in February 2020 (initially in-person, but the majority of the support was given virtually during the pandemic).

Early on, I was able to identify my main goals with my keyworker:

- To undertake training to help with my career change
- To get a job or start volunteering in a field that interested me
- To access DBT therapy

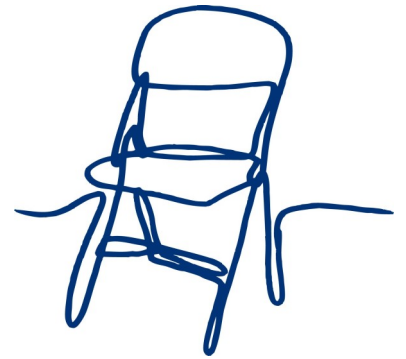
I wasn't expecting to meet all of these goals quite so quickly. However, I am pleased to say that I have now completed two IT Training Courses, secured a job in a field which is more suitable for me and my health needs, and successfully completed a course of DBT therapy through York St John University.



# Tom's story continued...

## What part of working with Action Towards Inclusion have you found most helpful?

Having someone who was not a part of my personal support network to say 'you can do this – it's realistic' was really needed. It gave me a reality check of what I was capable of, and raised my confidence level.



I found having someone else to report in with regularly very helpful, someone to whom I could say "I've moved this along, I've done X, Y, Z" to move closer to my goals.

Navigating mental health services can be very confusing, and friends and family can only help to a point. It's been helpful to have a keyworker who's familiar with the system, so he could help me access the support I needed.

My keyworker has been fantastic. The nature of the Action Towards Inclusion project is that it is goal-focussed, but my keyworker brought compassion and supportiveness to our sessions. **I never felt like I was part of a box-ticking exercise.**

## Can you describe how life is for you now?

I've accepted my change in circumstances, and I feel that I've found the right balance. As part of my new job, I work alongside 2 volunteers which I really enjoy. I am also continuing my IT studies.

My partner, who has been incredibly supportive throughout, has said there's a marked positive difference in me. Apparently I am now 'like a little zen buddha'!

## What would you say to someone who might be struggling now, in the same way you were?

Sometimes it feels like there's a lot of people saying 'all you have to do is talk' to help with mental health problems – but when you talk, it doesn't always turn out the way you want it to. The support is out there – it might be hard, and it's not a perfect system, but don't give up. The reality is that you will very likely get knockbacks – but it's worth persevering.

**"The Action Towards Inclusion project has been an absolute godsend – it's helped me to make so many positive changes to my life in the space of a year."**



# Action Towards Inclusion

**"My mother saw the advert for ATI, and called to enquire.**

**The main challenge for me was being made redundant from my previous job, and because of this my mental health suffered and I needed help to upskill and to eventually find a new job.**

**I found most helpful the support to find suitable courses through my key worker, and then doing the courses with York Learning, (which have been in Basic IT and Employability). I'm still out of work but not as stressed as I have been!**

**I'm working towards upskilling myself and potentially going back into work, or work experience, once lockdown is over.  
Thank you for the help so far."**

## 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](mailto:ATI@yorkmind.org.uk)



# Mental Health & Wellbeing

## Activities Programme

### Enrol on an activity:

Visit our website to complete an enrolment form

Contact us for queries:

01904 643354 (option 5)

[activities@yorkmind.org.uk](mailto:activities@yorkmind.org.uk)

York Mind Activities Team have been 'super busy' over the last 3 months...

We have been squirrelling away, to create a new range of activities and 2 hour workshops to support people's mental health and well-being. (You can view the posters for these sessions later in this Newsletter).

Feedback is really important to us. We have taken feedback from our current clients, and put together a **bespoke range of sessions** based on their needs and suggestions.

We hope by offering a wide range of courses, one off sessions and educational workshops, we can provide something for everyone.

We have **no waiting lists** in this service, so we always have activities available for people to join, or sign up for pretty quickly. This can take the stress out of looking for some support! The team are always on hand to signpost clients to other forms of support too, as part of our person centred assessments.



### Project partnership opportunities available

We have recently received a further 1 year extension to our Mental Health and Well-Being Activities project, taking us up to July 2022. We are now actively seeking **new** partnership proposals from local organisations, to deliver new activities in Year 5 of our contract, from July 2021.

Interested? [Check out the full application details on our website](#)



# Recent Activities feedback...



I learned a lot about myself  
in two short hours.

I will definitely be joining  
more of these workshops.

They complement my  
well-being without needing  
to commit to a long group,  
or take time out of work.

Just wanted to say thank  
you! These sessions have  
really helped me sort  
through my emotions, and  
been a bit of extra support  
when it was most needed.

I know how hard you work to help us all. You don't  
stop at the little things - you always put extra in  
everything you offer people like me, and keep making  
us smile.

I really want to change because of this support.

## Enrol on an activity:

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

Contact us for queries:

01904 643364 (option 5)

[activities@yorkmind.org.uk](mailto:activities@yorkmind.org.uk)



Do you have a child aged between  
0-7 years old?



## HOGLETS WITH MIND

Introducing a special  
storytelling adventure class  
for young children and their  
parents .

Hoglets With Mind is for any mummy who  
wants to spend some bonding time with  
their children in a friendly, fun and  
supportive space.

[www.hoglets.org.uk](http://www.hoglets.org.uk)



We are looking for a small group (5-8) of parents & young children  
for our next 'Hoglets with Mind' group (start date tbc).

☆ Interested? ☆

Register your interest now:

[activities@yorkmind.org.uk](mailto:activities@yorkmind.org.uk)

01904 643 364 (option 5)

Free  
entry

# 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](mailto:activities@yorkmind.org.uk) or 01904 643364 option 5.

Registered charity no. 1006759  
[www.yorkmind.org.uk](http://www.yorkmind.org.uk)



# Mindful Walking Groups

Are you looking to improve your health and fitness?  
Would you like to socialise whilst getting back outdoors?



Come along and join York Mind's- Mindful Walking groups!

Our two groups are all about 'getting back outdoors' safely in York!  
Focusing our awareness on our surroundings, improving our  
physical and emotional health, and making new friends.

We will engage in short, relaxed walks around the City. Please wear  
comfortable clothing, suitable footwear and bring a drink.

**Group One:** Tuesdays 20h April-8th June 2021

**Group Two:** Thursdays 6th May-24th June 2021

**Times:** 1.45pm– 3.15pm (including refreshment break)

**Meeting point:** York Explore Library

**\*\*Please note groups are delivered in line with Covid 19 guidance.**

For further information, please contact York Mind Activities.

Email: [activities@yorkmind.org.uk](mailto:activities@yorkmind.org.uk), or Call: 01904 643364 option 5.

Registered charity no. 1006759







# "Spring-time Arts and Crafts"

Thursday 22nd April-17th June 2021  
1-2.30pm (Zoom)

Our mindful Art and Crafts session returns again this Spring. We will be taking inspiration from stories, the world around us, and Easter fun!

We will be looking towards fables and myths to inspire an illustration, look to our homes for a still life, and allow our inspiration to run wild with painting and drawing projects.

For those who love to sew and make, we will be wet-felting and sewing Easter decorations, and designing some simple Easter cards.

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](mailto:activities@yorkmind.org.uk), or telephone 01904 643364 option 5.

Registered charity no. 1006759  
[www.yorkmind.org.uk](http://www.yorkmind.org.uk)







# Reducing Stress and Anxiety Workshop

Friday 23rd April, 1-3pm, Zoom

Sometimes life's challenges can feel overwhelming. It's at these times when we can feel stressed and anxious. However, there are ways to manage your life, so stress and anxiety don't affect you so much.

In this 2 hr workshop you will learn:

- How stress and anxiety affects you
- How to set boundaries to reduce stress and anxiety
- The difference between healthy and unhealthy coping
- How to tolerate uncertainty

To book a place, please contact York Mind Activities on 01904 643364 option 5, or email; [activities@yorkmind.org.uk](mailto:activities@yorkmind.org.uk)

Registered charity no. 1006759

[www.yorkmind.org.uk](http://www.yorkmind.org.uk)





# EVENING 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: 27th April-15th June 2021

Day: Tuesdays

Time: 6.30-7.30pm

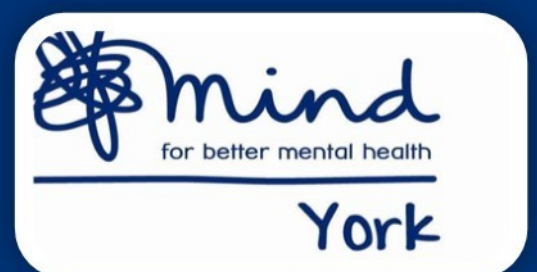
Venue: delivered over Zoom Platform

Cost: Free

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

Registered charity no. 1006759

[www.yorkmind.org.uk](http://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: 5th May-23rd June 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](mailto:activities@yorkmind.org.uk), or telephone 01904 643364 option 5.

Registered charity no. 1006759  
[www.yorkmind.org.uk](http://www.yorkmind.org.uk)

 **mind**  
for better mental health  
**York**

# Increasing Happiness



Happiness can be very illusive. People often pursue something in the belief it will bring them happiness, only to feel unhappy when they finally get it. The question often asked is:

**How can I be truly happy?**

In our 2 hour workshop, the nature of happiness is explored. You will learn specific techniques that have been shown to increase long-term happiness. These include:

- **How to become more optimistic**
- **Doing things that fully engage you**
- **Reducing worry and oversensitivity**
- **Savouring - really noticing positive things**

**Date and Time:** Tuesday 11th May 2021, 1-3pm

**Venue:** Delivered on Zoom Platform

**To book your place:** call 01904 643364 option 5 , or email: [activities@yorkmind.org.uk](mailto:activities@yorkmind.org.uk)

Registered charity no. 1006759  
[www.yorkmind.org.uk](http://www.yorkmind.org.uk)







# Mindfulness Workshop

*Friday 21st May 2021, 1-3pm*

When we feel unhappy, it's natural to try to think our way out of it. But overthinking can leave us more frustrated. Instead of thinking, you can be aware. By being aware you directly sense things in the present; the sound of birds singing, the taste of good food, or the sight of a close friend's smile.

Awareness allows you to step outside negative self-talk and allow inner peace to return. Mindfulness meditation is pure awareness without thought.

*Topics covered:*

- *How to mindfully meditate*
- *The benefits of mindfulness*
- *How thoughts, emotions and moods affect wellbeing*
  - *How the body and emotions are linked*

To book your place: email: [activities@yorkmind.org.uk](mailto:activities@yorkmind.org.uk), or call 01904 643364 option 5.

Registered charity no. 1006759







# Counselling

Adults (daytime + evening)

Carers Counselling

Young People's (16-25)

## Young People's Counselling

**OPEN** to new referrals

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

**Contact us:**

01904 543354 (option 1)

[ypcounselling@yorkmind.org.uk](mailto: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](mailto:counselling@yorkmind.org.uk)

## Carers Counselling feedback

### What initially brought you to access carers counselling?

"To be honest, I didn't know that it was even a thing. I had an appointment to get my Mum (who I care for) assessed for home care with the council. We were struggling to get to the car that day, as Mum was really finding it hard to get her legs working, and so I called up to explain and rearrange. I didn't think much of it at the time.

A couple of weeks later I had a call to meet with a lady from the council to see how I was getting on and coping. From that meeting, I understand that the lady I had spoken to previously had referred me as I sounded exasperated and like I was struggling. That was the first time I realised that my welfare as Mum's carer was important and that I was being cared for too.

At that meeting it was decided that I would really benefit from carers counselling. I remember going for the assessment, and driving over thinking 'I don't really think I need to be doing this' and 'I don't want to waste their time when there are other people that they could be seeing'. From that initial meeting though, I knew straight away that I did need it.

**To be given time to just talk freely without worrying about what I was saying or hurting anyone's feelings was invaluable."**





Adults (daytime + evening)

Carers Counselling

Young People's (16-25)

# Counselling

## Carers Counselling Feedback cont'd...

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

From the very first telephone call, meeting and counselling session, I was treated with respect and felt valued. I felt that there were people out there that cared for me. It allowed me time and space to think about myself and how the role of caring for my mum had affected

me. I don't mean that in a bad or negative way, but when you go from daughter to carer it is important to allow yourself time to deal with that change.

My sessions were just getting underway when the pandemic hit, but I was offered either phone or video sessions throughout. I think that this time really helped me get through that first part of lockdown 1. To have a service still available when it felt like the rest of the world had closed was amazing. It just shows that the people working and volunteering for York Mind really do go above and beyond and genuinely care.

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

I have to say that I feel like a different person since having weekly sessions with York Mind. It has given me time and space to talk about my worries. It has allowed me the ability to reflect on personal events that have happened throughout my life and how they have a lasting effect as an adult. It has also enabled me to cope and deal with some memories that were perhaps previously too difficult to.

I also feel that my sessions have given me confidence in my feelings. Prior to this, I would push them aside or think that they were unimportant, but now I am proud to have feelings, whether they be good or bad. If they are good then great, a happy day! But, sometimes they are bad, but now I feel like come on, let's go, let's have the bad feelings. I have been able to open up to a couple of really close friends so on those bad days, I have someone. Prior to my time with York Mind I would not talk to anyone, in fear of what they would think or if they may stop liking me.

**Now, I feel confident that true friendship is about the good and bad days. With the help of York Mind I can trust in people again.**

### What would you say to someone considering using Carers Counselling Service?

"Go for it. Even if you think you don't need it, what have you got to lose? A year or so ago I would have thought it was my duty to look after my Mum and anyone would do the same. Allowing myself time to talk it through really gives me a sense of value as to what I do as a carer and how that responsibility of looking after someone is huge. I felt ashamed that my Mum needed my help, but now I feel almost proud. Like York Mind has 'allowed' me to recognise the importance of what I do. And to help someone you love so much is actually a privilege. I thank my counsellor from the bottom of my heart for her time, support and kindness.

**I wouldn't think twice about using this service again."**



# Young People's Service

Our support for people aged 8-25 years

## Service Status

### Online Groups: OPEN

(For young people aged between 10-19 years old)

*Next series of groups will commence in May 2021*

### Young People's Counselling: OPEN

(For young people aged between 16-25 years old + not at University)

### Text Drop-In: Currently closed

07483 167 931

(For young people, parents & guardians)

### Telephone Mentoring: Currently closed

For young people aged between 8-18

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

Contact us:

[youngpeople@yorkmind.org.uk](mailto:youngpeople@yorkmind.org.uk)

## Recent feedback



Just wanted to drop you a quick message to say thank you for the session last night. I really enjoyed it and even tried one of the techniques on my way to college today. Thanks again for the help.

Thank you for today! My son loved it...he originally said he would not want to speak or show his work, so I can't believe how well it went! Brilliant!

I just wanted to say thank you for today. My daughter came down after her first session and was on cloud nine! She absolutely loved it! She's so excited for next week

I found last night's session helpful. It was actually something that I really needed help with and it's just nice to know it's not only me haha. So I will definitely be coming again next week, thank you for your help.



[www.yorkmind.org.uk/YP](http://www.yorkmind.org.uk/YP)

York Mind is a registered charity - No. 1006759



York

# York Advocacy Hub

At present, during the latest lockdown, we are offering a limited face to face advocacy service where this is essential, but otherwise we are still offering video and telephone calls to deliver this work.

We hope to be able to restart more face-to-face work in the near future in light of the latest government COVID-19 guidance, following appropriate risk assessments and risk-reduction measures, including the wearing of 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](http://www.yorkadvocacy.org.uk)**

Registered charity no. 1006759





Continuing Health Care (CHC) Advocacy is where an Advocate supports someone through the CHC assessment process.

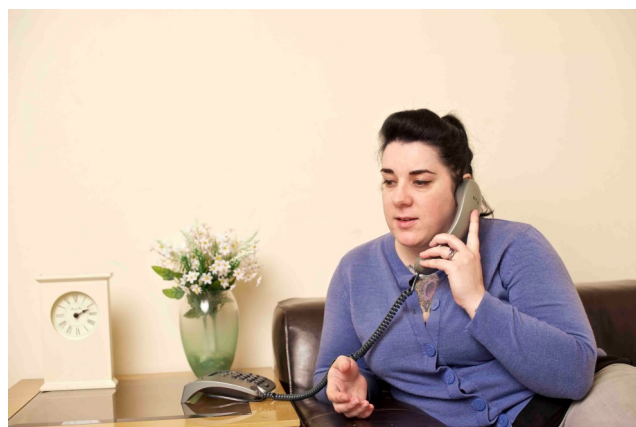
This determines whether they are eligible to have their health care funded by the CHC Team at the Clinical Commissioning Group (CCG).

One recent client had previously gone through the assessment process, and had been told they did not meet the criteria to have their health needs fully funded.

Our Advocate then supported them to **prepare for an appeal**.

Although the Advocate did not attend the appeal hearing itself, the client was successful and, as a result, **received 100% funding for their care**.

**“Having an advocate, I felt like I had support. Before, I didn’t feel I had any support at all. It was someone who stopped me from falling over.”**



# Continuing Health Care (CHC) Advocacy

## Advocacy Team Changes

Two of our team, Saumu and Adele, left in December to go on maternity leave.

We are thrilled to announce that they have since each had a baby girl, who we look forward to meeting in the near future.

We are pleased to welcome to the team two new part-time advocates who have recently joined us – Emma and Eleanor – who are covering the advocates on maternity leave.

They are undertaking several different types of advocacy, including **Independent Mental Health Advocacy** and **Care Act Advocacy**.

## Recent Feedback

"My Advocate supported me to communicate my concerns on the ward when I was struggling to make myself heard or understood. They helped me to get a plan to be safer on the ward and reduce my risk.

She is the worlds best avocado."



“Thank you ever so much for all your help this year...no one has fought for me like you have and it is much appreciated.”

“I really appreciate all the support you have given, which I know has made a huge difference to my Mum’s comfort and quality of life at the care home. You have done an amazing job!”

# 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](mailto:training@yorkmind.org.uk)



# Accredited Safeguarding Training

## Level 1 and Level 3



Delivered live via Zoom to meet mandatory safeguarding requirements for safeguarding children and adults, this engaging and informative qualification will help develop your safeguarding skills.

### Level 1 - Suitable for frontline staff (half day)

Provides an understanding of safeguarding which can be used in a workplace, activity group or any instance where a person comes into contact with children or adults at risk.

### Level 3 - Suitable for Managers/Safeguarding Leads

Teaches how to recognise the signs of abuse and neglect, the role of Managers/Safeguarding Leads, and emphasises the importance of ensuring that safeguarding concerns are reported and acted on appropriately.

**For more information + booking, please contact:**

[jo.holloway-green@yorkmind.org.uk](mailto:jo.holloway-green@yorkmind.org.uk) / 01904 543 364

# 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](mailto:fundraising@yorkmind.org.uk) / 07483 167 930



## Lizzie & Adam's 4x4x48 Challenge

Lizzie and Adam (alongside their pals Dave & Louis) completed the epic '4x4x48 Challenge' to raise funds for York Mind. This involved the keen runners completing a distance of 4 miles, every 4 hours, for 48 hours.

So far they've raised over £2500 for our services (wow!), and we're so grateful and proud of them for taking on this extreme physical and mental challenge, to support people experiencing mental ill-health in York.

Folks—you absolutely rock.  
Thank you and well done!

(Can you believe this pic was taken after their final run?!)

To support Lizzie & Adam's fundraising, you can [visit their JustGiving page here](#)

**"48 miles in 48 hours! We are absolutely exhausted and ache in places we didn't even know existed, but it was all worth it for the amount we've raised."**



[www.yorkmind.org.uk/fundraising](http://www.yorkmind.org.uk/fundraising)

York Mind is a registered charity - No. 1006759





# York 10k & Yorkshire Marathon 2021

## Charity Places available

Fancy donning your trainers for better mental health in 2021?

After a year of limited physical events, set yourself a positive goal and join #TeamYorkMind to raise funds for our vital services this Summer/Autumn.

When you sign up to join Team York Mind, you'll receive:

- York Mind Fundraising Pack
- Official York Mind Running Top
- Top tips for Training & Fundraising throughout your journey to the race
- The warm glow of doing something awesome!



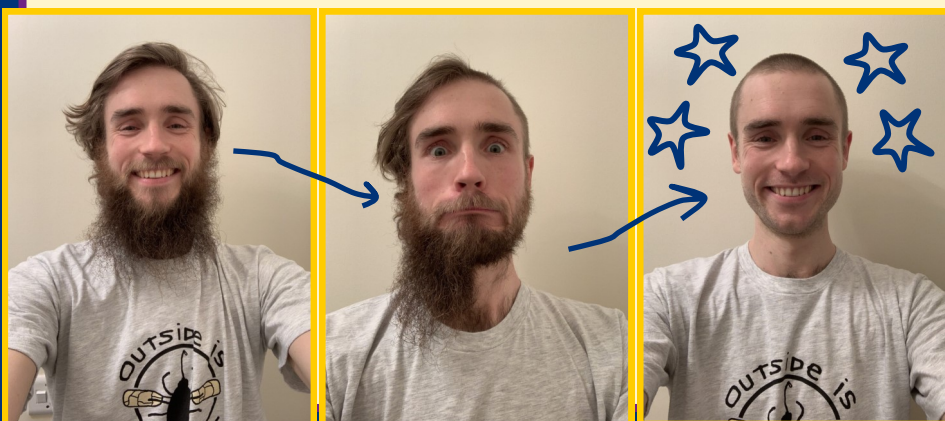
★★ Click on the links below to join our team in 2021 ★★

York 10k - Sunday 1st August 2021 - £100 sponsorship target (free entry)

Yorkshire Marathon - Sunday 17th October - £300 sponsorship target (+£40 Entry Donation)

## Jake takes on 'The Unbearding' for York Mind

Local chap (and fan of facial furniture) Jake Feasey decided to take the plunge and get sponsored to 'Unbeard' in aid of York Mind on Saturday 13th March. Jake raised an amazing £500 in sponsorship from family & friends!



**"The world is colder without a beard and the wind unexpectedly louder without all the hair too! I'm shocked that so much was raised, ultimately the thanks goes to everyone who donated."**

# Fundraising News



[www.yorkmind.org.uk/fundraising](http://www.yorkmind.org.uk/fundraising)

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**mind**  
for better mental health

York

# Virtual Fundraising

Nothing can stop you in your tracks!



With so many changes to our lives recently, 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





# Accessing support from York Mind



## Make a Self-Referral

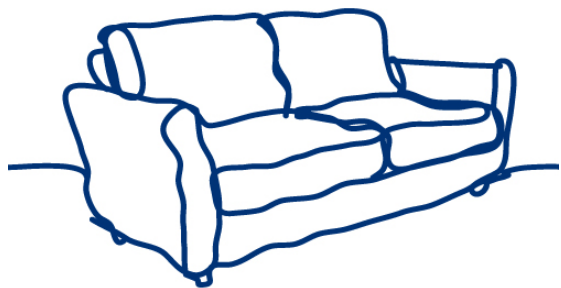
If you, or someone you know needs some support, York Mind is here to help.

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](http://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](mailto:office@yorkmind.org.uk) to let us know,  
and we'll take you off our Mailing List.