

Mental Health and Well-being Activities Programme

Delivered in partnership with



Activities Delivered between July 2018 and June
2019

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Background

York Mind successfully won the tender to deliver Mental Health and Well-being Activities within the City of York in 2017.

The activities programme is funded for three years by City of York Council.

York Mind in partnership with Converge, Kyra, York Racial Equality Network, Survive, Sunshine Changing Lanes, York LGBT Forum, The Rowntree Society and Kindlewoods will deliver a range of activities in Year 2 of the programme from July 2018-June 2019.

The model of delivery is based on the ethos that mental health and well-being is supported and maintained by a combination of activities. These activities will fall under three pathways: Learning and Development, Well-being, and Social, with the underpinning principles of Connect, Grow and Hope.

The ethos and values of Connect, Grow and Hope aims to support individual's well-being and recovery journey by creating opportunities for social interaction, emotional support and facilitate opportunities to build wider, and more sustainable networks of support, with both peers and local services.

York Mind will provide a single point of access (SPA) and one key contact point for the activities programme.

Participants can enrol on the programme and devise and select their own pathway of support from a menu of activities from each of the three pathways.

A combination of activities will be delivered by York Mind and partners throughout the week including weekends and evenings, across 50 weeks of the year. Activities and groups will be delivered with staggered start dates, to help reduce waiting times and enable access to timely support.

Activities vary in length and frequency from one-off events to a 12 -week course and span more formal interventions such as courses, to vocational learning and informal support, including drop-in events. Some activities are linked to existing local community events, with the intention that annual events can support individuals continued participation into community events, beyond the lifetime of the programme.

Activities will use a variety of local venues and locations across the city, including community centres, universities, nature reserves and parks.

Enrolment Guidelines

The activities programme is open access for people resident in the City of York, aged 18 and over, who have a mental health and well-being need, or are an unpaid carer where the activities attended support their well-being.

To attend any of the activities or courses on offer, an enrolment form needs to be completed **first**. Once the enrolment form has been received, York Mind will contact the person named on the form to confirm if they have a place on their chosen activity.

Please **do not** attend or advise anyone to attend any activities before they have confirmation of a place, as many of the courses and groups have a limit on participants.

Whilst participants may select more than one activity, they need to indicate which is their priority and **first** choice. This will help us manage demand if any activities are oversubscribed.

If you have any questions, please email activities@yorkmind.org.uk or telephone 01904 643364 and select option 5.

Partners

York Mind

York Mind is an independent provider of high quality mental health services in York and its surrounding area.

They offer a wide range of services including Advocacy, Befriending, Counselling, Action to Inclusion and Young People's services. They deliver a variety of training opportunities and have an active presence in the local community through fundraising activities and events.

York Mind support individuals recovering from mental ill-health to achieve their goals and promote social inclusion, by raising awareness of mental ill-health and tackling the stigma surrounding mental health conditions.

York Mind aims to be an inclusive and accessible organisation, emphasising the importance of acceptance and tolerance of the beliefs, opinions and wishes of individuals accessing their services.



Converge

Converge is a partnership between York St John University and mental health service providers in the York region. Converge offers high quality educational opportunities to those who use NHS and non-statutory mental health services and who are 18 years and over.

Converge Learn, offers courses such as Healthy body, Healthy mind, creative writing and introduction to theatre.

Converge Discover, is a support and signposting service. The Discovery Hub is an innovative partnership with Converge based at York St John University and is funded by Tees, Esk and Wear Valleys NHS Foundation Trust.

The Discovery Hub supports people to access educational and learning opportunities that enhance their recovery journey, enabling a person to rebuild identity, relationships and independence.

Contact: 01904 876902, or email converge@yorksja.ac.uk



Kyra Women's Project

Kyra Women's Project is the only independent charity in York dedicated to women's self-development. Established in November 2013, Kyra is run on a voluntary basis by women, for women. The Project brings together women who are isolated, emotionally vulnerable, or who are looking for help to improve their well-being. Kyra has 800+ members who regularly participate in a wide variety of its activities. We support women of all ages and backgrounds to take an active role in their own development through social, creative and training opportunities. We give women the opportunity to understand the reasons underpinning their thinking and behaviour. Enabling them to identify and explore alternative ways of thinking and being, thus helping them to achieve their full potential, as individuals and as members of the larger community. Our project can support women who have specific needs around recovery - for example, from domestic abuse, alcohol or substance misuse, or mental health.

Contact: 01904 632332 or email

Contact@kyra.org.uk



Sunshine Changing Lanes

Sunshine Changing Lanes is a not for profit social enterprise ltd company, that is based in York, delivering positive well-being courses that are underpinned by an educational focus on self-esteem approaches for healthy relationships. Sunshine Changing Lanes originated from a pilot project that was set up called “Sunshine” which delivered self-care awareness exercises for those who are in or thinking about recovery from substance misuse. The project was so successful it expanded into other areas of mental health and recovery, including understanding feelings and needs in relationships. Sunshine Changing Lanes courses are available to any adult who wants to increase their understanding of addiction, domestic violence, healthier relationships, building brighter esteem and managing mental health difficulties.

Contact: 07415996330, or email

sunshinechanginglanes@gmail.com



Kindlewoods

KindleWoods CIC is a local not-for-profit social enterprise, which is passionate about nurturing people and the environment. They run well-being programmes in woodland settings with a focus on wellbeing, both practicing and learning. You may find yourself lighting a campfire, learning how to bake bread over it, weaving a basket, or felling small trees for conservation.

Alongside that, Kindlewoods teach several skills from the tool-kit they have developed to support well-being. They encourage you to get involved at your own pace - drinking tea around the fire, or just enjoying nature. Our York sessions take place in the woods at Rawcliffe Country Park, where we help to look after the woods, as part of the sessions.

Their approach is grounded in acceptance, compassion and belief in the possible, and they help to look after several woodlands near Knaresborough and Thirsk.

Contact: katie@kindlewoods.com



York LGBT Forum

LGBT stands for Lesbian, Gay, Bisexual and Trans. York LGBT Forum use the term LGBT to include all other minority sexual orientations and gender identity groups, who identify with the LGBT community (i.e. asexual, intersex and panromantic).

The Forum strives to improve the social inclusion of LGBT people in the City of York and beyond.

The Forum actively promotes awareness and understanding of LGBT people's needs, to enable full participation in society and works with many others to reduce the fear of crime and bullying, particularly in schools.

It also encourages greater participation in the prevention and detection of homophobic, transphobic and biphobic discrimination. The forum offers support around hate crime, health and wellbeing, training and education, including in schools.

Contact: 07731852533 or email
yorklgbtforum@gmail.com



Survive

Survive are a specialist sexual violence organisation based in York and support Survivors around North Yorkshire, working with both men and women (18+). Survive have provided this specialist work for over 25 years and provide holistic client services. Our goal is to help make the future better than the past, offering choice and support to empower our clients, to move forward in a way that is right for them.

We currently work with around 250 individuals aged 18+ each year, who have suffered rape, sexual abuse or assault, including childhood sexual abuse. In addition, we also support the non-offending partners, friends and family of victims and provide information to professionals. Our services include: a Counselling Service, a Helpline, Support Groups (both male and female), One-to-one: Providing face-to-face support and a book loan service.

Contact: 01904 638813 or email

Survive@survive-northyorks.org.uk



The Rowntree Society

The Rowntree Society is a York-based charity, which works to promote and preserve the Rowntree legacy in all its various shapes and forms.

Famed as hugely successful chocolate makers, the Quaker Rowntrees were leading pioneers in business management and industrial welfare, monitoring levels of poverty in York, and the garden village of New Earswick – all subjects that still have an importance today.

As well as producing information and materials for a range of audiences of all ages and backgrounds, we work with a wide range of partners and act as an information point, putting people in touch, and advising on new initiatives locally, as well as nationally. We are separate from the other Joseph Rowntree Trusts, i.e the Joseph Rowntree Foundation and the Joseph Rowntree Housing Trust, but we assist the trusts on legacy issues as needed.

Contact: 01904 543384 or email

info@rowntreesociety.org.uk



York Racial Equality Network

York Racial Equality Network (YREN) is a voluntary organisation registered charity that has been operating in York and its surrounding area for over 25 years. Its main overall aim is to reduce racial inequalities in York and its surrounding areas. Its aims are primarily achieved by supporting and empowering the needs of Black and Minority Ethnic (BME) residents and culturally diverse groups in York. YREN identifies gaps in service provision and provides a strategic and authentic BME voice for the statutory, voluntary and community sector. Its unique personality enables the organisation to provide community engagement opportunities, through community events and project work. Two key themes were identified as priorities for YREN's work this coming year. The first centred on combating racism within the city and the second reducing race and equalities in accessing mental health services. YREN also acts as a hate crime reporting and support centre.

Contact: 01904 642600 or email: info@yren.co.uk



Activities Programme

Please Note: Due to activities taking place throughout the year some activities will not have finalised locations, start dates and times. These will be confirmed later, and up-to-date information can be obtained by emailing activities@yorkmind.org.uk or visiting partner's websites.

Where details have been finalised, they will be noted under each activity type. There may be occasions where publicised dates and locations change. Any changes will be communicated in advance of start dates to enrolled participants.

Guided Learning delivered by York Mind.

Mindfulness

starting Tuesday 10th July 2018, weekly for 8 weeks.

Venue: York Mind, Highcliffe House, Highcliffe Court, York YO30 6BP.

Time: 6-8pm.

Mindfulness is a technique, which involves paying more attention to ourselves in the present moment, our thoughts, feelings and surroundings. Research has shown that practicing Mindfulness can have positive benefits. Being Mindful can help people to feel calmer, manage stress better, reduce anxiety,

help prevent depression and develop new ways of responding to difficult feelings and events.

Mindfulness can be used in a range of contexts, including in relationships, at work and for general well-being. **This course will run again in 2019.**

Assertiveness Skills

starting Friday 7th September 2018, weekly for 8 weeks.

Venue: York Mind, Highcliffe House, Highcliffe Court, York YO30 6BP.

Time: 10.30am-12 noon.

Participants will explore practical ways of managing emotions, exploring how we think and behave and look at techniques, to feel more assertive, confident and connected. **This course will run again in 2019.**

Hatha Yoga for Well-being

starting Wednesday 5th September 2018, weekly for 10 weeks.

Venue: York Mind, Highcliffe House, Highcliffe Court, York YO30 6BP.

Time: 10.30am-12 noon.

A 10- week introduction to this form of exercise, with the aim of promoting well-being. Participants are advised to wear comfortable clothing and will be asked to complete a health questionnaire.

Eating Well for Good Health

starting April 2019, weekly for 12 weeks.

Venue: TBC

Time: TBC

Working in small groups, this 12-week course is designed to support the health and well-being of participants who want to improve their diet and understanding of how to eat healthily, whilst recovering from mental ill-health.

The course will include practical cooking sessions, nutritional information, planning and preparing shopping lists and the relationship between food and mood.

Well-being and Social Activities

will run at different times and locations throughout the year.

Arts and Craft for Well-being

starting Friday 7th September 2018, weekly for 10 weeks.

Venue: York Mind, Highcliffe House, Highcliffe Court, York YO30 6BP.

Time: 1pm-2.30pm.

This group will offer a relaxed space for participants to make, craft, draw, sew, and meet others. There will be guided sessions, as well as the opportunity to create at your own pace.

Well-being Peer Support Group

starting Monday 2nd July 2018, weekly for 6 months.

Venue: York Mind, Highcliffe House, Highcliffe Court, York YO30 6BP.

Time: 1.30pm-3pm.

The well-being group will discuss a range of subjects such as: managing anxiety and low mood, building confidence and self-esteem, goal setting, managing setbacks and developing resilience. In addition, other relevant related subjects identified by the facilitator and group participants will be discussed.

An evening group will commence in January 2019 for 6 months.

Sunday Coffee Club

Running weekly from 2pm to 5pm at 30, Clarence Street, York YO31 7DE.

An informal coffee club, where people can drop in to meet people, share their experiences and feelings, and spend time in a safe and supportive environment. There will also be some themed sessions, that will focus on a particular topic, or have a presentation from a speaker, where participants can talk more in depth about their experiences in a particular area.

Guided Learning delivered by Converge.

Discover Art and Drawing

This course will run in 2 blocks (October-December 2018 and January-March 2019). The courses will be 2 hours, once a week, for 8 weeks.

Venue: York Art Gallery.

What better place to learn about Art, than in the city's prolific York Art Gallery, alongside professional artists and art curators?

Find out about art, make art and make friends in the welcoming environment of York Art

Gallery. Sessions will be led by the interests of the group but are likely to include: drawing; painting; creative writing and working with clay. With guidance from professional curators and local artists. All levels of experience welcome – the course will be a mix of looking at, analysing and creating art, inspired by the work within the gallery.

Discover Physical Exercise

This will start in October 2018 and run again from January 2019. Please note the qualification will only run for semester 1, (October 2018).

Venue: YSJ, Haxby Road Sports Centre.

Discover Physical Activity is a programme of physical activity and education, that aims to reconnect adults experiencing mental health issues with sport and physical activity. Evidence suggests physical activity benefits mental health and well-being. The programme will be led by YSJActive. YSJActive are a team of dedicated exercise professionals, who specialise in sport, exercise and well-being. YSJActive aims to be an example of best practice for community engagement and inclusive physical activity/sport, whilst being recognised as an excellent student placement provider.

Each week the course will look at a different element of active healthy living and sporting activity.

There are two elements to this course – the physical activity itself and a Level 1 qualification in Active Healthy Living.

The qualification is 2 full days a week, whilst the physical activity itself, is 1 hour per week.

Activities for Women delivered by Kyra.

Pause for the Menopause

Our 8 -week menopause peer support group is for women who are experiencing peri-menopause or menopause symptoms and would like to know more.

The group will be led by a Kyra team member who will facilitate small groups of women in a safe, nurturing and supportive space, as we talk about our experience of menopause and have our questions answered.

Kyra has identified this as a pressing need for women who feel lost, or adrift at – what can be for some – a challenging and isolating and confusing time.

The group will be a forum to share and learn and to support each other to thrive, during this transition period of our lives. As well as providing basic emotional support information (not advice) on treatments available.

Venue: Kyra Women's Project

Time: TBC

Duration: 2 hours per session.

Blue Butterflies

Would you like to be part of a group of people helping with fundraising for Kyra?

Do you want to have a sense of joint purpose, of camaraderie, of developing new skills, of contributing of your time and of your talents?

Being part of the Blue Butterflies allows you to feel part of something when you have little interaction with others, have some spare time or would like to 'give something back'.

The Butterflies meet on a regular basis, often on an evening or a Saturday and work together to plan, organise and manage a range of events. Having fun, being part of a team and supporting Kyra will bring you a sense of belonging, achievement and satisfaction.

'If nothing changed, there would be no butterflies'

Guided Learning – Mindful Relationships

delivered by Sunshine Changing Lanes.

Sunshine Changing Lanes offer weekend workshops, which build on each other progressively from Level 1 to Level 3. Each workshop is delivered over a weekend: Friday evening 6.30pm-8.30pm, Saturday 9.30am-4.30 pm and Sunday 9.30-4.30pm. They will run from York Mind, Highcliffe House, Highcliffe Court. Participants need to be able to attend for the whole weekend, to get the full benefit of the course.

The Level 1 workshop “Developing skills for non-violent meaningful relationships” will start on Friday 28th September and run over Saturday 29th and Sunday 30th September 2018.

The Level 2 workshop “Understanding anxiety, fears and developing coping strategies” will start on Friday 26th October 2018 and run over Saturday 27th and Sunday 28th October 2018.

The Level 3 workshop “Overcoming the feelings of isolation and loneliness by developing confidence and resilience” will start on Friday 30th November and run over Saturday 1st and Sunday 2nd December 2018. The workshops provide self-

development opportunities to help participants understand their choices in well-being and healthier relationships.

They will look at self and relations, what is anxiety and stress, anger, and how these can contribute towards toxic patterns and volatile behaviours. As participants progress the work, they will go more in-depth and support participants in understanding feelings of shame and guilt, loneliness, loss and isolation and the fears around feeling different from others. Exercises will underpin growth and resilience, with the view of allowing the participants to understand change, to promote a healthy lifestyle and build stronger relations with self -esteem and other people.

We will also deliver the same material over an 8-week daytime and evening course in 2019.

LGBT Mental Health Support Group

delivered by York LGBT forum.

The forum will provide a weekly mental health support group for members of the LGBT* community. We will use different activities, such as art, drama and music to explore mental ill health. The group is friendly and inclusive.

Venue: York Mind, Highcliffe House, Highcliffe Court, York YO30 6BP.

Day: Every Wednesday.

Time: 6pm-8pm.

Woodland Well-being Sessions

delivered by Kindlegoods.

All our sessions are held in the woods at Rawcliffe Country Park.

Taster Sessions delivered 10am-12.30pm

Thursday 23rd August 2018

Thursday 14th February 2019

Thursday 7th March 2019

Thursday 21st March 2019

Interested in coming on our Woodland Well-being programme and want to find out a bit more? Come on one of our taster sessions! Try your hand at fire lighting with natural tinders, experience several simple mindfulness practices in the woods and learn more about Kindlegoods approach to well-being.

Campfire Socials delivered 10am-12.30pm

Thursday 8th November 2018

Thursday 22nd November 2018

Thursday 6th December 2018

Come and get stuck in to nature and spend a bit of time around the campfire with us this winter! Try your hand at woodland conservation, or enjoy making and toasting your own bread, meeting new people, and having a good chat around the campfire. Be sure to wrap up warm!

Woodland Well-being Programme dates:

Programme 1: Thursday afternoons. 1.30pm - 4pm- August 30th, September 6th, September 13th 2018.

Programme 2: Thursday mornings. 10am - 12.30pm- October 4th, October 11th, October 18th 2018.

Programme 3: Thursday mornings. 10am- 12.30pm- April 4th, April 11th, April 18th 2019.

Fancy becoming skilled at lighting your own fire from natural tinders, or baking a cake on the campfire? Interested in exploring strategies to support your well-being?

KindleWoods unique Woodland Well-being programmes, combine practical woodland skills from bushcraft to conservation, with evidenced based wellbeing strategies including mindfulness.

Our friendly and experienced practitioners will support you to build your confidence during the sessions, encouraging you to take it at your own pace. Tea drinking around the fire is very much encouraged!

For all sessions participants need to wear clothing appropriate to the weather, (that they don't mind getting dirty), sturdy footwear and waterproofs. During the winter, we advise you to wear many layers, including several jumpers! The sessions involve fire and using tools like a bowsaw. If you would like to attend and have any questions or concerns about this, either in terms of your physical or mental health, let Kindlewoods know, as they will be more than happy to discuss individual requirements and make adaptations to fit participant's needs.

A Walk in the Park-Discover Rowntree History delivered by The Rowntree Society.

We are offering guided walks in the city, so you can find out about Rowntree history, have a lovely walk outdoors, chat and make new friends. Our walks are based on our new publication Five Rowntree Walks in York – and at the end of your walk you can collect your free copy of the book and later explore some of the other walks at your leisure. Exercise and learning new things can promote

positive well-being. Our walking groups offer gentle relaxed social exercise with a hefty dose of history on top!

Dates for 2018

Tuesday 10th July -10.30am - Rowntree Park.

Thursday 9th August- 14.30pm –Homestead Park.

Tuesday 11th September- 10.30am – New Earswick.

Thursday 11th October -14.30 – Rowntree Park.

Tuesday 13th November 10.30am – Homestead Park.

Dates for 2019

Tuesday 19th February- 10.30am- Rowntree Park.

Thursday 14th March- 14.30pm-Homestead Park.

Thursday 11th April -10.30am – Rowntree Park.

Thursday 9th May- 14.30pm– Homestead Park.

Tuesday 13th June- 10.30am – New Earswick.

Meeting points:

Rowntree Park – meet in the Explore Reading Café.

Homestead Park – meet at the Water End entrance to the park.

New Earswick – meet at the main entrance to the Folk Hall.

The person guiding the walks will be Bridget Morris, of the Rowntree Society.

We will walk in all weathers (even if it's raining but we'll try and find a place to sit indoors). Please wear sensible shoes and bring sun protection if needed.

Each walk lasts around one hour. Maximum number of walkers on each walk: 10 people.

Specialist Guided Learning by Survive.

Drama Workshops and Performances

Drama Workshops: Our Drama workshops will enable Survivors to use a different medium in creative expression. This is something that is frequently requested by our current clients. We know that having this creative outlet can make sense of individual experiences and improve well-

being. These workshops will be run by the York St John drama society and drama students, as well as being supported by a Survive staff member to ensure that support is on hand should it be needed.

September 2018 (10am - 3pm)

Sat - 15th Sep

Sat - 22nd Sep

Sat - 29th Sep (optional with group consensus)

April 2019 (10am - 3pm)

Thursday - 4th April

Thursday - 11th April

Thursday - 18th April (optional with group consensus)

These workshops are for females who have experienced trauma only.

Drama Performances: The Drama society and students will also use drama activities to raise awareness of sexual violence issues. These issues could include sexual harassment, grooming, consent, sexual abuse and rape. The aim of these performances will be to start a conversation with the campus, as well as to focus on early intervention by drawing attention to appropriate and inappropriate behaviours.

Venue: York St John University

Starting in: September 2018 and running throughout the academic year.

Suitable for anyone who has experienced trauma.

Three Tier Guided Learning and Support

3 tier guided learning for those who have experienced sexual trauma.

Venue: Survive Offices, York

Tier 1 – Budgeting and benefits.

Help with some common problems around housing, budgeting and navigating the benefits system. This training will give you current information and tips for success.

Dates: 7th, 14th and 21st Nov 2018

Day and time: Wednesdays 12-2pm

Suitable for anyone who has experienced trauma

Tier 2 - How the body and brain respond to sexualised trauma.

Understanding impacts, common responses and why myths are so tightly upheld by the society at large. This module is good for anyone who questions the way they responded, or how others around them responded, after they told them about

their experience. It will help normalise and rationalise individual experiences.

Dates: 8th, 15th and 22nd Nov 2018

Day and time: Thursdays 6-8pm

Suitable for Survivors or supporters (parents, family, friends, etc) of survivors.

Tier 3 - Understanding and coping with common trauma symptoms.

This module will give you the skills to manage the lasting trauma symptoms you are experiencing including flashbacks, nightmares and anxiety etc. We also have vast resources on these issues and many more coping strategies. There will also be an opportunity to learn from each other, about the best way to manage certain symptoms.

Dates: 9th, 16th and 23rd Nov 2018

Day and time: Fridays 10am-12pm

Suitable for Survivors or supporters (parents, family, friends etc) of survivors

Well-being and Social Activity delivered by
York Racial Equality Network.

Embracing Cultural Diversity Friendship Project

The Embracing Cultural Diversity Friendship Project will provide regular activities aimed at people from all communities and ages. It will help reduce social isolation and provide a constructive, safe and supportive environment in which people can develop new friendships and build new links to the wider York community. The project particularly aims to benefit Black and Minority Ethnic (BME) people and those new to the city, including refugees for whom social isolation, loneliness and mental health issues are known to be a particular challenge.

Start Date: Monday 3rd September 2018 and then the **first** Monday of each month thereafter until June 2019.

Venue: Tang Hall Community Centre, Fifth Avenue,
York, YO31 0UG

Time: 12.30pm – 2.30pm.