

# Mental Health and Well-being Activities Programme

Delivered in partnership with



Delivered between July 2017 and June 2018.

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## Background

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

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

York Mind in partnership with Converge, St Nicks, York Carers Centre, Sunshine Changing Lanes, York LGBT Forum and Kindlewoods will deliver a range of activities from July 2017.

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 in order to reduce waiting times and enable access to timely support.

Activities vary in length and frequency from one-off events to a 10 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](mailto: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](mailto:converge@yorksja.ac.uk)



## St Nicks

St Nicks is the green heart of York: a centre for nature and green living. The charity started as 'Friends of St Nicholas Fields' in the 1990s by transforming a former landfill site into a thriving local 24 acre Nature Reserve. We continue to manage it, with the help of many great volunteers, for the benefit of both wildlife and our visitors.

We are based at St Nicks Environment Centre which combines many green features. From this base, we run various projects, events and services which help to make York more sustainable.

Ecotherapy is the name given to a wide range of programmes that aim to promote good mental and physical wellbeing through outdoor activity in a natural environment. At St Nicks, ecotherapy is offered through various group activities and is underpinned by one to one mentor support. Green Exercise groups associated with this programme are Cycling, Nordic Walking & Woodwork, for other Ecotherapy activities please see our website, [www.stnicks.org.uk](http://www.stnicks.org.uk) or contact Kathy Sturgess on 01904 411821 or email on [ecotherapy@stnicks.org.uk](mailto:ecotherapy@stnicks.org.uk)



## York Carers Centre

York Carers Centre became an independent registered charity in 2009. They are a network member of the National Carers Trust and work in partnership with unpaid carers and statutory and voluntary organisations to ensure carers, throughout York, have access to confidential information, advice and support. They work with carers to influence positive change in service delivery with local government, employers and health providers.

York Carers Centre supports adult carers; young adult carers aged 16-25 and young carers aged from 8 to 18.

York Carers Centre offers a range of support including the Carers Emergency Card, benefits advice and information, support groups and events.

Contact: 01904 715490, or email [enquiries@yorkcarerscentre.co.uk](mailto:enquiries@yorkcarerscentre.co.uk)

The logo for York Carers Centre features the word 'York' in green, 'Carers' in orange, and 'Centre' in green, stacked vertically. To the right of the logo is the website address [www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk) in blue text.  
[www.yorkcarerscentre.co.uk](http://www.yorkcarerscentre.co.uk)

## Sunshine Changing Lanes

Sunshine Changing Lanes is a not for profit social enterprise ltd company that is based in York, delivering positive wellbeing 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 and managing mental health difficulties.

Contact: 07415996330 or email  
[sunshinechanginglanes@gmail.com](mailto:sunshinechanginglanes@gmail.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, 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 well-being, training and education including in schools.

Contact: 07731852533 or email  
[yorklgbtforum@gmail.com](mailto:yorklgbtforum@gmail.com)



## Kindlewoods

KindleWoods CIC is a local not-for-profit social enterprise which is passionate about nurturing people and the environment. They run wellbeing 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 a number of skills from the tool-kit they have developed to support wellbeing. 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 a number of woodlands near Knaresborough and Thirsk.

Contact: [katie@kindlewoods.com](mailto:katie@kindlewoods.com)



## 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](mailto: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** this course will run twice in 2018.

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.

**Assertiveness Skills** this course will run twice in 2018.

Participants will explore practical ways of managing emotions, exploring how we think and behave and look at techniques in order to feel more assertive, confident and connected.

**Mental Health Awareness** this course will run twice in 2018.

Participants will gain an understanding of what is mental health, why it matters and how we can reduce mental health stigma. The course will focus on understanding mental well-being, the causes of stress and anxiety and learn practical techniques to manage stress, improve resilience and reduce anxiety.

**Well-being and Social Activities** will run at different times and locations throughout the year.

**Mindful Walking Group** this group will encourage participants to make use of outside spaces, increase exercise, meet peers and socialise.

**Hatha Yoga** 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. This will run twice in 2018.

**Well-being Peer Support Group** this group will start in 2018.

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.

**Recovery Focused Peer Support Group** this group will start in 2018.

A recovery focussed peer group which will support individuals in recovery from substance and alcohol misuse. This group will be suitable for people who have accessed other recovery focussed services or the courses delivered by Sunshine Changing Lanes or similar guided learning.

**Eating Well for Good Health** this course will run twice in 2018 and each course will last 12 weeks.

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.

**Themed Coffee Mornings** will be held once a month.

The themed coffee mornings will focus on a subject area or have a presentation from a speaker. In a relaxed, safe and supportive environment participants can meet each other, learn tips and strategies to manage their mental health and well-being and share experiences with each other.

**Open Access Café** will run weekly every Sunday from mid-November 2017.

The café will provide a safe and supportive environment for participants to come and meet each other and have a chat.

**Guided Learning** delivered by Converge.

**Discover Museums** starting on Monday 22<sup>nd</sup> January 2018, weekly for eight weeks.

Venue: York St John University and Museums within York

Time: 2pm-5pm

Discovering Museums is an exciting opportunity to get out and about enjoying museums in York, including some 'behind the scenes' visits and activities.

The course offers the opportunity to discover more of the history and heritage of York from the wealth of museums, art galleries and attractions in the city, including unique opportunities to meet some of the people who look after and display the stories of York and an opportunity to handle some of the objects from local collections.

The course includes some fun workshops where participants will explore some of the city's heritage and produce new interpretation of this, with the aim of creating their own pop up exhibition.

**Discover Writing and Books** starting on Monday 15<sup>th</sup> January 2018, weekly for 8 weeks.

Venue: York Explore

Time: 1.30pm – 3.30pm

Participants will meet in York Explore in the city centre, respond creatively to the great resources it holds, and encourage others to come and enjoy all it and other local libraries have to offer. The group will form their own book club, consider different aspects of the library and produce their own creative writing related to the themes explored.

**Discover Film** starting in May, weekly for eight weeks.

Venue: York St John University and Brunswick Organic Nursery.

Students will work to a brief to film and edit promotional and documentary style material for Brunswick Organic Nursery. Students will work alongside professional filmmaker Simona Manni, of Macchiato Productions.

**Discover Theatre** starting on Tuesday 30<sup>th</sup> January 2018, running weekly for eight weeks.

Venue: York St John University and York Theatre Royal

Time: 2-4pm

Focusing on a local professional production, Discover Theatre will look at everything that goes into putting on a play. We will go and watch a production and study script design, production qualities and learn how to review a performance.

**Discover Art and Drawing** starting on Tuesday 23<sup>rd</sup> January 2018, weekly for eight weeks.

Venue: York Art Gallery

Time: 1.30pm-3.30pm

Find out about art, make art and friends in the welcoming environment of York Art Gallery. Sessions will be led by the interests of the group and are likely to include: drawing; painting; creative writing and working with clay. With guidance from Gaby Lees and local artists.

**Discover Physical Exercise** starting early February 2018, running weekly for eight weeks.

Venue: YSJ Haxby Road Sports Centre.

Time: Mondays 3.30-4.30pm

Discover Physical Activity is an 8-week programme of physical activity and education that aims to reconnect adults experiencing mental health issues with sport and physical activity.

The programme will be led by YSJActive, a team of dedicated exercise professionals who specialise in sport, exercise and wellbeing.

**Green Exercise** delivered by St Nicks.

**Cycling-** Mondays 10am-12noon

Meet at the St Nicks Environment Centre

Led by a qualified instructor, set off from the Environment Centre and explore the various cycle paths in and around York. Bring your own bicycle and helmet, or borrow them from us free of charge. This activity is suitable for all who are interested in cycling, from regular cyclists, to those who haven't ridden a bike for some time.

**Nordic Walking**

Tuesdays 1pm-2pm: Technique and Skills

2pm-3pm: Nordic Walking session

Meet at the St Nicks Environment Centre

Led by a qualified instructor, this group gives participants the choice of either attending the technique and skill session or, once confident using the poles, attend the full walking session. Walks take place both on the St Nicks Nature Reserve and at Hull Road Park. Poles are provided and the group is free of charge. Nordic Walking is suitable for all ages and fitness levels.

### **Mindful Movement**

Wednesdays 1:30pm-2:30pm

Meet at the St Nicks Environment Centre

Held on the Nature Reserve at St Nicks, Mindful Movement is a class designed to encourage balance and wellbeing; aligning breath and movement, using a range of tools and materials inspired by the natural environment. Movement inspired by Tai Chi.

### **Media and Photography in Nature**

Wednesdays from January 10<sup>th</sup> until February 21<sup>st</sup>  
at 1pm-3pm

Meet at the St Nicks Environment Centre

The Media & Photography group explores stories and feelings inspired by nature through images,

sounds, colours and music. Cameras will be used to observe nature and capture significant sights which will be combined in a short film using creative storytelling. No experience of filming or photography is required – everyone is welcome to join this group and equipment is available to use, or bring your own. We will focus on exploring ideas, film poetry and filming of nature, so there is no need to appear on camera, unless you wish to.

### **Guided Learning – Mindful Relationships**

delivered by Sunshine Changing Lanes.

Sunshine Changing Lanes will deliver over the year weekend workshops which build on each other progressively from level 1 to level 3. Each workshop (or level) is delivered over a weekend including Friday evening 6pm-8.30pm, Saturday 9.30am-5pm and Sunday 9.30-4pm. They will run from Highcliffe House, Highcliffe Court.

Participants need to be able to attend for the whole weekend to get the full benefit of the course.

The first level one workshop entitled “Developing skills for non-violent meaningful relationships” will start on Friday 26<sup>th</sup> January and run over Saturday 27<sup>th</sup> and Sunday 28<sup>th</sup> January 2018.

The second level 2 workshop entitled “Understanding anxiety, fears and developing coping strategies” will start on Friday 23<sup>rd</sup> February and run over Saturday 24<sup>th</sup> and Sunday 25<sup>th</sup> February 2018.

The Level 3 workshop entitled “Overcoming the feelings of isolation and loneliness by developing confidence and resilience” will start on Friday 30<sup>th</sup> March and run over Saturday 31<sup>st</sup> and Sunday 1<sup>st</sup> April 2018.

The workshops provide self-development opportunities to help participants understand their choices in wellbeing 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 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 life style and build stronger relations with self-esteem and other people.

**Carer Well-being Sessions** delivered by York Carers Centre.

**Exploring Carer Wellbeing 2** with Sam Ferguson starting on 1st November 2017 to 13th December 2017 (no session on 15th Nov), 1.30pm-3.30pm at St. Aelred's Community Centre, Tang Hall, YO31 0PN.

An opportunity to look at carers' own wellbeing, values, positivity and boundary setting. A series of 6 workshops, or can be attended as stand alone sessions.

Workshop 1- Support for Caring, Caring Choice and Personal Growth.

Workshop 2- Sense of Value, Ability to Care and Carer Satisfaction.

Workshops 3&4- offer the chance to explore our Values and Positivity.

Workshop 5-Transactional Analysis including Carer Transactions.

Workshop 6- Boundaries in the caring role.

**Nutrition for Carers** with Sally Duffin starting on Wednesday 24th January 2018 to Wednesday 28th February 2018, 2.00pm–3.00pm at St. Aelred's Community Centre, Tang Hall, YO31 0PN.

Sally is a very experienced and knowledgeable nutritionist with a wealth of advice on eating for energy, managing stress, mood, memory and concentration. A series of 6 sessions, which again can be stand alone.

**Mental Health Support Group** delivered by York LGBT Forum. Starting on 6th September 2017.

The Forum will provide a weekly mental health support group for members of the LGBT\* community.

The support group will look at how mental health affects LGBT people specifically especially in the areas of coming out, identity and homophobia. As well as, using a trauma informed approach, it will offer information on good mental health, mindfulness, care kits and other therapeutic techniques (challenging thoughts, abc, etc).

The group will offer a safe non-judgemental space in which to explore these subject areas.

**Woodland Well-being Sessions** delivered by Kindlewoods.

### **Taster Session**

Get a taste of a woodland wellbeing programme, learn how to light your own fire with natural tinder, and explore a number of mindfulness practices in the woods.

Thursday 8<sup>th</sup> February 2018, 9.30am-12.30pm

### **Woodland Well-being**

Each session covers a different practical skill and wellbeing topic, and you are encouraged to take the sessions at your own pace - there is no pressure to do anything, but if you would like to join in we are there to support you with it.

### **Session 1: Campfire skills and self-care**

Learn how to light your own fire with natural tinder's and explore our essential basic needs and ways of looking after them.

Thursday 22<sup>nd</sup> February 2018, 9.30am-12.30pm

## **Session 2: Woodland conservation and mindfulness**

Get stuck in using tools to look after the woods and learn about the benefits of mindfulness through some short practices.

Thursday 8<sup>th</sup> March 2018, 9.30am-12.30pm.

## **Session 3: Creative crafts and curiosity**

Have a go at a range of woodland crafts, from willow weaving to stool making and explore ideas around curiosity.

Thursday 22<sup>nd</sup> March 2018, 9.30am-12.30pm.

For these sessions participants need to wear warm clothing that they don't mind getting dirty, sturdy footwear and waterproofs. 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 Kindlegoods know as they will be more than happy to discuss individual requirements and make adaptations to fit participant's needs.