

Healthy Minds Newsletter

November & December 2014

Edition 21

Healthy Minds is Calderdale's only local, independent, mental-health charity, led by people with personal experience of mental distress.



Healthy Minds on



**Healthy Minds now has a regular radio slot on Phoenix Radio 96.7FM
on the last Monday of every month 9 am – 12 noon.**

Shows are created by Healthy Minds volunteers – during the first two shows guests included:

- clinical psychologist, Rufus May, speaking about his work and his experience of hearing voices,
- Elisabeth Svanholmer and the book she's translating about sensitivity,
- Author, Danny Penman about his Mindfulness books
- and Mohammed Munawar from Insight Healthcare about the services they provide.

There's a regular music section called '**Sounds from the Inside**' where people talk about songs which have been part of their journey and a '**poetry corner**' where volunteers share poems of their own as well as poems by other poets which have meaning to them.

Volunteers will be talking to facilitators and members of a different Healthy Minds support group each month, so please tune in so if you'd like to find out more about groups or give us a call on 01422 345154.



In the studio: Healthy Minds volunteer,
Graham Croft

November's show focused on Men's Health and Alcohol Awareness in honour of International Men's Health Awareness Month and Alcohol Awareness Week. The next show goes out:

9 am to 12 noon on Monday 29th December
and will focus on depression, the Healthy Minds Forum and how people can use their own experiences to facilitate change in their environment.

STOP PRESS: For podcasts from previous shows, go to <http://tinyurl.com/nq9fx6n>

If you'd like to contribute to the Healthy Minds show on Phoenix Radio, please contact Tamsin on 01422 345154 or email tamsin@healthymindscalderdale.co.uk

World Mental Health Day

Healthy Minds were invited by Insight, part of Calderdale Talking Therapies, to have a stall at their World Mental Health Day event on 10th October. Visitors to our stall could pick up info about all our support groups, make themselves a stress ball and contribute to our 'Byte Booth' video, leaving comments about mental health. **Thanks to volunteers, Sheila and Debbie for a fantastic talk about peer support.** They did an amazing job of making themselves heard (even without a microphone!) above a room full of visitors.



If you want to know more, please contact Tamsin or Lou on 01422 345154 or email tamsin@healthymindscalderdale.co.uk or lou@healthymindscalderdale.co.uk

Open Minds



Mind your Head, a one-off workshop at Halifax WomenCentre, attracted a good turnout and lively discussion around women's mental health.

Fittingly for a session focussing on stress, the fire alarm went off near the end.

We'd just been looking at the "fight or flight" mechanism and we all chose flight: a quick evacuation of the building, but luckily no fire!

For further information, call Tara on 01422 345154 or email tara@healthymindscalderdale.co.uk

Thanking you... Healthy Minds wants to record a big thank you

to the Masonic Lodge at Blackwall for their very kind donation of £700.

One in four people will experience mental-health problems during their lives – in Calderdale, that represents around 50,000 people – and the vast majority – around 90% of those, will never access specialist NHS mental-health services. This donation helps Healthy Minds maintain services that promote positive mental health for all.

HEALTHY MINDS SUPPORT GROUP NEWS

Healthy Minds support groups generally meet twice a month. Each group has a facilitator and operates on a peer-support basis . . . members are encouraged to get support from each other, as opposed to one person taking an 'expert' or 'all-knowing' position.



In any support group you're encouraged to come up with ideas for discussion and you can contribute as little or as much as you want, though members do allow space for those who feel less confident or able to speak up. You can attend the group once, twice, three times or forever! You can also come back if you haven't been for a while. You'll always get **a warm welcome** from existing group members.



Facilitator Training ... We are now piloting a peer-support-groups facilitator-training package for our volunteer facilitators.

Training will cover things such as:

- group dynamics,
- listening to yourself,
- what we mean by peer support,
- what facilitators do (and don't) do,
- handling tricky situations,
- keeping records,
- safeguarding yourself and others
- and much more of course.



There will be lots of opportunities to have a go at facilitating during the training, and participants will put together their own development plan for the role. The first batch of training will be in January, with another batch around March / April time. If you are a volunteer facilitator, it is **essential** you book on the training – contact Lou - lou@healthymindscalderdale.co.uk .

If you are interested in becoming a group facilitator, contact cath@healthymindscalderdale.co.uk.



Peer Support Project ... Over the coming year we will be developing more understanding, practice and guidelines for all the peer-support work we do at Healthy Minds. We will continue to work alongside you all to do this.



Support Groups Network ... Our new network meeting has arisen because existing group members expressed an interest in getting together with members of other groups. The next meeting will be on **18th February 2015 at the Orange Box in Halifax**. The network aims are to provide a space for:

- socialising,
- exchanging ideas,
- wants,
- thoughts,
- needs
- and generally getting to know each other.

Lunch will be provided, and the event will be facilitated, with various activities to help settle you in. Contact lou@healthymindscalderdale.co.uk to book your lunch and / or find out more.

Contact Lou on 01422 345154 or lou@healthymindscalderdale.co.uk

Healthy Minds Support Groups in Calderdale

T: 01422 345154

E: Dianne@healthymindscalderdale.co.uk

W: www.healthymindscalderdale.co.uk

Bipolar Support Group

Every 1st and 3rd Monday of the month

2.00 – 4.00pm

@ The Fielden Centre, Ewood Lane, Centre Vale Park
Todmorden OL14 7DD

Depression Support Group

Every 2nd & 4th Monday of the month

1.00 – 3.00pm

@ Noah's Ark Centre, 322-326 Ovenden Road
Ovenden HX3 5TJ

Wellbeing for Women

Every 1st and 3rd Tuesday of the month

2.00 – 4.00pm

@ Brighthouse Library, Halifax Road
Brighthouse HD6 2AF

Wellbeing Works Group

Every 2nd and 4th Tuesday of the month

2.00 – 4.00pm

@ St Paul's Methodist Church, Tower Hill
Sowerby Bridge HX6 2EQ

Lower Valley Anxiety & Depression Support Group

Every 2nd and 4th Tuesday of the month

12.30 – 2.30pm

@ St Mary's Church, The Cross, Elland
Elland HX5 0RU

New
venue

Mum Time Support Group for mums of babies and young children

Every 1st and 3rd Wednesday of the month

1.00 – 2.45pm

@ WomenCentre, 23 Silver Street
Halifax HX1 1JN

Calderdale Hearing Voices Group

Every 2nd and 4th Wednesday of the month

12.30 – 2.30pm

@ VAC (Voluntary Action Calderdale), Hall Street
Halifax HX1 5AY

New
venue

*"It's a space where you can
process your thoughts
out loud without judgment,
and it can lead to
better understanding."
Support group member*

Healthy Minds Support Groups are for anyone who experiences mental distress.

People are free to talk about their own mental health, or not. The support group is a space to make that choice.

The groups are informal and relaxed. They are social groups, not therapy groups, although for some they may have a therapeutic benefit.

All groups are facilitator-led, with the aim of encouraging the group to develop and flourish in a safe, non-judgemental and inclusive way.

Mind Your Head:

Wellbeing Support Groups for Men

- Every 2nd Wednesday of the month
HALIFAX GROUP 12.30 – 2.30pm
@ The Victoria Theatre, 2 Fountain Street
Halifax HX1 1BP
- Every 4th Wednesday of the month
HEBDEN BRIDGE GROUP 12.30 – 2.30pm
@ The Town Hall, St George's Street
Hebden Bridge HX7 7BY

Self-Harm Support Group

Every 2nd and 4th Thursday of the month
12.30 – 2.30pm

@ The Victoria Theatre, 2 Fountain Street
Halifax HX1 1BP

Chronic Pain Support Group

Every 2nd and 4th Thursday of the month
11.00am – 1.00pm

@ Noah's Ark Centre, 322-326 Ovenden Road
Ovenden HX3 5TJ

Upper Valley Anxiety & Depression Support Group

Every 1st and 3rd Thursday of the month
6.00 – 8.00pm

@ The Town Hall, St George's Street
Hebden Bridge HX7 7BY

*"I am able to express the reality
of my emotions, as opposed to
what society expects.
I don't feel obliged to say I'm fine.
I don't have to put a face on."
Support group member*

Get in touch and find out about

. . the Chronic Pain Support Group



Healthy Minds is developing a group for people who experience long-term or chronic pain and need support around the devastating impact this can have on their emotional wellbeing.

The Chronic Pain Support Group invites people experiencing such pain to come together in a safe and confidential space to share their experiences and feelings.

We know it can be hard to talk about such feelings with family, friends or health workers, and often people can feel trapped and isolated. At a support group there's the freedom to speak about how you really feel and to express difficult emotions such as anger or guilt, without being judged.

Support Groups can also provide encouragement, helping people to build self-confidence, deal with anxiety and stress, or develop coping strategies.

The group meets twice a month at Noah's Ark Centre on Ovenden Road, Halifax,
from 11am-1pm every 2nd and 4th Thursday of the month.

Sessions take place on: Thursday 8th and Thursday 22nd January

If you would like to come along, or to find out more, contact Kath at Healthy Minds on 01422 345154 or kath@healthymindscalderdale.co.uk

A note of appreciation . . .



Our very first volunteer group-facilitator has moved on to pastures new . . . on behalf of the Hearing Voices group and everyone at Healthy Minds, we send out **a huge thank you to Jess** for all her imaginative and inspired hard work, perceptiveness and determination . . . and we wish her well with all her future plans.

The Hearing Voices Group continues to meet as usual on the 2nd and 4th Wednesdays of the month.
Contact Lou on 07879 732626 or lou@healthymindscalderdale.co.uk

Support Group Dates - January 2015 ...

Anxiety & Depression (Elland)	Tuesdays: 13 th & 27 th Now at St Mary's Church
Anxiety & Depression (Hebden)	Thursdays: 15 th <i>(NB only one session in January)</i>
Bipolar	Mondays: 5 th & 19 th
Chronic Pain	Thursdays: 8 th & 22 nd
Depression	Mondays: 12 th & 26 th
Hearing Voices	Wednesdays: 14 th & 28 th Now at VAC
Mind Your Head (Wellbeing for Men)	Wednesdays: 14 th (Halifax) & 28 th (Hebden)
Mum Time	Wednesdays: 7 th & 21 st
Self-Harm	Thursdays: 8 th & 22 nd
Wellbeing for Women	Tuesdays: 6 th & 20 th
Wellbeing Works	Tuesdays: 13 th & 27 th

*For more info about any of the groups,
contact Dianne, Lou, Kath or Nicola on 01422 345154*



Healthy Minds would like to say an enormous

Thank you !

*to our dedicated team of volunteers
who have worked so hard throughout 2014
to warmly support the people of Calderdale
and to challenge the stigma
that surrounds mental health.*

*We all look forward to working with all of you
once again in the New Year.*

Keeping Well over the Holiday

The Christmas period can be a stressful and difficult time for many people.

It's important to remember to look after ourselves,
keep the focus on knowing what works for you as an individual
and, if you can,
take some time to relax.



USEFUL NUMBERS

Samaritans: 08457 90 90 90 or 01422 349 349

Saneline: 0845 767 8000 (every day of the year from 6 to 11pm)

includes practical information about mental-health services in the local area

MIND: 0300 123 3393

HEALTHY MINDS FORUM

The Forum on Phoenix Radio 96.7FM . . . The Forum will be just one of the topics covered on the **Healthy Minds Radio Show** going out Monday 29th December, with Forum members being interviewed.

. . . And you can now listen to excerpts from previous shows on the Forum section of the Healthy Minds website . . . go to

<http://tinyurl.com/nq9fx6n>.



Benefits Meeting . . . The Forum arranged a meeting in October with Healthy Minds' Welfare Rights Worker, Billy.



People who attended filled in questionnaires about their own experiences with benefits claims – the information gathered can be used to feed back to various organisations and individuals including NSUN, CAB, media, politicians etc.

People present wanted to know the views of other groups such as NSUN (National Survivor User Network, Benefits & Work, Fightback and the Mental Health Resistance Network. People would like to know more about these organisations and if it might be worth linking up with them.



World Mental Health Day

Some good contacts were made at World Mental Health Day event, and Healthy Minds stalls were very well-received. The two volunteers who wrote and presented a talk about peer support did a great job with both the writing and speaking (*see Page 2*). They will be recording their talk for the Healthy Minds Radio Show, and we hope to put this on Healthy Minds website too.



- Share experiences
- Have your say about local services
- Feed into national and regional campaigns and initiatives

Future Forum dates: Monday 12th January and Monday 9th February 2015

*Please contact Tamsin if you are interested in attending the next Forum Meeting:
01422 345154 or tamsin@healthymindscalderdale.co.uk*

HEALTHY MINDS JOB VACANCY

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PROJECT WORKER: ROSHANI ("LIGHT")

18 hours pw, Actual salary £11,009.64 (NJC pt 26, £22,937 [£11.76ph] pro rata + 5% pension)

You can view and download all details about the job, plus the relevant forms, from <http://www.healthymindscalderdale.co.uk/jobs.html>

HEALTHY MINDS CONSULTATION NOVEMBER / DECEMBER 2014

At Healthy Minds we are guided by what people across Calderdale tell us about their needs.

Our existing services, and our plans for future development, have been based on previous consultations. We want to check that we are still on the right track so we're asking for your views once again with our new consultation – **deadline end of December**.

Feel free to leave out any questions that you don't want to answer. All responses are anonymous. The information provided will be collated in early 2015. To fill in your views, go to:

<http://www.healthymindscalderdale.co.uk/consultations-amp-feedback.html>

For a paper copy of the consultation, please ring us on 01422 345154 or email info@healthymindscalderdale.co.uk providing your address.

Great news for Tara from the Healthy Minds team, who has won the **2014 Luke Bitmead Writer's Bursary**, for her debut novel *Absent*, which will be published next November.

WRITE

SOME LETTERS MAKE A WORD

WRITE

SOME WORDS MAKE A SENTENCE

WRITE

SOME SENTENCES MAKE A PAGE

WRITE

SOME PAGES MAKE A CHAPTER

WRITE

SOME CHAPTERS MAKE A BOOK

Tara works on Open Minds (formerly Mentality), our anti-stigma project, and this award is particularly pertinent: it was set up in 2006 following the death of young writer **Luke Bitmead** (<http://www.lukebitmead.com/>), who took his own life shortly after his own debut novel was published. The memorial fund established in Luke's name aims to give support to unpublished writers, particularly those who have striven to work through the disempowering feelings of anxiety and depression, and to eradicate the stigma that prevents mental health problems being discussed openly.

Congratulations to Tara from everyone at Healthy Minds!

We're all looking forward to reading *Absent*, which, the publisher says:

"is captivating, with a plot unlike anything we've ever read before, combining elements of suspense and intrigue with a deliciously dark twist."

Healthy Minds Workshops: January – March 2015

Free workshops coming up in the new year

Thursday 22nd January 2015

12.30 – 2.30 @ King Cross Library

Putting Yourself First – A Workshop on Self-Care

This session will encourage participants to think about the role self-care plays in our physical, emotional and spiritual wellbeing. We will look at different aspects of our lives and explore how we can practically build on the ways we already care for ourselves.



Thursday 29th January 2015

12.30 – 2.30 @ venue tbc

Yoga for Wellbeing

This session is for anyone interested in finding out about yoga and how it can support our physical and emotional wellbeing. In the session we will look at simple techniques and explore the connections between mind and body. This session will take place in a safe and supportive environment. No previous experience is required. You will need to wear loose, comfortable clothing.

Monday 16th February 2015

12.30 – 2.30 @ Elsie Whiteley

Mindfulness

What is Mindfulness? Why practise Mindfulness? What impact can Mindfulness have on our lives? This session aims to answer some common questions about Mindfulness and to offer participants the chance to try out some Mindfulness techniques and discuss them in an informal atmosphere.

Wednesday 4th March 2015

10.30 – 12.30 @ The Orange Box

Being Connected

We will explore being present in the moment, being in touch with emotions and sensations. We will think about the connections between our body and mind and explore how we see things when we feel disconnected and how we can manage this.

Wednesday 18th March 2015

10.30-12.30 @ The Orange Box

Confidence & Self-Esteem

How do we think and feel about ourselves? Where does our sense of self-esteem come from? How does it affect our feelings, thoughts and behaviours? What makes us feel good about ourselves? How can we support our self-esteem and build confidence? This is a supportive session where we will look at these questions and develop strategies for managing our confidence and self-esteem.

*To find out more about the sessions or to book, ring Tamsin on 01422 345154
or email tamsin@healthymindscalderdale.co.uk*



Mothers Apart: Life in the goldfish bowl New Exhibition

This exhibition explores the links between mental health and living apart from your children as experienced by the mothers working alongside WomensCentre in Kirklees.



10th December 2014—April 2015

The book 'In our hearts' by mothers working alongside WomensCentre will be available to order and by from the Mental Health Museum during the exhibition.



W: www.mentalhealthmuseum.co.uk

E: museum@swyt.nhs.uk

T: 01924 328 654



With all of us in mind



Did you know one-to-one help using a computer is now available at Halifax Central Library, every Friday morning?

Do you know someone who would benefit from help in an informal environment?

A customer can have up to three sessions with each one lasting an hour.

If you would like more information or to book a place, please call now on 01422 392631 or email reference.library@calderdale.gov.uk.

Calderdale Adult Learning . . . Bring a friend and both get on a course half-price.

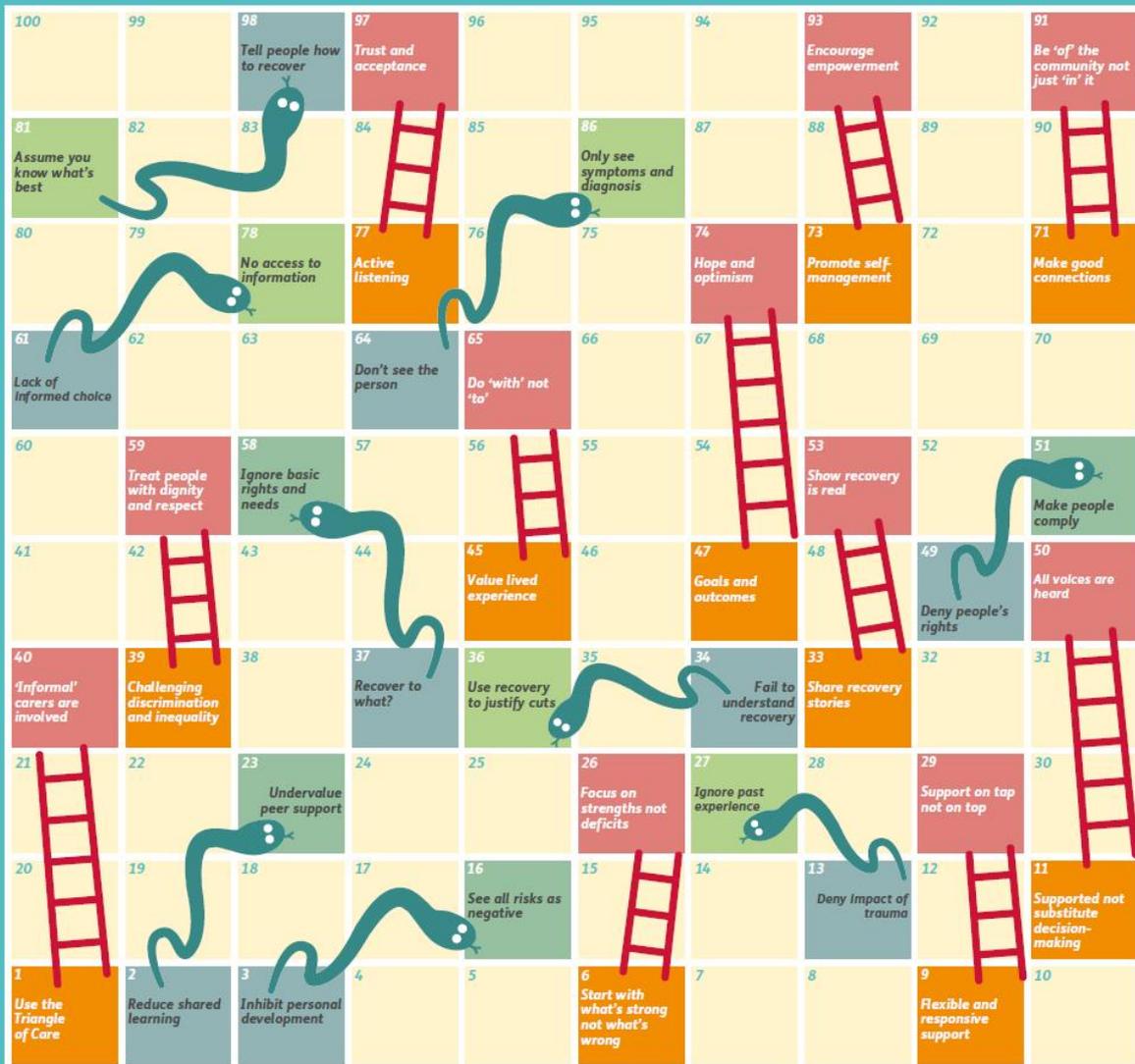
When you introduce someone new to Calderdale Adult Learning Service, and enrol on the same course in the spring term (January to March), you'll both receive a 50% discount .

You must be 19 or over. The offer is available only for the following courses where places are available: art & craft, IT, languages and courses for adults with learning difficulties. Cannot be used in conjunction with any other offer.

Call 01422 392820 or email cyps.cal@calderdale.gov.uk to enquire about this exciting offer – places are limited so hurry!



MENTAL HEALTH RECOVERY: WHAT HELPS AND HINDERS



We know people can and do recover from even the most serious mental health problems. Recovery means being able to live a good life, as defined by the person, with or without symptoms.

Find out more

Visit our website and sign up for updates
www.scottishrecovery.net info@scottishrecovery.net 0141 260 7790 @SRN_tweet



Healthy Minds December Events Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 st Bi-polar Group (pp3-6)	2 nd Wellbeing for Women (pp3-6)	3 rd Mum Time (pp3-6)	4 th Upper Valley Anxiety & Depression (pp3-6)	5 th	6 th	7 th
8 th Well Aware Recovery Course Depression Group (pp3-6) Healthy Minds Forum (p7)	9 th Wellbeing Works Group (pp3-6) Lower Valley Anxiety & Depression (pp3-6)	10 th Hearing Voices Group (pp3-6) Mind Your Head Support Group for Men: HALIFAX (pp3-6)(no Hebden session in December)	11 th Self-Harm Support Group (pp3-6) (only one session in December) Chronic Pain (pp3-6) (only one session in December)	12 th	13 th	14 th
15 th Bi-polar Group (pp3-6)	16 th Wellbeing for Women (pp3-6)	17 th Mum Time (pp3-6)	18 th Upper Valley Anxiety & Depression (pp3-6)	19 th	20 th	21 st
22 nd Depression Group (pp3-6)	23 rd Wellbeing Works Group (pp3-6) Lower Valley Anxiety & Depression (pp3-6) but meet outside Barnardo's to go to Morrisons café	24 th NB No Hearing Voices Group today	25 th Christmas Day 	26 th	27 th	28 th
29 th Healthy Minds Radio (p1)	30 th	31 st				



01422 345154 (please note our new number)



firstname@healthymindscalderdale.co.uk or info@healthymindscalderdale.co.uk



<https://www.facebook.com/pages/Healthy-Minds/363179503737471?ref=hl>



<https://twitter.com/healthymindscw>



www.healthymindscalderdale.co.uk



*Thank you for reading the Healthy Minds newsletter.
From everyone at Healthy Minds we would like to wish you
a very happy and peaceful Christmas and New Year.*