

Healthy Minds Newsletter

May, June & July 2014

Edition 18

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



3-MONTH-SPECIAL EDITION

things are
happening

As this packed newsletter shows, we've had a very busy time over the past couple of months: welcoming new people to the team; setting up new services; moving office to accommodate everybody; and, of course, keeping existing services running.

*Our website has been revamped and updated to cover everything that we are doing now – please do have a gander at <http://www.healthymindscalderdale.co.uk/>. Please also make a note of our new phone number – **01422 345154**, and lastly ... hope you enjoy the newsletter ...*

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Sorry, we've had to move the AGM ... new details are:
Healthy Minds AGM
Friday 29th August
1000-1200
at Elsie Whiteley
Innovation Centre
Hopwood Lane, Halifax
All are welcome!

Healthy Minds at Calderdale Neighbours Day ... A bunch of us went along to Neighbours Day held this year in People's Park – visitors to the Healthy Minds stall hung "leaves" on our "tree" inscribed with words or phrases associated with neighbourliness.



We had a great time meeting and talking with everyone we met.

And we found out lots about our neighbours from other friendly organisations too.



Our New Recovery & Support Groups Team

Healthy Minds' support groups have been going through some changes . . .

We **continue** to provide support for our 6 existing groups across Calderdale:



- Bipolar Depression
- Depression
- Hearing Voices
- Mum Time
- Wellbeing for Women
- Wellbeing Works



These groups are now led by **Lou**, our new Support Groups Worker who has taken over from Dianne. Lou's background is in user-group organisations, group facilitation and the media, and she is an ex service user herself. She's been getting to know all the group members and volunteers and finding out how people want to take things forward in all of the groups.

Dianne, meantime, is still involved with the groups and is busy co-ordinating the work of the new Healthy Minds Recovery & Support Groups Team . . . which brings us to welcoming **Nicola and Kath**, the new Recovery & Support Groups Workers:

Nicola's background is in teaching health & social care, parent support and issues relating to housing and homelessness, whilst Kath has worked in mental health, group work, alcohol & drugs, supported housing and substance misuse. Both have been working with volunteers to set up and facilitate 4 new support groups:

- Anxiety & Depression
- Self-harm
- Managing Long-term Pain
- Mind Your Head – a men's group facilitated by men



They'll also be working alongside volunteers to further develop several 12-week Recovery Courses covering a wide range of areas such as:



- improving physical health
- socialising
- identifying triggers
- self-management skills
- setting goals
- and
- managing money.



The new groups have already started ... *see overleaf for a list of all the groups – both old and new* ... and the first Recovery Courses will begin after the summer.

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

Healthy Minds

Support Groups in Calderdale

Bipolar Support Group

Every 1st and 3rd Monday of the month
2.00pm-4.00pm
@ The Fielden Centre, Ewood Lane,
Centre Vale Park, Todmorden, OL14 7DD

Depression Support Group

Every 2nd & 4th Monday of the month
1.00pm-3.00pm
@ Noah's Ark Centre,
322-326 Ovenden Road, Ovenden,
Halifax HX3 5TJ

Wellbeing for Women

Every 1st and 3rd Tuesday of the month
2.00pm – 4.00pm
@ Brighouse Library, Halifax Road,
Brighouse, HD6 2AF

Wellbeing Works Group

Every 2nd and 4th Tuesday of the month
2.00pm-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
12.30pm-2.30pm
@ Cornerstone, Barnardo's,
Coronation Street, Elland, HX5 0DQ

Mum Time Support Group for mums of babies and young children

Every 1st and 3rd Wednesday of the month
1.00-2.45pm at WomenCentre
23 Silver Street, Halifax, HX1 1JN

Calderdale Hearing Voices Group

Every 2nd and 4th Wednesday of the month
12.30-2.30 at Halifax Central Library, Halifax HX11UN

Healthy Minds Support Groups are for anyone who is experiencing 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 led by a facilitator or co-facilitators whose role is to encourage 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 12.30pm – 2.30pm
@Victoria Theatre, Halifax
Every 4th Wednesday of the month
Hebden Bridge Group 12.30-2.30pm
@The Saltonstall Rm. Hebden Bridge Town Hall, St George's Street, HX77BY

Self-Harm Support Group

Every 2nd and 4th Thursday of the month
12.30pm-2.30pm
@The Women's Activity Centre,
Hope Mill, Hope Street, Halifax, HX1 5DW
This group is open to men and women

Chronic Pain Support Group

Every 2nd and 4th Thursday of the month
3pm-5pm
@The Women's Activity Centre, Hope Mill,
Hope Street, Halifax, HX1 5DW
This group is open to men and women

Upper Valley Anxiety & Depression Support Group

Every 1st and 3rd Thursday of the month
6.00pm-8.00pm
@ The Saltonstall Rm, Hebden Bridge Town Hall, St George's Street, 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

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

Volunteer Support



Our new Volunteer Support Worker is **Cath**.

Cath's background is in substance misuse, counselling and group work. She will be recruiting, training and supporting volunteers to get involved with new Support Groups and Recovery Courses, as well as working closely with existing volunteers to support groups and projects already running.

She's already begun the process of meeting with Healthy Minds volunteers, and she's looking forward to finding out

what you want and need as volunteers with Healthy Minds.

Contact Cath on 01422 345154 or cath@healthymindscalderdale.co.uk



Nice One, Debs!

Healthy Minds volunteer, Debs Taylor, shows off one of the pictures from her recent exhibition at the Shears Inn ... nice one, Debs!

Photo courtesy of the Yorkshire Standard.

Full report: <http://www.yorkshirestandard.co.uk/news/artist-debbie-who-beat-depression-hosts-first-solo-exhibition/>

Mentality

... challenging stigma around mental-health issues

Recently the Mentality anti-stigma project have worked with students in Calder High school. Students said they 'd learnt "how and why mental illness can affect people" and that "there is always help for you". They also said they had particularly enjoyed "the openness with which mental health was discussed" and "the personal story from Sheila, that was most enlightening".

We'd now like to welcome **Tara** who is taking over from Tamsin ... Tara will be continuing to work with schools but also reaching out into the community to raise awareness about stigma around mental health.



For more information about Mentality, contact Tamsin or Tara on 01422 345154 or email tamsin@healthymindscalderdale.co.uk or tara@healthymindscalderdale.co.uk

HEALTHY MINDS FORUM

Challenging assumptions about parents who have experienced Mental Health problems.

Over recent months, the Forum has continued to look at the issues surrounding Parenting and Mental Ill-health / Mental Distress – members have talked openly about experiences (both good and bad) they've had with statutory services or just with other people generally, and they've recorded some of these experiences at Phoenix FM local radio station down in Dean Clough.

Things people have said to people in the group:

- "Why don't you have your child adopted?"
- "Send him to his mum, you're not able to cope"
- "Why do you want children anyway?"
- "He might end up with mental-health problems like you"



Not all experiences are completely negative ... here's one person's story:

"I have had depression and social anxiety as long as I can remember. Also panic attacks and anger problems but I am getting better now with help from my GP and psychiatrist.



I have been the main carer for my son since he was 6 months old, he is now 10. I love being a parent; it's really rewarding and challenging. It's the best thing I've ever done.

Parenting is very hard for me, especially in terms of social situations, such as going to the park or children's parties. It's also good for feeling good about myself, I think I'm a good parent. My son is happy, sociable and confident. He is also well behaved and good at school.

My experiences of services have been good. I think services have been keen to help because I'm a single parent. However I have always worried that services may judge me as not being capable of being a good parent."

Crisis Care Concordat, Yorkshire

We've had an opportunity to tell people about our experiences of crisis care. We met last week and this week to share experiences, to record verbal statements at Phoenix Radio and to create images about these experiences. People are using their own personal experiences of crisis care to create a video which will be shown to decision-makers from across the region on Thursday 17th July 2014.

See Page 8 for more information about the Crisis Care Concordat, see page 8.

If you want to:

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

... then come along to the Forum.

Upcoming Forum Meetings see opposite →

Monday 14th July 2014

Monday 11th August 2014

Monday 8th September 2014

All meetings take place:

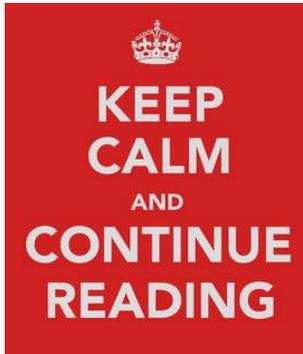
**Downstairs at Halifax Central Library
from 5:30 to 7:30pm**

Please contact Tamsin if you are interested in attending the next Forum Meeting:

01422 345154 or tamsin@healthymindsalderdale.co.uk

Mental Health Awareness Week

Mental Health Awareness Week this year focussed on **anxiety**. Anxiety and depression are the two most common mental-health problems.



Signs of anxiety can include:

- Increased heart-rate,
- tense muscles,
- wanting to use the toilet more often,
- feeling sick and headaches.

Anxiety can also involve thinking that you may lose control and / or go “mad”, you might be very alert to everything around you or alternatively feel very detached, you might feel like you want to run away / escape from a situation.

Things which can help anxiety include:

- › setting aside a specific time to worry about things,
- › distinguishing between things you can change and things you can't,
- › being aware of your triggers,
- › distracting yourself,
- › physical exercise,
- › meditation
- › and breathing exercises.

When I am anxious about something, I know it can also be useful for me to avoid caffeine and unnecessary stress.

Sources of support and information:

Anxiety UK (www.anxietyuk.org.uk, Helpline 08444 775774 open Monday – Friday 9.30-5.30)

No More Panic (www.nomorepanic.co.uk)

You can download a free anxiety self-help workbook:

<http://www.moodjuice.scot.nhs.uk/anxiety.asp>

... or the Mental Health Foundation's new report on anxiety:

<http://www.mentalhealth.org.uk/publications/living-with-anxiety/>



Crisis Care Concordat

Mental Health

Yorkshire and
Humber

Working together towards a high quality
response for people with mental health
problems in urgent need of help

Date: 17 July 2014, 9.30am to 3.30pm

Location: Leeds United Football Club Conference Centre, Elland Rd,
Leeds, LS11 0ES

What will be covered?

- Overview from National Clinical Director for Mental Health, Geraldine Strathdee
- Insight into regional multi-agency partnership working to date
- Support for developing local declarations and action plans
- Signposting to key contacts in partners agencies

Who should attend?

This event is open to anyone with an interest but would be of particular interest to:

- Senior local representatives of Concordat signatories
- Professional staff from NHS, social care or criminal justice sectors
- Voluntary sector providers of crisis care
- People with lived experience of mental health problems/crisis care

To register, visit www.crisiscareconcordat.org.uk/events

For more information, contact crisiscareconcordat@mind.org.uk

With grateful thanks...

Local event organisers, Life's An Event recently staged 2 events aimed at parents and small children:

- a sponsored walk through Hardcastle Crag in May
- the Bump2Tot baby-and-toddler show at Brighthouse High School in June

We're delighted to say that Bump2Tot have chosen to donate funds raised at these events to Healthy Minds in acknowledgement of the work that's done within the Mum Time support group.

Mia Marsh, owner and organiser said:

"I feel as though there's not much done for post-natal depression, and I know a lot of people who have gone through it."

Read more here:

- Sponsored walk through Hardcastle Crag:
<http://tinyurl.com/l6pfx>
<http://tinyurl.com/lzez2zn>
- Baby-and-toddler show at Brighthouse High:
<http://tinyurl.com/o2egr6p>



Healthy Minds Trustee, Helen Wright receiving the cheque for £130 from Mia Marsh,

"The work Mia and Paul have done to fundraise has been fantastic. We appreciate the support anyone gives to help us support people with mental-health problems."

The Mum Time group is for mums or mums-to-be who feel that their mental health and wellbeing are at times affected by issues around parenting.

Children benefit too through the free crèche so it's a winner all round for the whole family (NB – please ring first to book your free place!).

Group facilitator Lou runs the group twice a month in central Halifax ... read more about Mum Time here:

<http://www.healthymindscalderdale.co.uk/mum-time-support-group.html>



Mum Time

For mums of babies and young children with experience of emotional distress

Mum Time is a rolling programme of guided discussions to help mums address issues motherhood, wellbeing and mental health. Facilitated by a Healthy Minds worker and volunteers, it offers a support group environment and welcomes mums who are facing emotional challenges, want to maintain their mental health, or simply just want some time to talk.

Kidspace will be on hand to provide a free crèche places for women attending the group, but you should book in advance.

Every 1st&3rd Wednesday of the month

1.00pm-2.45pm

@The WomenCentre

23 Silver Street, Halifax, HX11JN

For more information contact Lou at Healthy Minds:

Tel

Mob 07879 732626

Email lou@healthymindscalderdale.co.uk

www.healthymindscalderdale.co.uk



Healthy Minds is Calderdale's only local, independent, mental health charity, led by people with personal experience of mental distress. We provide a range of support groups, recovery courses and anti-stigma

workshops and other projects. Volunteers with experience find out more about how you could be involved get in touch.

Healthy Minds is the operating name for Calderdale Wellbeing, Calderdale Wellbeing; Company Number 6828871, Charity Number 1132316

Creative Approaches to Mental Health

A 1 day work-shop with
Rufus May & Tim Gibbons



Monday 14th of July
9.30 -4.00pm
at Christ Church, Chapel St Leeds LS15 7RW

An opportunity to try out different creative ways of dealing with mental health problems and emotional conflict. This workshop is for workers, people who have used mental health services and anyone interested in creative approaches to mental health. We will look at:

How we can work creatively with feelings of depression, hearing voices and feelings relating to inner and outer conflict.

This workshop will include art work exercises, finger puppet work, community drama exercises and communication skills

Cost workers £50.00 Unpaid £25.00
a limited amount of further discounted places are available.
book by email svanholmer81@gmail.com or on 07926685432
Please bring your own lunch.

Rufus May (www.rufusmay.com) has worked as a clinical psychologist in the NHS in adult mental health for 18 years.

Tim Gibbons is a trained facilitator of workshops in therapeutic drama, clowning for well being. He has lived through a period of serious mental health problems and experienced his own journey of recovery

**Actors' Workshop
Youth Theatre**

Back Victoria Street t +44 (0)1422 323688
EMPOWERING YOUNG PEOPLE THROUGH THE ARTS

THE WORKSHOP

Presents

ONE FLEW OVER THE CUCKOO'S NEST

Tuesday 15th July - Saturday 19th July

**Based on the novel by Ken Kesey
Adapted by Dale Wasserman
Directed by Shane Gough**

**Tickets £6/£4
Doors open 7pm**

 **/actorsworkshophx**

 **@The_Workshop_Hx**

For anyone aged 19 and under

Drop in at the health bus



In the Forest car park
In the Cottage



Thursday 3-5pm



All methods of contraception
STI screening & advice
Healthy lifestyles
Pregnancy testing Condoms
Alcohol & drug advice
Relationship advice

A private & confidential service
For anyone aged 19 and under



Healthy Minds July Events Calendar

| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|--|--|---|------------------|------------------|------------------|
| | 1 st Wellbeing for Women (pp2-3) | 2 nd Mum Time (pp2-3 & 8) | 3 rd Upper Valley Anxiety & Depression (pp2-3) | 4 th | 5 th | 6 th |
| 7 th Bi-polar Group (pp2-3) | 8 th Wellbeing Works Group (pp2-3) Lower Valley Anxiety & Depression (pp2-3) | 9 th Hearing Voices Group (pp2-3) Mind Your Head Support Group for Men: HALIFAX (pp2-3) | 10 th Self-Harm Support Group (pp2-3) Chronic Pain (pp2-3) | 11 th | 12 th | 13 th |
| 14 th Depression Group (pp2-3) | 15 th Wellbeing for Women (pp2-3) | 16 th Mum Time (pp2-3 & 8) | 17 th Upper Valley Anxiety & Depression (pp2-3) | 18 th | 19 th | 20 th |
| 21 st Bi-polar Group (p) Healthy Minds Forum (p5) | 22 nd Wellbeing Works Group (pp2-3) Lower Valley Anxiety & Depression (pp2-3) | 23 rd Hearing Voices Group (pp2-3) Mind Your Head Support Group for Men: HEBDEN (pp2-3) | 24 th Self-Harm Support Group (pp2-3) Chronic Pain (pp2-3) | 25 th | 26 th | 27 th |
| 28 th Depression Group (pp2-3) | 29 th | 30 th | 31 st | | | |

CONTACT US:  **0 1 4 2 2 3 4 5 1 5 4** (please note our new number)

 lou@healthymindscalderdale.co.uk, kath@healthymindscalderdale.co.uk or nicola@healthymindscalderdale.co.uk

 www.healthymindscalderdale.co.uk  <https://twitter.com/healthymindscw>

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



Calling all Facebookers ... have you 'liked' Healthy Minds Facebook page yet? If not, please go on there and do it! Here's the link: <https://www.facebook.com/pages/Healthy-Minds/363179503737471?ref=hl> ... and **thank you!**