



First Healthy Minds Recovery Course starts September ...

Well Aware: A Healthy Minds Recovery Course

10.30am - 1.00 pm at The Orange Box, Thomas St, Halifax, HX1 1AF
Mondays 15th September – 8th December 2014

Well Aware is a recovery course developed and delivered by workers and volunteers with lived experience of mental distress.

This 12 week course is for people who wish to explore their personal attitudes and develop skills to improve and manage their wellbeing. The sessions encourage people to look at their life as a whole, and explore positive ways to address areas that cause them concern.

The course will help participants identify, challenge and change unhelpful thinking, learn new coping strategies, improve resilience, and regain control of their life.

All sessions will be held in a safe, non-judgemental and confidential space.

The first six weeks will look at a range of topics including:-

- What recovery means to me
- Making positive use of reflection
- Self-motivation
- Understanding beliefs and values
- Exploring emotions
- Thoughts, beliefs and emotions
- Developing a personal understanding of mental health, labelling and stigma.

Participants will have the opportunity to investigate further topics along the way.

Well Aware is facilitated by Healthy Minds workers and trained volunteers using a peer support model.

Well Aware is for you if you wish to:-

- Gain insight into your own mental health and wellbeing
- Develop your own coping strategies
- Participate in a peer support learning group
- Commit to a personal recovery journey

Anyone wishing to come on the course should contact Recovery and Support Team at Healthy Minds to arrange for an informal chat.

Place are limited, but attendance on the course is free.

Contact 01422 345154 and ask for Dianne, Nicola or Kath

email firstname@healthymindscalderdale.co.uk

www.healthymindscalderdale.co.uk

Here at Healthy Minds, volunteers and workers have had a creative few months working on our first recovery course.

Well Aware draws on the skills, experience and knowledge of people with personal experience to help participants find practical ways to improve their own wellbeing.

The course encourages people to work from their own personal experience, to share and learn from each other.

We have run pilot sessions with volunteers and have received very positive feedback including:

"I feel this recovery course is very interesting and a great help.

I find the course is structured and materials used are of great help – it's my kind of learning."

There will also be more courses starting from January 2015 in a range of venues across Calderdale.

For more information, ring the Recovery team on 01422 345154 or email nicola@healthymindscalderdale.co.uk / kath@healthymindscalderdale.co.uk

HEALTHY MINDS FORUM

We were recently invited to contribute to the [Mental Health Crisis Care Concordat](#).

This is a Government programme to improve the way services respond to people in mental-health crisis. The shared agreement involves the Department of Health and the NHS along with the Police and other national agencies like MIND.

Forum members produced a short film* about their own experiences with crisis care and showed this on the day to great acclaim. Volunteer, Debs describes the process and sums up her feelings about the day:



“After deliberating, we decided a good way to get our message across was a video with photos from one week in our own lives. We went to Phoenix Radio to record a commentary and edited this to fit with the pictures we’d taken.

The video and our accompanying voice-overs went down really well, being a great representation of what it’s like to live each day with mental illness.



Other attendees (police, ambulance and mental-health professionals) also spoke of their experiences, all of which was very informative and interesting.

Listening to ALL points of view made us all think about the future of crisis care and also gave an insight into working together to get a much more successful outcome for all.

Crisis care doesn’t just affect the person that’s in crisis – so many more people are involved in the care and safety of that person.

We all need to know what each other’s abilities and responsibilities are, and where the resources may be found to make any crisis as smooth as possible for all those involved.”

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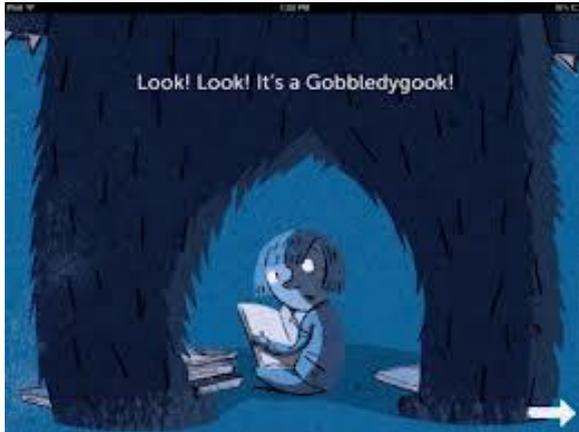
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Much of the day highlighted the use of police cells as a “place of safety”, with pretty much everybody in agreement that this is rarely, if ever, appropriate for someone in mental-health crisis.

There are some interesting alternatives being tried out in other areas (not Calderdale, as yet), such as “street triage”, in which the Police work closely with mental-health professionals to find better ways to direct someone in crisis to more suitable treatment.



Asked to comment on the day to close the event, Jonny, on behalf of Healthy Minds, highlighted that communication remains a problem: if anything is happening in Calderdale around crisis care, nobody seems to know about it!



Also, the age-old issue of **jargon** as a barrier to communication and service-user involvement is still there – this day threw up some new ones:

- ↳ “parity of esteem”;
- ↳ “clinical senates”;
- ↳ even “concordat” itself.

Whilst it’s good that so many national organisations have signed up to the agreement, there’s a need to involve the voluntary sector more in local areas. The conference showed that a lot of positive work is being done across Yorkshire & the Humber to improve crisis care, which is to be welcomed, but what matters is how this carries on and makes a difference to people everywhere. The service-user experiences shown in the Healthy Minds film, and one from young people in Sheffield, were mainly negative.

The true test of whether the Concordat is working will be to see, in one, or two, or five years’ time, that people’s experiences change from mainly negative to mainly positive.

Healthy Minds Forum will keep track of developments.

**The Forum members’ film will be available for viewing shortly on the Healthy Minds website.*

If you want to:

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

... then come along to the Forum. You’ll be made welcome.

Next meeting Monday 8th September 2014

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

Support Groups News Update

Our well-established **Bi-Polar, Wellbeing Works, Mum Time, Hearing Voices, Depression and Wellbeing Women groups** have continued to meet as usual in Todmorden, Sowerby, Halifax, Ovenden and Brighouse respectively. Several new members have joined in and, with another publicity drive this autumn, we hope to attract growing numbers. Groups have chosen to focus on the themes of identity, colour, taking time to talk, families, mindfulness and medication.

If you'd like to come along to any group, there'll always be a warm welcome waiting. Someone can always meet you a bit earlier for your first visit if you want. All groups operate on a peer-support system and are facilitated by a Healthy Minds worker alongside volunteers.

The **Upper Valley Anxiety & Depression Group** has really taken off the ground and is jointly facilitated by a Healthy Minds worker and a volunteer. Session themes are discussed and agreed amongst group members, the latest being around 'wellbeing' and 'coping strategies'.

The **Lower Valley Anxiety & Depression Group** is also experiencing success with participant numbers steadily increasing. As with all our support groups, the structure of each session is discussed and agreed by participants. Recently, group participants have opted to spend the first hour catching up and the second hour sharing tips and ideas for wellbeing such as food, mood and mindfulness. The group is facilitated by a Healthy Minds worker, and a Healthy Minds volunteer is training to become a co-facilitator.



Mind Your Head (Men's Group) alternates bi-monthly between Central Halifax and Hebden. It's facilitated by men volunteers only, with the 'back-seat' support of a Healthy Minds worker. The Halifax group has been a great success, and in Hebden the group is steadily taking off with a lot of interest in the group down the valley. Again, structure and direction are decided and agreed upon by participants ... and there's talk of social activities in the future.

The **Chronic Pain** and **Self-Harm** groups have been a little slower in taking off; however we're currently working with volunteers to look at different ways of promoting and expanding the groups. Also, we plan a change in venue. **Please feel free to contribute your ideas** on how to "grow" and promote these groups, and also with any ideas for venues that are accessible and central.



Most of the Healthy Minds support groups are mixed-gender (apart from the Mind Your Head Men's Group), and many groups are seeing a number of new members at every session, so please don't feel nervous about coming along to any of the groups, as there'll most probably be another new person there too!

. . . and we can always arrange to meet you a bit ahead of the start-time if you're feeling a bit nervous.

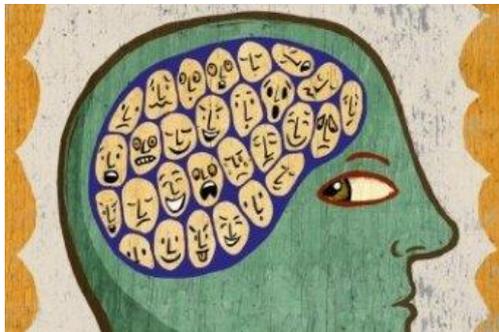
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All support-group details can be found on the [Healthy Minds Support Groups page](#) (overleaf). Contact us should you like more information, or alternatively, just turn up!

Please note ...

- **ALL SUMMER LONG** – All groups will continue to run as usual throughout the summer (please note – there’s no Depression Group on Bank Holiday Monday this moves to Wednesday instead **for one week only** ... please see details on our back-page calendar.)
- **HELPFUL BOOKS** – Have you read a book that’s really helped you in some way with your mental health & wellbeing? If so, please let us know as the groups are compiling a list.



- **VOLUNTEERS NEEDED!**

The Calderdale Hearing Voices Group is looking for co-facilitators. The group has been running since September 2012. We meet for two hours twice a month in Central Halifax. The Group is a service-user-led, self-help support group guided by facilitators with their own experiences of hearing voices. We aim to create a safe space for people to share their experiences, thoughts and feelings and to make everyone feel included, accepted and understood.

If you're interested in helping to co-facilitate the group or for more information, please contact Elisabeth or Jess at hearingvoices@healthymindscalderdale.co.uk (or via Cath / Dianne at Healthy Minds on 01422 345154).

SEPTEMBER GROUP DATES

Anxiety & Depression (Elland)	9 th & 23 rd
Anxiety & Depression (Hebden)	4 th & 18 th
Bipolar	1 st & 15 th
Chronic Pain	11 th & 25 th
Depression	8 th & 22 nd
Hearing Voices	10 th & 24 th
Mind Your Head (Wellbeing for Men)	10 th (Halifax) & 24 th (Hebden)
Mum Time	3 rd & 17 th
Self-Harm	11 th & 25 th
Wellbeing for Women	2 nd & 16 th
Wellbeing Works	9 th & 23 rd

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
@ Brighthouse Library, Halifax Road,
Brighthouse, 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

A positive **Mentality**

Healthy Minds' anti-stigma project is casting its net wider as it focuses on community organisations as well as continuing to work with schools.

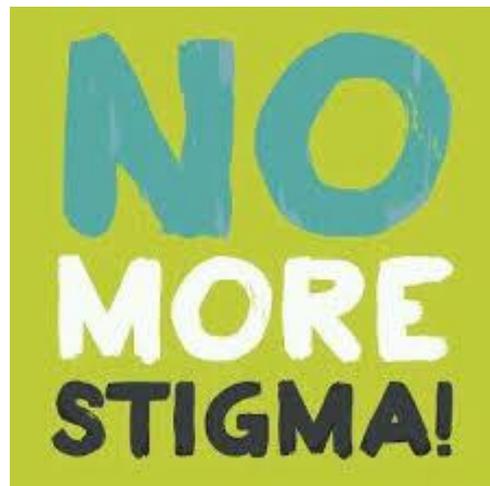
Tara, our new anti-stigma project worker, has a background in training and community development, and she'll be running autumn workshops for Voluntary Action Calderdale and WomenCentre, and is also discussing plans with a variety of BME groups.

Tara sits down with each group to look at what would be most useful to its staff or service users, and then teams up with a volunteer to put together a bespoke workshop.

We are keen to recruit more volunteers: if you might be interested in:

- helping us develop activities and content for workshops,
- or to be involved in presenting workshops,

we'd like to hear from you ...



Call Tara on 01422 345154 or email tara@healthymindscalderdale.co.uk

Healthy Minds AGM

You are warmly invited to Healthy Minds AGM 2014:

Friday 29th August, 10 till 12 at The Elsie Whiteley Innovation Centre

Hopwood Lane, Halifax HX1 5ER (tel 01422 399400)

There will be a very *brief* "business" meeting, after which we will update you on the progress of Healthy Minds and tell you about the exciting new projects that we have going on.

We invite you to join in two workshops, which will focus on volunteering and on social isolation, and offer us all a chance to share our views.

All are welcome, and we hope the meeting will be of particular interest to voluntary- and statutory-sector workers who support people who experience mental distress.

**Please let us know if you are planning to come (for tea-and-cake purposes!),
RSVP to wendy@healthymindscalderdale.co.uk or call 01422 345154**

Please note that only members of Healthy Minds may vote during the business part of the meeting.

A group of us from Healthy Minds had a night out at the theatre last month.

We went to The Workshop (aka Actors' Workshop Youth Theatre) to see **One Flew Over the Cuckoo's Nest**, Dale Wasserman's stage adaptation of Ken Kesey's 1962 novel.



Here are some of the views and thoughts we came back with ...



"It was a slowish start to this testing play, but I was gradually drawn in by all the performances – it felt like the players had really got to grips with the subject matter. I don't know the names of the actors but the performances were truly watchable – those in the roles of McMurphy, Nurse Ratched and Harding showed real maturity, and the vulnerability and self-doubt of Billy Bibbitt were nicely captured.

Others focused well on staying in character when there were no lines for them to deliver ... notable for me amongst these were Martini, "Chiefy" and the bloke who just stood maintaining an arms-stretched position, occasionally crying out – he was just great. And I liked the "floozyies" too ... both of them convincingly well-flounced, -slinked (or should that be -slunk?) and -shimmied.

The space at The Workshop combined with the skills of the players to create an atmosphere ... and by the second half you really felt you were in that asylum with the oppressiveness and awful dynamic of it all.

I'm looking forward to their next production."



"I went with some members of Healthy Minds to see the Actors' Workshop Youth Theatre presentation of 'One Flew over the Cuckoo's Nest'. This was a unique experience as the auditorium had a night-club atmosphere allowing the group to relax in comfortable surroundings with a bottle of wine while watching the play. It was great to see such energy from the young actors and the competent way they used the stage.

Several sections of the play, though, brought back vivid memories for me of my son and his experiences of mental-health attitudes in Calderdale. I still see him, several hours after his fourth ECT treatment, being dragged by two nurses to the visitors' room. He was feverish; his eyes rolled in his head and his speech was slurred. All he could say was, 'How could one person do this to another?'. The charge nurse's attitude was that there was nothing to complain about because now he was no longer wetting himself.

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Again, there was an instance in the play where the staff nurse overruled the psychiatrist. This brought to mind another vivid instance at an appeal tribunal where a psychiatrist said he was a very busy man and had to rely on 'bits and pieces' from the staff to make a diagnosis.

One of these 'bits and pieces' was that my son wasn't showing any sign of mental illness, but that was because he was pretending to be well. The appeal was unsuccessful.

Although it can be argued that things have changed, conditions now exist for these attitudes to re-emerge. Due to economic conditions and work overloads, the work of mental-health professionals seems to have been reduced to small manageable pieces which require them to respond only to superficial cues, as is so well understood and demonstrated by the young actors in the play. “



“One Flew Over the Cuckoo's Nest is among my favourite books and films, so I'll admit I had some reservations about a stage adaption, and an amateur youth production at that.

I was delighted to be proved wrong: every actor gave a strong and confident performance, and perfectly maintained an authentic tone for the story and setting, staying on the right side of paying tribute without simply imitating the iconic performances from the film.

My 16 year-old daughter came with me, not knowing the story, and was completely drawn in, as demonstrated by her shocked reaction to McMurphy's terrible fate and her depth of hatred towards the maleficent Nurse Ratched; so much so, that she has since read the book and watched the film – that she was so inspired is itself testament to the quality of this production.”



Next production:
“Fair Maid of the West”

by Thomas Heywood

Tuesday 16th to Saturday 20th September

<http://actorsworkshop.org.uk/> 01422 323688



Actors' Workshop
Youth Theatre
Back Victoria Street E: +44 (0)1422 323688
EMPOWERING YOUNG PEOPLE THROUGH THE ARTS
THE
WORKSHOP



Have you got something to say about a book you've read, a film you've seen, an exhibition you've visited or **anything** along these lines?
If so, please get in touch – we're happy to include your views in the newsletter.
Call 01422 345154 or email wendy@healthymindsalderdale.co.uk



Heard it through the grapevine



British Association for
Counselling & Psychotherapy

URGENT ONLINE SERVICE-USER SURVEY. . . (deadline end Mon 25th Aug): Psychological Therapies and Parity of Esteem – Service User Survey

The British Association for Counselling and Psychotherapy provides information for therapists, clients of therapy and the general public. BACP also sets standards for what clients and therapists should expect from therapy. They work to increase public understanding of the benefits of counselling and psychotherapy.

The survey - Last year, the BACP began to look at the government's commitment to 'parity of esteem' for mental and physical health, that is, valuing mental health equally with physical health. BACP is looking at what this means for talking (or psychological) therapies, ie treatments like counselling and cognitive-behavioural therapy (CBT) where you talk to a professional about the problems or difficulties you are having. BACP began by asking different health & social care organisations to tell about their experience of parity of esteem – a 'call for evidence'.

They now want **you** to tell them about **your experiences** of using mental-health services, **your views** on how you'd like mental-health services to be, and **how you think they compare** to services for physical-health problems. Go to <https://www.surveymonkey.com/s/bacp-service-users> .

All answers will be kept anonymous, so people will not be able to find out what answers you gave or who you are. All the evidence collected will form the basis of a report to be published in the autumn. Your contribution is **essential** for the report to reflect the perspective of psychological therapy service users, and BACP would be delighted if you could participate.



SIGN THE PLEDGE - For 75 years, the Citizens Advice service has provided free, confidential advice and influenced decision makers to make a lasting difference to their clients.

They need your support for their work to continue.

For more info: <http://tinyurl.com/k5z9b8b>, and to sign the pledge: <http://tinyurl.com/osy9sm2> .



Department
of Health

The Department of Health is seeking views on proposed changes to the Code of Practice: Mental Health Act (1983).

The consultation 'Stronger Code: Better Care' is asking for your thoughts on a new draft Code which includes: 5 new guiding principles, significantly updated chapter on how to support children and young people, on the use of restraint and seclusion and the use of police powers and places of safety, new chapters on care planning, equality and human rights, links to the Mental Capacity Act and Deprivation of Liberty Safeguards, and support for victims.

The consultation is open **until 12th September 2014**.

To read more and have your say, go to:

<http://www.sectorsupportcalderdale.org.uk/mental-healthy-act-code-of-practice-consultation-launched/>

For more info on things you can take part in, go to:

<http://www.nsun.org.uk/get-involved/take-part-in-mental-health-research-and-surveys/>



Are you reliable, patient and willing to help others? Would you like to be a Mentor for Choice?

The next training course will be held on Tuesday evenings from 5.30pm to 8.30pm at Voluntary Action Calderdale, Hall street, Halifax HX1 5AY on the following dates.

16/09/2014 Introduction to Mentoring and Befriending

23/09/2014 Safeguarding Adults at Risk

30/09/2014 Learning Disability Awareness

14/10/2014 Mental Health Awareness

21/10/2014 Deaf Awareness

All expenses will be paid and a light snack provided.

Contact Audrey Smith 07729154259 or email choice@cvac.org.uk for more information.



Healthy Minds August Events Calendar

MON	TUE	WED	THU	FRI	SAT	SUN
				1 st	2 nd	3 rd
4 th Bi-polar Group (pp4-6)	5 th Wellbeing for Women (pp4-6)	6 th Mum Time (pp4-6)	7 th Upper Valley Anxiety & Depression (pp4-6)	8 th	9 th	10 th
11 th Depression Group (pp4-6) Healthy Minds Forum (pp2-3)	12 th Wellbeing Works Group (pp4-6) Lower Valley Anxiety & Depression (pp4-6)	13 th Hearing Voices Group (pp4-6) Mind Your Head Support Group for Men: HALIFAX (pp4-6)	14 th Self-Harm Support Group (pp4-6) Chronic Pain (pp4-6)	15 th	16 th	17 th
18 th Bi-polar Group (pp4-6)	19 th Wellbeing for Women (p4-6)	20 th Mum Time (pp4-6)	21 st Upper Valley Anxiety & Depression (pp4-6)	22 nd	23 rd	24 th
25 th AUGUST BANK HOLIDAY NO DEPRESSION GROUP TODAY – PLEASE SEE WED 27TH AUGUST	26 th Wellbeing Works Group (pp4-6) Lower Valley Anxiety & Depression (pp4-6)	27 th Hearing Voices Group (pp4-6) Depression Group (pp4-6) (instead of Mon 25 th) at VAC 1-3pm Mind Your Head Support Group for Men: HEBDEN (pp4-6)	28 th Self-Harm Support Group (p) Chronic Pain (pp4-6)	29 th	30 th	31 st

CONTACT US:  **01422 345154** (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!