

# Healthy Minds Newsletter

## September & October 2014

Edition 20

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



## World Mental Health Day: Friday 10<sup>th</sup> October 2014

World Mental Health Day will be on Friday 10<sup>th</sup> October and this year's theme is:

### "Living with Schizophrenia"

In recognition of this, some of our volunteers have interviewed Rufus May about his experience and understanding of hearing voices and the diagnosis of schizophrenia, about his work within and outside the NHS and about his hopes for the future of mental health.



Rufus (*pictured left*) is a clinical psychologist who's worked in the NHS for 19 years and who has his own experience of hearing voices.

**Healthy Minds Hearing Voices** group-members will also be discussing their own experiences and talking about the benefits of the Hearing Voices group.

***This discussion and the interview with Rufus  
ae being played on Phoenix Radio 96.7FM  
between 9am and 12 noon  
on Monday 29<sup>th</sup> September.***

You can listen again online later if you miss the show!



### Other World Mental Health Day events . . .

Insight will be holding an event at the Shay (pictured left) in Halifax **on Friday 10<sup>th</sup> October**.

There will be a number of stalls and speakers including a Healthy Minds stall with a number of fun interactive activities and a talk by a Healthy Minds volunteer.

There will be a market-place area which will include a Healthy Minds information stall as well as stalls by other exhibitors. Healthy Minds will be providing a 'byte box' where people will have the opportunity to say on video what mental health means to you and a stress-ball making area.

**Friday 10<sup>th</sup> October at the Shay Stadium, Halifax ... Arrive from 11.30am.**

From 12-3pm there will be performances, presentations, taster sessions and demonstrations from various organisations.

*If you want to know more, please contact Tamsin or Lou on 01422 345154 or email [tamsin@healthymindscalderdale.co.uk](mailto:tamsin@healthymindscalderdale.co.uk) or [lou@healthymindscalderdale.co.uk](mailto:lou@healthymindscalderdale.co.uk)*

I A S P

International Association for Suicide Prevention



September 10, 2014

# World Suicide Prevention Day

● *Suicide Prevention: One World Connected*

Suicide is something we don't want to give much thought to. It's hard to imagine the pain that leads an individual to take their life. So hard, that we step away from the thought. Yet suicide is a major cause of death world-wide. The International Association for Suicide Prevention (IASP) has found that in 2012 suicide accounted for 1.4% of all deaths world wide – that made it the 15<sup>th</sup> leading cause of death. And it's estimated that for each adult who died of suicide there were over 20 others who made suicide attempts.

But those are facts and figures. They don't amount to actual people with faces and voices you recognise, people you might see on the bus or train every day, people who give you the change in the supermarket. So sometimes it's hard to *connect* the information to the person.

I use the word "*connect*" here purposefully. The theme of World Suicide Prevention Day September 10<sup>th</sup> 2014 was **Suicide Prevention: One World Connected**. The theme reflects the fact that connections are so important on so many levels if we are to combat suicide.

Studies have shown that loneliness, or social isolation, can increase the risk of suicide, so support and friendship is vital for people who are vulnerable because they have become disconnected, not just from other people, their family or friends, but from their sense of themselves. Offering support, a quiet space to listen and accept can be life-saving.

But as IASP also points out, connectedness can also be understood in terms of care. Connection and collaboration between services can be important so that people don't *fall through the cracks* at a time when they most need access to help and support.

And finally, connectedness at a national and international level, because suicide affects humankind – it's a world-wide concern. The World Suicide Report commits 194 member-states to reduce their suicide rates by 10% by 2020.

World Suicide Prevention Day is an opportunity for everyone in the community to take a moment to focus attention, to be mindful and think about how we might make that vital connection.

Read more at <http://www.iasp.info/wspd/index.php>

# Open Minds (formerly known as "Mentality")



## Healthy Minds anti-stigma project gets a new name!

The anti-stigma project formerly known as "Mentality" has been renamed **Open Minds!**

It is just a change of name, and Open Minds will continue **as before** to raise awareness around mental health and to challenge stigma, both in schools and in the wider community.



***Come to our Autumn workshop  
at Calderdale WomenCentre  
on Monday October 20<sup>th</sup> from 12.30 till 2.00pm***

*We know that one in four of us  
will experience a mental health problem in any given year.  
So why is it so hard to talk about?*



*Using the "stress bucket" model, our informal workshop will offer  
a space to think about our own mental health, and separate the myths from the facts.  
We will take a look at our personal "stress buckets"  
and how we can stop them overflowing.*

For further information, check out our website at [www.womencentre.org.uk](http://www.womencentre.org.uk)  
or call Sally at WomenCentre (01422 386500) or Tara at Healthy Minds (01422 345154)  
Calderdale WomenCentre, 23 Silver Street, Halifax HX1 1JN

Tara, the new Open Minds project worker, is still busy networking but has also begun to put her money where her mouth is and to co-deliver her first workshops alongside Healthy Minds volunteers.

Her next workshop (see left) will take place in co-operation with the WomenCentre and is for women only on this occasion.

If you would like to talk to Tara about putting a workshop together for your organisation, get in touch with her ... details below.

**Call Tara on 01422 345154 or email [tara@healthymindscalderdale.co.uk](mailto:tara@healthymindscalderdale.co.uk)**

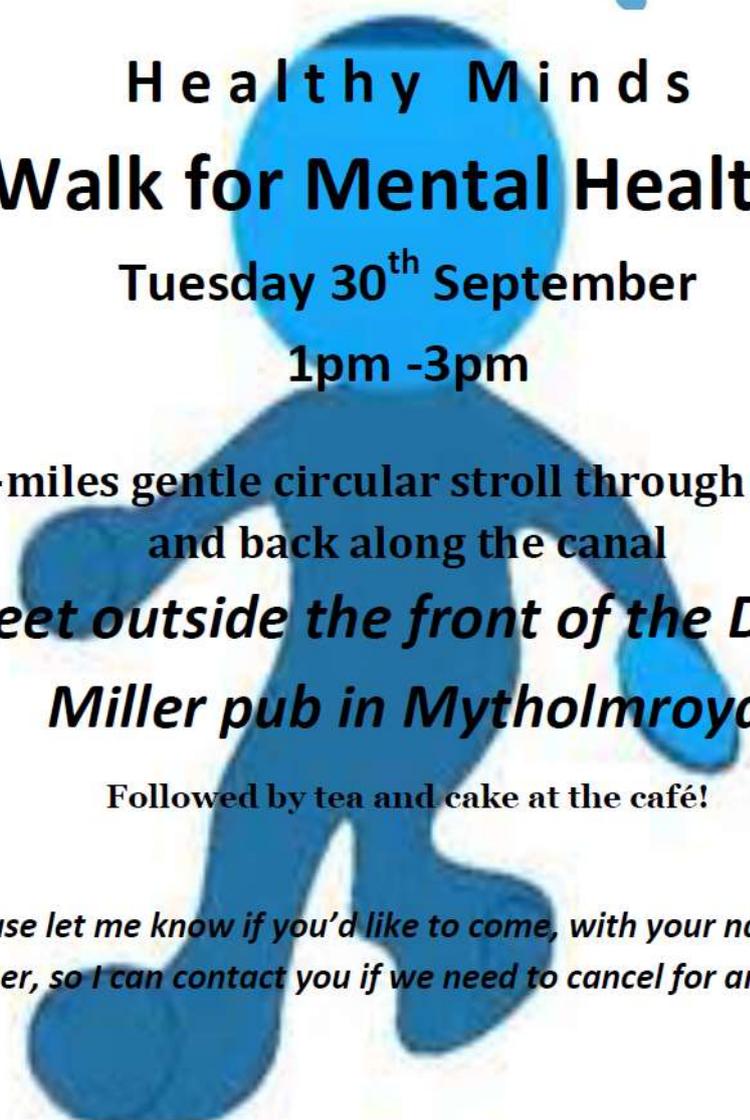


healthy minds



Calderdale Wellbeing

*Come along to the first ever . .*



**Healthy Minds  
Walk for Mental Health!**

**Tuesday 30<sup>th</sup> September**

**1pm -3pm**

**A 3-miles gentle circular stroll through woods  
and back along the canal**

***Meet outside the front of the Dusty  
Miller pub in Mytholmroyd***

**Followed by tea and cake at the café!**

*Please let me know if you'd like to come, with your name and  
number, so I can contact you if we need to cancel for any reason.*

Cath: [cath@healthymindscalderdale.co.uk](mailto:cath@healthymindscalderdale.co.uk) Tel: 01422 345154

**EVERYONE WELCOME!**

## Healthy Minds Support Groups in Calderdale

T: 01422 345154

E: [Dianne@healthymindscalderdale.co.uk](mailto:Dianne@healthymindscalderdale.co.uk)

W: [www.healthymindscalderdale.co.uk](http://www.healthymindscalderdale.co.uk)

### Bipolar Support Group

Every 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month

2.00 – 4.00pm

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

### Depression Support Group

Every 2<sup>nd</sup> & 4<sup>th</sup> Monday of the month

1.00 – 3.00pm

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

### Wellbeing for Women

Every 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of the month

2.00 – 4.00pm

@ Brighthouse Library, Halifax Road  
Brighthouse HD6 2AF

### Wellbeing Works Group

Every 2<sup>nd</sup> and 4<sup>th</sup> 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

New venue

Every 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month

12.30 – 2.30pm

@ Cornerstone, Barnardo's, Coronation Street  
Elland HX5 0DQ

### Mum Time Support Group for mums of babies and young children

New time  
& venue

Every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month

1.00 – 2.45pm

@ WomenCentre, 23 Silver Street  
Halifax HX1 1JN

### Calderdale Hearing Voices Group

Every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month

12.30 – 2.30pm

@ Halifax Central Library, Northgate  
Halifax HX1 1UN

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 2<sup>nd</sup> Wednesday of the month  
HALIFAX GROUP 12.30 – 2.30pm  
@ The Victoria Theatre, 2 Fountain Street  
Halifax HX1 1BP
- Every 4<sup>th</sup> 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 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month  
12.30 – 2.30pm

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

#### Chronic Pain Support Group

Every 2<sup>nd</sup> and 4<sup>th</sup> 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 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month  
6.00 – 8.00pm

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

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

*"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*

# Support and Recovery News

A flyer for 'Wellbeing Works' with a colorful striped border. The title 'Wellbeing Works' is in large red font. Below it, the subtitle 'A support group promoting positive mental health' is in red. The main text describes the group's focus on emotional, mental, and physical health, and notes it is confidential and free. It lists the meeting schedule as 'Every 2nd & 4th Tuesday of the month' from 2:00pm to 4:00pm at St Paul's Methodist Church. Contact information for Lou at Healthy Minds is provided, including phone, mobile, and email. The flyer also includes a small 'i' icon and a logo for 'healthy minds Calderdale Wellbeing'.

**Wellbeing Works**

**A support group promoting positive mental health**

Wellbeing Works looks at a range of issue affecting wellbeing including the links between emotional, mental and physical health, diet, sleep, relaxation, creativity and managing moods. Each session is a mixture of discussion and activities in an informal and relaxed atmosphere.

This is a confidential group facilitated by Healthy Minds worker and volunteers.

The group is free, although voluntary donations towards refreshments and room hire are welcome.

**Every 2nd & 4th Tuesday of the month**  
2:00pm - 4:00pm  
@ **St Paul's Methodist Church** (top entrance)  
Tower Hill, Sowerby Bridge, HX6 2EQ

**For more information contact Lou at Healthy Minds:**  
Tel 01422 345 154  
Mob 07879 732 626  
Email [lou@healthymindscalderdale.co.uk](mailto:lou@healthymindscalderdale.co.uk)  
[www.healthymindscalderdale.co.uk](http://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, an information service, and run anti-stigma workshops through the Mentality Project.

Volunteers with experience of mental distress are central to our projects. To find out more and how you could be involved, get in touch. The Support Group Project is funded by The Henry Smith Foundation.

Healthy Minds is the operating name for Calderdale Wellbeing  
Calderdale Wellbeing, Company Number 6628871, Charity Number 1132216

The **Bi-Polar** and **Depression** groups are both looking at redesigning their own Healthy Minds web-pages – check out the quotes that are there already from some of them. Members of these groups are also getting increasingly involved in other Healthy Minds activities (thank you particularly to Helen and Andy).

**Mum Time** have just sent out a new batch of leaflets to Sure Start centres, and **Wellbeing Works** have re-designed their leaflet (*left*) which has also gone out around Sowerby Bridge area (thanks, Sheila).

**Wellbeing for Women** have decided to restructure their sessions, having a couple of weeks on one theme – coming up is 'Relaxation' and after that 'Confidence'.

## ***Don't forget to send us details of your recommended book!***

If there's a book (or film, or other resource for that matter) that you have *personally* found useful in terms of managing your mental health / recovery, then please let us know the *name* and *author*, alongside a *short paragraph review*.

We are looking for personal recommendations only, so please can it be a book that you have *used and found useful* – we need to know it's good! We are compiling the list first for our website and would then like to create a small library that everyone can borrow from.

Send details to [lou@healthymindscalderdale.co.uk](mailto:lou@healthymindscalderdale.co.uk).

... ctd /

## Support Group Changes . . .

Please note the new details for the Chronic Pain and Self-harm support groups (*see flyer Page 5*)

## Recovery

Well Aware, Healthy Minds Recovery course, is going well ... please note that there's a break for half-term (week commencing Mon 27<sup>th</sup> October).

## Dates for your diary ...

The next Healthy Minds newsletter will be November ... please make a note of dates for groups for the immediate future!

### OCTOBER GROUP DATES

Anxiety & Depression (Elland)	Tuesdays: 14 <sup>th</sup> & 28 <sup>th</sup>
Anxiety & Depression (Hebden)	Thursdays: 2 <sup>nd</sup> & 16 <sup>th</sup>
Bipolar	Mondays: 8 <sup>th</sup> & 20 <sup>th</sup>
Chronic Pain	Thursdays: 9 <sup>th</sup> & 23 <sup>rd</sup> Now at Noah's Ark Centre
Depression	Mondays: 13 <sup>th</sup> & 27 <sup>th</sup>
Hearing Voices	Wednesdays: 8 <sup>th</sup> & 22 <sup>nd</sup>
Mind Your Head (Wellbeing for Men)	Wednesdays: 8 <sup>th</sup> (Halifax) & 22 <sup>nd</sup> (Hebden)
Mum Time	Wednesdays: 1 <sup>st</sup> & 15 <sup>th</sup>
Self-Harm	Thursdays: 9 <sup>th</sup> & 23 <sup>rd</sup> Now at Victoria Theatre
Wellbeing for Women	Tuesdays: 7 <sup>th</sup> & 21 <sup>st</sup>
Wellbeing Works	Tuesdays: 14 <sup>th</sup> & 28 <sup>th</sup>

### ... and looking ahead to November ...

Anxiety & Depression (Elland)	Tuesdays: 11 <sup>th</sup> & 25 <sup>th</sup>
Anxiety & Depression (Hebden)	Thursdays: 6 <sup>th</sup> & 20 <sup>th</sup>
Bipolar	Mondays: 3 <sup>rd</sup> & 17 <sup>th</sup>
Chronic Pain	Thursdays: 13 <sup>th</sup> & 27 <sup>th</sup> Now at Noah's Ark Centre
Depression	Mondays: 10 <sup>th</sup> & 24 <sup>th</sup>
Hearing Voices	Wednesdays: 12 <sup>th</sup> & 26 <sup>th</sup>
Mind Your Head (Wellbeing for Men)	Wednesdays: 12 <sup>th</sup> (Halifax) & 26 <sup>th</sup> (Hebden)
Mum Time	Wednesdays: 5 <sup>th</sup> & 19 <sup>th</sup>
Self-Harm	Thursdays: 13 <sup>th</sup> & 27 <sup>th</sup> Now at Victoria Theatre
Wellbeing for Women	Tuesdays: 4 <sup>th</sup> & 18 <sup>th</sup>
Wellbeing Works	Tuesdays: 11 <sup>th</sup> & 25 <sup>th</sup>

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

# Healthy Minds AGM 2014

Our AGM was held this year at the Elsie Whiteley Innovation Centre, who catered for our needs wonderfully. It was attended by around 30 people, some members and some from other organisations. A big thanks to them, especially as this was the morning of the last Friday of the summer holidays!



Our Chair, Jen Fagan, gave a welcome speech in her usual entertaining style, followed by a presentation from Jonny Glenn. Jonny has been the manager since March this year and is doing a marvellous job. This was a very interesting and *not boring* talk that brought us all up to date with changes, new developments, and future plans. It also introduced the new staff team members, acknowledging their amazing achievements in a very short time. There was a sad moment too as we thanked Alys Jenkins who has left us because of ill health and is greatly missed.

We ran a workshop about volunteering, as volunteers are central to what we do. To be honest, it wouldn't be done without them! It was very interesting to get together everyone's views on what makes a positive volunteer experience, what works and what doesn't. We will collate this information and make good use of it.

Altogether it was a very interesting and enjoyable two hours, and augurs well for the future.

## HEALTHY MINDS FORUM

Some **topics** that have been suggested for discussion at upcoming Forum meetings are:

- having a choice of therapist,
- support when coming off medication,
- physical restraint,
- benefits as a condition of attending therapy,
- changes to how children in distress are responded to in school,
- and discrimination by potential employers.

### Crisis Care Video

A group of Healthy Minds volunteers / Forum members made a video about their experiences of crisis care for the launch of the Crisis Care Concordat in Leeds. The video is now available on our website at the link below.

A big well done and thank you to everyone who was involved!

<http://www.healthymindscalderdale.co.uk/healthy-minds-forum.html#/>



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

**Next meeting:**  
**Monday**  
**13<sup>th</sup> October**

**Future dates:** Monday 10th November, Monday 8th December 2014.

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



**CALDERDALE**  
RECOVERY COLLEGE

**Partners:**

- Hope Street Vocational Team
- Healthy Minds
- Creative Minds
- The Basement Project
- Public Health Education Team
- Calderdale Health Improvement Service

+ others to be confirmed

# Launch Day

1st October 2014  
10am - 3pm

**Hope Street Resource Centre**  
**Hope Street, Halifax, HX1 5DW**

- 
- *Get information on our courses*
  - *Enrol yourself on a course*
  - *Chat with us about your needs*

*Excellent value refreshments and food available  
from our onsite Refresh Café*

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*If you're unable to attend the launch day, but are still interested in accessing the Recovery College, please contact Hope Street Resource Centre on 01422 393339*

# Healthy Minds September Events Calendar

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1 <sup>st</sup> Well Aware Recovery Course Bi-polar Group (pp5-7)	2 <sup>nd</sup> Wellbeing for Women (pp5-7)	3 <sup>rd</sup> Mum Time (pp5-7)	4 <sup>th</sup> Upper Valley Anxiety & Depression (pp5-7)	5 <sup>th</sup>	6 <sup>th</sup>	7 <sup>th</sup>
8 <sup>th</sup> Depression Group (pp5-7) Healthy Minds Forum (p8)	9 <sup>th</sup> Wellbeing Works Group (pp5-7) Lower Valley Anxiety & Depression (pp5-7)	10 <sup>th</sup> Hearing Voices Group (pp5-7) Mind Your Head Support Group for Men: HALIFAX (pp5-7)	11 <sup>th</sup> Self-Harm Support Group (pp5-7) Chronic Pain (pp5-7)	12 <sup>th</sup>	13 <sup>th</sup>	14 <sup>th</sup>
15 <sup>th</sup> Bi-polar Group (pp5-7)	16 <sup>th</sup> Wellbeing for Women (pp5-7)	17 <sup>th</sup> Mum Time (pp5-7)	18 <sup>th</sup> Upper Valley Anxiety & Depression (pp5-7)	19 <sup>th</sup>	20 <sup>th</sup>	21 <sup>st</sup>
22 <sup>nd</sup> Depression Group (pp5-7)	23 <sup>rd</sup> Wellbeing Works Group (pp5-7) Lower Valley Anxiety & Depression (pp5-7)	24 <sup>th</sup> Hearing Voices Group (pp5-7) Mind Your Head Support Group for Men: HEBDEN (pp5-7)	25 <sup>th</sup> Self-Harm Support Group (pp5-7) Chronic Pain (pp5-7)	26 <sup>th</sup>	27 <sup>th</sup>	28 <sup>th</sup>
29 <sup>th</sup>	30 <sup>th</sup>					

*Get in touch...*



01422 345154 (please note our new number)



[firstname@healthymindscalderdale.co.uk](mailto:firstname@healthymindscalderdale.co.uk) or [info@healthymindscalderdale.co.uk](mailto:info@healthymindscalderdale.co.uk)



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<https://twitter.com/healthymindscw>



[www.healthymindscalderdale.co.uk](http://www.healthymindscalderdale.co.uk)