

Healthy Minds Newsletter

January & February 2015

Edition 22

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



New Year and a New Adventure . . . *Join Healthy Minds*

Healthy Minds, Calderdale's local mental-health charity, is recruiting volunteers to join its Management Board.

You would be Trustees of the charity, and Directors of the Company, and to do this, you'd need:

- **An interest in mental health and wellbeing**
- and / or*
- **Experience of mental distress**

This time we're especially looking for people who have some skills or experience around:

- finance
- marketing
- employment
- and fundraising

***but even if you don't feel that these are your particular skills,
please still apply if you are open to new learning.***

The minimum time commitment is around 3 hours a month, but you can become as involved as you want. Healthy Minds is committed to helping people who experience emotional distress improve the quality of their lives. We believe in self-help, and that all of us, no matter what our label, are the people who know best. Based in central Halifax, we offer peer-support groups across Calderdale on a range of issues, Recovery courses, and a Forum to help people to have a voice. We also campaign to reduce stigma and improve services.

We offer in return:

- agreed expenses,
- opportunities for training and personal development,
- new friends and new experiences,
- a useful addition to your CV,
- and the chance to be part of an ethical and growing organisation that responds to the needs of its community.

***If this sounds like it might be for you and you want to know more,
look at our website: www.healthymindscalderdale.co.uk
for information about who we are and what we do,
then ring Jen Fagan, 07795 035567 for an informal discussion,
or just send an email expressing your interest to faganjenny@aol.com***

HEALTHY MINDS SUPPORT GROUP NEWS

Our Support Groups Network or 'SGN'..... is for anyone involved with our groups in any way.

It's all quite new, but there's a general feeling that it's a good space to meet and get to know others, and to find out more about what's going on in the rest of Healthy Minds. And it's a free lunch (as long as you let us know you are coming)! At the last meeting people said,

Healthy Minds
Support Groups Network

'GET TOGETHER'

Tuesday 17th Feb
12pm – 2pm
Orange Box
Thomas Street, Halifax, HX1 1AF

FREE Lunch

- Socialise
- Eat
- Chat
- Share your story/artwork/poem – get inspired!

The event is facilitated by a Healthy Minds worker, who can support you to join in when you get there. It is a free event with lunch provided. Please let us know if you are coming along, with any dietary requirements. Hope to see you there. 01422 345 154/07879 732 626

Contact Lou at Healthy Minds:
Email Lou@healthymindscalderdale.co.uk
www.healthymindscalderdale.co.uk

Tel 01422 345154
Mob 07879 732 626

Calderdale's only local, independent, mental health charity, led by people with personal experience of mental distress. Operating name Calderdale Wellbeing. Company number 6028871. CharityNumber 1132316

'This is useful because . . .

- *"It's an opportunity to meet other group members and express our ideas."*
- *"Good to gain knowledge of what other volunteers, groups etc are all about."*
- *"We can share knowledge and skills."*
- *"There's no duplication = better focus."*
- *"It can help to drive new ideas and respond to needs."*
- *"It's a chance to learn about groups, activities, treatments that have worked for others."*
- *"Good for social connections, meeting new people."*
- *"Good for building opportunities to develop self-help strategies through low-pressure collaboration."*
- *"We can learn in more detail what's on offer and how to contribute."*

Peer Support Groups Facilitator Training

The first round of training for our volunteer peer support group facilitators has now taken place. The training has been developed by group members and facilitators over the last several months and was very thorough. Everyone got a lot out of it and it certainly gave participants lots of food for thought, not only around facilitating but also around peer support and self-recovery. The next step is for us to take account of feedback and get those who took part involved in developing it further.

The next round will be sometime in **Spring** so watch this space. If you are interested in facilitating a group you will need to join one first and we can take it from there . . . **call 01422 345154**.

- *If you are a volunteer facilitator, it is essential you book on the training ask for Lou.*
- *If you are interested in becoming a group facilitator ask for Cath.*

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*

Support Group Dates - March 2015 ...

| | | |
|------------------------------------|--|--------------------------------|
| Anxiety & Depression (Elland) | Tuesdays: 10 th & 24 th | Now at St Mary's Church |
| Anxiety & Depression (Hebden) | Thursdays: 5 th & 19 th | |
| Bipolar | Mondays: 2 nd & 16 th | |
| Chronic Pain | Thursdays: 12 th & 26 th | |
| Depression | Mondays: 9 th & 23 rd | |
| Hearing Voices | Wednesdays: 11 th & 25 th | Now at VAC |
| Mind Your Head (Wellbeing for Men) | Wednesdays: 11 th (Halifax) & 25 th (Hebden) | |
| Mum Time | Wednesdays: 4 th & 18 th | |
| Self-Harm | Thursdays: 12 th & 26 th | |
| Wellbeing for Women | Tuesdays: 3 rd & 17 th | |
| Wellbeing Works | Tuesdays: 10 th & 24 th | |

Support Group Dates - April 2015 ...

| | | |
|------------------------------------|---|--------------------------------|
| Anxiety & Depression (Elland) | Tuesdays: 14 th & 28 th | Now at St Mary's Church |
| Anxiety & Depression (Hebden) | Thursdays: 2 nd & 16 th | |
| Bipolar | Mondays: 20 th (<i>only one session in April</i>) | |
| Chronic Pain | Thursdays: 9 th & 23 rd | |
| Depression | Mondays: 13 th & 27 th | |
| Hearing Voices | Wednesdays: 8 th & 22 nd | Now at VAC |
| Mind Your Head (Wellbeing for Men) | Wednesdays: 8 th (Halifax) & 22 nd (Hebden) | |
| Mum Time | Wednesdays: 1 st & 15 th | |
| Self-Harm | Thursdays: 9 th & 23 rd | |
| Wellbeing for Women | Tuesdays: 7 th & 21 st | |
| Wellbeing Works | Tuesdays: 14 th & 28 th | |

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

Healthy Minds Spring Workshops

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 if 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*

WANTED! Healthy Minds Newsletter Team...

. . . Budding Feature Writers, Story-tellers, Poets, Journalists, Designers, Artists, Cartoonists, Photographers, Puzzlers, TV, Film & Stage Reviewers, Admin, Proof-Readers and anything else that goes into the creation of a terrific Healthy Minds newsletter to be published every two months.

Regular contributions or occasional 'one-offs' welcome.

We're holding a meeting for anyone interested – if you fancy helping with the newsletter in any way or if you have any ideas for features and contributions, then get in touch and come along on:

TUESDAY 24th FEBRUARY
From 1pm 'til 3pm
at VAC



No experience necessary – just ideas and enthusiasm! Refreshments provided.

Please let us know if you're interested and would like to come along.

Ring Cath, Jonny or Wendy on 01422 345154

or email one of us: firstname@healthymindscalderdale.co.uk

HEALTHY MINDS FORUM

Supported self-care

There was a discussion about self-management and supported self-care at the January Forum meeting.

Supported Self-Care should help people to understand and manage their physical and mental health in a way that empowers them and reduces their reliance on hospital appointments.



As part of this discussion people present said they would like:

- more choice about what support they access, when they access it and how they access it,
- opportunities to build up a toolkit that they could use when needed,
- information about services which need to be made available in a variety of different formats and venues,
- user involvement in services at all levels for people with direct personal experience of mental-health services including the commissioning of services.

This information has been passed on to Calderdale Clinical Commissioning Group to help them develop the future model of community services for Calderdale.



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

FUTURE FORUM DATES: Monday 9th March, Monday 13th April, Monday 11th May
5:30 to 7:30 pm in Halifax Central Library

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

01422 345154 or tamsin@healthymindscalderdale.co.uk



Choice are recruiting mentors for a training course in February.

If you are kind, patient with a sense of humour and would like to help others get more out of life please get in touch.

The course will be in the Old Library, Cornholme, starting on Wednesday 25 February for 4 weeks. The course will run from 10am to 3pm.

All travel expenses will be met. If you are coming from Brighouse, Halifax etc we will arrange to meet at the station and travel together. We can also pay childcare by prior arrangement.

There will also be a delicious lunch. This a great chance to meet new people and share ideas.

Contact Audrey Smith, Supported Volunteering Development Worker
Phone 07929 291249 / 01422 438727
or email choice@cvac.org.uk

The **Oasis Self Help Group** is for anyone who has experienced mental health difficulties, or anyone interested in attaining good mental health.

Using creative activities including drama techniques, poetry, relaxation and voice work, the group aims to help people develop self-expression, confidence and self-esteem.

The Drama group is facilitated by an experienced and qualified drama worker and meets every 2nd and 4th Tuesday of the month from 7.30pm at Voluntary Action Calderdale, 2 Hall Street, Halifax. It is a safe and supportive environment, friendly and fun. No previous experience of the arts is necessary.

For more information call Karen on 07746 326807 or email Karen.renolds2007@googlemail.com .



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 by email at reference.library@calderdale.gov.uk.

Healthy Minds February Events Calendar

| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--|--|---|---|------------------|------------------|------------------|
| | | | | | | 1 st |
| 2 nd Well Aware Recovery Course Bi-polar Group (p3) | 3 rd Wellbeing for Women (p3) | 4 th Mum Time (p3) | 5 th Upper Valley Anxiety & Depression (p3) | 6 th | 7 th | 8 th |
| 9 th Well Aware Recovery Course Depression Group (p3) Healthy Minds Forum (p3) | 10 th Wellbeing Works Group (p3) Lower Valley Anxiety & Depression (p3) | 11 th Hearing Voices Group (p3) Mind Your Head Support Group for Men: HALIFAX (p3) | 12 th Self-Harm Support Group (p3) Chronic Pain (p3) | 13 th | 14 th | 15 th |
| 16 th Well Aware Recovery Course Bi-polar Group (p3) | 17 th Wellbeing for Women (p3) | 18 th Mum Time (p3) | 19 th Upper Valley Anxiety & Depression (p3) | 20 th | 21 st | 22 nd |
| 23 rd Well Aware Recovery Course Depression Group (p3) Healthy Minds Radio (p3) | 24 th Wellbeing Works Group (p3) Lower Valley Anxiety & Depression (p3) | 25 th Hearing Voices Group (p3) | 26 th | 27 th | 28 th | |



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



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