

# Healthy Minds Newsletter

## May, June & July 2015

Edition 23



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

## Open Minds (Anti-Stigma Workshops from Healthy Minds)

### Tough Times Conference

Tough times. We all have them. On Thursday 30<sup>th</sup> April, Sam and I went along to a conference organised by Calderdale Youth Council, the focus being around **emotional wellbeing for young people**. The Conference aimed to raise awareness and to share good practice in helping young people who are going through 'Tough Times'. Planned, devised and hosted entirely by young people, it was an inspiring evening that was high in both energy and efficiency. About 100 people attended – young people and professionals – in the jaw-dropping venue of Trinity Academy with its high, sweeping ceilings and designer atrium (a school – really?).

Sam and I delivered two short anti-stigma workshops which were very well-attended and created plenty of discussion. It was fantastic to hear young people share their stories and open up about mental health, something that isn't always easy to do. Later on, Sam addressed the whole conference with a **powerful account** of his personal experiences and what helps him to stay well. Several people approached him afterwards to say how useful and moving they found it.

The evening ended with pledges for future action (mine was to continue / expand Healthy Minds' work in schools, plus explore the possibility of starting a support group for young people.).

Congratulations to Calderdale Youth Council on a highly successful conference – the first of many, I'm sure.

Ella Beevers, age 14, Member of the Youth Parliament for Calderdale and Chair of Calderdale Youth Council summed up the day:



*"The event was an absolute success. Fantastic youth voice representatives, local decision-makers and people living with mental-health illnesses collaborated with a common goal to tackle the ever-increasing sufferers of mental-health illnesses. The passing of a former colleague, Matthew Percy\*, truly brought to reality the aims of this conference."*

\* Matthew represented Suffolk in the Youth Parliament.

More info on Ella's Facebook page:

[https://www.facebook.com/permalink.php?story\\_fbid=957307080968643&id=744111562288197](https://www.facebook.com/permalink.php?story_fbid=957307080968643&id=744111562288197)

***For further information, call Tara on 01422 345154  
or email [tara@healthymindscalderdale.co.uk](mailto:tara@healthymindscalderdale.co.uk)***

# HEALTHY MINDS SUPPORT GROUP NEWS

## Groups' Evaluation & Development

We have come to the time with groups, to think about what's working, work out what needs improving, what the groups are doing well and what we can improve upon. We continue to have conversations with group volunteers, group members and workers to establish the solid futures for the groups that you say you need. There's a saying that 'you can't please all of the people, all of the time' and that's probably true here. What we do aim to do however, is to make sure that those of you who want it always have somewhere to go for support, be it a specific support group or activity-based project. We are not 'cutting' things. On the contrary, we continue to grow as an organisation, meaning we can actually offer more – it just needs a bit of re-organising that's all.

Our Hearing Voices group was postponed a couple of months ago, with the aim of having an evaluation in early June with core members of the group. This is now taking place. There are ideas to develop a one-off session, focussing on experiences of different forms of reality or 'other than' realities, be they visual, auditory or otherwise. This might also include experiences of psychosis. Do get in touch with lou@healthymindscalderdale.co.uk / 01422 345154 if you would like to be involved in developing this.

As many of you will be aware, the 'Mum Time' group at the WomenCentre has stopped running for now. Again, we are developing this work in new and different ways, as we know there is a need! We are also organising a Parenting and Mental Health Conference to be held on 9th October – see back page of this newsletter for details.

And do remember to keep an eye out on our website: [www.healthymindscalderdale.co.uk](http://www.healthymindscalderdale.co.uk) for further group updates.

## Groups and Peer Support

Peer support has been described as

*'a system of giving and receiving help founded on key principles of respect, shared responsibility, and mutual agreement of what is helpful. Peer support is not based on psychiatric models and diagnostic criteria.'* (Sherry Mead 2003).

At Healthy Minds we base our group-work on this approach, working alongside group-members to develop groups and projects, as opposed to trying to provide you with what we think you want or need. As far as possible we want group members to be able to support each other, rather than an 'expert', 'more knowledgeable' facilitator 'leading' the group.

At times, a group may need a bit more direction, but in true peer-support fashion we aim to encourage existing group members to move into the facilitator's seat. This process can be part of a person's own recovery and maintenance of wellbeing. Volunteer facilitators are fully supported and supervised by paid workers, who also ensure the continuing safety of the group-space and members.

So far we've run two lots of training for Peer Support Group Facilitators courses and the volunteer facilitators are now at varying stages of facilitating groups themselves. We continue to develop our peer-support work throughout the organisation.

# **Get in touch and find out about . . .**

## **Wellbeing for Men: Mind your Head Support Group**

**The Mind Your Head Support Group** is an inclusive peer support group run by men for men. The group offers support around wellbeing and promotes positive mental health.

Participants find the opportunity to speak in a friendly, confidential and non-judgemental environment very helpful. The group has covered a diverse range of topics, including diagnosis, family issues, coping mechanisms and issues that men in particular can encounter talking about their mental health.



We know it can be hard to talk about difficult feelings with family, friends or health workers and often this can leave us feeling trapped, lonely or isolated. At the **Mind Your Head Support Group** there is the freedom to speak about how you really feel, to express difficult emotions such as anger or guilt, without being judged.

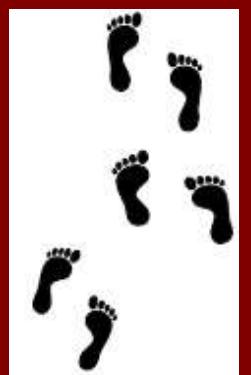
Support Groups can be a great source of encouragement, help people to build self-confidence, deal with anxiety and stress, or develop coping strategies.

The **Mind Your Head Support Group** meets twice a month at Victoria Theatre, Halifax, from 12.30-2.30pm every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month.

*If you would like to come along, or find out more,  
please contact Healthy Minds on 01422 345154.*

***Get out and about over summer  
with Healthy Minds'***

## **Walk For Wellbeing Group**



This new Healthy Minds group is for anyone who is interested in experiencing the benefits of walking for wellbeing. Getting outside into the fresh air and taking some exercise can be a great way to get fit, meet people and feel well, but if you are struggling with low mood, anxiety or just not feeling too good, getting the motivation to take that first step can be difficult.

\*

**This friendly group takes regular walks throughout Calderdale,  
so people don't have to take that first step alone.**

\*

**Our next walk will be on**

**Friday 24th July: 1.30-3.00pm  
Calder Valley, Mytholmroyd**

\*

**Meet at 1.30pm in the War Memorial Garden, Mytholmroyd  
(in front of the surgery on Burnley Road) – there are toilets opposite.**

\*

The walk is 3.5 miles to Hebden Bridge along the valley-side via Wood Top and then back by the canal. The path is on good tracks, but may not be suitable for pushchairs. There are moderately steep paths but no stiles. Dogs on leads welcome. We will have tea afterwards in a local café. Please arrive 15 minutes early to register.

***Please ring Dianne on 01422 345154 with your  
contact details or to get further information.***

***(Please note – this is the only way we can contact you,  
should we need to cancel for any reason.)***





Get inspired this summer with Healthy Minds

# **art & wellbeing group**

**free summer sessions**

**Wednesday 29<sup>th</sup> July – Waterside Inspiration**

A mindful walk to collect images & ideas

(bring your own sketch book, notebook or camera)

**Wednesday 26<sup>th</sup> August – Weaves & Webs**

Jewellery & trinkets, wall-hangings & webs

These sessions are for anyone interested in relaxing, exploring their own creativity, meeting up with others and looking at how creativity can enhance our wellbeing

**All sessions from 1-3pm at St Paul's Church  
Tower Hill, Sowerby Bridge, HX6 2EQ**

*For more information & to book,  
call Dianne on 01422 345154  
or email [Dianne@healthymindscalderdale.co.uk](mailto:Dianne@healthymindscalderdale.co.uk)*

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



# Healthy Minds Workshops Autumn 2015

Here's details of the next batch of Healthy Minds workshops – these are one-off sessions focusing on a particular topic and allowing anyone new to Healthy Minds to meet and work with some of our Recovery & Support staff . . . the sessions are free and are open to any individual who feels that any particular topic is relevant to them and their personal development.

**Recognising Triggers:** This workshop entails identifying early-warning signs and triggers that may lead to relapse and ill health. If participants are able to identify triggers, then it is likely the level and effects of relapse / crisis will be reduced. Participants will explore what resources they have and can use in terms of identifying options and preparing for relapse / crisis.

**With Kath & Nicola, 12.30 to 2.30, Wednesday 9<sup>th</sup> September at VAC, Halifax.**

**Dealing with Conflict:** Conflict is part of everybody's lives; it's how we handle it that matters. This session will look at conflict triggers and how we deal with them. We will look at how to make things better not worse, and focus on creating 'win win' solutions. We will also look at when to let things go and how to find the 'calm in the storm' of conflict situations relevant to you.



**With Lou & Jonny, 10.30 to 12.30, Monday 14th September at Elsie Whiteley Mill, Halifax.**

**Confidence, Assertiveness and Resilience:** Participants will explore the terms 'confidence' and 'self-esteem' and what contributes to the development of each. In the latter part of the session, participants are encouraged to discuss strategies on how to improve self-confidence, assertiveness and becoming more resilient.

**With Kath & Nicola, 12.30 to 2.30, Wednesday 23rd September at VAC, Halifax.**



**Dealing with Stress:** We'll be looking at what stress is and how affects us physically, emotionally, intellectually and socially. We'll have space to talk about our own experiences of stress and explore strategies to manage it, including identifying what things fill our own "stress buckets".

**With Tara, 10.30 to 12.30, Monday 28th September at Hebden Bridge Town Hall.**

**Diagnosis and Identity:** In this session we explore the nature of diagnosis: whether this is self-defined or professional, discussing how either can be of help or hindrance? And does a person develop a separate mental-health 'identity'? Participants will investigate what their own identity comprises of and the different roles which are practised in their day-to-day lives.

**With Tamsin & Nicola, 12.30 to 2.30, Wednesday 7th October at Orangebox, Halifax.**

**Relaxation:** We will explore a range of simple relaxation techniques and try out some of these. There will also be opportunity to think about what makes it difficult for us to relax and what we can do to manage this.



**With Dianne, 12.30 to 2.30, Monday 12th October, venue to be confirmed.**

**Write Life:** Whether you like a pen and paper or feel happier with a screen and keyboard, writing can be a great way to process feelings. In the session we'll use some prompts to get us writing and see what comes out! We'll read out our writing to each other and look at how we might integrate writing into our day-to-day lives.

**With Tara & Cath, 10.30 to 12.30, Wednesday 14th October at Hebden Bridge Town Hall.**

**Setting Achievable Goals:** Participants will develop an understanding of setting SMART goals and learn to break long-term goals into more manageable smaller ones. They will discuss the importance of objectives and the difficulty of setting them. Participants will explore what resources they currently have or need, which will help them feel a sense of control over their ambitions.

**With Kath & Nicola, 12.30 to 2.30, Wednesday 21st October at VAC, Halifax.**



**Boundaries:** What makes you feel uncomfortable and stressed and how can you communicate this to others? We will talk about different types of boundaries and why they are important to us. We will think about difficulties setting and maintaining boundaries and our right to have boundaries. We will explore how to support yourself to set and maintain healthy boundaries.

**With Neelam and Tamsin, 10.30 to 12.30, Monday 26th October, venue to be confirmed.**

**Improving Physical Health:** In this session, we learn about holistic health and how closely linked mental and physical health are. Participants will examine their own levels of physical activity and eating habits and look at realistic ways in which these areas could be improved. Information relating to 'food and mood' will also be discussed.

**With Kath & Nicola, 12.30 to 2.30, Wednesday 4th November at Orangebox, Halifax.**

**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.

**With Tamsin & Dianne, 12.30 to 2.30, Wednesday 18th November at Brighouse Library.**

**Anger Management:** Participants will explore the positive and negative effects of stress and will develop a deeper awareness of how anger and stress can impact on emotional and physical health, relationships and personal power and control.

**With Cath & Nicola, 12.30 to 2.30, Wednesday 18th November at VAC, Halifax.**

**Loss and Change:** During this workshop we will explore different types of loss and the feelings that loss brings up. We will think about feelings of 'stuckness' and explore experiences of loss, fear and choice at times of change. We will also think about how we can make the choices we want at times of change.

**With Tamsin & Dianne, 10.30 to 12.30, Monday 23rd November, venue to be confirmed.**

**Relating to Others:**

**With Kath & Nicola, Wednesday 2nd December, time and venue to be confirmed.**

**Something Arty!:** We will use lots of different materials to make trees to represent ourselves, our lives and our hopes. This will be a relaxed session and no previous art experience is necessary.

**With Tamsin & Dianne, 12.30 to 2.30, Monday 7th December at Hebden Bridge Town Hall.**

**Get in touch to put your name down for a workshop . . . 01422 345154**

## **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 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**

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

12.30 – 2.30pm

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

#### **Other Groups:**

- Walking for Wellbeing Group
- The Allotment Group
- Art & Wellbeing Group

For more information and to book onto these groups get in touch!

*"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 Group for Men**

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

HALIFAX GROUP 12.30 – 2.30pm

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

##### **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

*"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 - August 2015 ...***

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>  
Depression Mondays: 10<sup>th</sup> & 24<sup>th</sup>  
Mind Your Head (Wellbeing for Men) Wednesdays: 12<sup>th</sup> & 26<sup>th</sup> **Both now in Halifax**  
Self-Harm Thursdays: 13<sup>th</sup> & 27<sup>th</sup>  
Wellbeing Works Tuesdays: 11<sup>th</sup> & 25<sup>th</sup>

## ***Support Group Dates - September 2015 ...***

Anxiety & Depression (Elland) Tuesdays: 8<sup>th</sup> & 22<sup>nd</sup>  
Anxiety & Depression (Hebden) Thursdays: 3<sup>rd</sup> & 17<sup>th</sup>  
Bipolar Mondays: 7<sup>th</sup> & 21<sup>st</sup>  
Chronic Pain Thursdays: 10<sup>th</sup> & 24<sup>th</sup>  
Depression Mondays: 14<sup>th</sup> & 28<sup>th</sup>  
Mind Your Head (Wellbeing for Men) Wednesdays: 9<sup>th</sup> & 23<sup>rd</sup> **Both now in Halifax**  
Self-Harm Thursdays: 10<sup>th</sup> & 24<sup>th</sup>  
Wellbeing Works Tuesdays: 8<sup>th</sup> & 22<sup>nd</sup>

***To book onto the following groups, please get in touch:***

- ***Walking for Wellbeing Group***
- ***Allotment Group***
- ***Art & Wellbeing Group***

***Contact Dianne, Lou, Kath or Nicola on 01422 345154***

## Eating Well

Good nutrition revolves around balancing your meals in order to source adequate amounts of carbohydrates, proteins and fatty acids. I wonder how many people actually eat a balanced meal containing sufficient amounts of carbohydrates, proteins, vitamins and minerals.

I'm not going to go into great detail on nutrition at this point making healthier eating appear to be something complex. To give you an idea I will start with the first meal of the day, breakfast: Example boiled egg, toast and glass of fruit juice, or if you prefer to eat cereals for your breakfast add some fruit and nuts. Try your best to create a healthy balanced meal providing sufficient amounts of nutrients to make it interesting and enjoyable.

How much you actually eat will depend on your appetite during the morning and what daily tasks you have ahead of you in your day: Example: type of work – if physical or otherwise, whether you walk daily and if you're actively taking part in recreational activities or sport you're likely to consume more food and burn more calories. Sourced nutrients from the above foods mentioned: Eggs for protein, toast for carbohydrates and fruit juice for vitamin C. Please bear in mind all foods will contain essential vitamins and minerals. Most foods are going to provide you with a range of vitamins and minerals. We can look into sourcing essential nutrients from various types of foods at a later date.



I would like to include also how important it is to drink water frequently before and after meals. Drinking water can be beneficial in providing some essential minerals and can prevent dehydration and overeating. Thirst is a symptom quite often mistaken for hunger – if you're craving something sweet to eat or drink and feeling tired, then usually all that's required is to drink water – up to eight glasses as recommended daily.

I will provide more information on healthy eating during next month's newsletter; meanwhile don't be afraid to experiment with your meals by adding something new to your meal, or swap foods around instead of eating the same thing every day and don't stop eating foods you enjoy such as a cooked breakfast, but all in moderation.

Septimus Williams



# The Courier Community Spirit Awards

Commiserations to Healthy Minds at what was a fabulous evening.

But how beautiful and smart everyone looked at the black tie and evening dress formal event!

The Award Ceremony was hosted by the Evening Courier Calderdale Community Spirit Awards and was compered by BBC Look North's Clare Frisby.

Quite a tinsel affair and, whilst we did not win our category which was in the Health & Wellbeing section, we all had a brilliant time. In the end, the judges' decision proved in favour of the Citizens Advice Bureau Welfare Benefits Project. Well-deserved to them and to all the other award-winners.

The evening showed just how much compassion there is in Calderdale, and it was an honour to be nominated alongside the other organisations. Oh well! It was still a sparkling evening and as we sat down to a 3-course meal, the chandeliers lit the room and the conversation and wine flowed!



To even be nominated and mentioned is in itself quite an achievement and shows that our wonderful work is being recognised as valuable in our cause for working with people with mental-health conditions.

We still had a fantastic time and in the spirit of the moment . . . we are all winners in the end!

*Sheila Coll, Healthy Minds Trustee*

***Thank you for a fabulous night and WELL DONE Healthy Minds.***

<http://www.halifaxcourier.co.uk/news/calderdale/a-night-to-remember-at-the-courier-community-spirit-awards-2015-1-7352102>

# Parenting and mental health Conference

## Models of good support in a culture of fear

### Speakers will talk about:

- Parenting and mental health in context
- Personal experience
- Identifying, understanding and reducing fear; different perspectives
- Cultural accessibility
- Describing signs of good support
- Good enough services
- Focus on the parents

Friday 9<sup>th</sup> October 2015  
At the Elsie Whately Innovation Centre,  
Halifax

### Workshops include:

- Medication, pregnancy and breastfeeding
- Making services accessible
- Bringing services and service users together to reduce fear
- Good enough parenting
- Creative, reflective workshop

*The conference will run from 9.30am-4pm.*

**DUE TO LIMITED PLACES BOOKING IS ESSENTIAL**

**For more information please contact Tamsin using the details below.**



0 1 4 2 2 3 4 5 1 5 4

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

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

<https://twitter.com/healthymindscw>

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