

Healthy Minds Newsletter

August, September & October 2015

Edition 24



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

Latest Project: Money in Mind

Our newest project, Money in Mind, has started up recently and it's in partnership with Noah's Ark . . .

We know that having **worries about money** and your **prospects for the future** can cause anxiety and depression, and if you are already struggling to manage your mental distress, can actually make it worse. Getting help that you can trust early on can make a big difference, and because money, work, debt and benefits are all so closely linked, we aim to offer support, advice and advocacy that takes in this bigger picture. Our service is confidential, so that you need have no worries about any information you give us being shared with anyone else.

It works like this:

- Money advisers at Noah's Ark will help you manage your money, whether what you need is to budget better, save money, or to sort out debt. There are many people who receive a benefit, but don't get the full amount because money is being deducted directly from it to repay debts such as rent and council tax. If you are in this position, there may be help to be had.
- The Welfare Rights advisor at Healthy Minds will help with any problems with claiming a benefit, particularly when there is a need to appeal against a decision.
- The Employment Support adviser at Healthy Minds will help with finding a job, keeping a job, or just planning to think about the possibility of work. She gives one-to-one advice and support about employment. Many people don't know that they can claim a benefit because of their health and still do some part-time work. There are rules about this, but she can guide you through the process, and the difference it can make to your quality of life when you work even just a few hours a week is amazing.

For further information, call Jen on 01422 345154 or email faganjenny@aol.com

How to reach us . . .

 **0 1 4 2 2 3 4 5 1 5 4**



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



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



<https://twitter.com/healthymindscw>



www.healthymindscalderdale.co.uk

*Release your inner artist this Autumn
with Healthy Minds' Art & Wellbeing Group*



Healthy Minds runs regular Art & Wellbeing sessions, usually on the last Wednesday of the month in Sowerby Bridge.

It's a small group that meets to exchange arty ideas, have a go at different arts and crafts and activities and make things together. We don't have an art teacher, but some of us have skills or backgrounds as artists; we all share our knowledge and ideas and everyone can have a go.

It's not about creating perfect pieces of art; it's about expressing our thoughts and emotions, connecting to a theme or idea.

In August we had our first walk and sketch session – walking on the tow path, sketching and photographing whatever caught our eye, chatting or spending the time quietly working in our sketch books. We also had a session trying our hands at making jewellery, dreamcatchers and simple pieces woven from scraps of fabric and yarn.

We enjoyed another walk and sketch session in September, soaking up some of the autumn colours in the nearby woodland. Who can resist collecting leaves and conkers? We'll also be continuing with our autumn theme with a collage session using textiles and images to express our connection to the season.

Sessions will take place on the last Wednesday of each month until November when we'll be lighting up the dark with candles.

Anyone interested in coming along, should get in touch. The sessions are free - just phone up and book!

***Ring Dianne on 01422 345154 or email
Dianne@healthymindscalderdale.co.uk***



Autumn Arts with Healthy Minds

art & wellbeing group

up & coming sessions

Wednesday 30th September – seasonal beauty

A mindful walk in the woods to sketch & collect

Wednesday 28th October – creative collage

composing with textiles & images

Wednesday 25th November – light up the dark

seasonal paper crafts & decorating candles

These sessions are for anyone interested in participating in simple arts and crafts sessions to relax, play and explore their own creativity. It's about meeting up with others and learning simple techniques you could do at home. You don't have to be an expert or have any artistic experience.

**All sessions are 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

www.healthymindscalderdale.co.uk



HEALTHY MINDS ALLOTMENT GROUP



Healthy Minds Allotment

In response to what the people of Calderdale said they would find useful to help support them in managing their wellbeing, Healthy Minds have started a new allotment group at Pye Nest in Sowerby Bridge. We have secured our own plot and are in the process of preparing the ground and planning our autumn and winter grows.

If you are interested in:-

- improving and maintaining your physical, emotional and mental wellbeing
- meeting new people and socialising
- learning about the benefits of growing and eating organic food

... then getting involved with the allotment group might just be for you!

People who have attended the group have said:-

“I really enjoy coming to the allotment – it gets me out of the house and mixing with other people, you can have a laugh”.

“The benefits of getting stuck in, whether it be weeding, watering or just looking around really to help distract your mind – you don’t think about your problems and you feel better afterwards”.

You don't have to have had any previous experience of working on allotments or cultivating your own food; a desire for fresh air, green space and to meet new people is great place to start.

***If this sounds like something you would like to try,
or you’d like more information, then ring Nicola on 01422 345154***

or email Nicola@healthymindscalderdale.co.uk

to find out when the next meet is.

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 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

Other Groups:

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

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

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 2nd and 4th Wednesday of the month

HALIFAX GROUP 12.30 – 2.30pm

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

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

*"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*

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 9th 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, at Noah's Ark.

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 Brighthouse 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, at Noah's Ark.

Relating to Others: Details to follow.

With Tamsin & Dianne, Wednesday 2nd December, at Noah's Ark.

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

ROSHANI

The Roshani Project involves partnership working between Healthy Minds and Women's Activity Centre (WAC). The project is now half-way through its pilot phase and has been community-led from the very beginning.

Roshani means "light", and the idea of the initiative has been to shed light on issues around mental health, to talk openly about these topics and to work on reducing stigma that can develop around mental health. The workshops have been received very well in the Asian community within Park Ward and all participants have reported an increased knowledge in mental-health awareness.



Roshani volunteers have been drawn out from the community and have played an important part in workshop delivery. They have shared their lived experiences, based in a safe environment where participants can see and experience first-hand accounts of how mental health can impact us greatly but with the right support network and good knowledge a full recovery can be made.

The involvement of volunteers in co-producing workshops shows that by gaining a mutual understanding of mental health we are able to break down anti-stigma and taboos that have been festering within the community for many generations.

The project has worked on gaining a collective community voice for the BME groups based within Park Ward and has been successful in its method by engaging with people from a wide spread of community groups, faith groups and youth groups.

All participants have welcomed the workshops with great enthusiasm and evidence has shown Roshani has taken corrective steps in ensuring the groups have their cultural and language needs met. Feedback has been positive with all reporting to have found the sessions to have been lots of fun!!



***For more info on the Roshani Project, contact Neelam on 01422 345154
or email Neelam@healthymindscalderdale.co.uk***

HEALTH & WELLBEING for women

FREE EVENT

Tuesday 13th October

12 – 3pm

Queen's Road Neighbourhood Centre

**Lots of information and activities
to help keep you & your family
healthy and happy**

Further information:

Samina 07477487162 or Neelam 07947110403

FOOD & REFRESHMENTS WILL BE AVAILABLE

WORLD MENTAL HEALTH DAY 2015

As we approach World Mental Health Day 2015, the Mental Health Foundation has stated:

“We believe that effectively supporting people experiencing mental-health problems is on target to become one of the greatest public health challenges of our time. Stigmatising and discriminatory treatment can be particularly distressing when a person is experiencing a health crisis.

We all have mental health, and by failing to treat people with mental-health problems with dignity we make it more difficult to ensure that everyone takes steps to safeguard their wellbeing and to seek help, as it can lead to self-stigma, low confidence, low self-esteem, withdrawal and social isolation.”

<http://www.mentalhealth.org.uk/our-work/world-mental-health-day/world-mental-health-day-2015/>



In honour of world Mental Health Day 2015, Healthy Minds will be holding a conference at the Elsie Whiteley Innovation Centre. **This free conference is already fully booked.** It will take place on Friday 9th October and will focus on parents and mental health.

Speakers will include **Katrina Smith** from Mental Health Foundation talking about mental health in context, **Katie Siobhan** talking about her experiences as a parent, **Clare Shaw** talking about identifying and reducing fear, **Karen Newbigging** talking about cultural accessibility, **Steve Lyons** from Huddersfield University talking about good-enough services and **Siobhan Beckwith** from WomenCentre Calderdale & Kirklees talking about work with mothers. There will also be the first viewing of a video about parents' experiences of services.

Workshop topics will include:

- good-enough parenting,
- reducing fear,
- creative reflection,
- cultural accessibility,
- and medication, pregnancy and breastfeeding.



Open Minds

VOLUNTEERS WANTED . . . Open Minds Resource Pack



Open Minds is Healthy Minds' anti-stigma project. Formerly known as "Mentality", the project has been running very successfully for 3 years delivering workshops to secondary-school students or within work- and community groups.

Currently workers and volunteers are starting to devise a resource pack based on these workshops delivered in schools and community organisations. Through participation and volunteer accounts of their experiences, the Open Minds workshop aims to raise awareness of positive mental health and to demystify unhelpful messages about mental health.



Utilising the expertise and personal experiences of volunteers is an essential part of the workshop and a powerful learning method, as is co-producing content and materials with volunteers, staff and participants. We recently held a development meeting with volunteers who have been involved with the Open Minds workshops where it was identified that we needed a diverse range of people to be involved.

We are now seeking people who have personal experience of mental-health issues and who are happy to share their personal experience, to become involved in helping to create the Open Minds resource pack.

***If you'd like to know more about Open Minds and the resource pack,
please get in touch with Tara or Nicola on 01422 345154 or email
tara@healthymindscalderdale.co.uk / nicola@healthymindscalderdale.co.uk***

STAFF NEWS: OUR TARA PUBLISHES FIRST NOVEL!



Launch of Untouchable Things!

Some of you might know that as well as running the anti-stigma project, Open Minds, I've also just had my first novel published! It's been a long road, and I was helped on my way by winning the Luke Bitmead Bursary last year, an award in memory of a young, talented author who tragically took his own life in 2006.

On 18th September at Hebden Bridge Town Hall I celebrated the launch of Untouchable Things with friends and family. Take a look at the photos and you might see some Healthy Minds faces there!

If anyone's interested in buying Untouchable Things – a psychological thriller unpicking some complex and pretty dysfunctional group dynamics – you can buy it from Amazon or order it from Waterstones. And watch this space for details of a book signing at Halifax library...



Tara



Photos courtesy of Chris Johnson-Standley

WALKING GROUP NEWS

Healthy Minds Walkers Stride into Winter...

Our walking group has now been rambling through the fields, woods, canals, hills and valleys of Calderdale for over 18 months and has proved a fantastic hit. Led largely by a dedicated team of volunteers, this group was formed because of the growing recognition that exercise and mental health go hand-in-hand. This, along with the hugely enjoyable social aspect of the group (we always stop for a cuppa!) and a liberal dose of the great outdoors means we're boosting our mental health almost by accident! Walks take place roughly once a month and details of our walks are either on our website www.healthymindscalderdale.co.uk or feel free to phone the office on 01422 345154 for more details. Details of our next walk are below!



The View from Luddenden Canal

Walk For Wellbeing

The Healthy Minds walking group is for anyone interested in 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 an

Autumnal Foray into Judy Woods On SATURDAY 17th October 2015

This walk starts and finishes in Shelf. For those traveling by public transport, catch the 508 bus from Halifax Bus Station at 10.30. We will register at Duke William Pub before setting off at 11.00. Those travelling by car could try to park on Brow Lane or at Shelf Village Hall and walk up to the pub (5 minutes). This is a 2.5 hour moderate walk of around 3.5 miles and includes some steep inclines, descents and muddy paths. Good footwear and waterproofs recommended. You will need to wear appropriate footwear. It is not suitable for wheelchair users or those with pushchairs. Dogs can be brought but please check with other walkers before letting them off the lead.

Please bring packed lunch and water – we will stop for lunch on the way!

HEALTHY MINDS VOLUNTEER NEWS

CALDERDALE LAUNCHES NEW VOLUNTEERING KITEMARK

Thursday 17th September saw the launch of a new kitemark – a symbol showing that organisations value their volunteers and provide a positive volunteering experience. Developed by Sector Support Calderdale's Volunteer Centre and drawing on the experience of Investing in Volunteers and local volunteer centres the kitemark will ensure that all organisations involving volunteers will achieve a recognised standard of quality and good practice.



All those who know Healthy Minds understand that we place a great deal of importance in involving our volunteers at every level of our organisation, from policy to procedure to practice. Our volunteers ensure that we are genuinely co-producing services that are needed and wanted in our community, whilst enabling us to deliver our groups, workshops and projects far and wide. Without them we simply wouldn't be the organisation we are today.

Recognising our volunteers and demonstrating our commitment to them is always a priority and so we are delighted to be working towards the achievement of this kite mark with gusto! Keep your eyes peeled for news of our progress.

WE ARE CURRENTLY LOOKING FOR NEW VOLUNTEERS ...



Have you experienced mental health issues?
Are you kind, compassionate and caring?
Do you want to make a difference?

Our volunteers can be involved in the creation and running of workshops and support groups, support others to attend groups, take part in a radio show, write articles, help with admin and research, lead wellbeing walks and more...

Healthy Minds is a dynamic young charity dedicated to supporting people in their journey of recovery and challenging the stigma that still surrounds mental health. Volunteers are vital in ensuring we can continue to deliver exceptional services and keep growing to meet the needs of all the people of Calderdale.

If you are interested in joining this energetic, fun and committed team of volunteers, please contact Cath on 01422 345154 or cath@healthymindsalderdale.co.uk

VOLUNTEER NEWS & VIEWS

All opinions expressed in News & Views are the author's own and do not necessarily express those of Healthy Minds

Healthy Mindfulness

Everybody's different, but for my journey with mental health it was refreshing to realise there was more support than just taking medication. There are wonderful support groups (see Healthy Minds Listings!) and a host of other self-help techniques, including mindfulness. Mental health practice in the 21st century takes a holistic approach.

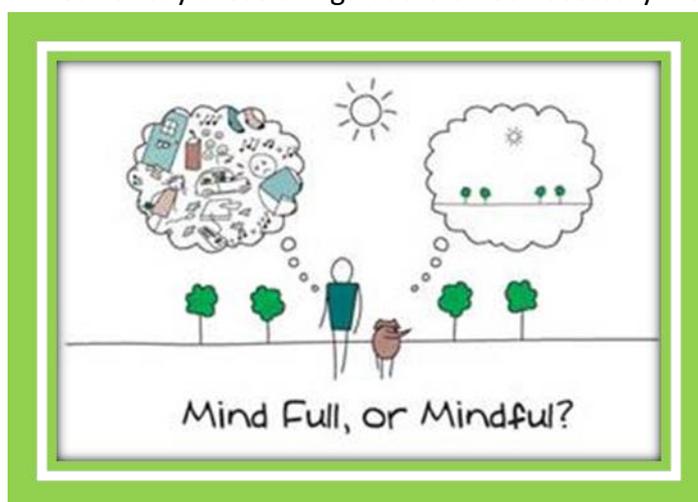
Everywhere I go people are talking about mindfulness. Practise mindfulness: be mindful. There are even supermarkets selling mindfulness colouring-in books. So what is it all about? Is it for me? Mindfulness has a hippy kind of Zen label to it that is probably to do with where it originated from not what it is. It is not meditation. A dude in the United States of America by the name of Jon Kabat-Zinn, invented it. He worked for a stress reduction clinic and found it helped reduce anxiety and conditions like chronic pain. ***It is learning to be in the moment.*** Another term I hear all the time. What does this mean? How can we be in the moment?

Mindfulness is for everybody – you do not have to look like a Tibetan monk or dress in purple tights and use words like 'chillax' to do it – you *can* wear or say these things but it is not necessary. It has been scientifically proven to reduce anxiety and stress. It's free and you only need to know how to do it and where to access different mindfulness tips and techniques.

It is simple to learn. Try this small exercise as an example.

Whenever you are on your own, in your office, on the train or wherever, close or keep your eyes open, whatever feels comfortable to you and start to focus on your breath.

Notice how your body feels, what sounds you can hear, can you smell something, do you feel a particular emotion? Focus on the sensations of inhaling and exhaling. If your thoughts drift, bring yourself back to your breathing. I use mindfulness when it is story-time for my child; I focus 100% on that moment. Reading with her, noticing how she reacts. I give that moment my full attention. I do not hold onto the millions of other thoughts ie the dishes need doing etc. Talking of dishes – you can even be mindful washing the dishes. Give your full attention to the sensations that you feel when doing them!



Tasha.

VOLUNTEER NEWS: NIC LAUNCHES EXHIBITION

A Study in Recovery



In July of this year, one of our volunteers, Nic, held her first exhibition of photography entitled 'Recovery' at Copa House in Hebden Bridge. Her stunning work is a culmination of a lifetime's obsession with beach-combing and her vast collection of stones, driftwood, plastic and 'sea-pottery' (miniscule pieces of pottery worn smooth by water, sea and sand) are photographed with exquisite attention to detail. Some of the pieces are no more than a few millimetres in

size - as Nic says, 'the beauty of small things is often overlooked, so my aim in photographing them is to enlarge them, so they become somehow monumental, and their beauty can be shared'.



Nic sustained a debilitating ankle injury at age 27. The title of her exhibition reflects her 'experience of rediscovering the core of myself, through years of physical pain and frustration. I have had to come to terms with feelings of grief and loss, of both the person I had to leave behind, and also the person I had thought I would be in the future.' Of her involvement with Healthy Minds she says, 'I approached Healthy Minds with a view to volunteering because my experience ... has shown me the important connection between our physical & mental health. I have taken part in training, helped Tara with two anti-stigma workshops and now hope to take a role in the Chronic Pain & Disability groups. In fact it was the Healthy Minds "Recovery" course which caused me to call my exhibition "Recovery" as it seemed a very fitting title for me at this point in my life.'



Nic's open evening on 7th July proved to be an enormous success and we wish her all the luck in the world for this and all her future exhibitions. Anybody interested in seeing more of Nic's work can still go and see the exhibition at Copa House, Market Street, in Hebden Bridge until **Saturday 17th October**. You can also see more of her work at her new website www.ontheshoreline.co.uk .

Anyone interested in joining our Chronic Pain group should contact the Healthy Minds Team on 01422 345154

VOLUNTEER NEWS, VIEWS & REVIEWS!

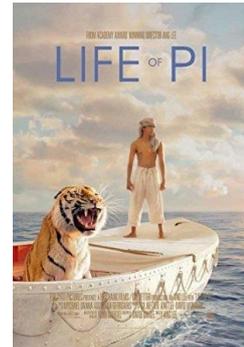
All opinions expressed in News & Views are the author's own and do not necessarily express those of Healthy Minds

Beat the Winter Blues with a Heart-warming Movie...

Our resident reviewer Sheila gives us her take on three feel-good-factor movies.

The Life of Pi

This film is a wonderfully animated story about a boy stranded on a boat at sea with a tiger called Richard Parker. This spiritual and poetic film guides through his survival, drawing on his strength and resources. A heart-warming adventure that will capture your imagination.



at
us

The Beach



Watch Leonardo DiCaprio playing the part of a backpacking traveller who discovers a map to a secret paradise island, where a colony of free-spirited people live on their own resources. DiCaprio becomes an outcast, fraught by his own delusions. Does freedom come at a cost? An interesting film exploring the idea of whether anyone can be truly free?

500 Days of Summer

A romantic affair starring Zoey Deschanel (New Girl). Spread over 500 dates this film is *the* feel-good film for something light-hearted and romantic. A will they / won't they type scenario that glides through the summer and into autumn ... where love settles.



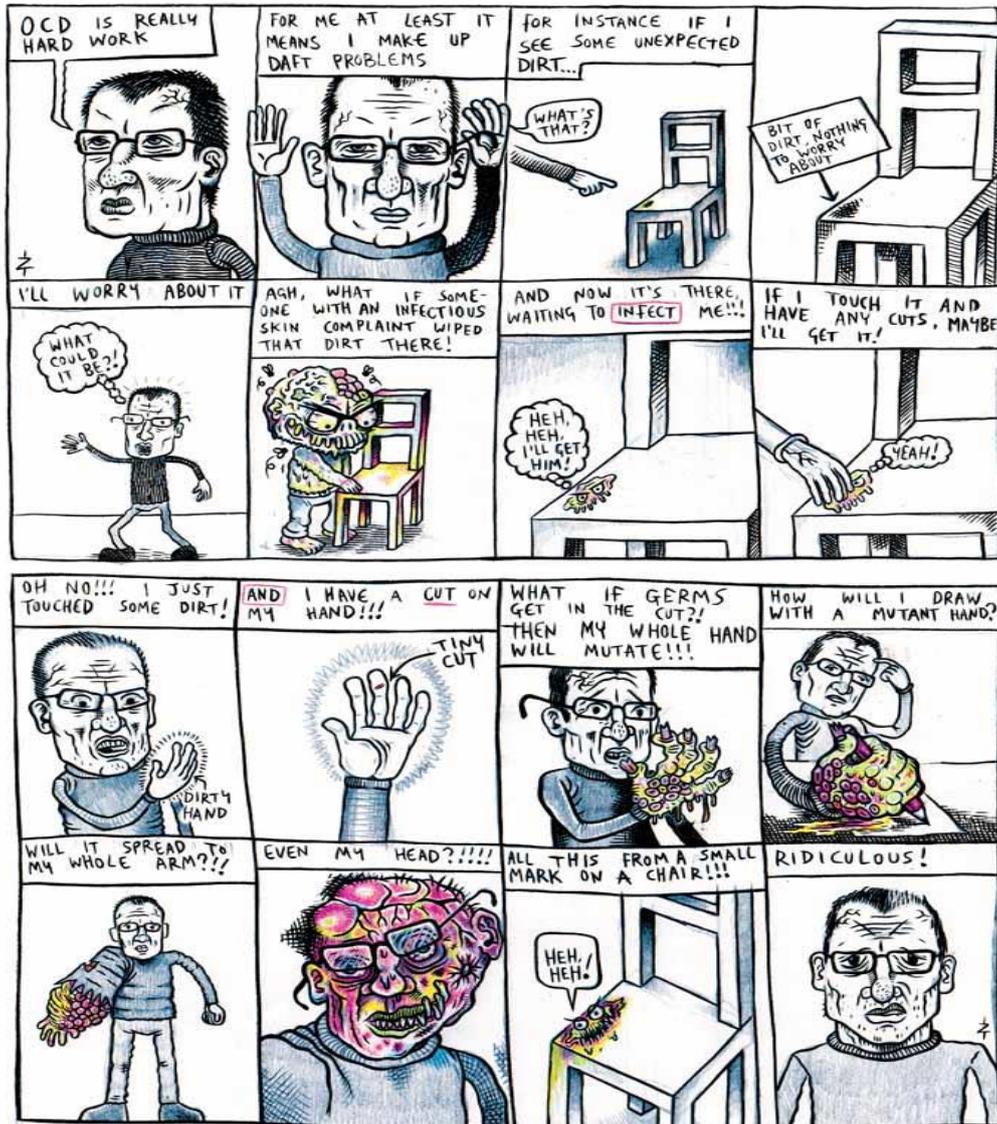
Did You Know?...

Cinema therapy is a form of therapy or self-help that uses movies, particularly videos, as therapeutic tools. Cinema therapy can be a catalyst for healing and growth for those who are open to learning how movies affect people and to watching certain films with conscious awareness. It is increasingly believed that an individual's recovery is improved by viewing "feel-good" films, or ones that make the patient laugh.

VOLUNTEER NEWS, VIEWS & CARTOONS!

All opinions expressed in News & Views are the author's own and do not necessarily express those of Healthy Minds

Artist and Volunteer Zeke gives us his take on living with OCD



Did you Know?...

OCD, or Obsessive Compulsive Disorder, is a mental health condition whereby a person has obsessive thoughts and compulsive activity. Obsessive thoughts are unwanted and unpleasant, causing feelings of anxiety or disgust. Compulsions are repetitive behaviours that the person feels they have to carry out in order to relieve the feelings aroused by the obsessive thoughts. Symptoms can range from mild to severe.

TAKE A BREAK!

All opinions expressed in News & Views are the author's own and do not necessarily express those of Healthy Minds

Put your feet up with our very first Healthy Minds Wordsearch...

Y D E H A W I L N W L M K W V
S T P A O M T Q E O R I B E P
X X E M T R O L W E E N P I P
B A E I O I L U S G O D K N I
R N L P X B N U L B S S R X U
M W P E E N E G E N M E N V E
L U O I R K A J T I P B A J Y
S E N W I L F H T A W A E M H
F G T J D X L J E P F P T Q T
M R Z F S Y R D R X R X J V L
A N U U R R E E T N U L O V A
S T R E S S T B M M B C P R E
Z B Y A D K N M H O M T F U H
E U X N R O G T G E S U J G F
D W L S R P U O R G H G L H L

ANXIETY
GROUP
MINDS
RELAX
VOLUNTEER

ART
HEALTHY
NEWSLETTER
STRESS
WELLBEING

EATING
MEN
PAIN
SUPPORT
WOMEN

Compiled by Bernie.

LISTINGS

free



events

LISTINGS

OCTOBER

DAY/DATE	WHERE	CONTACT
Monday 5th		
1pm	Well Aware Session (Closed group)	Kath/Dianne re future sessions
2-4	Bi-Polar Group Fielden Centre, Todmorden	Lou
3-4.30ish	Allotment Group Pye Nest allotments	Nicola
Tuesday 6th		
1-3pm	Disability Group Noah's Ark, Ovenden	Just turn up or call Kath
Wednesday 7th		
10am	Volunteer Update meeting (Healthy Minds Volunteers only)	Cath
Thursday 8th		
11am-1	Chronic Pain Group Noah's Ark, Ovenden	Just turn up or call Kath
12.30-2.30	Self-Harm Group Victoria Theatre, Halifax	Just turn up or call Nicola
6pm-8	Anxiety & Depression Group Hebden Bridge Town Hall.	Kath
Friday 9th		
9.30-4pm	Parenting & Mental Health Conference Elsie Whiteley Centre	Tamsin NB all places are taken.
Monday 12th		
12.30-2.30	Relaxation Workshop Noah's Ark, Ovenden	Please book. Dianne.
1-3	Well Aware Session (Closed group)	Kath/Dianne re future sessions
1-3	Depression Group Noah's Ark, Ovenden	Lou
3-4.30ish	Allotment Group Pye Nest allotments	Nicola
Tuesday 13th		
12.30-2.30	Anxiety & Depression Group St Mary's Church, Elland	Just turn up or call Nicola.
2-4	Wellbeing Works Group St Paul's Church, Sowerby Bridge	Lou
5.30-7.30	Forum Meeting, Halifax Town Hall	Have your say about services. Tamsin
Weds 14th		
10.30am	Writing Workshop	Please book.
12.30-2.30	Hebden Bridge Town Hall	Tara/Cath.
	Men's Group Victoria Theatre, Halifax	Lou

LISTINGS

free



events

LISTINGS

OCTOBER

DAY/DATE	WHERE	CONTACT
Monday 19th		
1pm	Well Aware Session (Closed group)	Kath/Dianne re future sessions
2-4	Bi-Polar Group	Lou
3-4.30ish	Fielden Centre, Todmorden Allotment Group Pye Nest allotments	Nicola
Tues 20th		
1pm-3	Disability Group Noah's Ark, Ovenden	Just turn up or call Kath.
Weds 21st		
12.30-2.30	Setting Achievable Goals Workshop at VAC	Nicola/Kath
Thurs 22nd		
11am-1	Chronic Pain Group Noah's Ark, Ovenden	Just turn up or call Kath
12.30-2.30	Self-Harm Group Victoria Theatre, Halifax	Just turn up or call Nicola
6-8pm	Anxiety & Depression Group St Mary's Church, Elland	Just turn up or call Nicola
Monday 26th Oct		
10.30-12.30	Boundaries Workshop Please call re venue	Neelam/Tamsin
1pm-3	Depression Group Noah's Ark, Ovenden	Lou
Tues 27th		
12.30-2.30	Anxiety and Depression Group St Mary's Church, Elland	Just turn up or call Nicola
2-4	Wellbeing Works Group St Paul's Church, Sowerby Bridge	Lou
Weds 28th		
12.30-2.30	Men's Group Victoria Theatre, Halifax	Lou
1-3pm	Forum Meeting VAC Halifax	Have your say about services. Tamsin
1-3pm	Art & Wellbeing Group St Paul's Church, Sowerby Bridge	'Creative collage' Dianne
Friday 30th		
10.30am	Shibden Park Walk - moderate 1-1.5hrs Meet Shibden Park Café at 10.15am	Dianne/Cath

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