

Healthy Minds Newsletter

July, June & August 2016

Edition 28

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

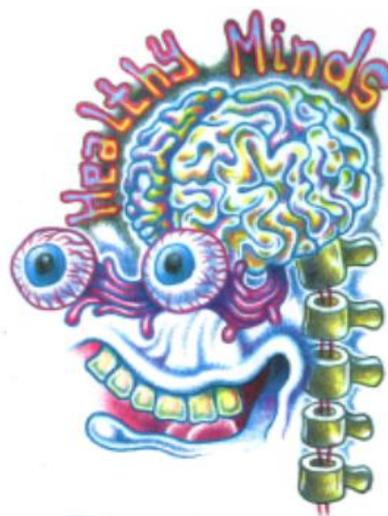


Introducing Open Minds 'Train the Trainer' Graduates!

Congratulations to Ali, Debbie, Wendy and Zeke for completing the Open Minds six-week mental-health education course.

Open Minds have received additional funding to develop a training course for volunteers, school staff and community workers to deliver mental-health education workshops. Those who have completed the training will then work towards becoming Healthy Minds approved trainers, where they'll deliver the Open Mind workshops, enabling Healthy Minds to extend its reach and fulfil demand.

This is the first time Healthy Minds have been able to work with volunteers to support their personal development through structured training, supported workshop experience and peer reflection with the aim of possibly moving towards paid sessional employment.



Artwork by Zeke

Prior to starting the training, the trainees played an important part in the Open Minds project by contributing their skills, ideas, talents and volunteering to share their personal journeys of recovery in workshops in schools and community-based organisations. This has proven to be a very powerful learning tool raising awareness of mental health, demonstrating how anyone can struggle with their mental health and yet how people can bounce back from difficult times.

Our trainees underwent a fairly intensive training programme. At each of the six half-day sessions they were expected to present either pre-prepared or on-the-spot information, give and receive constructive feedback to peers and adapt workshop plans and resources. The trainees rose to every challenge with vigour and determination which made for an interesting, fun and worthwhile course. I would like to thank the trainees for making the course such an enjoyable experience – we look forward to continue working with you.

Nicola

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

Time Out Group

Our Time Out group is about mindfulness, meditation and relaxation. Contrary to popular belief, meditation and mindfulness is not about 'emptying your mind' or achieving some kind of 'utopian state'! It's about being in the moment, working with and alongside our busy minds, to focus on being with ourselves and accepting ourselves just as we are, in a compassionate and friendly way – much like you would do with a good friend.



The group comes up with themes, and so far we have focussed on taste, colour, chakras, sounds and the breath. It's a practical group, with lots of exercises that people can then use in their own space and time. We talk a lot about bringing it all into our everyday lives.

Our lovely, friendly, mixed group meets every 1st and 3rd Tuesday of the month at The Studio Rooms, 11 St James Street, Halifax HX1 5SU (right opposite the Salvation Army, just round the corner from the new Laura Mitchell building).

*Have you got time to take **Time Out** ?*

Neighbours Day 2016

Calderdale Neighbours' Day on Saturday 9th July was another fabulous celebration of the community's goodwill, and Healthy Minds staff and volunteers were there in force with another successful fun-filled day. Our Roshani and Open Minds staff and volunteers managed to speak to lots of different people about mental-health awareness and gained a good response. Many, many people felt that there is a real need to address issues surrounding mental health and to continue to make a positive impact on breaking down some of the old myths and beliefs. Talking about our mental health is a great first step towards making a good recovery and Roshani and Open Minds will continue in its drive to reach as many people as possible through workshops, support groups and events.



Volunteers James, Helen and Sandy running the stall

FRIENDLY MINDS

Meet Friendly Minds

Healthy Minds' recently-formed fundraising group!



A few of our fantastic team members!



A big shout-out goes to volunteer Andy who raised a fabulous **£105** through the Frog Box Comedy Club at the Golden Lion, Todmorden on Saturday 14th May.
Thank you, Andy!

. and another accolade to Helen who is walking Hadrian's Wall in aid of Healthy Minds. Here she is in her own words

Walking Hadrian's Wall

My name is Helen Banbury and I am a 66-year-old service user and have volunteered with Healthy Minds for nearly three years. I have had moderate depression on and off since I was 40, which is helped by my involvement with Healthy Minds support groups, walking, yoga and gardening on the HM allotment at Pye Nest.

My daughter Emma, who lives in Gateshead, suggested we should walk the length of Hadrian's Wall as a challenge this summer. She wanted to walk it because she has a passion for Roman History bordering on the obsessive, and I, because I remembered visiting it over 55 years ago in a ramshackle old van, on a trip out from Durham, where I used to live.

My imagination was caught then partly by the wildness of the scenery but also by the bizarre idea that something so long and imposing existed in all this empty space. I thought then that I would like to walk along it someday from its beginning to the end at the west coast.



Helen at the Visitor Centre

ctd / ...

... / ctd

Time has moved on rather and when it was mooted I agreed at once, knowing that I needed to get on before I felt too decrepit to attempt an 84-mile trail. We realised that, because Emma has a young son, rather than doing it over a week or more, we should complete it in 6 to 7 stages of 13 to 15 miles a day each time, throughout this summer.



We have already completed the first-stage 15-mile walk from Segedunum to Heddon-on-the-Wall, going on 1st May, the first day we could walk and gain our Hadrian's Wall Path Passport. As we were walking I told Emma that it would be a great idea if I could fundraise money for Healthy Minds whilst I was walking, and that it would give me a good incentive if I was feeling like quitting in bad weather or when I was very tired and grumpy.

Since then I have spoken to the Healthy Minds Fundraising Group, and I hope very shortly to set up a Just Giving Page linked to Healthy Minds. If any volunteers, support group members, trustees, staff or their friends would like to support the charity by sponsoring me on this walk, please contact me in a week or so, when we will have the system up and running. Any amount is welcome – you can sponsor me by the mile or stage, whichever suits you best.

Helen



Daughter Emma takes a break

Call-Out for Promotions Volunteers

[Dark Matter Promotions](#), [Slomanmusic](#), [Frogbox Charity Comedy Club](#)

and Sloth Disco have joined forces to create Slo-Matter a different kind of promotions company. It provides a platform offering people who consider themselves to have a disability (physical or mental) the extra support, accessible venues and adaptations they may require to take their passion for music, comedy, cabaret and any other creative outlets one step further.

Slo-Matter are looking for someone with similar passions, who is experienced in treasury work, fundraising, and writing funding applications within this area. It is important that applicants share our principles of equality and inclusivity. The post will be voluntary to begin with, with a view to securing funding for wages in the future.

If you would like further information or an informal chat, or to register your interest, then please contact either:

Andy 07900 561171 slomanmusic@yahoo.co.uk, [Facebook](#)

or Lou darkmatterproms@gmail.com, [Facebook](#)

**FUNDRAISING EVENT FOR HEALTHY MINDS
MENTAL HEALTH CHARITY**

CALLING ALL ARTISTS!

**AN OPPORTUNITY TO DONATE YOUR ARTWORK TO OUR
EXHIBITION AND ART AUCTION**

October 2016

@ THE BLIND PIG, SOWERBY BRIDGE

MINDSPACE

~ (no shame) ~

What does mindspace mean to you?

Art can be a way to express ourselves

and work through difficult emotions and experiences.

We want this exhibition to inspire people from all walks of life.

- Artwork must be between 4 x 6in and 12 x 16.5in
- Hand in artwork to Healthy Minds at VAC, Hall Street,
Halifax HX1 5AY between Monday Aug 29th and Friday Sep 9th
10am to 3pm Monday to Friday only
- For more information and to arrange handing in your artwork,
please contact us on 07960 972685 or by email
mindspace@healthymindscalderdale.co.uk

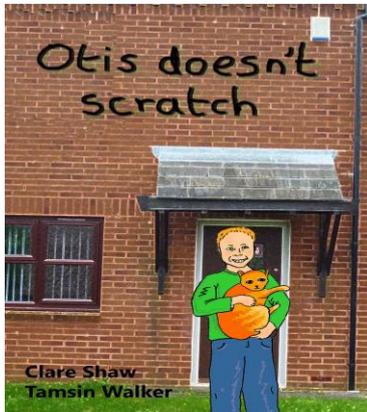
**Find us on Facebook: www.facebook.com/mindspace.noshame
and on our website: www.mindspacenoshame.wordpress.com**

Writers' Corner

Book Review - Otis Doesn't Scratch

by Clare Shaw and Illustrated by Healthy Minds' Project Worker Tamsin Walker

Do you know of any children affected by another person's self-harm? If so, you may find 'Otis Doesn't Scratch' written by Clare Shaw and illustrated by Tamsin Walker, to be a useful resource.



'Otis Doesn't Scratch' is a poignant, troubling, but ultimately reassuring picture-book resource for children aged 4 – 9. It comes with an accompanying guide which will help adults support children coming to terms with the complex issue of self-harm.

With over 200,000 hospital admissions recorded annually, current figures suggest that around one in ten people self-injure. Children, like adults, often live in difficult circumstances, but with the right support they can make helpful sense of what is happening. Actively helping children understand why people self-injure may mean they don't wrongly fill in the gaps for themselves.

Rhonda Divecha (2016) says that 'Otis Doesn't Scratch' "*helps a child not just to understand his mother's problem of self-injury, but to deal with a host of feelings associated with that problem*" and that, "*Children who read or are read the storybook will find the responses of the teacher and the mother to Ted's concerns reassuring.*" Rhonda Divecha (2016) also describes the illustrations as "*noteworthy, an amazing blend of line drawings and real images*".

References:- Rhonda Divecha (2016) Otis doesn't scratch & a guide: talking to young children about self-injury (a two-part resource) *British Journal of Guidance & Counselling Volume 44, Issue 3.*

The Ups and Downs of Life.

For every gloom there is a light
For daylight comes after the night.
For every cloud that brings a storm
The sun breaks through to bring the calm.
For every pain, grief and sadness
There is love and laughter, gladness.
For after winter comes the spring,
The healing force that nature brings.
For every Yin there is a Yang,
Where there is lemon, there is meringue!
For every up there is a down,
For every judge there is a clown.
For every loss there is a gain,
Success is sweeter for the pain.
For every death there is a birth,
For every anguish there is mirth.
For every high there is a low,
For every ebb there comes a flow.
When rain meets sun, a bright rainbow,
Yes life's a challenge, but there is hope!

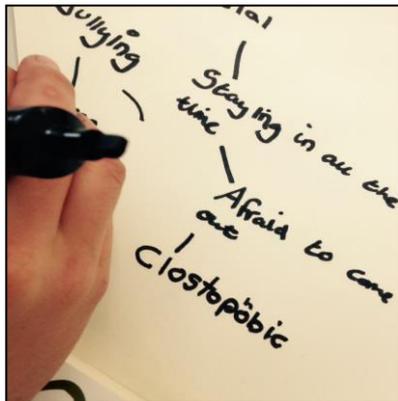
By Judith Herring. April 2016

Roshani Update

Roshani's Presence Continues to Grow in Year 2

"It was amazing, and I enjoyed the whole workshop"

We have held 9 new Roshani peer-support group sessions to date. These are going very well with good community engagement. Participants have responded positively, some expressing relief that something is finally being offered in the way of mental-health awareness and support.



Roshani has delivered 17 mental-health-awareness workshops in Halifax High School. The workshops have been rolled out to year-groups 7, 8, 9 and 10. The majority of pupils have given very positive feedback, with 98% stating that they have learnt something new.

"I learnt that anyone can experience mental-health issues"

I have learnt more about how people feel when they have mental-health issues.

There has been a large demand for workshops to be continued in schools to ensure all year-groups can benefit.

Further workshops are planned for delivery in September.



Neelam - Roshani Project Worker

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

Time Out: Mindfulness, Relaxation & Meditation Group

Every 1st & 3rd Tuesday of the month

11am – 1pm

@ The Studio Rooms, 11 St James Street,
Halifax HX1 5SU

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 HX5 0RU

*"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.

Activity Groups

The Allotment Group
Art and Wellbeing Group
The Walking Group
You, Yourself & Yoga

Please contact Healthy Minds for more details!

Healthy Minds Support Groups are for anyone who experiences mental distress.

Safe, confidential, non-judgemental, all groups are facilitator-led.

These are peer-support groups, where you can meet others to share experiences and gain support.

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

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

Todmorden: Depression & Anxiety Support Group

Every 1st and 3rd Wednesday of the month

2.30 – 4.30pm

@ St Mary's Church, Todmorden, OL14 7BD

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

Upcoming workshops and courses!

Well Aware 6-week course starts Wednesday, 14th September 12.30-3pm Town Hall, Hebden Bridge

Tree of Life 3-week course starts Wednesday 5th October 1-3pm Orange Box, Central Halifax

Head Space 3-week course starts Tuesday 15th November 12.30-2.30pm in Brighthouse Library

Boundaries Workshops:

Monday 31st October 1-3pm, Orange Box, Central Halifax

Managing Anger Workshops:

Wednesday 2nd Nov 10-12pm Orange Box, Halifax & Wednesday 9th Nov 1-3pm Town Hall, Hebden Bridge

Dealing with Conflict Workshops

Tuesday 8th November 10.30 -12.30 Orange Box, Central Halifax

Please see Healthy Mind's website or contact the office for more information & to book a place



Samaritans and Cruse Bereavement Care are offering free group support to help you understand your grief and cope with your loss.

Have you lost someone close to you to suicide?

THE SUPPORT GROUPS ARE:

- FREE
- RUN BY SAMARITANS & CRUSE BEREAVEMENT CARE FACILITATORS
- HELD OVER A SIX WEEK PERIOD, LASTING 90 MINUTES PER SESSION
- MADE UP OF A MAXIMUM OF EIGHT PEOPLE WITH TWO FACILITATORS
- AVAILABLE TO ANYONE OVER 18

For more information and to sign up, please visit facingthefuturegroups.org or call 0208 939 9560

Facing the future
support for people bereaved by suicide



**BELIEVE IN YOURSELF –
IF YOU DON'T, NO-ONE ELSE WILL**

ARE YOU A WOMAN WHO HAS LOST CHILDREN INTO CARE, HAD CHILDREN REMOVED INTO FOSTER PLACEMENT OR ADOPTED?

Would you like the opportunity to talk, to share your experiences within a supportive environment, to be creative and look at changes that you want to make, to feel more confident, to make better choices and be more in control of your life?

We are a new service (positive choices) and will be running a group in May.

NO JUDGEMENT. NO LOOKING BACK. MOVE YOURSELF TO WHERE YOU WANT TO BE. BELIEVE IN YOURSELF. BELIEVE IN YOUR LIFE.

*If you think this is for you, please just give us a call.
CLARE – 07876 397400 / SUE – 07825 523674*

Positive Choices: A new service in Calderdale offering one-to-one / Group Work for women who have had children removed into care. Supporting you to look at your life, think about previous life choices and take control of initiating change and moving forward.

MEANWHILE, DOWN ON THE ALLOTMENT...



Happy 1st Birthday Healthy Minds Allotment!

Wow! Such a lot has happened in the past 12 months and we can hardly believe it was this time last August when Healthy Minds acquired its own full size plot. An awful lot has been done to the site since we first laid eyes on it. It has gone from being covered in strawberry plants to looking like a serious plot for growing and cultivating. Raised beds and compost bins have been built; new paths have been laid and at least 10 different varieties of vegetable are growing, as well as a large variety of fruit bushes and herbs. This would not have been achieved without the commitment of the group members who attend – **well done everyone!**

Paste the link into your search engine to see how the plot has developed over the past year:
http://www.tarmeshar.talktalk.net/healthy_minds_allotment/slide_show.htm

As a way of marking the event we are going to paint the shed!

Please get in touch for details ☺

New members are always welcome to come along to help with the practical side or just to sit back, relax and spend some time absorbing the peaceful surroundings.

The group meets every Monday, 1-3pm at Pye Nest allotment
Please contact Nicola for more details 01422 345154



Nicola under the shade of a Rhubarb Umbrella



Thank you to Sue Gardiner for her beautiful collage of the allotment!



Thanks to Ann Dower (Healthy Minds finance officer and allotmenteer) for her delicious strawberry conserve ('not jam – jam is less solid than conserve and doesn't contain whole pieces of fruit' – who knew there was a difference!) 😊

An Open Air Concert

An opera of birdsong –
sopranos, contraltos, altos;
an orchestra of flowers in midsummer chorus –
bugles, trumpets, bells and flutes.
Sun in command, the world's hottest
conductor.

And a free ticket
to the best seat in the house –
a deckchair!

Fantastic performers.
Glorious costumes.
Pure drama, and right on my doorstep.
I could sit here for ever.

Blooming marvellous!

By Liz Cowley



Employment Support

The **Healthy Minds Calderdale Employment Support Project** will be running a series of workshops which are outlined below. These are for up to 10 people per session and will be run with a mixture of presentations and film clips, exercises and activities and opportunities for peer discussion.

If you are interested in attending any of the sessions, please can you contact Michelle Baron on 01422 345154 or 07496 492 399 or email michelle@healthymindscalderdale.co.uk

Date	Workshop overview	Venue
08/09/2016 10am – 12.30pm	Thinking about work <ul style="list-style-type: none"> • Getting motivated • Choosing or changing direction • Steps towards your goals 	Voluntary Action Calderdale Halifax
15/09/2016 10am – 12.30pm	Creating a CV <ul style="list-style-type: none"> • Recognising and valuing your skills • Identifying areas for development • Accounting for gaps in employment 	Voluntary Action Calderdale Halifax
22/09/2016 10am – 12.30pm	Applying for jobs <ul style="list-style-type: none"> • Understanding the recruitment process • Selling yourself and your skills • Disclosure (or non-disclosure) of mental health or other conditions • Using IT skills for job search 	Voluntary Action Calderdale Halifax
29/09/2016 10am – 12.30pm	Self-employment and Freelancing <ul style="list-style-type: none"> • Understanding different self-employment and freelancing options • Where to find self-employment and freelancing opportunities 	Voluntary Action Calderdale Halifax
06/10/2016 10am – 12.30pm	Preparing for interviews <ul style="list-style-type: none"> • Preparing and interview practice • Relaxation, stress management and solution focus techniques • Reflecting and learning from the interview process 	Voluntary Action Calderdale Halifax
13/10/2016 10am – 4pm	Mental Health Conference: Employment, Occupation and Welfare Rights Booking is required. Contact tamsin@healthymindscalderdale.co.uk	Elsie Whitely Innovation Centre Halifax
20/10/2016 10am – 12.30pm	Maintaining employment <ul style="list-style-type: none"> • Understanding your rights at work • Utilising support • Self-management tools 	To be confirmed

Walk for Wellbeing

Amble into Autumn with Healthy Minds.....

Walk For Wellbeing Group

Healthy Minds Walking Group welcomes anyone who feels walking would benefit their wellbeing. This friendly group takes regular walks throughout Calderdale, so people don't have to take that first step alone.

Saturday 3rd September Mytholmroyd to Hebden Bridge and Return

This walk will take approximately 2.5 hours and has some moderate inclines and slopes, with wet, muddy and uneven surfaces.

The walk will start from opposite Sainsbury's in Mytholmroyd at 11am.

Waterproof clothes and footwear recommended.

We will stop for tea and coffee at Hebden Bridge Railway Station Café.

You can buy lunch here or bring your own sandwiches.

Do make sure you bring plenty of water.

This walk is suitable for dogs kept on leads!

You MUST let us know you are coming.

Please ring Dianne or Cath on 01422 345154 with contact details as this is the only way we can contact you, should we need to cancel for any reason.

Photos from our recent walks to Stoodley Pike and Cromwell Bottom



Volunteer News

Land Ahoy!

In celebration of Volunteers' Week 2016, and as a thank you from Healthy Minds, we invited our merry crew of volunteers to climb on board one of the fabulous canal barges skippered by The Safe Anchor Trust, a registered charity based in Mirfield which relies wholly on the support of volunteers itself.



We had a brilliant day out; the weather behaved itself; we had a picnic lunch and we even learnt how to manage the locks! Once again, a great big **THANK YOU** to all our volunteers – we couldn't do it without you!



A warm welcome to our 8 new recruits currently undertaking the Volunteer Induction Training Course at Healthy Minds. We are looking forward to working with you in your planned roles as Walk Leaders, Support Workers, Support Group Co-facilitators and Workshop co-facilitators.

And a fond farewell too, to those of you who are moving on to exciting new projects in pastures new. We at Healthy Minds wish you all the success in the world with your new ventures. You will be missed!

Anyone interested in volunteering with Healthy Minds should contact Cath on 01422 345154 or cath@healthymindscalderdale.co.uk for more information and recruitment pack.