



NEWSLETTER

April, May & June 2018

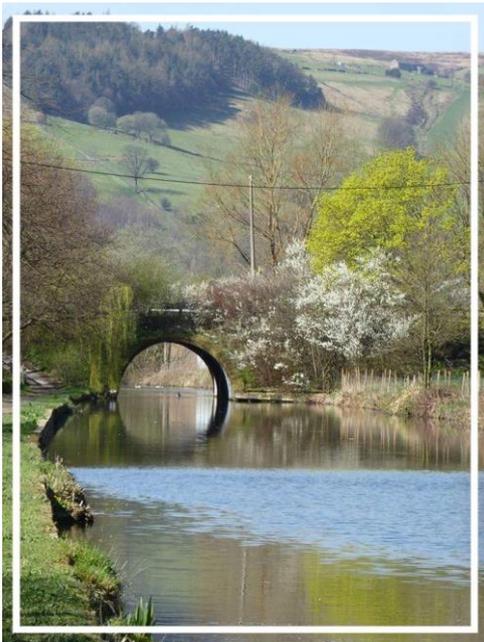
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Healthy Minds is Calderdale's local mental health charity, led by people who have personal experience of emotional distress.

APRIL'S WALK

Written by Kirstie Garside



It was a sunny April afternoon and we met in Mytholmroyd to start our walk. Three of us admitted to feeling quite low and anxious. However the weather was gloriously hot and we set off along the bike trail through the lovely woods filled with yellow celandines and delicate white wood anemones. It was going to turn out to be a bit of a nature walk as soon we saw a large black cormorant sitting on a tree by the river. As we followed the river we spotted a heronry high in the trees and 5 birds were preparing their nests and preening themselves. Helen stopped to take quite a few photographs. As we progressed along the path by the railway, the heat was blazing down, but everyone was chatting happily. After a leisurely stroll, we turned about and headed back along the canal path, where it was welcomingly cool and breezy by the water. Some of the canal

path was being renovated and should be puddle

and pot hole free by the summer!

As we entered Mytholmroyd, we were surprised to see a bench covered with cushions and some comfortable garden chairs set out by the canal outside a café. Needless to say we called in and ordered Earl Grey tea and a slice of strawberry gateau each. We sat in the sun, relaxed and cheerful after our walk and felt pleased that we had managed to get out on this fine Spring day.



Thank You

"Elland Round Table contacted me after seeing information about Safespace I had posted on Social Media. They invited me to attend one of their meetings to talk about Safespace in more depth and they asked how they could support Healthy Minds as they thought it was a much needed service in Calderdale. I mentioned that promotional materials would be beneficial such as T-Shirts to wear at community events.

Elland Round Table provided the funding to have 50 Healthy Minds T-shirts printed for staff and volunteers to wear. As a charity we know the importance of promoting our services and talking about the fantastic work we do. On behalf of every one at Healthy Minds Thank-you Elland Round Table for your continued support."

Adele Holdsworth
Safespace Team Leader



An Update from the Time Out Team

Find Your Thing

Time Out are delivering a twelve week pilot **Find Your thing** project for HOTS (Halifax Opportunity Trust) The group ranges in age from 9-14 years and gives a range of activities for young people to learn . Hand Made Parade have lead kite making workshops ready for the FLY festival in September in Mixenden. The programme includes cricket- visual art/drama/science/music/photography/lego/den building and cooking. There will be a celebration event at [The Artworks](#), Shaw Lodge, Halifax, Thursday 12th July 4-6pm. An opportunity to see the work created and to network with activity providers across Calderdale.



Mental Health Awareness in Tod High and Brooksbank

Kim and Annie shared exam stress support and advice for pupils to promote Time Out. Huge thanks to our volunteer, Henry who supported on the stalls.



Young Minds Mental Health Conference

.Time Out took a group of young people down to Young Minds Mental Health Conference in London back in May, which was a brilliant day making connections from all over the country and celebrating 25 years of Mind and 75 years of the NHS!

Volunteer Kiah said: 'We had a busy day out in London attending the Young Minds mental health conference. The highlights of the day were introductory speakers Claire Murdoch and Hussain Manawer, who were both very inspiring in different ways. Clair is head of mental health in the NHS and Hussain is a poet and mental health advocate. Our group then split off to attend different workshops including ones on self care, LGBTQ+ mental health and mental health innovation within the NHS. Our day ended by watching a few performances from Key Changes, a charity which uses music to aid recovery, who sang and performed poetry for us before getting the tube back to the station.'



ALLOTMENT NEWS

An Update from Nicola

In September 2015 we first acquired our plot at Pye Nest allotment.



Almost 3 years later, we have transformed what essentially was a 250sqm strawberry patch into an organised growing haven to be proud of! This of course would not have been possible without the help of people who have attended over the years and Helen, the volunteer who leads the group every other Monday. Well done!



Gail meticulously spaced, watered and planted artichokes. I planted the chilli plants that aptly named 'Nicola'. Chilli plants are better suited to greenhouses but we don't have the space, so it will be interesting to see what happens!



Meanwhile, John made a stone shelf to accommodate our pots of tomatoes and cucumbers.



We've had another mammoth size crop of rhubarb! Can you guess who's behind the leaf? We share our fresh organic produce with people who attend Healthy Minds groups. We hope you enjoy the rhubarb.



Rhubarb Raisin Pie



Yield: one 9" pie

For the filling:

- 4 cups rhubarb, cut in 1 inch pieces
- 1 cup raisins, I used golden raisins
- 1 cup sugar
- 2 tablespoons cornstarch
- 1 teaspoon cinnamon

splash lemon juice
for the crust:

3 cups all-purpose flour
3/4 teaspoon salt
4-6 tbs. ice water
3 tbs. white sugar
1 cup vegetable shortening, vegan margarine or coconut fat
Directions:

To make the dough:

In a large bowl, combine flour, salt and sugar.
Cut shortening into remaining flour mixture until it looks like coarse sand.
Blend in the water 1 tablespoon at a time, usually 4 or 5 tablespoons is enough.
Wrap dough and chill in a refrigerator.
to make the filling:

Place the rhubarb pieces and raisins in a large bowl.
Sprinkle in the sugar and mix lightly.
Mix the cornstarch, cinnamon, and lemon juice and pour over the rhubarb and raisins, mix lightly to coat all of the fruit.

To make the pie:

Preheat the oven to 400 F / 204 C .
Divide the dough into 2 pieces one about 2/3 and the other 1/3 for a lattice top pie. If you want a full cover pie, then divide 50/50.
Roll the dough out on a lightly floured work space.
Place one of the rolled out pie doughs in a 9 inch pie pan.
Prick the dough on the bottom part of the pan in a few places here and there with a fork.
Pour the filling in and gently level off the top.

For a lattice top:

- Slice the rolled out dough in thin strips.
 - Lay the strips on top forming a lattice.
If you are making a full top:
 - Place the other piece of dough on top, crimp the edges to seal and cut a few openings for the steam to evaporate.
- Place the pie on a cookie sheet in case it bubbles over, you don't want a messy oven.
Bake in the oven for 40 minutes or until the crust is golden brown.
Remove the baked pie and allow to cool down for at least 10 minutes so that the filling "sets".
Otherwise, it is too hot to eat, and the filling will be a bit too liquid.

Some rhubarb facts...

Did you know rhubarb is actually a vegetable?
In Polish, Iranian and Afghanistan cuisine, rhubarb is traditionally eaten with spinach, potatoes and herbs.

Powder from rhubarb used to be used to soften leather and colour hair.

West Yorkshire's famous rhubarb triangle sits within Wakefield, Leeds and Bradford. Prior to 1940 most

of the rhubarb we bought from grocery stores and supermarkets came from China. West Yorkshire developed a technique for growing rhubarb in doors in the dark and the rest is history.

In 1839, a Chinese commissioner wrote a letter to Queen Victoria warning Britain if they didn't stop selling opiates to China, then it would cease the selling of rhubarb. Rhubarb was primary used by Britons as a laxative back then.

Please see the delicious rhubarb and raisin recipe sourced from the internet by John.

(Reference - Ql.com/infocloud/rhubarb)

The Healthy Minds allotment welcomes new people. If you would like to come along to see what there is to get involved in please contact Nicola 01422 345154 for more information.

Weeding on a cloudy day by John Laws

It rained yesterday, so it's a good day to attack weeds with taproots.

In with a big fork, stamp it down, lever it up, gloved hand round the dandelion root, as far down as I can, slowly and smoothly pull the root as it slides out in one piece. The rain has lubricated against the roots grip.

Find another one, a dock, use the same method, building up a pile, there's enough of them now to be worth a trip to the compost heap. Shall I have a fag break? No, I'll just do this bit, then that bit, before you know it, it has been over an hour without a fag, it is so much fun murdering weeds and tossing their bodies on a pile.

Ooh! I'll just get that one, a big dock, see if it comes out in one go, yes! That looks like a record breaker for the day, or how about that one? Muttered expletive exclamation! The root snapped halfway down, it is so annoying when it turns into an attempted murder of a weed and only a violent attack, I'll get it when it grows back - a therapeutic vendetta!

Now it is definitely time for that fag break, my technique has begun to slip, have a fag and maybe do something else, I wonder if anyone has remembered to water in the greenhouse?



Martin's Sponsored Walks

Martin Roberts has been giving Healthy Minds his support in lots of ways recently and has completed the sponsored walks on his own steam after we had to postpone them. Cramming the walks in over the past 3 weekends, Martin has completed approx. 65 miles, encountered "giant swans" and gained an impressive range of blisters, all of which has raised over £2500 already - this will be match-funded by Lloyds Banking Group - so that's a brilliant result so far. Martin's colleagues at Lloyds will continue fundraising through more intrepid adventures - you can see what's happening and give your support

through their [JustGiving](#) page. Huge thanks to Martin and good luck to those taking on the next set of challenges!

[Martin's account of the final walk:](#)

Passed the finishing line!!! On Saturday I started the last phase of the 6 sponsored walks in 3 consecutive weekends in aid of Healthy Minds.

Looking at the forecast the factor 60 was well and truly applied. This walk was approximately 17 miles and took about 5 hours to complete. If I am honest, it was probably one of the hardest I have done out of all 6 walks as most of it was going uphill to reach Lock 30 on the Lancashire Border. I didn't realise how tired (and a little sunburnt!) I was until I got home.....The one thing I have never done is fall asleep on the sofa downstairs, however on Saturday evening I apparently decided to rest my eyes only to wake up on Sunday morning on the same sofa.....

.....thank you to everyone who has donated and provide the amazing support and encouragement.... Finally, don't forget the amazing Raffle Prize we have on offer re the weeks stay in County Mayo, Southern Ireland and all for just £5 a ticket - details can be found at www.justgiving.com/crowdfunding/whiteacres

WIN a week in Ireland:

Martin (see above) has secured a terrific prize of a week's stay in a country house in County Mayo*. Sleeping up to 8 people, you can have your chance to win through the online raffle by visiting www.justgiving.com/crowdfunding/whiteacres

Huge thanks to Martin and, of course, the person who has donated this amazing prize.

Good luck!

*Accommodation only: travel & catering not included.

Closing date 30th June 2018

Workshops & Courses Consultation

Healthy Minds are responsive to feedback and suggestions from the public, volunteers and people who use our services. We are currently in the process of putting together our September 2018 workshop and courses programme and would like to hear your suggestions and ideas for the programme. What would benefit your emotional and mental wellbeing? Please see the ideas already suggested on our [consultation form](#). You can choose one or more of the workshops/courses already stated or include your own ideas.

It would be great if you could [complete the form](#) with your suggestions and ideas for future workshops that you think might be helpful to you and email to- info@healthymindscalderdale.co.uk or Nicola@healthymindscalderdale.co.uk or call us on 01422 345154.

ROSHANI ("LIGHT")

MENTAL HEALTH EDUCATION PROJECT FOR BLACK AND
MINORITY ETHNIC (BME) GROUPS



[Roshani](#) Mental Health Conference
WORLD MENTAL HEALTH DAY
Wednesday 10th October 2018

WATCH THIS SPACE

Coffee Mornings



[Roshani](#) Coffee Mornings for South Asian Women

Every Monday 11am -12pm

[Queens Road Neighbourhood Centre](#), Queens Road, HX1 4NE - Room 2

Just come along or call Neelam on 07947 110 403 / 01422 345154



New [Roshani](#) Drop In Starts Tuesday 26th June 11am-12pm

Then every Tuesday 11am-12am

[Home Street Pharmacy](#), Horne Street, HX1 5UA

All welcome - Call Neelam for information on 07947 110 403 / 01422 345154



COULD YOU RUN THE LONDON MARATHON FOR HEALTHY MINDS?

We are delighted to have been allocated a place at the 2019 Virgin Money London Marathon, and we are now seeking expressions of interest from runners for this great opportunity. If this could be you, please [contact us](#) at info@healthymindscalderdale.co.uk.

Thank You!

A



HUGE Thank You to Neil Rawnsley from Stone Dam Furniture for donating a sofa and a chair to our [Safespace](#) area. Your generosity is much appreciated!



Stone Dam Mills

FURNITURE & BEDS

www.stonedammills.co.uk

New! Art Sessions...

We are running 3 taster sessions, with a view to starting a regular session from September

healthy
minds

Calderdale Wellbeing

New! Art Sessions.

We are running 3 taster sessions, with a view to starting a regular session from September

Come and try something arty- no previous experience required

Session 1 **Positive Plates**. A creative workshop exploring the power of positivity
Session 2. **Create a collage**, choose from the topics "Important things in my life" or "Summer".

Session 3 TBA

Session 1 Friday 29th June

session 2 Friday 13th July

Session 3 Friday 10th August. All 12.30-14.30 at King street

Please note, we do not currently have disabled access at King Street

For full details

Call 01422 345154

info @healthymindscalderdale.co.uk

Visit us at

1 King Street Halifax, HX1 1SR

www.healthymindscalderdale.co.uk

Healthy Minds is the operating name for Calderdale Wellbeing, a limited company registered in England & Wales.

Registered Office: 1 King St, Halifax HX1 1SR Company No: 6828871, Charity Reg: 1138881

Support Groups - June 2018

Healthy Minds Peer Support Groups in Calderdale

T: Halifax office : 01422 345154 E: info@healthymindscalderdale.co.uk



ANXIETY & DEPRESSION:

These groups are for anyone dealing with feelings of anxiety or low mood

Halifax - daytime

Every 2nd & 4th Monday of the month
1.00 – 3.00pm
Noah's Ark Centre
322-326 Ovenden Road, Ovenden HX3 5TJ
Contact Lou 01422 345154

Elland - daytime

Every 2nd & 4th Tuesday of the month
12.30 – 2.30pm
@ Southgate Methodist Centre
Langdale Road HX5 0JL
Contact Lou 01422 345154

Todmorden – daytime

Every 1st and 3rd Wednesday of the month
2.30 – 4.30pm
Todmorden Community Resource Centre
Lever Street OL14 5QF
Contact Lou 01422 345154

Todmorden – evening

Every 2nd & 4th Monday of the month
6.00 – 8.00pm
Todmorden Community Resource Centre
Lever Street OL14 5QF
Contact Tracy 01706 810311

Healthy Minds Peer Support Groups are for anyone who experiences emotional distress.

Safe, confidential and non-judgemental; all groups are led by a facilitator. These are peer-support groups, where you can meet others to share experiences and gain support.

OTHER GROUPS

Sowerby Bridge Wellbeing Group Daytime

Maintaining emotional wellbeing
Every 2nd & 4th Wednesday of the month
2.00 – 4.00pm
St Paul's Methodist Church,
Tower Hill HX6 2EQ
Contact Nicola 01422 345154

Todmorden Wellbeing Group

Promoting positive emotional wellbeing
Every 1st & 3rd Monday of each month
1.00 – 3.00pm
Todmorden Health Centre
Contact Tracy 01706 810311

Todmorden Parent Support Group Daytime – term-time only

2nd & 4th Wednesdays
9.30 – 11.30am
Todmorden C of E School
Burnley Road OL14 7BS
Contact Deborah 01706 810311

روشنی

ROSHANI

Mental-health education, awareness-raising and support groups within Calderdale's Asian communities.

Contact Neelam 01422 345154

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

Healthy Minds Peer Support Groups in Calderdale

T: Halifax office : 01422 345154 E: info@healthymindscalderdale.co.uk



SELF-MANAGEMENT GROUPS

Halifax – daytime

For people with a disability or long-term health condition

Every 2nd & 4th Tuesday of the month
1.00 – 3.00pm

Calderdale Industrial Museum,
Square Road HX1 1QG
Contact Kath 01422 345154

Chronic Pain Halifax – daytime

For people managing chronic pain

Every 1st and 3rd Thursday of the month
1.00 – 3.00pm

Noah's Ark Centre,
322-326 Ovenden Road, Ovenden HX3 5TJ
Contact Kath 01422 345154



ACTIVITY-BASED GROUPS

Mindfulness Relaxation Meditation

Halifax – daytime

Support with developing a mindfulness practice to manage our emotional wellbeing

Every 1st & 3rd Tuesday of the month
1.30 – 3.00pm

The Studio Rooms
11 St James Street HX1 5SU
Contact Lou for more info 01422 345154

Allotment – daytime

Sowerby Bridge / Pye Nest

Every week in the growing seasons.
Please contact Nicola 01422 345154

You Yourself and Yoga

Halifax – daytime

Yoga to support wellbeing
A closed group which runs in 8 week blocks.

Contact Dianne on 01422 345154

PLEASE NOTE THAT GROUPS
MAY BE SUBJECT TO CHANGE!
PLEASE CHECK FIRST!
Last updated June 2018

CHECK OUR WEBSITE
FOR COURSES AND WORKSHOPS!
www.healthymindscalderdale.co.uk

Thanks for reading.