

# Healthy Minds Newsletter

April 2014

Edition 17



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



## New beginnings ...

Hello and welcome to the April Newsletter. I'm Jonny Glenn and I am delighted and privileged to have joined Healthy Minds as the new manager.

My work background has always involved mental health to some extent and this is my twenty-first year (blimey!) in this type of work, in both the voluntary sector and, for the past few years, the NHS. Some people reading this will know me from SWYPFT's (South West Yorkshire Partnership NHS Foundation Trust) mental health dialogue groups, which I ran for the past 7 years; some will know me from before that, as a PALS worker helping people negotiate their way through mental health services. Having experience of living with mental health problems myself, I have been a keen supporter of Healthy Minds and its ethos of turning that personal experience into positive action since its earliest days. I am proud of what Healthy Minds has achieved so far and excited to take on this new role in guiding the project into a new chapter in its development.

We have just finished a huge round of staff recruitment in readiness for the launch of new projects and the staff team will more than double over the next month or so. We'll introduce the new team members in the May newsletter and give some more detail about what is coming up. For now, though, here's a quick run-through of what to expect:

- The **Recovery & Support Group** programme will offer additional support groups and 12-week Recovery Courses;
- We will also have a new **Volunteer Support Worker** offering additional support to our existing and new volunteers, allowing us to recruit even more people to help design and deliver what we do;

*continued overleaf ...*



# Support Groups in April



**Please note!** Due to holidays, some sessions will not run in April ... please check the calendar on the back page!

## Mum Time

wellbeing for mums of babies and young children  
1 – 2.45pm at The WomenCentre  
23 Silver Street, Halifax

These informal sessions at The WomenCentre are a chance to chat with other mums and explore the impact of motherhood on our wellbeing through guided discussion. The sessions look at the challenges of being a mum and offer a safe space to explore some of the emotional difficulties motherhood can bring. Kidspace will be on hand to provide a free crèche for women attending the sessions but you should book in advance.

**Wednesday 16th April 2014**

**Motherhood, mental health and wellbeing**

Exploring the experience of being a mother and how it impacts on our mental health and wellbeing

**Wednesday 7th May 2014**

**Motherhood – myths and realities**

Exploring society's expectations of mums

**Wednesday 21st May 2014**

**Motherhood and Me – thinking about our own stories**

What are our attitudes and expectations of ourselves as mums and how do they affect us?

**Wednesday 4th June 2014**

**Motherhood and Identity**

How does being a mother impact on our sense of ourselves?

**Wednesday 18th June 2014**

**The Good Enough Mum**

Developing realistic expectations of ourselves

**Wednesday 2nd July 2014**

**Me Time – Looking after ourselves**

Self-care – a necessity not a luxury- strategies for managing stress

**For more information and to book a place contact Lou / Dianne on 01422 438722**

**[Dianne@healthymindscalderdale.co.uk](mailto:Dianne@healthymindscalderdale.co.uk) [www.healthymindscalderdale.co.uk](http://www.healthymindscalderdale.co.uk)**



These sessions are organised by Healthy Minds,  
Calderdale's only independent service user led mental health charity

Recently Mentality have worked with Year 9 students in Calder High School and Halifax High School.

Students at Calder High said they had learned:

- ✓ "That mental health happens to anyone",
- ✓ "not to be disrespectful" and
- ✓ "that more people than I thought have mental health problems".

They said they particularly liked:

- ✓ "listening to the woman's story",
- ✓ "being encouraged to get involved",
- ✓ "debating and questioning" and
- ✓ "finding out how to handle situations".

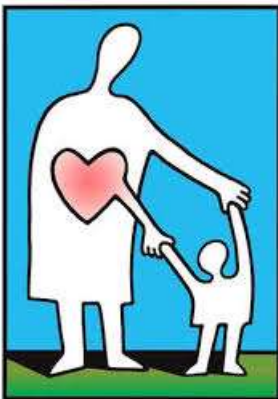


Students at Halifax High said they had learned "what mental health is" and "what affects mental health". They said they had enjoyed "seeing how others react to situations", "doing group work", "learning" and "activities".

For more information about Mentality, contact Tamsin on 01422 438722 or email [Tamsin@healthymindscalderdale.co.uk](mailto:Tamsin@healthymindscalderdale.co.uk)

## HEALTHY MINDS FORUM

Forum meetings provide a space for people to come together to share ideas or experiences, to feed back and influence local services and to contribute to national campaigns relating to mental health.



Recently we have been focusing on "the experiences of parents and would-be parents who experience or have experienced mental-health problems or emotional distress". Forum members would like to hear from anyone who has experiences to relate, both good and bad. We can then raise awareness of the issues, emphasizing the positives to counteract the popular media "take" on this. If you've got something to say on this subject, please get in touch or come along to the Forum – all are welcome, and you can remain anonymous if you wish.

***If you have something to say about mental-health services locally or nationally, would like to feed into local or national campaigns about mental health or just share your experiences with others, then please get in touch with Tamsin [tamsin@healthymindscalderdale.co.uk](mailto:tamsin@healthymindscalderdale.co.uk) 01422 438722.***

***Please note!! ... May meeting – DATE, TIME AND VENUE TO BE CONFIRMED***

***Please contact Tamsin if you are interested in attending:  
01422 438722 or [tamsin@healthymindscalderdale.co.uk](mailto:tamsin@healthymindscalderdale.co.uk)***

# BABY STEPS, CHARITY WALK

**Date: 10/05/2014**

**Time: 10am**



A nice gentle walk for parents to socialise, accompanied by their babies, toddlers and children. Helping Mums to get back into shape on this gentle stroll raising money and awareness for a good cause, Healthy Minds Calderdale



**Registration;  
Adults £2.50  
Under 16's £1.50**

Hardcastle Crag, Hebden Bridge  
Meeting at Midgehole Road Car Park  
at 10.00am

Contact: [info@lifesanevent.co.uk](mailto:info@lifesanevent.co.uk)



# Healthy Minds April Events Calendar

MON	TUE	WED	THU	FRI	SAT	SUN
	1 <sup>st</sup> <b>Wellbeing for Women</b>	2 <sup>nd</sup> <b>Mum Time (p3)</b>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>
7 <sup>th</sup> <b>Bi-polar Group</b>  <b>Healthy Minds Forum (p4)</b>	8 <sup>th</sup> <b>Wellbeing Works Group</b>	9 <sup>th</sup> <b>Hearing Voices Group</b>	10 <sup>th</sup>	11 <sup>th</sup>	12 <sup>th</sup>	13 <sup>th</sup>
14 <sup>th</sup> <b>Depression Group</b>	15 <sup>th</sup> <b>Wellbeing for Women</b>	16 <sup>th</sup> <b>Mum Time (p3)</b>	17 <sup>th</sup>	18 <sup>th</sup> BANK HOLIDAY: GOOD FRIDAY	19 <sup>th</sup>	20 <sup>th</sup>
21 <sup>st</sup> BANK HOLIDAY: EASTER MONDAY <b>NO BIPOLAR GROUP TODAY</b>	22 <sup>nd</sup> <b>NO WELLBEING WORKS GROUP TODAY</b>	23 <sup>rd</sup> <b>Hearing Voices Group</b>	24 <sup>th</sup>	25 <sup>th</sup>	26 <sup>th</sup>	27 <sup>th</sup>
28 <sup>th</sup> <b>Depression Group</b>	29 <sup>th</sup>	30 <sup>th</sup>				

CONTACT US: ☎ 01422 438722

✉ [wendy@healthymindscalderdale.co.uk](mailto:wendy@healthymindscalderdale.co.uk) or [dianne@healthymindscalderdale.co.uk](mailto:dianne@healthymindscalderdale.co.uk)

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📘 <https://www.facebook.com/pages/Healthy-Minds/363179503737471>

HEALTHY MINDS  
SUPPORT GROUPS



## BIPOLAR

2 - 4 PM  
The Fielden Centre  
Todmorden

## WELLBEING FOR WOMEN

2 - 4 PM  
Brighthouse Library

## \*MUM TIME

1:15 - 2:45 PM  
WomenCentre  
Halifax

*\*Please ring Dianne (01422 438722) to book a free space in the crèche with Kidspace.*

## DEPRESSION

1 - 3 PM  
Noah's Ark Centre  
Ovenden

## WELLBEING WORKS

2 - 4 PM  
St Paul's Methodist Church  
Tower Hill, Sowerby Bridge

## HEARING VOICES

12:30 - 2:30 PM  
Voluntary Action Calderdale  
Hall Street, Halifax