

Healthy Minds Newsletter

April, May & June 2016

Edition 27



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

It's Volunteer's Week from 1st – 12th June! Why Not Get Involved? Volunteering at Healthy Minds is Good for You!

Have you ever thought about volunteering? New research by the [Harvard School of Public Health](#) says that volunteers spend 38% less time in hospital, while a review by Dr Casiday, from the [University of Wales](#) found that volunteering extends life-expectancy, leads to a healthier lifestyle, improves family relationships and improves self-esteem and a sense of purpose.



Cartoon by Zeke, Healthy Minds Volunteer

Volunteering with Healthy Minds can offer all this and more! First and foremost, as a mental-health charity, we recognise the enormously **positive impact volunteering can have on an individual's mental health**. It can be a huge part of a volunteer's own 'recovery' journey, increasing self-esteem and confidence and creating vital social networks. Volunteer Jenny* says that volunteering with Healthy Minds has *"helped me to rebuild my self-esteem and confidence after a terrible period of mental ill-health,"* while Elisabeth adds that the experience *"has been a key part of settling in in a new country and new life. It has been a way to build networks and be more social."* One of our longest serving volunteers, Helen, says her work with Healthy Minds has *"helped my own depression by structuring my time, keeping me physically and mentally active and developing new interests and skills."*

Healthy Minds volunteers are at the heart of what we do and we strive to provide an experience that is genuinely inclusive, supportive and meaningful, and this is reflected in the incredible feedback from current volunteers. Helen describes feeling *'valued and part of a supportive community'* while Tasha says, *'I've always felt listened to and that my opinion matters.'*

*Not her real name

Continued on Page 12

How to reach us . . .

01422 345154

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

HEALTHY MINDS SUPPORT GROUP NEWS

The **Anxiety and Depression group in Elland** has been running since July 2013. Formerly held at Barnardo's Cornerstone centre, it moved to a community room at St Mary's Church, Elland roughly a year ago. The group has been successful over the past couple of years, averaging around 5 to 6 people attending each session; however we're always keen to welcome new people to the group and are currently working to spread the word about the benefits of attending. As well as distributing leaflets in and around the Lower Valley areas (Elland, Rastrick and Brighouse), regular attendees of the group have created pieces of artwork and short testimonies to show what benefits they receive from attending the group.

Below is a testimony from Andy Hawtin who attends the group.

*"I regularly come to this group and get a lot out of it. Over time the group has given me the opportunity to learn how to communicate openly and honestly with people about how I feel. I believe here at the group, **you can be honest about your feelings and emotions – it's one of the only places I've found where this can happen freely, without judgement.** I have seen many psychiatrists, counsellors and therapists over the years, and attending this group has helped me more than any of those services. From someone who relied on tablets for many years just to be able to relax and feel normal, I have now reduced my medication. Coming to groups has helped enormously with my social anxiety without the need to take tablets. I also now find I am able to get through the week a lot easier because of what has been discussed within the group – coping strategies, activities and being able to listen to others and share your experiences. **It's important to know that it is the group that makes this work, not just individuals – it's a group full of people who can understand what you're going through.** It isn't just about talking about your own experiences; it's about helping others in the group by listening – this can encourage people to feel like they're not on their own in what they're going through. Since coming to the group, I have developed hobbies and interests which I may not have had before. I attend the Healthy Minds Walking Group and the Yoga Group. I've also done Maths and English courses, which has helped build my confidence enormously, which has then helped my mental health. There are other places you can go for support, but you generally need to be referred – there's always a waiting list to receive 1-to-1 therapy. Speaking from my own experience, it's easy to go on a quest, looking for the Holy Grail, hoping you'll find a magical cure that will fix you. **I have learnt that it takes time and by attending groups, listening to others and being receptive to support, this can then make such a difference in the long run.**"*

The Anxiety and Depression group takes place **every 2nd and 4th Tuesday of the month at St Mary's Church, Elland from 12.30-2.30pm.** If you identify yourself as someone who experiences anxiety and depression, then please feel free to just turn up on the day. If you are feeling nervous about attending the group, then you can arrange to meet Dianne, the facilitator, who can meet you beforehand and accompany you to the venue. Phone the office on 01422 345154 for more info.

Nicola

HEALTHY MINDS SUPPORT GROUP NEWS



NEW GROUPS OFF TO A FLYING START!

Two new peer-support groups have kicked off in the last month – Anxiety & Depression (Todmorden) and Time Out (in Halifax). For either group you can just turn up, or call Dianne / Lou on our main number for more information.

Anxiety & Depression (Todmorden)

Our small but perfectly-formed group meets every 1st and 3rd Wednesday of the month, 2.30 – 4.30pm at St Mary’s Church, Todmorden (that’s the church by the roundabout, where the Town Hall is). As usual, a confidential and supportive space means that people can share their experiences and ways of coping in a non-judgemental and informal group among others who basically, “get it”. We’ve spent time talking about ground rules (essential to help manage a safe atmosphere) as well as exchanging stories of course. There’s no pressure to talk though if you don’t want to. You can contribute as little or as much as you like (time permitting).

Time Out

This is our new Mindfulness, Relaxation and Meditation Group. We meet every 1st and 3rd Tuesday of the month 11am – 1pm, in the Studio Rooms, St James St, Halifax (opposite the Salvation Army, near the Jobcentre). Mindful awareness can be a powerful tool for helping manage and live with our moods, thoughts and selves. The group encourages people to incorporate mindfulness etc into their own lives and to develop their own unique way of practising it. It’s not a ‘course’ so the group have decided what kind of things they want to explore. We are taking a very down-to-earth approach, putting safety and grounding at the very root of everything we do. People in the group say they are already feeling the benefits and finding ways of using what we’re finding out.



Upcoming workshops and courses!

A lot of work has been going on behind the scenes to get a wide variety of workshops and courses planned and booked to take place in different parts of Calderdale over the next 18 months. Most of these are co-produced and will be in the Recovery College prospectus when it comes out in the autumn, although you will need to **contact Healthy Minds directly to book** on any courses or workshops we run.

Some of the courses and workshops coming up will include:

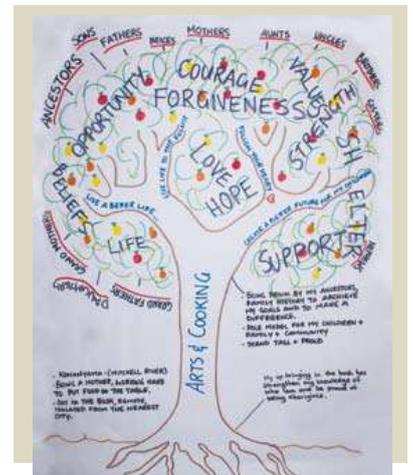
Beyond the Pain Tree of Life Radio Production

as well as our
regular ones:

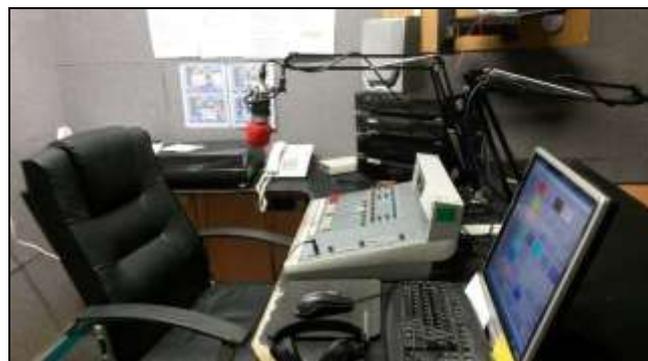
Headspace Well Aware Recognising Triggers Managing Anger



Tree of Life



Tree of Life



The Radio Production course will be held at Phoenix Radio

More information is available about upcoming courses and workshops on Healthy Mind's website. Please see <http://www.healthymindscalderdale.co.uk/workshops.html>.

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

Diet and Nutrition Workshops

There was a lot of discussion about diet and nutrition at the last Forum meeting. We talked about 'hidden sugar' in drinks, how culture and the way we are brought up affect our eating habits and the impact diet has on our mental health (and vice versa). **As a result of this we are looking at doing a series of workshops about diet and nutrition in the Autumn.** If you have ideas of what you would like to see included in this, or think you might like to attend, *please contact Tamsin on 01422 345154 or email tamsin@healthymindscalderdale.co.uk.*



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
Supporting people bereaved by suicide

SAMARITANS
Cruse Bereavement Care

STOP PRESS!!!!

New Social Group meeting

Friday 24th June

for the first time!

Look out for flyers and updates on our website coming soon!

Illustration of five stylized human figures in blue, orange, and green, holding hands in a circle.

ALLOTMENT NEWS

“What a lovely way to spend a couple of hours!”

Assembling the greenhouse, John ensured the base was flat, digging and moving flags about whilst Holly and I got totally absorbed matching the coded plastic poles. It was fun, and came with the added surprise that it did actually all fit together, although we did struggle with the snug fit of the canopy. The door refused to close fully, despite John helping us pull the roof into shape. John is hoping to plant some peppers and tomatoes, whilst I fancy a grapevine.



We have planted some fruit-bushes of our own – blackcurrants, redcurrants and gooseberries. We have inherited a jostaberry tree and several lots of rhubarb.



Helen and Sue have been busy planting onions, sprouts, radishes and potatoes.

I find it so relaxing to be there in the fresh air. Nicola makes us all tea and we sit and chat (or not), however we feel. There's always lots to do but it feels gentle and easy going. Nice to meet new people. I look forward to the harvest and making jams and chutneys for us to share.

Ann (Volunteer)

Did You Know...?

The jostaberry produces large, dark-red berries which have a unique, exquisite taste, and are high in vitamins. It is a cross between a blackcurrant and a gooseberry.

Well Aware Recovery Group

This group is a progression for people who have completed the Well Aware course and are interested in exploring ideas of 'recovery' in mental health further.

As well as the peer-support element, which is an essential part of the course, participants will have the opportunity to shape the content so it is relevant and responsive towards the needs of the individual.

If you have completed the course and are interested in exploring themes around: connectedness, empowerment, hope and optimism, meaning in life and identity, as well as a range of related topics, then please come along.

Please contact Nicola for details: 01422 345154

Well Aware: 6-Week Daytime Course

Starting Wednesday 25th May 2016 from 10.30am – 1.00pm

@ The Orangebox (Central Halifax)

Well Aware is a recovery course developed and delivered by workers and volunteers with lived experience of mental distress and uses a peer-support model.

The course will help participants identify, challenge and change unhelpful thinking, learn new coping strategies, improve resilience and regain control of their life, as well as improving general wellbeing.

All sessions will be held in a safe, non-judgemental and confidential space.

In the six weeks we will look at a range of topics including:-

- What recovery means to me
- Understanding beliefs and values
- Reflecting and identifying strengths and key learning points
- Exploring emotions, beliefs and thoughts
- The locus of control and practical strategies
- Using reflection as a tool to develop self-awareness and understanding

Attendance on the course is free. Anyone wishing to come on the course should contact the Recovery and Support Team at Healthy Minds to arrange an informal chat.

Contact 01422 345154 and ask for Nicola or Kath

or email:

nicola@healthymindscalderdale.co.uk or kath@healthymindscalderdale.co.uk

or you can register your interest on our website:

www.healthymindscalderdale.co.uk

Yoga



You, Yourself & Yoga
8 weeks of yoga with Healthy Minds
Thursdays from 30th June
10.15 am - 12.00 noon
@ The Studio Rooms Halifax,
11 St James St, HX1 5SU
Booking is essential

You, Yourself & Yoga is for people with personal experience of mental distress.

Our sessions take place in a safe and supportive environment where group members come together to explore breathing, movement, and relaxation. There is space to talk and share concerns, as well as learning simple techniques to practise at home.

Sessions are led by Maddy, who has her own personal experience of mental-health difficulties, and for whom yoga has been an important part of her own recovery journey.

Yoga uses breath, movement and mindfulness techniques to promote strength, flexibility, and relaxation. It can increase body awareness, help you to feel calmer, more connected, improve mood, raise energy levels, and aid sleep. These sessions are designed to introduce some of these themes, and look at how yoga can work for you.

This is a free course but booking is essential as numbers are limited. You don't need any special equipment or clothing.

To find out more contact Dianne at Healthy Minds on 01422 345154

Walk for Wellbeing



Previous Walk from Luddenden Foot to Castle Carr



SAVE THE DATE!!

Stoodley Pike

Picnic

**Saturday
11th June**

**..... more
details to
follow**

Our next walk is

**Friday 27th May at 10.45am
Ogden Water**

This is a 2.5-mile moderate walk, suitable for people who don't mind tackling muddy footpaths and some steps.

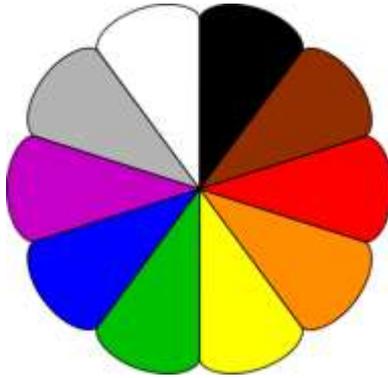
We will meet at the Visitor Centre, but there is parking down road to the right just before Causeway Foot Pub (50p).

Those travelling on public transport can get the 504 bus from Halifax Market Street to Denholme. Ask for Ogden Water / Causeway Foot stop. People catching the bus will be met at 10.35am at the bus-stop.

After the walk, everyone is welcome to join us for a cuppa in the café.

Waterproof clothes and footwear recommended. This walk is suitable for dogs kept on leads, but is not pushchair-friendly.

Please ring Dianne on 01422 345154 with your contact details or to get further information. This is the only way we can contact you, should we need to cancel for any reason.



Healthy Minds

art & wellbeing group

Our informal, relaxed sessions usually take place on the last Wednesday of the month, and are for anyone who would like to take time out to be creative, express themselves & meet new people.

The next sessions are going to be at **Artworks**.

1.30 - 4pm on Wednesday 25th May

1.30 – 4pm on Wednesday 29th June 2016

Artworks

Shaw Lodge, Shaw Lane, Halifax HX3 9ET

For more information contact Dianne on 01422 345154 or email
Dianne@healthymindscalderdale.co.uk

www.healthymindscalderdale.co.uk

Volunteer News & Views

Continued from front page...

We strive to make our staff and volunteers feel part of the same team. Graham, our resident DJ with Phoenix Radio sums it up by saying we are *“great people to be associated with”*. He is *“happy and proud to be involved”*.

Opportunities at Healthy Minds are many and varied. Lots of our volunteers dip their toes into many different types of role before finding their niche. Our volunteers are heavily involved in the co-production and development of all our new projects and services, and many become co-facilitators of one of our 16 support groups across Calderdale. You might like to join our Anti-Stigma projects, Open Minds or Roshani to share your personal story or to co-facilitate workshops in schools, community groups and workplaces. Others become Walk for Wellbeing leaders, radio presenters, newsletter feature-writers, fundraisers, trustees or Forum members. You name it, we've probably got the right opportunity for you!

Debs' Story

“I initially rang up VAC to see about volunteering as my mental health was improving and I wanted to keep myself busy so I didn't get ill again. I was referred to see Dianne at healthy Minds as they felt that was where my 'skills' were best suited. I have been volunteering for Healthy Minds for a number of years now and have loved every minute of it.

I have done quite a few roles now, from anti-stigma talks, to radio presenter, editor and opening a conference, the opportunities are limitless. The skills and confidence I have gained have helped me maintain my mental health and even helped me find employment (something I never thought I would ever do again having been on benefits for 14 years).

It is such a wonderful, worthwhile thing to do, to help others when you know how hard it is to live with the illness, how lonely it can be and how frustrating being in the system is. Healthy Minds is a wonderful place to volunteer, they are really supportive and will offer training and assistance to make you feel comfortable and even then there is no pressure to do anything you feel might be too much. I would say that Healthy Minds has been a fantastic part of my remarkable journey. I used to think why me, now I think the sky is the limit to where my life can go. The things I used to see as major problems, I now see as challenges to complete.

Just give it a go, you have nothing to lose and a lot to gain.”

So, fancy giving it a go? If you think volunteering at Healthy Minds might be the kind of experience you're looking for; if you're passionate about mental-health issues and committed to the ethos of peer support and recovery, please contact me by email cath@healthymindscalderdale.co.uk or by phone 01422 345154 and join our friendly, welcoming team!

Best Wishes,

Cath

DATE FOR YOUR DIARY: Healthy Minds will be at St Augustine's Volunteer Recruitment Fair on Monday 6th June from 10.00am till 1.00pm

The background of the entire page is a vibrant graphic consisting of vertical stripes in purple, green, pink, orange, blue, and yellow. Overlaid on these stripes are several stylized, raised hands in various colors (yellow, orange, blue, green, purple, red) reaching upwards.

Healthy Minds

Calderdale's Leading Mental-Health Charity
is Looking For

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@healthymindscalderdale.co.uk

A Big Thank You!
to all our volunteers who have helped shape
Healthy Minds into the fantastic organisation it is today.
We couldn't do it without YOU!

Money in Mind

Hello,

I want to introduce myself. My name is Michelle Baron and I have just come into post as the new Employment Support Project Worker with Healthy Minds Calderdale.

Prior to this, I have experience of working and volunteering within mental-health services for over twenty-five years. Much of my work has been in supporting people into education, training and employment, but I have also worked as Independent Mental Health Advocate and Service User Development Worker and I deliver mental-health and equality training.

As a previous service user (sorry, I know a lot of people hate that phrase, but I will use it for the sake of convenience), I understand the importance of feeling that I am able to contribute to my community and society in my work and volunteer roles. I am also aware of the high percentages of people with mental-health problems and disabilities who are negatively affected financially from their mental-health experiences.

I feel very privileged to have this opportunity to influence positive opportunities for people, so that they are able to achieve and maintain their own individual goals and skills.

My role will be partly directed by the needs of the referrals. I will aim to provide a tailored service to enable people to explore, develop and refresh skills. There may also be common needs that can be met in groups or in partnership with other people or organisations.

If you are thinking of work (no matter how far into the future), or are under pressure to move towards employment, I would love to hear from you. I can help with;

1. Exploring job / career options
2. Education and training or gaining work experience
3. Creating relevant CVs
4. Writing or checking application forms
5. Preparing for job interviews
6. Maintaining employment
7. Liaising with employers
8. Signposting to relevant agencies

If you would like to have a chat or arrange a meeting with me, or you wish to refer someone to the project; you can contact me through Healthy Minds Calderdale on 01422 345154 or michelle@healthymindscalderdale.co.uk.

Michelle

Take a Break !

P Y F D T N Q G T N G Y J S R N T N D
J L S T K J C N I N G H A O E R Q E T
H E N B Y E P I R A U I U D O O T A V
E N P P A S J L E S F T H F D P G K V
V O I C V U E L D W H B M G E T L R Y
I L H K K G E O N M N O H C U O T I X
T P L E A S U R E E J K C T R A C L L
A Y R O M E M T S K S A I E B R L R Q
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ACCEPTED
DISCOMFORT
LAUGHING
NEGATIVE
ROUTINE
TENSION
WORTHLESS

CALM
EXPERIENCE
LONELY
PASSIVITY
SECURE
THOUGHTS

CONTROLLING
HELP
MEMORY
PLEASURE
SHAKING
TIREDNESS

By Bernie

In Other News

Changes to local hospital and community health services

Calderdale Clinical Commissioning Group and Greater Huddersfield Clinical Commissioning Group are currently developing proposals to change hospital and community-health services in Calderdale and Huddersfield.

If you would like to find out more or complete a survey on this, please contact Tamsin (who has a small number of information booklets and surveys) on 01422 345154 or tamsin@healthymindscalderdale.co.uk. Alternatively you can visit their website which has been set up for this purpose (www.rightcaretimeplace.co.uk).



Closure of Art Psychotherapy

A number of people who use the Art Psychotherapy service in Calderdale have expressed concerns that SWYPFT (South West Yorkshire Partnership Foundation Trust) don't intend to continue offering this service. *If this is something that directly affects you and you would like to find out more about what has been happening with this or talk to someone about it you can get in touch with Tamsin on 01422 345154 or tamsin@healthymindscalderdale.co.uk. Alternatively you can contact Ruth Foxcroft at SWYPFT who has said she will collate people's stories and complaints – she can be contacted on ruth.foxcroft@swyt.nhs.uk.*

Friendly Minds

The New Healthy Minds Volunteer Fundraisers Group!

Just in time to mark Mental Health Awareness Week 2016, a new Healthy Minds Volunteer Fundraisers Group has been set up.

Following on from a couple of successful fundraisers, a music event held at the Arden Road Social Club in 2015, and the Frog Box Comedy Club recently held at the Golden Lion, Todmorden, volunteers from Healthy Minds have set up a new fundraising group called Friendly Minds.

The group are already planning an art exhibition and auction, and a sponsored rowing event for later this year, and funds raised will go to support the valuable work Healthy Minds does in Calderdale with people who have experience of mental distress.

Watch this space for more information about fundraising events, as well as ways that you could get involved with Friendly Minds.

For more information about Friendly Minds, contact Jo at jo1959@outlook.com

CALDERDALE HERITAGE WALKS

BOOKING FOR 'OUTLAWS & NUNS' AND DOBROYD CASTLE WALKS

The floods last winter inundated the Tourist Information Centre at Hebden Bridge to the extent that it had several feet of water inside it which ruined equipment and much of the stock. We learned in April that it could be June before it is fully operational again in its own building. Consequently, booking arrangements for the two 'pre-booked' walks this summer have had to be changed. The walks themselves go ahead as advertised – it's just booking arrangements which change. NOTE: It will **not** be possible to just 'turn up on the day' for those walks.

Booking for 'Outlaws & Nuns' at Kirklees Estate opened in early May at the Visitor Information desk in Halifax Central Library. Dobroyd Castle bookings open at the Central Library on Tuesday 28th June. You can book in person, by phone on 01422 368725 (fee for card transactions), or by post with the full payment and a reply-paid envelope (cheques to 'Calderdale MBC'). Note: the Central Library (and the Visitor Information desk) are closed on Wednesdays and Sundays.

We are grateful to the Calderdale Tourism team for arranging this alternative facility for us.

SOME OTHER WALKS IN MAY/JUNE/JULY.

Sunday May 22nd – Barkisland. We've not been there for a few years. Its history goes back to the Vikings and beyond.

Sunday May 29th – Cliffe Hill at Lightcliffe. New last year and proved very popular, so we're paying a return visit.

Monday May 30th (Bank Holiday) – The Wheatley Valley. A new walk in outer Halifax with much more history than one might suppose.

Sunday June 5th – 'Billy & Trigger' – featuring an adventurer and his horse. Not our usual topics – but fascinating stuff!

Sunday July 17th – Alcomden. A new walk in this moorland area to see what happened there over the last six centuries.

Saturday July 23rd – Lower Colden. Now it's a delightful quiet valley, yet in the 1800s it was a real hive of industry.

... .. BUT all the other walks are very good too ! Full details in the printed programme and on our website.

HALIFAX MARKETS WALK.

We've had several requests for this walk to be repeated, so we are planning another one – probably on a Saturday in December. The walk will start from the Piece Hall and also covers the locations of several earlier markets of various types in central Halifax. It is planned to end with a 'behind the scenes' look at the Borough Market building and we hope to include a visit into one of the original houses there. More later.

KEEPING IN TOUCH.

Our website and 'Facebook' are both sources of more information about us and our programmes. Our email address, for your comments about the walks (or anything else) is : CdaleHeritageWks@aol.com

HERITAGE OPEN DAYS.

Do put the second weekend in September in your diary now. That's when many major historic buildings will open for at least part of the weekend. There'll be a 'Heritage Open Days' website available from early July and (usually) a leaflet available from Museums and Tourist Information Centres about locations which will be open in West Yorkshire.



**BASPCAN – the Association of England, Ireland,
Northern Ireland, Scotland and Wales for Child Protection**

LEARNING FROM EXPERTS-BY-EXPERIENCE
**Working with parents who have mental-health problems:
Understanding how to develop inclusive practices in
child protection**

The Rose Bowl, Leeds Beckett University, Leeds LS1 3HB

MONDAY 27th JUNE 2016

KEYNOTE SPEAKERS:

Kate Crawford, *mother, voice-hearer and expert-by-experience*

Dr Gail Coleman-Oluwabusola, *consultant clinical psychologist*

Olafare Oluwabusola, *father and expert-by-experience*

Siobhan Beckwith, *alongside speakers from the Mothers Apart project, Kirklees*

Clare Shaw, *educationalist, writer and mother*

Tamsin Walker, *mother, activist, educationalist and illustrator*

Experts by experiences and the practitioners who work with them talk about child protection from the perspective of parents and children who have gone through mental-health and safeguarding systems. Parents share their own experiences of abuse and neglect; and their experiences of having serious mental-health problems including hearing voices / seeing visions, being suicidal and using self-harm. They provide insight into what it is like to experience having children removed, living apart from their children and about the fear of having their children removed. They draw on their different identities to talk about how professional understandings about race, gender and sexuality, for example, significantly impact on how mothers and fathers are made sense of in child protection. Children's testimony will also be shared. The aim is to draw on lived experience to inform the development of sensitive and inclusive safeguarding practices that respond appropriately to the diverse needs of children who live with parents who have mental-health problems.

This day will be relevant to practitioners at all levels, including their supervisors and managers, in all key agencies and organisations working in the safeguarding children arena. This includes practitioners who provide assessments, conduct investigations, provide placements or offer support, counselling or therapy.

Delegates will have access to a Special Virtual Issue of 'Child Abuse Review', the official journal of BASPCAN, focussing on Parental Mental-Health Problems.



2016 marks the 25th Anniversary of our journal 'Child Abuse Review' – to celebrate this, BASPCAN is offering members 25% discount on delegate fee for all events in 2016.

Book online at <http://www.baspcan.org.uk/booking.php>

Registered Charity 279119

June Listings

DAY/DATE	WHERE	CONTACT
Wednesday 1st		
10.30-1pm	Well Aware Orangebox, Halifax	Contact Kath or Nicola
2.30-4.30	Anxiety & Depression Todmorden The Crypt, St Mary's Church, Todmorden	Just turn up or call Lou
Thursday 2nd		
10.15-12	You Yourself Yoga (Halifax)	Contact Dianne
6-8pm	Anxiety and Depression Group Hebden Bridge Town Hall HX7 7BY	Just turn up /call Kath
Monday 6th		
1-3pm	Allotment Group Sowerby Bridge	Contact Nicola
2-4pm	Bipolar Group Fielden Centre, Todmorden	Just turn up or call Lou
Tuesday 7th		
11.00-1pm	Time Out: Mindfulness, Meditation, Relaxation The Studio Rooms, Halifax, HX1 5SU	Contact Dianne
Wednesday 8th		
10.30-1pm	Well Aware Orangebox, Halifax	Contact Kath or Nicola
12.30-2.30	Men's Group VIP room, Victoria Theatre, Halifax, HX1	Contact Lou or just turn up
Thursday 9th		
10.15-12.00	You Yourself & Yoga (Halifax)	Contact Dianne
11.00-1pm	Chronic Pain Group Noah's Ark, Ovenden, HX3	Contact Kath or just turn up
12.30-2.30	Self-Harm Group Victoria Theatre, HX1	Just turn up or call Dianne
Monday 13th		
1-3pm	Depression Group Noah's Ark, Ovenden	Just turn up or call Lou
11-1	Allotment Group Sowerby Bridge	Just turn up or call Nicola
Tuesday 14th		
12.30-2.30	Anxiety & Depression Group Saint Mary's Church, Elland, HX5	Contact Dianne or just turn up
2-4pm	Wellbeing Works Group St Paul's Church, Sowerby Bridge, HX6	Just turn up or call Lou

June Listings (ctd)

Wednesday 15th		
10.30-1pm	Well Aware Orangebox, Halifax	Please contact Kath or Nicola
2-4pm	Anxiety & Depression Todmorden The Crypt, St Mary's Church, Todmorden	Please contact Lou or just turn up
Thursday 16th		
10.15-12.00	You Yourself & Yoga (Halifax)	Contact Dianne
6.00-8.00pm	Anxiety and Depression Group Hebden Bridge Town Hall HX7 7BY	Just turn up or call Kath
Monday 20th		
2-4pm	Bipolar Group Fielden Centre, Todmorden	Please Contact Lou or just turn up
	Allotment Group Sowerby Bridge	Just turn up or call Nicola
Tuesday 21st		
11.00-1pm	Time Out: Mindfulness, Meditation, Relaxation The Studio Rooms, Halifax, HX1 5SU	Contact Lou or just turn up
Wednesday 22rd		
10.30-1pm	Well Aware Orangebox, Halifax	Please contact Kath or Nicola
12.30-2.30p	Men's Group VIP room, Victoria Theatre, Halifax, HX1	Just turn up or call Lou
Thursday 23th		
10.15-12.00	You Yourself & Yoga (Halifax)	Please contact Dianne
11.00-1pm	Chronic Pain Group Noah's Ark, Ovenden, HX3	Contact Kath or just turn up
12.30-2.30	Self-Harm Group Victoria Theatre, HX1	Please contact Dianne or just turn up
Monday 27th		
10.30 - 12.00	Depression Group Noah's Ark, Ovenden	Please contact Lou or just turn up
	Allotment Group Sowerby Bridge	Contact Nicola
Tuesday 28th		
12.30-2.30	Anxiety & Depression Group Saint Mary's Church, Elland, HX5	Contact Dianne / just turn up
2-4pm	Wellbeing Works Group St Paul's Church, Sowerby Bridge, HX6	
Wednesday 29th		
1030-1pm	Well Aware Orangebox, Halifax	Contact Kath or Nicola
1.30-4pm	Art Group Artworks	Contact Dianne
Thursday 30th		
1015-12	You, Yourself & Yoga	Contact Dianne