



Healthy Minds is calling for new volunteers

- ✓ *Have you experienced mental distress or problems with your mental health?*
- ✓ *Have you got time spare to volunteer?*
- ✓ *Would you like to reduce stigma associated with mental health?*
- ✓ *Would you like to help others?*
- ✓ *Having your say about mental health services?*



We are looking for volunteers who would like to get involved with different aspects of Healthy Minds.

In the past, volunteers have:

- facilitated / co-facilitated support groups,
- set up support groups,
- spoken about their personal experiences of mental health on local radio,
- written resources for use in workshops about mental health,
- facilitated workshops about mental health in schools and other venues,
- given feedback on local mental health services and policies,
- run stalls about mental health
- and contributed to national campaigns about mental health.

We can pay some expenses and will provide training and ongoing support.

***The next round of volunteer training starts on Monday 3rd March ...
So if you're interested, please get in touch soon!***

Call Dianne or Tamsin: 01422 438722

or email:

Dianne@healthymindscalderdale.co.uk / Tamsin@healthymindscalderdale.co.uk



Support Groups February Update

Healthy Minds Support Group Project provides 6 support groups across Calderdale. These groups are facilitated by Healthy Minds volunteers and / or Dianne, and aim to provide a space where people can explore a range of issues affecting mental health, share their personal experience and gain support. Members of the groups often bring in themes for discussion or ideas for activities, so the groups are very much led by the participants. In most of the groups there are usually about 6 – 8 people, although that number varies from group to group and session to session.

The **Depression Group** has put together a plan of themes for discussion for over the next few weeks. We will be looking at the following areas through guided discussion: - Promoting change in our lives; what depression means to me?, how we experience power and powerlessness; when things don't go to plan; forgiveness. The group is also planning to design a leaflet to explain how people can benefit from attending the group which we hope will be useful when people are interested but not sure if it's for them.



Some members of the **Bi-polar Group** are currently reading An Unquiet Mind by Kay Redfield Jamison, which describes her personal experience of living with bi-polar. We are going to be looking at material from this book to inform discussions over the coming weeks. Of course, reading the book isn't compulsory!



The **Wellbeing for Women Group** in Brighouse will be getting creative over the next few weeks exploring the art gallery, experimenting with clay, and doodling. We'll also be thinking about themes around our personal stories.

The Sowerby Bridge **Wellbeing Group** has been focussing on wellbeing and work over the last few sessions, although we enjoyed a creative Christmas session, and more creative sessions are planned for the future.

The **Mum Time** sessions are now running as a course which looks at how motherhood impacts on our wellbeing. This will be a rolling programme of sessions which focus on maintaining wellbeing and dealing with the stresses of motherhood, and child-care will continue to be available. The sessions in February and March are detailed overleaf.

The **Hearing Voices Group** are holding an Open Lunch event on Monday 17th February so that people can find out about the group and what they do.



*Please see the calendar on the back page for days and times for all the groups.
If you are interested in coming along to a group,
contact Dianne on 01422 438722 for a chat to find out more.*



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.

Kidspace will be on hand to provide a free crèche for women attending the sessions but you should book in advance.

Wednesday 15th January

How does motherhood impact on our mental health and wellbeing?

What affects our mental health and wellbeing as mothers and how we might address them

Wednesday 5th February

Motherhood – exploring myths and coping with realities

society's expectations and how these can have negative and positive impacts on our experience of being a mum

Wednesday 19th February

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 5th March

Motherhood and Identity

How does being a mother impact on our sense of ourselves

Wednesday 19th March

Me Time – Looking after ourselves

self-care – a necessity not a luxury

The sessions are free and refreshments are provided.

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

Dianne@healthymindscalderdale.co.uk www.healthymindscalderdale.co.uk



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

Mentality

... challenging stigma around mental-health issues

Recent workshops about mental health have taken place at Calder High school with students aged 12-13. Students said they had learnt **"How mental health issues can be common"**, **"that many things can affect mental health"**, **"that no matter who you are, anyone can get mental health problems"**. Students also said they enjoyed **"every second of it"**, **"learning how to cope with mental health issues"** and **"the role play"**.

Mentality volunteers have also started to write workshops for student mental-health nurses. The initial workshops with these groups will focus on dissociation, trauma, DID (Dissociative Identity Disorder), BPD (Borderline Personality Disorder) and self-harm. As well as this, volunteers have begun planning ideas for training about physical restraint. **If you have ideas / would like to contribute to any of these, please contact Tamsin.**

For more information about Mentality, contact Tamsin on 01422 438722 or email Tamsin@healthymindscalderdale.co.uk

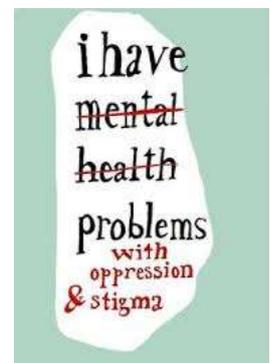
HEALTHY MINDS FORUM

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.

The Forum has been concentrating on the experiences of parents who have experienced mental-health problems. We have discussed personal experiences and will now be looking at relevant local policies and hearing more about a new local project.

FUTURE MEETINGS:

We're pleased to announce that Penny from Calderdale Rethink (mental-health advocacy service) is able to come to our March Forum meeting.



Next Meeting . . . Monday 10th February 2014, 5.30-7.30pm, Room 3, Halifax Central Library

Please contact Tamsin on 01422 438722 or tamsin@healthymindscalderdale.co.uk

Volunteer Update Meeting

At the last Volunteer Update Meeting we caught up with each other and discussed changes taking place. We reflected on the old year and made plans for the New Year.

The next Volunteer Update Meeting will be Tuesday 25th February, **time and place to be confirmed**. As always, refreshments will be provided, and we look forward to seeing all our volunteers.

Contact Tamsin or Dianne on 01422 438722

or email tamsin@healthymindscalderdale.co.uk or dianne@healthymindscalderdale.co.uk

The Old Library



The Old Library at Cornholme, Todmorden is a community owned building. It's a warm, accessible and friendly space where people can meet for a cuppa and something to eat from the café.

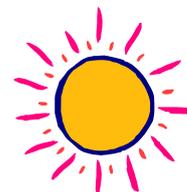
There are books and toys and computers with free internet access.

We hold a regular work club on Tuesday afternoons, supporting people to job-see, create CVs and learn basic IT skills, and there's also Welfare & Benefit advice available.



Every Tuesday afternoon, Michelle Morris from Halifax Opportunities Trust is available to advise families on getting back to work, childcare and training, all geared around your childcare needs.

We are a referral point for the Winter Warmth Campaign and we're holding a Food Pick-up once a week on Wednesday teatime. **Bring a bag. It's informal and there are no forms to fill in.**



We have parent & toddler events, opportunities for gardening and you can hire the room for private events. Other classes, for example fitness classes and yoga, run in the evenings.

To get in touch, call 01706 813 222,

email contactus@oldlibrary.org

or go online at www.oldlibrary.org.

We are also on Facebook, or why not pop in?

We are open Monday – Friday 9:15 am to 12:15 pm

(except Public Holidays).

CAFÉ OPENING TIMES: Mon – Wed 10 am – 2 pm, Fri 10 am – 2 pm and 4 – 6 pm



SWYPFT are looking for service users and carers

to be involved in the redevelopment of the former Laura Mitchell Centre as a Calderdale SWYPFT community base.



It's likely to be a fortnightly commitment over approximately 6 months.

Full details for meetings and timescales are to be worked out, so at this stage we just need to know who would be potentially interested.

When there are more details, if people feel it isn't for them, that's fine – but this is a good opportunity to help make the best use of the building for SWYPFT services in the community.

To register an interest, please contact Jonny on 01422 281325 or email jonny.glenn@swyt.nhs.uk by Friday 21st February.

MUSEUM MINDED is back for 2014! *(see poster next page)*

Co-facilitator, Jen, fills in the details for us:

"A group is usually no more than 9/10 people, and we run the course very informally. It's possible to have a support person accompany someone if needed.

*These courses are open to **anyone** who might gain a therapeutic benefit; it's not a requirement to be using secondary services.*

Although we hope the course is fun, there is also much learning to be had, with curators sharing their expertise.

There is the opportunity to pursue individual interests, and people have gone on to volunteer in the Museum or to take a further course in Adult Learning.

I feel privileged to be part of this partnership between the Museum, Creative Minds and Healthy Minds.

Where else can you get the chance to hold a wooden spindle 4,000 years old, found in an Egyptian tomb, that was used to spin linen ... and that's just one thing!"

News just in ... The government has just issued its 25 priorities for mental health – the report, **Closing the Gap**, can be accessed on the web at: <http://tinyurl.com/ke9s43u>.



With all of us in mind

For further information on any of the events organised by SWYPFT, please talk to Jonny on 01422 281325 or jonny.glenn@swyt.nhs.uk. For Museum Minded, please see poster below for contact details.

Museum Minded

A unique opportunity to see behind the scenes at the museum and take a tour round our stores. Join us for one of our 4 week courses, where you can handle and display some of the wonderful artefacts stored at Bankfield Museum, and learn more about what we do. Enjoy a **free** lunch on the first day of each course. **Open to all who may gain any benefit to their Wellbeing.**

Course 1:

Wednesday 5 February 10.30am-3pm
Wednesday 12 February 2-3.30pm
Wednesday 19 February 2-3.30pm
Wednesday 5 March 2-3.30pm.

Course 2:

Wednesday 19 March 10.30am-3pm
Wednesday 26 March 2-3.30pm
Wednesday 2 April 2-3.30pm
Wednesday 9 April 2-3.30pm.



For referrals or to book a place please contact Mark Wisbey (Creative Minds contact), 01422 281317 or Healthy Minds, 01422 438722 or Jen Fagan 07795035567.

For more information contact Fiona Willats, Museum Education Officer on 01422 352334.



Bankfield Museum
Boothtown Road
Halifax HX3 6HG

Phone: 01422 352334

Healthy Minds February Events Calendar

MON	TUE	WED	THU	FRI	SAT	SUN
					1 st	2 nd
3 rd Bi-polar Support Group (p2)	4 th Wellbeing for Women (p2)	5 th Mum Time (pp 2 / 3)	6 th	7 th	8 th	9 th
10 th Depression Support Group (p2) Healthy Minds Forum (p4)	11 th Wellbeing Works Support Group (p2)	12 th Hearing Voices Support Group (p2)	13 th	14 th	15 th	16 th
17 th Bi-polar Support Group (p2)	18 th Wellbeing for Women (p2)	19 th Mum Time (pp 2 & 3)	20 th	21 st	22 nd	23 rd
24 th Depression Support Group (p2)	25 th Wellbeing Works Support Group (p2)	26 th Hearing Voices Support Group (p2)	27 th	28 th		

CONTACT US: ☎ 01422 438722

✉ wendy@healthymindscalderdale.co.uk

or

✉ dianne@healthymindscalderdale.co.uk

🌐 www.healthymindscalderdale.co.uk

🐦 <https://twitter.com/healthymindscw>

📘 <http://www.facebook.com/pages/Calderdale-Wellbeing-Healthy-Minds/198697000149116?fref=ts>

HEALTHY MINDS
SUPPORT GROUPS



BIPOLAR

2 - 4 PM
The Fielden Centre
Todmorden

WELLBEING FOR WOMEN

2 - 4 PM
Brighouse 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