

# Healthy Minds Newsletter

## January, February & March 2016

Edition 26

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



## A TRIBUTE TO SAM A HEALTHY MINDS VOLUNTEER



Sadly, in early March this year, Sam Templeman, a volunteer with Healthy Minds passed away unexpectedly. The news of Sam's death came as an almighty shock to staff, volunteers and people who attend groups and courses at Healthy Minds. Our thoughts are with Sam's family at this very sad time. As a way of recognising Sam's outstanding achievements with Healthy Minds, we would like to share some of the fantastic work he did for the organisation.

Sam completed his volunteer training with us in winter of 2013 and in January, Dianne said he 'got really involved in the development of new projects – he turned up for everything'. Sam was very passionate about the work Healthy Minds did. He began working with Tamsin in the anti-stigma workshops (formerly Mentality) in schools, and later he worked closely with Tara creating theme-based workshops and co-delivering for the new Open Minds project.

His ideas contributed early on in the development of Healthy Minds new projects (April 2014). Sam was a very adept public speaker and loved the opportunity to help others by sharing his experiences and insight. At a conference organised by Calderdale Youth Council around emotional wellbeing for young people, Sam addressed the whole conference (100 people) with a powerful account of his personal experiences of mental distress and self-harm and what helps him to stay well. Several people approached him afterwards to say how useful and moving they found it. Earlier last year, Sam and Jonny (manager of Healthy Minds) spoke at a conference to the Clinical Commissioning Group. Afterwards Jonny described Sam's presentation as being 'amazing ... I felt slightly envious at the applause he received, I must say.'

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ctd / ...

Sam began co-facilitating alongside me at the Anxiety & Depression group in Elland in June 2014. Although I hadn't worked with Sam before this, I was struck by the natural facilitation style he had, his ability to listen with empathy and respect, and how he took every person, their situations and life experiences at face value – without judgement.

Sam was able to easily build a genuine rapport with people who attended the group. One participant said, 'He radiated kindness and he was caring, you just knew he was a good guy and you felt safe around him'.

Another group member said, 'He was someone who had been through the worst of it and came out of the other side, he was inspiring'. Sam was well-respected and highly thought of by members of the group for these qualities, his sense of humour and his knowledge – even for his scientific contributions, though they did go a bit over our heads at times!

Sam was really into mindfulness and relaxation activities and led many structured practical exercises – people in the group often said how much these activities had helped them. It was not a secret within the Elland group that Sam disliked art and craft activities. Although, once he did get stuck into arty activities, Sam was usually the last person to put down the glue-stick and sparkly materials. He also left the biggest mess too!

I have to mention, Sam wasn't always the perfect co-worker. He would often complain to me about leaving him to do the washing up by himself after group sessions – to which I would reply, 'I'm busy shuffling these papers' ☺.

As well as the Elland group, Sam facilitated the Men's group with Lou. Sam was a reliable person, capable of running groups independently, sometimes he did cover when there was a staff shortage.

In February Sam co-facilitated the volunteer training with Cath (Healthy Minds volunteer co-ordinator). I got the impression Sam found this the pinnacle of his volunteer journey – he was incredibly proud to have been asked to help deliver the training, and this really was a testament to Sam's dedication, hard work, his motivation to learn and his insight into the work he did. One person there, who knew Sam well told me about the training and said, 'He looked and sounded fantastic, he was shining up there, he was confident and happy, and I'm so pleased for him'.

Sam was highly regarded by many people within Healthy Minds – a volunteer who was to potentially become a sessionally-paid member of staff. I speak on behalf of everyone who knew Sam at Healthy Minds – **it was a pleasure to know you and to work with you**. Once again, thank you for all your hard work and your contributions to the development of the organisation. You will be thought of fondly and deeply missed X

*PS – please see Sam's art work later on in the newsletter – and judge for yourself!*

Written by Nicola Abel (Healthy Minds Recovery and Support Group Worker)

## How to reach us . . .



0 1 4 2 2 3 4 5 1 5 4

[firstname@healthymindscalderdale.co.uk](mailto:firstname@healthymindscalderdale.co.uk) or [info@healthymindscalderdale.co.uk](mailto:info@healthymindscalderdale.co.uk)

<https://www.facebook.com/pages/Healthy-Minds/363179503737471?ref=hl>

<https://twitter.com/healthymindscw>

[www.healthymindscalderdale.co.uk](http://www.healthymindscalderdale.co.uk)

## **Healthy Minds Support Groups in Calderdale**

T: 01422 345154  
E: [Dianne@healthymindscalderdale.co.uk](mailto:Dianne@healthymindscalderdale.co.uk)  
W: [www.healthymindscalderdale.co.uk](http://www.healthymindscalderdale.co.uk)

### **Bipolar Support Group**

Every 1<sup>st</sup> and 3<sup>rd</sup> Monday of the month  
2.00 – 4.00pm  
@ The Fielden Centre, Ewood Lane, Centre Vale Park Todmorden OL14 7DD

### **Depression Support Group**

Every 2<sup>nd</sup> & 4<sup>th</sup> Monday of the month  
1.00 – 3.00pm  
@ Noah's Ark Centre, 322-326 Ovenden Road Ovenden HX3 5TJ

### **Wellbeing Works Group**

Every 2<sup>nd</sup> and 4<sup>th</sup> 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 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month  
12.30 – 2.30pm  
@ St Mary's Church, The Cross, Elland Elland HX5 0RU

### **Mind Your Head:**

**Wellbeing Support Group for Men**  
Every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month  
HALIFAX GROUP 12.30 – 2.30pm  
@ The Victoria Theatre, 2 Fountain Street Halifax HX1 1BP

### **Self-Harm Support Group**

Every 2<sup>nd</sup> and 4<sup>th</sup> Thursday of the month  
12.30 – 2.30pm  
@ The Victoria Theatre, 2 Fountain Street Halifax HX1 1BP

### **Activity Groups**

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

**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.**

### **Chronic Pain Support Group**

Every 2<sup>nd</sup> and 4<sup>th</sup> 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 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month  
6.00 – 8.00pm  
@ The Town Hall, St George's Street Hebden Bridge HX7 7BY

### **New Groups Coming Up in Spring**

#### **From April 19th**

#### **Time Out: Mindfulness, Relaxation, Meditation Group**

Every 1<sup>st</sup> & 3<sup>rd</sup> Tuesday of the month  
11am – 1pm  
@The Studio Rooms, Halifax  
11 St James Street, HX1 5SU

#### **Todmorden: Depression & Anxiety Support Group**

Every 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of the month  
2.30-4.30pm  
@ St Mary's Church,  
Todmorden, OL14 7BD

*"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.*

## ALLOTMENT NEWS

# Turn Your Fingers Green This Spring!

By Helen Banbury

Photos by Sue Gardiner

The good news is we have had our own full-sized allotment at the Pye Nest Allotment site since October; the bad news is, will it ever stop raining for long enough to let us get proper growing beds installed? Our four regular team members and very welcome visitors have managed to clear most of the weeds including brambles, docks, couch grass and buttercups, and in an overflow of strawberry plants which covered half the available space. John has dug a drainage ditch from a



very leaky pipe to the entrance of another pipe so we no longer have a quagmire across the middle of one of our main beds. We have timber to construct our composting and storage area, a small polythene greenhouse to assemble and install to enable us to pot up seedlings and grow tender vegetables such as chillies and tomatoes. Most importantly we have a plan for the growing and working spaces for the new allotment, and the enthusiasm to put our plans into action. We need patience to wait for drier weather so

we can level and mulch the beds where we will grow fruit, flowers and vegetables and to lay down paths and create a new hard standing area to relocate our sturdy shed to a better place on the site.

**What we need most of all is the involvement of other people to help us put our ideas into action, to join us in planning for the future, doing practical activities from raising flower and vegetable seeds from March onwards, building compost area, laying paths, marking out and levelling growing areas from now onwards, weeding, my favourite, needed all the time, and planting out veg, fruit and flowers from April onwards.**

Over spring and summer and autumn we plan to offer at least monthly sessions on a Saturday or Sunday as requested by people who can't make Mondays. We will also have occasional workshops and events on subjects like, " Raising seeds at home for your garden and allotment" "What to cook using produce from the allotment", "Organic gardening", other ideas and expertise will be very welcome.





**Why get involved?** Firstly you don't have to be a masochist to help, it will stop raining and even real enthusiasts don't work in the pouring rain. What we do is plan, organise and drink tea instead. Speaking for myself only, helping on the allotment has let me be outdoors in natural daylight, very important for someone with Seasonal Affective Disorder, be physically active and feel stronger, meet interesting people, have a laugh and relax and the bonus, get free, very

fresh tasty vegetables to eat. This chimes with benefits I have read from the Thrive therapeutic gardening, and horticulture site, [www.thrive.org.uk](http://www.thrive.org.uk):

- Better physical health through exercise and learning how to use or strengthen muscles to improve mobility
- Improve mental health through a sense of purpose and achievement
- Opportunity to connect with others, reduce feelings of isolation
- Gaining new skills to improve chances of employment, if that is what you are seeking
- Feeling better for being outside and in touch with nature
- Satisfaction of growing and eating our own food
- Tranquillity, peace and spirituality
- Stopping the mind from overworking, helping one to slow down and concentrate

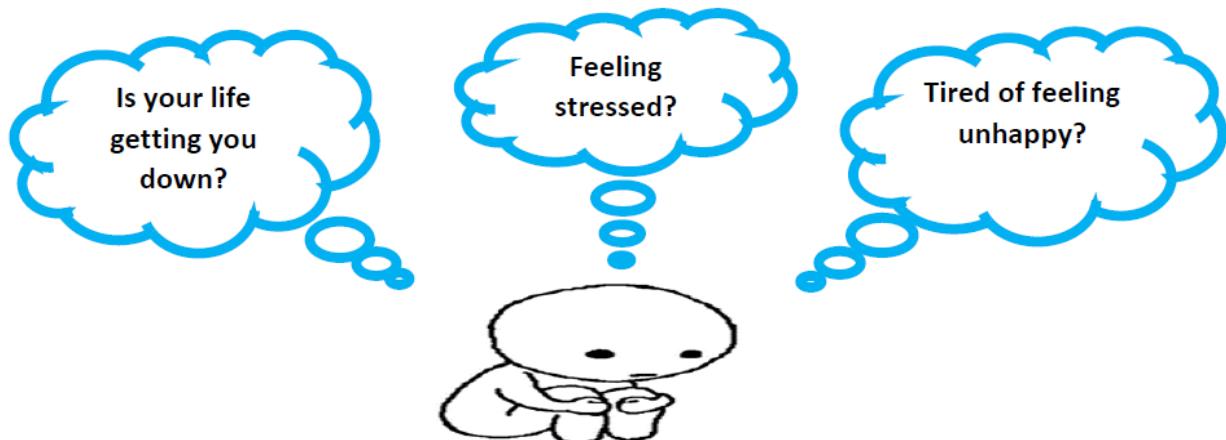
Like all Healthy Minds activities, you can get involved in as much or as little as you want. We are a very democratic group and everyone's opinions and ideas are listened to and valued.

**Practical details:-** We meet every Monday 1-3 pm at the Pye Nest Allotment site, off Darnes Avenue, which is first right off Edwards Road. Bus no. 579 from Halifax or Sowerby Bridge runs near the site. Comprehensive directions can be emailed or sent out to you upon request. Occasionally if it is very wet we cancel but check with Nicola first 01422 345154 or 07985 750592. If you are nervous about coming on your own, again contact Nicola and we can arrange to meet somewhere centrally.



## **A big thank you to:**

- *John for all his help and input,*
- *Helen for volunteering her time and sharing her knowledge,*
- *and Craig at 'James Chambers Builders Merchants' for donating all the wood!*



Do you want to improve how you're feeling  
in a fun, friendly and relaxed atmosphere?

- Then our NEW course -

### **'Head Space'**

might be just what you're looking for!

**Healthy Minds** is a small local mental health charity. We understand the problems people face on a day-to-day basis and we're offering a place where you can get support to manage life's ups and downs.

The 3-week course will run for 2 hours per week and will cover topics such as:

- Dealing with stress, improving confidence and self-esteem
- Goals and aims
- Getting what you need and taking control
- How you might access further support

### **Head Space**

**1.00 – 3.00pm**

**Held at**

**Croft House Community room (on the corner of St. Mary's Rd & Crown St)  
Elland**

**Wednesdays 13<sup>th</sup>, 20<sup>th</sup> & 27<sup>th</sup> April**

If you would like more information about the course or any other support we provide then please call 01422 345154 and ask for Nicola or Kath

Or visit our website

**Healthymindscalderdale.co.uk**

## **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 that 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.

## **Well Aware Recovery Group**

**Every 1st and 3rd Wednesday of the month  
running from February to April**

**6pm to 8pm**

**Held at**

**Voluntary Action Calderdale (across from Elim Church)  
(Hall St, Halifax, HX1 5AY)**

**February 3<sup>rd</sup> & 17<sup>th</sup>  
March 2<sup>nd</sup> & 16<sup>th</sup>  
April 6<sup>th</sup> & 20<sup>th</sup>**

## **YOGA NEWS**

### **You, Yourself & Yoga**

We have come to the end of our second You Yourself and Yoga course, but thanks to Maddy, who runs the sessions, plans are afoot to continue on a regular basis; so it's an ideal opportunity to let people know a little bit more about what we do.

Our sessions always have an atmosphere of fun and calm. For that hour and a half there is a real sense that we can all settle down, let go and really relax. There's no need to wear Lycra or tie yourself in knots; it's just about being yourself, being supported by other people and practising some ways to feel connected, more peaceful or more confident and uplifted.

Making time to consider yourself and what you need, or even just spending some quiet time can be difficult, but yoga can help you to make time for yourself. It's about developing your own inner resources. You can begin to develop awareness of how your body and mind work together, and having that awareness can help to make changes. You don't need special equipment or clothes, you don't need to be fit, you can be any age, you just need YOU! Here's what one of our group members has to say:

*I live with chronic pain and severe mobility impairment. Before attending the first class I wasn't sure whether it would benefit me. I have done yoga before, not since my ankle fusion 6 years ago. I wasn't sure if I would be able to do many of the exercises & didn't want to be confronted with yet another thing I couldn't do any more.*

*I'm so glad I did, because these classes are wonderful. Maddy has a lovely gentle style. She does everything in her power to tailor the sessions to our needs. She is very aware of the energy levels and mood in the group each week. Her guidance is always supportive and informative.*

*There are people in the group who have never done yoga before and people with considerable experience, and the sessions cater for both. I sit or lie through the standing poses, and that feels ok because I can just concentrate on my breathing. I have learned some new techniques that I was not aware of before ("Ocean's Breath" is my favourite), and so now going to You, Yourself & Yoga has become central to my week. I would strongly recommend coming along and having a go, particularly if you are feeling vulnerable, as it's a very safe environment where feeling fragile is ok, and you can't help but feel better after one of Maddy's sessions.*

***If you would like to find out more about You, Yourself & Yoga,  
please get in touch to find out when the next block of sessions are running.***

# You, Yourself & Yoga 3

10 weeks of yoga with Healthy Minds



Thursdays from 7<sup>th</sup> April

10.30 - 11.45 am @

The Studio Rooms Halifax,

11 St James St, HX1 5SU

*You, Yourself & Yoga* is for people with personal experience of mental distress who:

- have little or no experience of yoga
- would like to develop self-confidence and self-esteem through the practise of yoga
- would like to learn techniques to help them relax and better manage anxiety & mood
- are interested in learning about the links between their physical and mental health

Yoga at Healthy Minds takes place in safe and supportive sessions where group members come together to explore breathing, movement, and relaxation. There is space to talk, share concerns as well as learning simple ways to practise at home.

The 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 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.

*"It's a safe environment, where feeling fragile is ok and you can't help but feel better after a session."*

*"I've never done anything like this before, but I think it's great, it really helps me"*

You don't need any special clothes or equipment.

This is a free course but booking is essential. To find out more contact Dianne at Healthy Minds on 01422 345154

## FORUM NEWS

An extra Forum meeting was held on Friday 15th January attended by one of the local MPs who responded to issues highlighted by the Forum in a letter and answering questions.

Halifax MP Holly Lynch met with Forum members to hear their concerns about CBT (Cognitive Behavioural Therapy) in Jobcentres funded by the Department of Health and the Department for Work & Pensions, cuts to mental health services, support re; individual health budgets, and access to advocacy. She is currently doing work on these and we will keep you updated as this progresses. Holly may also work with Healthy Minds to put on an open evening to raise awareness about the services that Healthy Minds provides.



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Todmorden Patients Group invite people to attend. Meet every other month at Todmorden Health Centre, Halifax Road. Meetings coming up: Wednesday 18<sup>th</sup> May at 5:30pm.

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**Evening meetings take place on the second Monday of every month  
and daytime meetings take place on the fourth Wednesday of every month.**

**Upcoming evening meetings:**

**Monday 11th April 2016**

**Monday 9th May 2016**

**Monday 13<sup>th</sup> June 2016**

**Time and location of evening meetings:**

**5.30 - 7.30 pm @Orangebox**

**1 Blackledge, Halifax HX1 1AF**

**Time and location of daytime meetings:**

**1pm-3pm @Voluntary Action Calderdale**

**Hall Street, Halifax HX1 5AY**

**Upcoming daytime meetings:**

**Wednesday 27th April 2016**

# Roshani

## Roshani Project develops links with St Augustine's Centre

Roshani has been spreading its wings recently. Not only are we launching a new support group for South Asian women but we have been working closely with St Augustine's Centre, which offers support for refugees and asylum seekers. Before Christmas we delivered a mental-health awareness session for staff and volunteers at the centre, and currently we're developing and delivering a programme of workshops for the Iranian community. Healthy Minds volunteers, Nic and Ali (who also translates) have been wonderful, and together we've put together sessions that look at different cultural perspectives on mental health, seeking mental-health support in this country, and strategies to manage mental health in the face of enormous challenges such as those faced by asylum seekers.

Thanks to Community Foundation for helping us start to realise Roshani's vision by funding us for the next year.



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](http://facingthefuturegroups.org)  
or call 0208 939 9560

Facing the **future**  
support for people bereaved by suicide



## Volunteer News & Views

All opinions expressed in News & Views are the author's own and do not necessarily express those of Healthy Minds

### An Insider's Guide to Seeking Advice From Your GP About Mental Health

By Sue Gardiner

The first step to getting support if you feel you are having difficulties is usually to visit your GP. You may find it helpful just to know there is someone you can talk to about the feelings you are having, and your doctor will be able to offer advice and (where appropriate) medication to help you better understand and manage your feelings. Your GP may also refer you to more specialist services for additional support if he or she feels this will help. However, talking to a doctor about your own mental health can be difficult - some people worry that they might be making a fuss, others are concerned they will not be listened to or taken seriously. If you've noticed changes in the way you are thinking or feeling over the past few weeks or months that concern you and cause you distress, you should consider going to see your GP.

It can be daunting to speak to someone that you may not know well about your mental health, but most people find that speaking to their GP, and the help and support they receive from them, can make all the difference to their lives. If you feel very worried about your mental health, and are considering taking your own life, you should talk to someone. You can call your GP surgery and arrange to speak to someone immediately, or alternatively the Samaritans offer completely confidential emotional support 24 hours a day: Call 08457 90 90 90 (UK, charges apply) • Call 1850 60 90 90 (ROI, charges apply) • Or email [jo@samaritans.org.uk](mailto:jo@samaritans.org.uk)

Remember that you are not alone, 30% of GP appointments are related to mental health and wellbeing issues and 1 in 4 people will experience some kind of mental health problem in the course of a year. Tackling problems earlier on can help prevent these from escalating at a later date.

If the GP has prescribed medication this should be followed up by regular check-ups to see if it's helping. If there are any problems with treatment, or if you feel worse, then you should see your GP again to discuss it. You might need to be referred onto a specialist under secondary mental health services to seek further or more experienced help.

If you have been referred onto mental health services, your GP should still be looking after your general care needs including physical health. They should liaise and work closely alongside mental health services. If you have a severe mental illness, such as schizophrenia or bipolar disorder, you should be getting an annual physical health check by your GP.

## Volunteer News & Views

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# Warning: Homelessness Can Seriously Damage Your Mental Health

by Jane Anderson

The homeless charity Crisis and the Joseph Rowntree Foundation both estimate 185,000 a year become homeless, because of benefits cuts and a shortage of housing. Their research found almost one in 10 people experience homelessness at some point in their life, with one in 50 experiencing it in the last five years. Meanwhile in the 2011 Census, 1,570,228 people in England and Wales boasted second homes.

Homelessness is caused by poverty and inequitable distribution of wealth, lack of affordable homes, benefit cuts and sanctions, repossession – there is little help for unemployed mortgagees. The law is firmly weighted on the side of private landlords who demand references, credit checks and large monetary deposits to secure short-term contracts. For social housing tenants the bedroom tax has been an added financial hardship.

I recently met with a group from Smart Move, as part of an Open Minds workshop along with Tara, to discuss these factors and to talk about my own experience of homelessness. Our society promotes independence, individuality and personal responsibility. Self-esteem is based upon these attributes, but the price we pay is a sense of powerlessness when circumstances are beyond our control. To a certain extent the belief that the locus of control lies within the individual is an illusion, and reliance on this illusion leads to self-attribution of blame and low self-esteem, followed by depression and anxiety. My belief is that without relinquishing the reins too much, we should consider external circumstances, and whether our problems really are our fault. To that end we discussed the varied causes of homelessness and the research into this topic.



*A secure home, a place not just to go but to **be**, is essential to psychological health in so many ways.*

Crisis have estimated that as many as half the homeless population suffer from mental ill-health, compared to one in four of the general population. Mental illness is both a cause and an effect of homelessness.

We will not have a healthy society until everyone has a home. Although one session will not solve societal ills, I think and hope that the Smart Move group left happier after this discussion.

# Poetic Minds

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## Volunteer Katie Siobhan Writes About Hope

I recently entered a poem to National Mind the theme was 'hope'. I was inspired to write it by the hope my son gives me. Unfortunately I didn't win, but here's my poem and the feedback I was given. **Katie Siobhan**

### Choo Choo

*Choo Choo my reason to wake in a morning to take each day with the good and the bad.*

*Choo Choo my reason to make sense of the world to face the demons of the past, to fight for the life I've dreamed off and grieve for the life I've lost.*

*Choo Choo is the reason I may look grubby the dirty clothes n yogurt in the hair and chocolate print on my face n reason I'm a happy grubby n not a sad grubby n just grubby because I didn't care, grubbys good if happy grubby.*

*Choo Choo is the reason I try be brave, courageous and explore and try things new n scale cargo nets, scramble in ball pools n splash in outdoor pools and do to create smiles, laughter, fun through happy moments and creating new memories to look back on.*

*Choo Choo is my hope my future, my reason to live, Choo Choo is my comfort and at the end of each night thank god and the reason when I go to sleep at night I tuck the bad day away and dream of a better tomorrow.*

*Choo Choo isn't a dream anymore, Choo Choo is here in my present n my future, Choo Choo is my hope, Choo Choo is my toddler, my son, my boo who's new thing is Choo Choos so Choo Choo is my new word for hope for my son he is the reason I finally found hope.*

What the judges had to say about Katie's Entry:

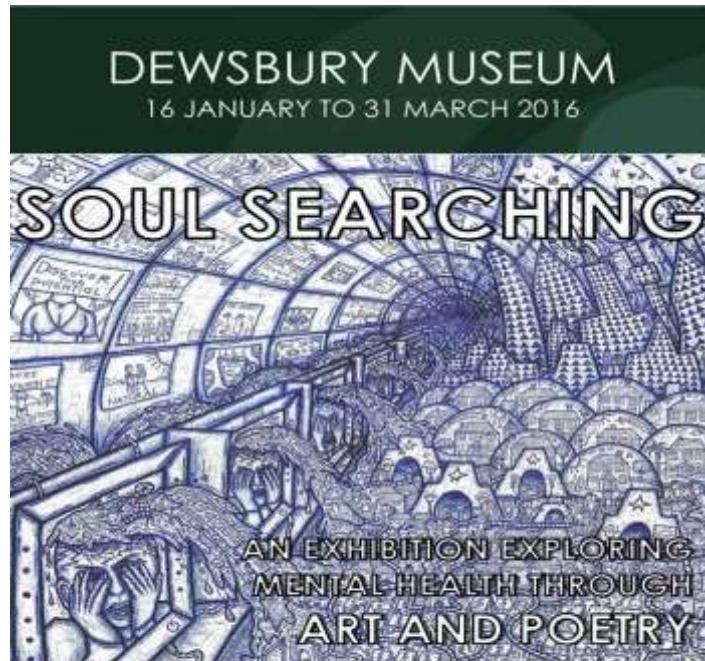
"The style of this piece brilliantly represents the inner workings of the mind through the use of a flowing monologue narrative. The repetition of 'choo choo' is incredibly effective as not only does it create a strong theme throughout, capturing perfectly the playful essence of childhood and innocence, but it also maintains the structure of the piece, creating a linear link throughout which prevents the piece from being chaotic.

It's an incredibly touching piece and successfully explores the theme of losing hope and then finding redemption, in this case is it her son that gives her hope and meaning."

**Fantastic feedback - Well done Katie!**

## Volunteer News & Views

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Dewsbury Museum  
Crown Nest Park  
Heckmondwike Road  
Dewsbury WF13 2SG  
Telephone: 01924 324766  
E-mail: [dewsbury.museum@kirklees.gov.uk](mailto:dewsbury.museum@kirklees.gov.uk)



### Museum opening times:

From 1 November to 28 February winter opening hours:  
Tuesday to Thursday 11am to 4pm;  
Saturday and Sunday 12noon to 4pm;  
Monday and Friday: Museum closed.

From 1 March to 31 October summer opening hours:  
Tuesday to Friday 11am to 5pm;  
Saturday and Sunday 12noon to 5pm;  
Monday: Museum closed.

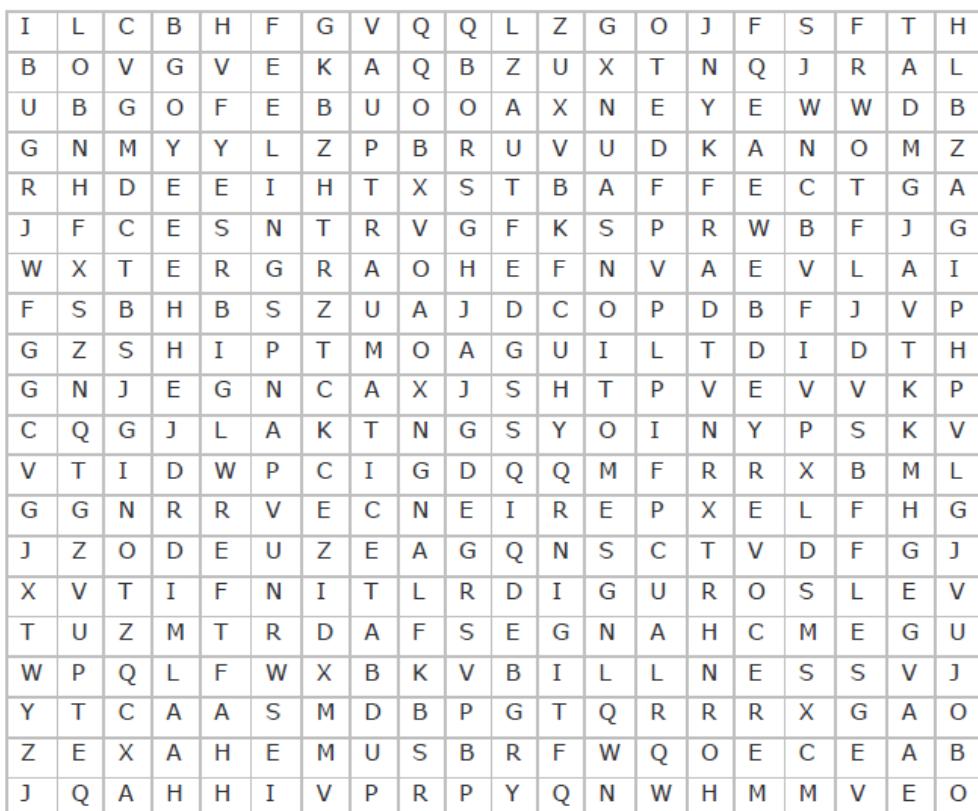


One of our volunteers, Sue Gardiner, recently had a number of her superb collages, including this one entitle '*Sundial*' (left) in the 'Soul Searching' exhibition at Dewsbury Museum, which explores mental health through the medium of art and poetry.

# Take a Break!

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## Healthy Minds Wordsearch



AFFECT  
EMOTIONS  
FRIENDSHIP  
JOURNEY  
SELF  
THINKING  
UNDERSTANDING

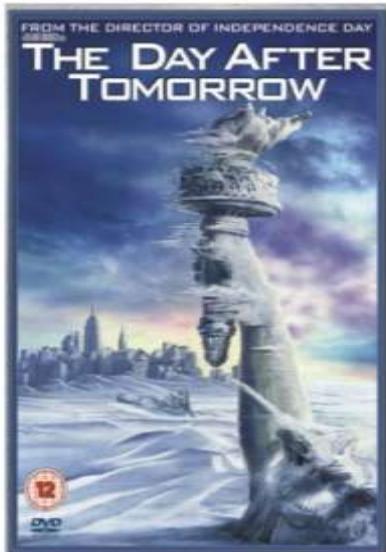
CARE  
EXPERIENCE  
GUILT  
NERVOUS  
SLEEPLESS  
TIRED  
WORSE

CHANGES  
FEELINGS  
ILLNESS  
RECOVERY  
SYMPTOMS  
TRAUMATIC

Compiled by Bernie.

## Volunteer News & Views

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### The Day After Tomorrow [2004]

This film deals with the 'Big Freeze' and the effects of global warming. Massive blizzards and snow storms hit America and evacuation orders are in place. Sounds familiar to the so-called 'Snowmageddon' on the East Coast of America this January!

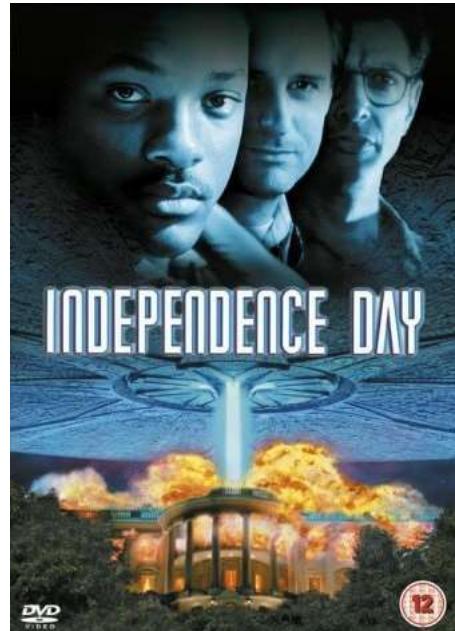
As in the film the snowstorm in America ceased and a new jet stream filtered through. And in reality the snow melting caused wide-spread flooding. The movie's message then is real, that if we do not look after planet Earth and protect all its species, we will not survive.

Evolution continues and always will...

### Independence day [1996]

The aliens invade in this epic depiction of the end of days. Civilisation as we know it is threatened by a giant spaceship (The Mothership) which hangs in the air threatening to destroy the whole of mankind, putting the whole world in danger.

Luckily for us we are protected by the FBI and British Intelligence Forces join to blast the aliens into oblivion. They succeed, heroes are made and mankind is undefeated .... until the next UFO sighting!





... Seems Sam had a hidden talent! This was done early this year during an activity in the Elland group. Each participant and facilitator created a piece based on 'what the group meant to them'. The idea was to collate the finished pieces to display in a public space as a way of promoting the group. I can't quite exactly remember what the Japanese symbols translate to – but I remember Sam said they meant something like – 'peace and tranquillity'. I do remember him saying, 'I'm not trying to promote communism, but think the group is equal, there are no power imbalances' when he explained what the flag meant. And in reference to the smiley face, Sam said, 'People leave feeling happier than they did when they came'.

## In Other News ...

Date for Diaries: Saturday 14th May

Comedy Night at Golden Lion Todmorden, funds raised go to Healthy Minds! Courtesy of Andy Camies, who is hosting.

More details to follow ...

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## GET INTO RUNNING IN TODMORDEN TASTER SAT 13<sup>TH</sup> FEB 11 -12

Then for 6 weeks after that

Come along, try it out and have some fun!

For more information contact Mark on

07833 437 561 - [creativeminds@swyt.nhs.uk](mailto:creativeminds@swyt.nhs.uk)

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Phoenix Radio:

Tamsin looking for people to talk about any of the following:

Their mental health journey – linked with 3 choices of songs.

Poetry about mental health written by yourself and a published poet