

# Healthy Minds Newsletter

April, May and June 2017

Edition 30



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

## Introducing Safespace ...

Hi, we (Adele and Darren) are very excited to be working for Healthy Minds as Team Leaders for the new **Safespace** Project - we have been in post since beginning of May 2017. My background is in Social Housing where I worked for a local housing association for 13 years, my main role being a Family Intervention Officer supporting vulnerable families often with mental-health needs. Darren has worked for an advocacy service as well as with adults with learning disabilities and mental-health needs.



Darren and Adele

We are just in the process of setting up **Safespace** in Calderdale which will offer out-of-hours crisis support and an alternative to attending A&E or being detained by the police. **Safespace** will provide a place of safety so reducing the factors which otherwise could escalate risk to health and wellbeing through not getting the initial support needed. **Safespace** will provide opportunities to talk, signposting to supportive services, earlier identification of distress, supporting individual development planning and reducing reoccurrence of personal crisis, all within central Halifax.

We will also be attending some of the fantastic Healthy Minds groups in the near future and we look forward to meeting you as well as giving you regular updates about the development of the service.

*Adele*

Adele Holdsworth and Darren O'Connell  
Safespace Team Leaders

### How to reach us...

01422 345154

Firstname@healthymindscalderdale.co.uk  
or info@healthymindscalderdale.co.uk

<http://www.healthymindscalderdale.co.uk/>

<https://www.facebook.com/healthymindscalderdale/?ref=hl>

<https://twitter.com/healthymindscw>

# What's On at Healthy Minds

## More work with younger people

We are working with more young people 'not in education, employment or training' to develop ways of supporting each other around anything to do with mental health, wellbeing and/or distress. They will be entirely in the driving seat of how they want this to happen, helped along and supported by ourselves of course. There could be a mixed bag of how this might happen; activities, workshops, information drop-ins, or even outings. It's a watch-this-space kind of thing .... we will keep you updated.

## Workshops during the summer

Our workshop programme continues over the coming summer months. Look out for times, locations and venues on our website. Some of the sessions planned include:

**Anger Management short course (3 sessions)**

**Creative Writing short course (3 sessions)**

**6 week Mood-Mapping course**

**Light, dark and the bits in-between: an exploration of psychosis**

**Time to Unravel Time: exploring loss and change**

**Well Aware Recovery courses**

**Introduction to Mindfulness**

**Chi Kung (Qi Gong)**

**Self-Acceptance**

**Assertiveness**

**Yoga sessions**

And we will have an additional programme of workshops starting in the autumn.

All our workshops and courses are co-developed and delivered by volunteers and the Healthy Minds team.

## Time Changes to Groups

The Chronic Pain group time and date has now changed to 1st and 3rd Thursdays 1.00pm till 3.00pm still at Noah's Ark, Ovenden.

Please contact Kath for details: [kath@healthymindscalderdale.co.uk](mailto:kath@healthymindscalderdale.co.uk)

The Wellbeing group is now on a Wednesday 2nd and 4th of the month, 2pm till 4pm at St Paul's Methodist Church, Sowerby Bridge.

Please contact Nicola for details:

[nicola@healthymindscalderdale.co.uk](mailto:nicola@healthymindscalderdale.co.uk)

# Open Minds

## Ringing in the Changes

Open Minds has been delivering mental-health education and anti-stigma sessions in Calderdale's schools and community groups for the past five years. With a welcome and growing focus on children and young people's emotional wellbeing, our work on Open Minds has been joining up with lots of other organisations' work for young people - all of which has brought Calderdale to this point.

The name "Open Minds" has been adopted for the overall programme that includes all the various projects that support emotional wellbeing in children and young people, so we are changing our name to avoid confusion and what we've been doing under the Open Minds name is becoming part of Time Out.

For more information about Time Out see below!

## Time Out – a new initiative for young people

Exciting news from the Open Minds team – we're launching a new initiative for young people across Calderdale. Time Out will bring together a range of activities and provision for young people and add more to the mix – from climbing to crafts, emotional resilience to eco-mentoring. The focus will be on improving emotional health & wellbeing and giving young people opportunities to try out things that they enjoy and help them feel good. It's a partnership project and we'll be working closely with both young people and like-minded organisations to come up with a model that young people can access easily and use flexibly. We've secured Local Transformation Plan funding for a year, but the plan is to create something that is sustainable long-term.

We're holding some introductory workshops for all organisations and young people who are interested in becoming involved in Time Out. Dates are:

Monday 19<sup>th</sup> June, 11am-1pm

Tuesday 20<sup>th</sup> June, 12.30-2.30pm

Wednesday 21<sup>st</sup> June, 12.30-2.30pm

If you'd like to attend one of these, please contact Tara by phone or email: [tara@healthymindscalderdale.co.uk](mailto:tara@healthymindscalderdale.co.uk). We'll also be putting on a workshop in the evening for young people – again, please drop Tara a line if you're interested in finding out more.

# Upcoming Courses

## Well Aware: 6-Week Evening Course

Starting Tuesday 4<sup>th</sup> July 2017  
5.45pm – 8.15pm

**Voluntary Action Calderdale**  
(Hall St, Halifax, HX1 5AY)

**Well Aware** is a recovery course developed and delivered by workers and volunteers with lived experience of mental distress.

The course will help participants identify, challenge and change unhelpful thinking, learn new coping strategies and improve resilience through reflective and engaging exercises.

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 in mental health means to me
- Understanding beliefs and values
- Reflecting on 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

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

**Attendance on the course is free.**

**It is essential to book your place**

Contact 01422 345154 and ask for **Nicola**

Email [nicola@healthymindscalderdale.co.uk](mailto:nicola@healthymindscalderdale.co.uk)

or you can register your interest on our website:  
[www.healthymindscalderdale.co.uk](http://www.healthymindscalderdale.co.uk)



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

- Then the 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 day to day basis and offer a place where you can get support to manage life's ups and downs. The course is facilitated by workers and volunteers who have had their own lived experience of mental distress.

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
- Moving forward - goals and aims
- Getting what you need and taking control

## Head Space

Orange Box (next to the Piece Hall), 1 Blackledge, Halifax HX1 1AF

Tuesday 6<sup>th</sup>, 13<sup>rd</sup> & 20<sup>th</sup> June

12.30-2.30pm

Refreshments provided

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 visit our website to register your interest

[Healthymindscalderdale.co.uk](http://Healthymindscalderdale.co.uk)

# Todmorden News



## Mental Health Awareness Week

As part of Mental Health Awareness week in Todmorden we took inspiration from the people at Pushing Up Daisies and did a number of workshops connected with mortality or death. One workshop gave participants the opportunity to think about how they would like to be remembered and create an image of this; another gave the opportunity for participants to think about stories of the afterlife and do some creative writing based on this, and the final one gave participants the opportunity to write a letter to someone who has died.

*People who attended said, "Thank you for offering the space" and "I learnt more understanding of myself and dared to say and write things on paper that I was feeling".*

We also did an information and chat stall on Todmorden Market as part of Mental Health Awareness Week. This was a huge success with staff and volunteers in conversation with people about mental health non-stop for the whole day.

## Walk and Talk 10<sup>th</sup> Anniversary Birthday Event

We are planning a lovely event on Saturday 15 July to celebrate Healthy Minds' 10-year anniversary and to promote the services we offer in Todmorden.

We'll be walking and talking along the canal from Dobroyd Lane (where our new allotment will be) and strolling down to Central Methodist Church for delicious cake and afternoon tea. Only a short walk at a very sensible pace and will be accessible and safe for everyone. We'll be providing some activities at our allotment space and hopefully enjoying the Todmorden sunshine!

When we get to our afternoon tea, there'll be something for everyone with stalls and activities provided by Healthy Minds and other local organisations.

**For more details please contact a member of the Todmorden Team on 01706 810311**

## Allotment Group

We have had an extremely kind donation in the form of some land and we're hoping to develop an Allotment Group which we hope will be up and running (and growing!) by the beginning of the Summer. We'll be providing various activities throughout the summer too!

We'll be inviting the folk of Todmorden to our Big Dig-In at 2pm on Saturday 10 June (rain or shine). Refreshments and a mud kitchen will be provided.



**Left: Making stress-balls at Healthy Minds Information stall, Todmorden Health Centre April 2017**

# Todmorden News

## Emotional Health & Wellbeing Project

As part of the continuing response to help the community in and around Todmorden following the floods, this NEW project is to provide support for people's emotional health and wellbeing.

Funded by Community Foundation for Calderdale, we'll be working alongside Staying Well to develop different types of support as requested by people in the local community.

Have your say in the consultation, or just get in touch.

Todmorden Office: 01706 810311

Email [todmorden@healthymindscalderdale.co.uk](mailto:todmorden@healthymindscalderdale.co.uk)

## Parent Peer-Support Group

This group, especially for parents with children of any age, was set up recently. We hope it will be an opportunity to meet other parents, to share experiences and gain support in an encouraging, confidential non-judgemental space. We all need a chance to talk! This group is on every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday during term-time 9.30 to 11.30am at Central Methodist Church. We're hoping it'll be a convenient time for parents doing the school-run or seeing teenagers off to school.

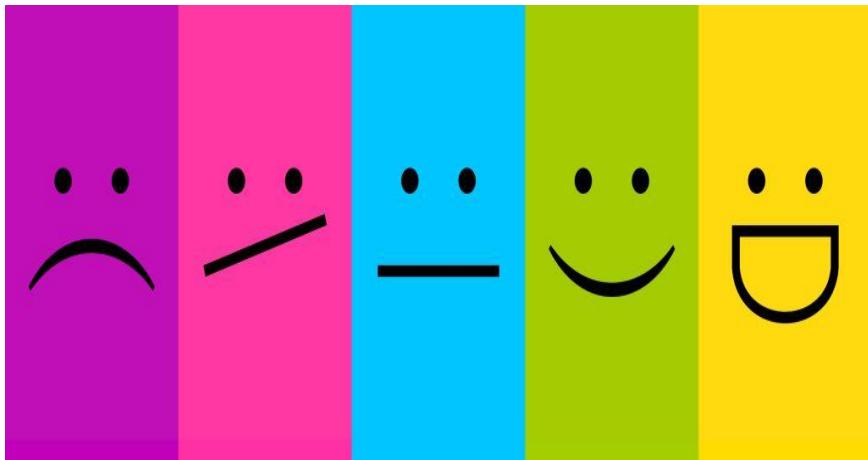
## Barge DAY TRIP (10am-4pm) with Healthy Minds

explore the hidden beauty of the canal  
In a small group

Tuesday 27<sup>th</sup> June & Tuesday August 8th  
Cooper bridge/Dewsbury route

Booking essential

Contact the office 01422 345 154 to book a place and to let us know about any dietary requirements



# MINDFUL MOODS

THURSDAY 8<sup>TH</sup>, 15<sup>TH</sup> and 22<sup>ND</sup> JUNE  
13<sup>TH</sup>, 20<sup>TH</sup> and 27<sup>TH</sup> JULY  
6-8PM

INCREDIBLE AQUA GARDEN  
EWOOD LANE TODMORDEN OL14 7DF

**BOOKING ESSENTIAL  
COMMITMENT TO ALL SESSIONS  
IS REQUIRED**

Whether you are feeling up or down, energetic or lazy, anxious or calm, your mood affects the way your mind works and your outlook on life. In a safe space we can become more aware of our highs and lows and how to help ourselves to manage our feelings.

**IF YOU ARE NOT MANAGING YOUR OWN MOOD,  
THE CHANCES ARE SOMEONE ELSE IS!**

For more information or to book a place,  
please contact Tracy 01706 810311 or 07388 990 232

**Email:** [Tracy@healthymindscalderdale.co.uk](mailto:Tracy@healthymindscalderdale.co.uk)



- How to spot triggers that might affect your mood
- Identify the 5 keys which can affect our mood
- "A great tool for managing mental health"

## HEALTHY MINDS

Room 8  
Todmorden Community  
College  
Burnley Road  
Todmorden  
OL14 7BX

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

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

COMMUNITY  
FOUNDATION  
FOR CALDERDALE



# Volunteer News

## Volunteers' Week 2017: 'You Make the Difference'

Our volunteers at Healthy Minds are truly exceptional. Over the past year they have been involved in everything from grass-roots decision-making, co-production and planning to the co-facilitation of workshops and support groups. We have volunteers assisting our Welfare Rights advisor and delivering workshops with our Employment Advisor. Several of our volunteers have gone on to take further training to deliver our anti-stigma message independently in schools. Our 10 volunteer Walk-Leaders lead fun and friendly monthly walks through the valleys of our beautiful region while a green-fingered team produce mountains of stunning fruit and vegetables from our allotment in Sowerby Bridge. Volunteers pitch in with admin tasks, table-top events, information stalls and coffee mornings; they attend planning meetings, consultations, training events and more. Several volunteers contribute to our newsletter with moving poetry and articles. In October, two of our volunteers raised nearly £350 by organising an art exhibition, to which many other people contributed artworks. Our skilled and dedicated trustees oversee the smooth running of all of the above.

It is impossible to stress how much our organisation relies on the commitment and hard work of our volunteers to get the job done – they enable us to reach out to more and more people in distress across Calderdale and to break down the stigma surrounding mental health in our schools, communities and workplaces.

**So, to our kind and generous volunteers,  
the Healthy Minds staff would like to thank you ALL –  
we are proud to call you our team-mates,  
and we really couldn't achieve the many and great things we do  
without you.**



**Cath, Sarah, Kath, James and Tony Celebrating Volunteers' Week  
on a Canal-Boat Trip courtesy of Safe Anchor Trust**

# Volunteer News

## My Volunteer Journey with Healthy Minds

by  
Jackie Hirst

I would like to tell you about my experience with Healthy Minds: both as a volunteer and as part of my own ‘recovery’ so far.

In January this year I decided that I must take a very difficult step into the outside world – after becoming quite severely depressed and having effectively ‘removed’ myself from society. Digging myself out of the bottomless pit I had fallen into started with a daring venture into this community they said existed, for people such as myself, at Healthy Minds Calderdale.

On the first day of volunteer-training (a valuable package of volunteer-training and courses to help volunteers in their roles) I was like everybody else – incredibly anxious and thinking I just wanted to get back home! BUT, I found the first session really relaxing. Accepting, open and friendly – it was great to meet a bunch of like-minded volunteers. The whole introductory course was really exceptional as well as useful.

At Healthy Minds the focus is on RECOVERY so I decided to take part in the Recovery course run by Nicola as well. Wow ... what a personal experience this was. As the sessions went by I noticed how uplifted I felt and how I was able to find a more compassionate view of myself. I have also attended a number of other groups run by Healthy Minds, and sharing with others, from whom you gain invaluable support, is truly awesome!

Healthy Minds’ ethos is one of peer support. The support I receive I have also been able to offer others. As a volunteer I have been able to take small steps back into the work role and I feel I am regaining my confidence in the ‘work environment’. I am now helping to co-facilitate the recovery course – I have always found working with a group of people quite frightening but it was something I was aware I wanted to develop. I have learnt a number of new things about how to facilitate a group and am also able to present some of my own ideas in getting people to look at their own recovery.

All in all a fantastic experience so far!!

Jackie

# Allotment News

## Spring has sprung at the allotment!



A bush of blue flowers!



An array of Poached Egg flower plants (Limnanthes Douglasii) – not for human consumption though!



Beautiful broad-bean flowers!



Separating carrot seedlings! Maybe sow them straight into the ground next time...

Cloching the carrot seedlings – yes definitely sow them into the ground next time!

Did you know, Lavender plants help deter carrot-fly pests.

These beautiful French lavender plants were donated to us by Marks & Spencer – Thank you ☺



More lovely flowers donated by M&S ready to be potted ☺



A water-colour painting inspired by a butterfly I watched at the allotment



The allotment group meets every Monday afternoon at Pye Nest allotment – come along and relax in the serene tranquillity of nature or get involved in a bit of work!

Please contact Nicola 01422 345154 or email

[nicola@healthymindscalderdale.co.uk](mailto:nicola@healthymindscalderdale.co.uk) for more details.

# In Other News...

News

## Marks & Spencer Charity of the Year

We're delighted to have been chosen (along with Halifax RSPCA) by Halifax M&S staff as their Charity of the Year.

As well as being able to get the word out to more people about what we're doing, this gives us lots of fundraising opportunities in the store. M&S have already donated a load of plants for the Healthy Minds allotment.

It's the first time Healthy Minds has done something like this and we're looking forward to a fruitful relationship with M&S through the year.

*Call in to Halifax M&S from July to see what's happening or, even better, if you might be able to help us out with occasional bag-packing at the tills to help raise funds, please get in touch!*



## Mental Health Awareness Week 2017

For Mental Health Awareness Week, Healthy Minds were kindly invited to set up an information stall in Tesco, on Aachen Way, Halifax.

It was wonderful to meet so many supportive people in Halifax, many of whom were interested in our support groups – either for themselves or family members, while even more wholeheartedly agreed with our mission to break down stigma in our schools and communities.

Tracy Smith, Tesco's Community Champion said "Thank you all so much for taking part in our Mental Health Awareness Week event. It was so lovely to meet you and to see what brilliant work you are all doing in the community. We have had some very positive comments from colleagues and customers".

*For more information on our support groups,  
please contact the Healthy Minds Team on 01422 345154*

## Thank You!

**An enormous thank you for another £719.86 raised over the last 3 months:**  
£300 from the hairdressing department at Calderdale College  
£150 from Corinne McDonald  
£228.35 from Ling Bob School in kind response to Neelam's workshops  
£34.51 from Easy fundraising for peoples online purchases  
£7.00 contributions to teas and coffees

# **Walking Group...**

**A countryside clamber through the scenic beauty of Cragg Vale . . .**



“I had a really enjoyable walk with the Healthy Minds Walking Group lead by Jeff. Unbeknown to us all it turned out to be SPA Sunday up Cragg Vale, which is an annual festival for a blessing at the site of an old spa, where we managed to rest a while, chat with the local organisers and partake of a little refreshment.

Jeff pointed out a number of heritage sites and we took note of many wild flowers, trees and the occasional squirrel; however our bird identification needs brushing up a little.

We did manage to identify a great tit which seemed unalarmed with our presence. Kirsty took some pictures after she managed to get her camera working! We also sampled some wild garlic which is in season just now.

A nice sunny day, good company what more could one ask?”

Warren

**For more information about our Walking Group, or to be placed on our notification list, please contact Cath on 01422 345154.**

# Your Voice...

## Finding my Voice Again – a mental-health journey

*Kate Armitage writes about living with disabling depression and anxiety.*

Awake in the early hours of Tuesday 23<sup>rd</sup> May, browsing Facebook in an effort to dispel my anxieties about a forthcoming physiotherapy appointment, horrifying details of an explosion at Manchester Arena emerged: a bomb had gone off as a concert was finishing; police were treating it as a terrorist attack. Yet somehow, as my anxieties re-asserted themselves around leaving my house, and what I would learn about the state of my body after nearly two years of chronic pain, Manchester faded into the back of my mind.

My appointment went well and I emerged reassured that my back pain could be eliminated with remedial exercises. The world looked a bright and happy place, full of the fresh green of Spring and the first vibrant wonders of Summer flowers. I walked further than I can usually manage and treated myself to a café lunch.

Returning to my computer, more information was available. The concert had been packed with thousands of children, teenagers and their families. Terrible injuries had been sustained, people had been killed - my mind shut down, instinctively throwing up protective barriers. Manchester is 'my' city, Victoria station and the Arena my gateway to city life and culture. This terrible destruction and suffering was seemingly wrought right on my doorstep. Like millions of others, I was moved at the sight of Mancunians coming together in their Albert Square vigil. Thousands of people standing together, packing the space in front of the Town Hall at the heart of their city. People determined that violence not be met with more violence, that love and support be extended to all affected. Perhaps that was what caused my mental defences to finally break. On Wednesday I was alone, struggling with the enormity of what had happened, immersed in the horror of it, my heart full of grief, my mind full of confusion.

Facebook offered only further ramifications of disaster: heartbreak stories from survivors, news that troops were being put on the streets. My Manchester friends were absent, grieving and coming to terms with what had happened. I was distraught in my isolation, unable because of my illness to pick up a telephone to talk to friends, unable to travel to Manchester, my tentative appeal for support netting a string of those icons that offer little sense of connection. I needed a vigil. I needed to come together with others in shared grief – but it was over, the world was moving on and I had been left behind.

For the whole day, I sat there between my four walls, my thoughts fragmented and hazed with misery. When this degree of pain and isolation strikes, I have to hold on to something, to root myself somehow, to reassure myself that these unbearable feelings will not last forever. I stay still and wait for the emotions to pass. And pass, they do. Night came, my American friends arrived online and offered me the comfort I needed, sharing my distress, telling me they were thinking of me, that they felt Manchester was their city in the UK as I had posted so much about it over the years, the respect they felt for Mancunians in their steadfast solidarity, wishing me well. This is how we cope. With our friends, our families. As

Tony Walsh, Manchester poet, concluded his poem at the vigil: "Choose love".



Choose love, for ultimately, love will bring us through.

### Thoughts

I get these thoughts inside my head

I try to block them, or think of something else instead

I cannot stop them they are always present

And they are relentless, these thoughts I resent

Sometimes they are logical, but mostly not

I have to follow them, no matter what

Sometimes it's easy but it's mostly hard

Trying to fight them or to disregard

I do it to protect the ones I love

But they don't understand, I wish they could

So this is my problem, my issue to bare

I just wanted to make everyone aware

*Steve Redman*

## The Unwanted Guest

Psychosis has lived with me for about 4 years, it's whether you can trust everyone around you, and whether they will stay to see you through this, it's sadness and grief embodied into you. It has its own thoughts, feelings and attempts to take over your body. It engulfs you, makes you feel unwanted in your own skin.

It catches you, as you go trying to make amends with your life, erratic changes are all you can manage, stepping up or stepping down.

### The change

It makes you think who am I? What does it mean to be alive? We are always searching for ourselves, and who we are, but what defines this, are there any boundaries? Life is always changing, there is nothing that has life and doesn't change. Us humans for instance, our bodies change, we age, we learn, we develop, and this is what makes us alive.

*Rainu Kaur*