



NEWSLETTER

October, November & December 2017

PUBLISHED 05/12/2017

EDITION 32

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



From a Seed

From a seed....
On Friday 8th December 2017
10am - 12.30pm
At VAC, Hall St, Halifax, HX1 5AY
Join us in our art based workshop where we will explore issues of change and personal growth

To book a place, contact:
Nicola- 01422 345154
nicola@healthymindscalderdale.co.uk

LLOYDS BANK FOUNDATION
England & Wales

Email info@healthymindscalderdale.co.uk to book onto the From a Seed Workshop or call 01422 345154.

Anxiety Workshop

Location: Central Methodist Church, Todmorden, OL14 5AG

Date: Thursday 14th December 2pm-4pm

For more information or to book onto this workshop please call 01706 810311



Winter Reflections



Winter reflections ... with Healthy Minds

Thursdays in January 2018

**11th 18th and 25th January 1pm to 3pm at Shibden Park
Halifax.**

Do you feel isolated and lonely in winter? Why not join this friendly writing group? Learn new ways to look at things.

Be encouraged to take a more positive approach to winter. Take time to walk in the beautiful setting of Shibden Park and allow nature to inspire you.

Suitable for all.

The art and heart of reflection to improve your mental health and wellbeing.

Call 01422 345154
to reserve your place

or email ann@healthymindscalderdale.co.uk

Mindfulness Workshops

The Art of Being at Bankfield Museum
Fridays 12, 19 and 26 January and Friday 2 February 2018 1pm to 3pm

Bankfield Museum have partnered with Healthy Minds to develop four amazing mindfulness workshops. Join us for a range of meditation, gentle yoga and interactive mindfulness activities.

For more information on the sessions and what's involved, contact Nicola at Healthy Minds on 01422 345154
nicola@healthymindscalderdale.co.uk

These workshops are free but booking is essential. Attend one session or all four.

Supported by

Museum Development Yorkshire



Supported using public funding by
**ARTS COUNCIL
ENGLAND**

**Calderdale
Council**



Please email Nicola: Nicola@healthymindscalderdale.co.uk or call 01422 345154

Can you help? Do you have any wooden chairs that you no longer require and would be happy to donate to us to use in this workshop?



Self Motivation

Getting ourselves out of a rut

An article written by Septimus Williams



How often when depressed do we wake up in the morning thinking what is the point in doing anything today? I feel depressed, I have nothing going for me, I have a mental health illness. I can't get a job, I have no boyfriend/girlfriend, I'm unworthy of anything. Being realistic we're all human and at some point in our lives we encounter challenging circumstances which can effect us emotionally and our mental health.

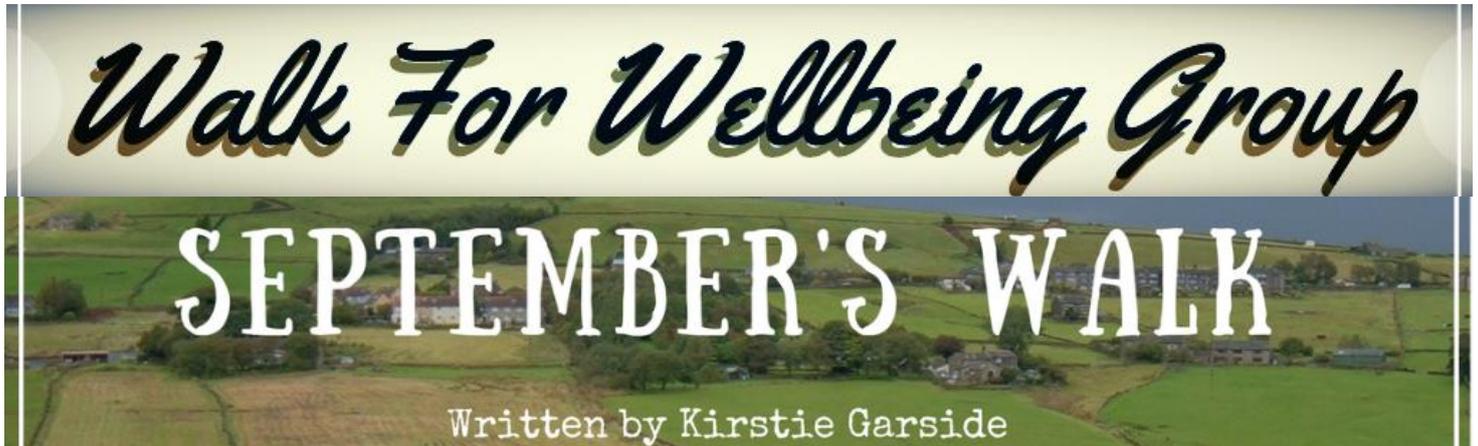
Self motivation, getting ourselves out of a rut. Let's take action, make the effort by doing something each day and making gradual progress. Creating a daily routine of small tasks, it doesn't really matter how much we do as long as we get motivated! Try not to expect too much from ourselves, gradual progress is the key to making our days more fulfilling. Examples: We could start our day with house chores doing the cleaning, a morning walk even better if you have a pet dog the perfect opportunity to get out of the house. Join the local gym, a bowls club, swimming class, yoga class or walking group. A trip to the shop could be a perfect excuse to get out doors and meet other people. These every day things can benefit our mental health and well being.

Make arrangements to meet a friend once, or twice a week at a local cafe, drop in centre, catch a bus somewhere different and explore another town or village, get involved in voluntary work. Taking part in voluntary work can be highly rewarding, benefiting to others and a form of self help. Making the effort, large or small builds confidence, wellbeing and self worth. The more time we sit back doing nothing the more entrenched in boredom and negative thoughts we

yes I can!

become. Sometimes it can be hard to accept the fact we can get so depressed doing nothing, being entrenched in our negative thoughts but maybe lack of motivation and interest in life are self-created barriers to finding peace of mind and happiness.

Septimus Williams



Jeff planned and led the September walk from Hebden Bridge with Gary helping as back leader. There was heavy rain in the morning, but it cleared by the time we set off from Mytholm church. Eileen, Jean, and Kirstie braved the weather in their waterproofs on a steady climb through the woods, as the sun came out to cheer us on our way to May's famous pie shop at Colden. May's shop is in an old farm house on the Pennine Way and sells everything you could possibly need, including homemade pies, cakes, tea and coffee. Jeff availed himself of a delicious pie, whilst the rest of us had tea and cake sat at a picnic bench in the sun. We visited the old fashioned farmyard toilet and discussed our memories of the "carsy", "privey" or "earth closet", now becoming popular again in use as compost toilets in places which do not have plumbing, such as allotments. Jean told us that Calderdale has the most footpaths of anywhere in Europe, mainly due to the old footpaths workers took to the mills!

Then the rain came down again so we retreated into the shop for 10 minutes whilst it cleared, and then set off again with Jeff pointing out various flowers of interest to us. We followed the Pennine way over the hill to reveal lovely views of Stoodley pike and the Calder Valley, before descending through the woods and down to the canal, and back to Hebden Bridge. Despite the frequent showers everyone remained in good spirits, with lots of conversation and good company.

Kirstie Garside



Healthy Minds Walking Group welcomes anyone who feels walking would benefit their wellbeing. This friendly group takes regular walks throughout Calderdale, so people don't have to take that first step alone.

Winter & Wellbeing



Our next Wellbeing Walk:

Join us on **Friday 8th December** at 11 a.m. from Todmorden market entrance along the canal to Grandma Pollards fish and chip shop. It will start at 11am on Friday 8th Dec and take about 1.5 hours walking plus 45 mins eating. We can pay for a drink but not food. Not suitable for wheelchairs, quite rough for pushchairs but possible with help. Helen is back leading.

Please contact Cath to put your name down - **01422 345 154**

(This is the only way we can contact you should we need to cancel)

ALLOTMENT NEWS

Allotment news, an update from Nicola

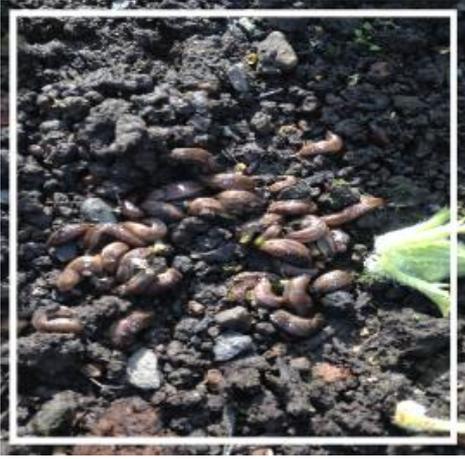


There has been a lot happening at the allotment despite the growing period slowing down. Nearly all crops have been harvested apart from kale - a hardy plant that can withstand cold conditions, leeks – which were slow to grow and squashes! For the first time, Healthy Minds combined 3 groups; the allotment, walking and wellbeing works group in Sowerby Bridge. It was such a lovely autumnal day for a look around the allotment and walk around Pye Nest and the canal. There was a good mix of people from each of the groups who had not met before though all shared an interest in the outdoors and wellbeing. Thanks to all those who attended and helped out – such a fab time was had by all and the allotment pie went down a treat.



Helen who is the volunteer lead at the allotment visited pumpkin heaven in September also known as Chartwell House garden, Westerham in Kent. Now owned by the national trust, the gardens and very large manor house was once occupied by Winston Churchill from 1922-1965.

Back to our lovely small plot, here are our small pumpkins that have been growing since spring.



We managed to yield a great crop... Even though we found a nest of sleeping slugs in a bed!

Butternut squash and pumpkins! Unfortunately the pumpkins were not ripe enough to use in the pumpkin pie dessert we made. So we had to buy culinary pumpkins from a very local supermarket at Kings Cross.

Preparing the pumpkins took the longest time - peeling,

deseeding and cutting into equal sized chunks for boiling.

After much weighing, measuring

and a sprinkle of luck here was the end product! The pies were a lovely finish to an allotment visit combined walk and wellbeing works group gathering.



Please note during the autumn/winter months the allotment group will meet every 1st & 3rd Monday of the month, usually 1-3pm.



[PUMPKIN PIE RECIPE](#)

750g/1lb 10oz pumpkin
or butternut squash, peeled, deseeded and cut into chunks
350g sweet shortcrust pastry
plain flour, for dusting
140g caster sugar
½ tsp salt
½ tsp fresh nutmeg
- grated
1 tsp cinnamon
2 eggs
- beaten
25g butter
- melted
175ml milk
1 tbsp icing sugar

Method

Place the pumpkin in a large saucepan, cover with water and bring to the boil. Cover with a lid and simmer for 15 mins or until tender. Drain pumpkin; let cool.

Heat oven to 180C/160C fan/gas 4. Roll out the pastry on a lightly floured surface and use it to line a 22cm loose-bottomed tart tin. Chill for 15 mins. Line the pastry with baking parchment and baking beans, then bake for 15 mins. Remove the beans and paper, and cook for a further 10 mins until the base is pale golden and biscuity.

Remove from the oven and allow to cool slightly.

Increase oven to 220C/200C fan/gas 7. Push the cooled pumpkin through a sieve into a large bowl. In a separate bowl, combine the sugar, salt, nutmeg and half the cinnamon. Mix in the beaten eggs, melted butter and milk, then add to the pumpkin purée and stir to combine. Pour into the tart shell and cook for 10 mins, then reduce the temperature to 180C/160C fan/gas 4. Continue to bake for 35-40 mins until the filling has just set.

Leave to cool, then remove the pie from the tin. Mix the remaining cinnamon with the icing sugar and dust over the pie. Serve chilled.

<https://www.bbcgoodfood.com/recipes/1742633/pumpkin-pie>



Interesting Reading...

BBC Article:

[Mental health: 10 charts on the scale of the problem](#)

By David Brown and Nick Triggle [BBC News](#)

At any one time, a sixth of the population in England aged 16 to 64 have a mental health problem, according to statistics body NHS Digital.

Whether it is family or friends, neighbours or work colleagues, the chances are we all know someone who is affected.

And bearing in mind the figure leaves out less common conditions and is a snapshot in time, you could easily argue it is even more prevalent than that. Indeed many do.

With Prime Minister Theresa May expected to announce plans to improve care next week, these 10 charts show the extent of the challenge.

To read the full article please visit: <http://www.bbc.co.uk/news/health-41125009>



We are looking for

Volunteers

Have you experienced mental health issues?

Are you kind, compassionate and caring?

Do you want to make a difference?

Our volunteers are involved in:

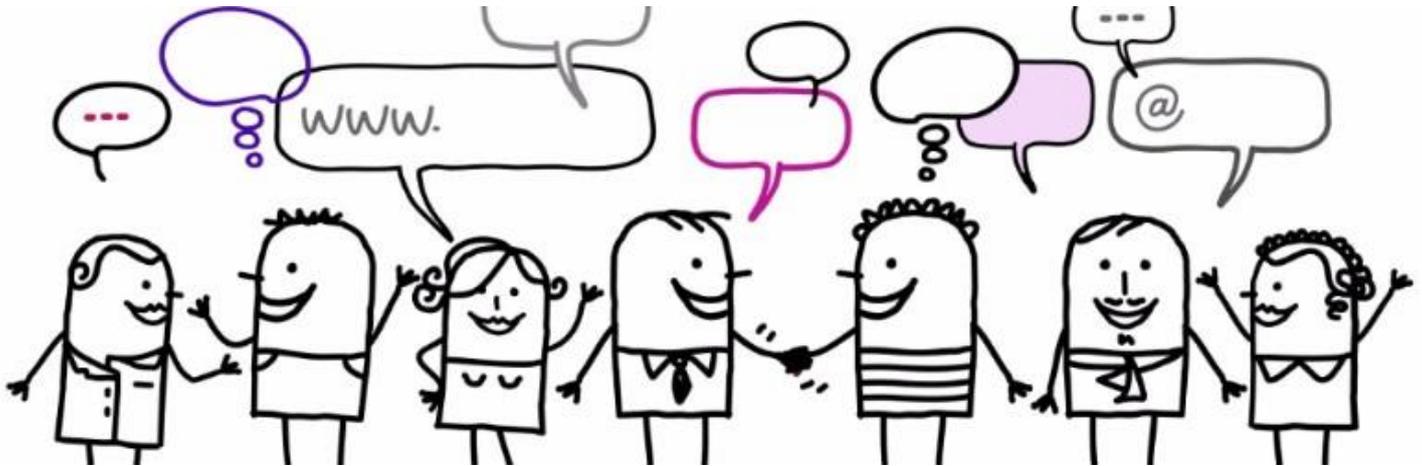
- The creation and facilitation of workshops and support groups
- Sharing their stories with young people to tackle stigma
- Supporting people in distress with our weekend support service 'Safespace'
- Presenting and producing our radio show
- Writing articles for the Healthy Minds Newsletter
- Leading Walks for Wellbeing



Younger volunteers are invited to get in touch with our Time Out team about volunteering opportunities within schools.

Healthy Minds is a dynamic charity dedicated to supporting people in their journey of recovery and challenging mental health stigma. Volunteers are vital in ensuring we can deliver exceptional services and meet the needs of all the people of Calderdale.

If you are interested in joining this energetic, fun and committed team of volunteers, please visit the website for more info www.healthymindscalderdale.co.uk or contact Cath on 01422 345154 or email cath@healthymindscalderdale.co.uk



Networking Event with Smartmove

An update from Adele and Nicola



On Friday 27th October 2017 Healthy Minds were invited to attend the Smartmove Networking event to showcase and promote our Healthy Minds groups including our new projects that will shortly be launched called Safespace and Timeout.

Safespace is an out of hours service for adults in fear of approaching crisis or in distress operating at the weekends between 6pm-12pm.

Timeout is aimed at all young people aged 13-19 providing a range of activities and support networks to promote emotional wellbeing.

We spoke to a number of Calderdale agencies and gave out information leaflets, it was great to have the opportunity to talk to people and promote our services as well as find out about other support agencies in the area. Following on from the success of this event we have suggested that Healthy Minds host a networking event for agencies in future.....watch this space!



Adele and Nicola



DATES FOR THE D

Healthy Minds at Todmorden Market!

Healthy Minds Calderdale will have a stall on Todmorden Market on **Thursday 7th December**. Come along and have a chat and find out more about what we offer in Todmorden. For more info call 01706 810311.



Co-Production Within Healthy Minds

A Co-Produced Article by Nicola, Ali, Kim, Septimus & Dianne

Since Healthy Minds began in 2007, co-production has been a fundamental principle underpinning our work with volunteers and those who use our services. It is the basis on which we design projects and means we can draw on a range of expertise, skills, knowledge and insights from people from all backgrounds.



To celebrate how we work, we have co-produced this article for the newsletter about co-production! Myself [Nicola], Ali, Kim, Septimus and Dianne met up over lunch to talk about how co-production works in Healthy Minds, why we do it and the value it can bring to volunteers, staff and participants.

So, why do Healthy Minds co-produce content/materials for workshops and courses with volunteers? Dianne suggested it was because *'we have never wanted to impose our will on people, we work in an inclusive way – we want to create workshops and courses that people genuinely want'*. The walking and allotment groups are evidence of this; volunteers and group participants approached Healthy Minds with the ideas that these groups would be beneficial for wellbeing, and these groups have gone from strength to strength.

Septimus explained *'using people's expertise and ideas was a way of creating action – ways of moving forward with your life, a way to improve your wellbeing – not just for yourself but for others too – in my experiences you do not have the same opportunities to move forward and help others in clinical settings'*. Ali agreed *'it improves services, it improves the organisation if you are responsive to what people want and need'*.

Septimus has volunteered with Healthy Minds since 2012. One of his earliest co-production experiences was working with Tamsin on the anti-stigma project. He and Tamsin co-produced the material for the mental health awareness workshops in schools. Kim, who started volunteering in summer this year, has also co-produced self-harm awareness workshops for use in secondary schools. Kim shares



her personal experience of her own recovery journey with young people in schools. She says *'talking about your experiences in a structured way, helps you to reflect on your past and make sense of it... being involved in volunteering and taking an active role in planning and the delivery helps you grow as a person, it gives you a focus in your life, a responsibility'*.

This echoes what the Scottish Recovery Network has to say on co-production *"it draws on what people have learned through their own recovery process. They can then use that experience and knowledge in a way that is both supporting and empowering to others."* (Scottish Recovery network)

Dianne a member of staff also found co-production a personally beneficial experience *'it's important for personal and professional development – it's enriching and gives the work you do an increased sense of meaning because it's authentic and genuine'*.

Co-producing materials has had a positive impact on Septimus's life outside of the organisation *'it motivates you to do something... I am a believer in education being effective in supporting positive mental health – when you do nothing, you become stuck and stagnant. I like to research – read about the content I am co-producing – continuous learning is great for your overall health'*.

Ali has volunteered for Healthy Minds since 2016. His first experiences of co-production was developing and delivering wellbeing workshops for people who used the St. Augustine's service. Ali was involved in creating accessible content and translating some of the concepts in Farsi to the participants. Of the benefits of co-production Ali said *'working with staff who listen to your ideas, value your knowledge and make something out of your contributions to benefit others is a real confidence boost – you feel a part of something, connected to people, it creates a sense of belonging because you're valued by others and helping others at the same time'*.

Co-production isn't always a smooth running process and can present some challenges. As Septimus pointed out - *'different personalities and different ways of expressing ideas, mean it can be difficult to have your say as the co-production meetings can sometimes be dominated by more 'outgoing' people'*. We agreed that sometimes careful management of group dynamics at co-production events is essential in order for everyone to be able to contribute. Dianne added *'the reason why we co-produce is to ensure we're working towards creating an equal playing field where there is no power imbalance, staff are not the experts, rather, we're all experts of our own experiences and have something unique to offer'*.

From my [Nicola] perspective as a course facilitator participants are impressed and pleased by the news that materials have been co-produced by people with lived experience of mental distress. We value feedback from participants and their suggestions help us to develop further courses. In this sense, the recovery courses and workshops almost become living, evolving pieces of work – this makes co-production and the co-delivery much more interesting and current. Not without its challenges, co-production has a wealth of benefits for all involved; a meaningful and enriching experience. Healthy Minds would like to say thank you to all those who have contributed to the process of co-production.



We'd also be keen to hear from volunteers or those who use our services of any suggestions for future courses, workshops, groups or projects. If you would like to know more about volunteering with Healthy Minds please contact Cath@healthymidnscalderdale.co.uk or call 01422 345154 or visit www.healthymidnscalderdale.co.uk

References

Scottish Recovery Network <https://www.scottishrecovery.net/what-we-do/> [accessed 9.11.2017]

THE POWER OF RUNNING TO BOOST THE MIND

AN ARTICLE WRITTEN BY CLAIRE GIBSON

The journey began in May 2017 when a friend managed to persuade me to go along to the first session of zero to 5k hero. It was a 9 week training programme designed to get people from beginners to running 5k (3.1 miles). Neither of us were sure if this would be for us and I would be lying if I didn't say I was apprehensive at the first session. However, the nerves were soon a distant memory and we loved every minute of it. It was extremely well organised by a local running club and everyone was so friendly and welcoming. The better I got each week, the more confident I felt and by week 9 I was ready to take on my first ever parkrun (a weekly timed 5k in the park). It was a big step up as I was part of nearly 900 people racing that day (around 100 of us heroes there for our first time). There were volunteers and spectators cheering us on throughout the course and the buzz of crossing that finish line was truly amazing. Parkrun soon became addictive and as my times improved each week so did my mental state of mind. Within an month I entered my first ever race – the Scammonden relay (5k), closely followed by the Leeds Road Trail Race (5k) and the Brighthouse 4k. I enjoyed the races even more than parkrun, the sheer excitement of having an actual race number pinned on my top and picking up my first ever medal.

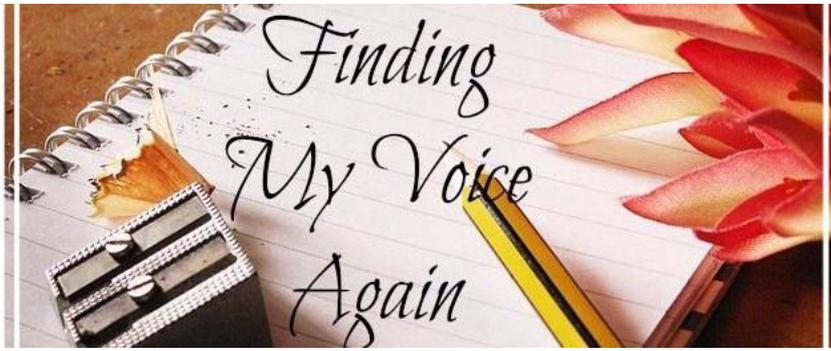


By November, came my biggest challenge yet – my first ever 10k (Leeds Abbey Dash) in a race of around 9,000 people. The crowd was amazing and after completing the race (6.2 miles) non-stop I felt so proud of myself. Although it's always nice to get a good time, it's about so much more than that. I have learnt that it's not about competing with other people in the race, but competing with yourself. Running socially with other people helps to keep the journey fun. I have only been running for six months, yet I have met some truly amazing people who will remain friends for life. Running may have many physical benefits, but for me (and many other people I have met along the way), it has an incredible power in boosting the mind.

Claire Gibson

**Finding my Voice Again –
a mental health journey**

Kate Armitage writes about living with disabling depression and anxiety.



Now is the time for panic. It's never too soon to panic. Short of actually writing the cards and wrapping the parcels, I am all prepared, but I am still panicking. Christmas is coming: words that spark anxiety every year, without fail. People. Crowds. Shopping. Jollity. Noise. Deadlines. Decisions. Responsibility. The need for organisation. The pressure for perfection. Give the right gift. Make your

home beautiful. Sparkle for the Party Season. Cook a glorious feast for the Big Day. Make your children happy. Buy this. Buy that. It can seem an endless cacophony of pressure. Is it any wonder that with three whole weeks still to go, I am already feeling the strain? Probably you are, too. For those of us who find it hard to cope with the tricks of the mind at the best of times, Christmas can threaten to push us right over the edge. The weight of expectation, whether imposed or self-generated, plays to our fears that we are inadequate, that we always get it wrong, that our lives are chaotic and unmanageable, that we are unloved and unloveable. It's a litany of self-criticism that threatens to crush all the joy from the season of giving and goodwill.

Yet there are moments to savour. To begin with, there is beauty – not the obvious promise of spring, nor the lush growth of summer, nor yet the mellow glory in decline of autumn, but a beauty based on revelation. Winter landscapes can be harsh and spare, but they have clarity. There is a sense of spaciousness in the emptiness of the high skies, the outline of valley slope and crest, the precise silhouettes of bare boughs in complex, self-contained patterns. Above all, there is a sense of timelessness, a pause in the great rush of seasonal growth and change. We humans are part of this. We may bring comfort to the darkness in the form of light, warmth, entertainment and feasting, but we, too, need a pause, a time for consolidation and renewal. We need to return to the essentials of life, those things that are most important to us, and gather strength from them. For those of us who struggle, there is a key to this: the gentle balm of self-acceptance.

Of all the processes entailed in recovery from trauma and illness, this is the hardest. It can feel like giving up. Despite this, I know that something new is needed, something beyond the never-ending cycle of failure, self-recrimination, driven but ineffective activity, and exhaustion.

So, this Christmas I have bought presents entirely by mail order, as shopping is an impossible ordeal. I have bought them early, over several weeks and have promised myself time to write and send cards. Other pressing matters will have to wait; I don't have sufficient stamina to cover all the bases. Last year I had a panic attack trying to do the Christmas food shop; this year, I will trust my husband to do this without "expert guidance" from me. He will be cooking Christmas dinner, too. My family will visit and they will bring food with them. Sounds thoroughly selfish, doesn't it? Lazy, even. Yet, by accepting my limitations, by resting, by appreciating the support of my family, I will be happy. I will feel safe and loved. I may even be blessed with the spirit of Christmas!

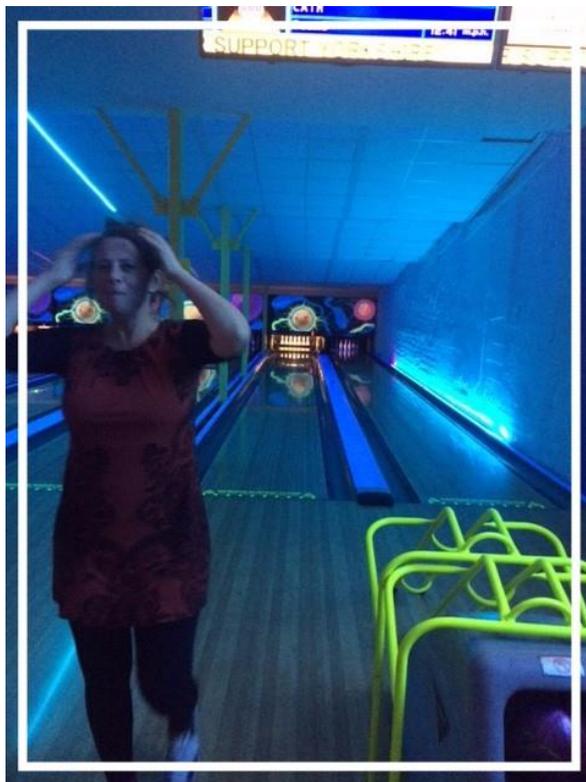


Kate Armitage

Out & About with Healthy Minds



Above: Ann and the walking group at Ripponden Reservoir.



Above: Cath 'failing to knock over any pins' at the volunteer bowling evening. Submitted by Ann
"They're not very clear but it was just such a lovely evening where everyone really enjoyed themselves and we spent so much time laughing"

Thank You

A huge THANK YOU to Jennifer Curtis who nominated Healthy Minds for Asda's Green token scheme and we WON! The amount of £500 was raised which is amazing! Thank you to Jennifer and of course to Asda!

Thank you for your generous donations!...

Lizzies Swim - Further £20.00 (in addition to £60.00 previous)

Teas and coffees - £71.28

Easy fundraising (online shopping) - £15.50

Asda Foundation Community Fund (public tokens vote) - £500

Total: £606.78

From all of us here at
Healthy Minds...
We wish you a very
Merry Christmas

healthy minds
A Calderdale Wellbeing Project

Offices closed:
Friday 22nd December - Wednesday 3rd January