

News from Mind TWS

Mind TWS is here and thriving

World Mental Health day is the tenth of the tenth of the tenth this year and Mind TWS wants to bring you **10 ways to wellbeing** and introduce you to our services.

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| Challenge | Advocacy in Mind |
| Awareness | Mental Health First Aid |
| Relax | Monday Morning Minds |
| Eat well | Food 4 Life |
| Manage | Self-management |
| Experience | SUCH |
| Participate | West Somerset Inclusion |
| Explore | Go Wild Stay Well |
| Think | 'Looking After Yourself' |
| Talk | Mindline Somerset |

We firmly believe that our services can support the wider community in which we live.

We have services for the public, services for business, services for the health and education sector, and much more. We want to bring those services to you.

Wellbeing Training

- We offer the nationally recognised Mental Health First Aid (MHFA) courses and from 2011 the Youth version for those working with young people.
- Bespoke mental health awareness sessions, adapted to the needs of the client.
- 10 week 'Self-management courses' supporting people on their road to recovery and improved wellbeing.

Please contact Claire Brown for further information claireb@mindtws.org.uk

Our Projects

- Advocacy in Mind support to have your voice heard
- Food 4 Life locally grown veg and supported volunteering
- Go Wild, Stay Well ecotherapy in Somerset's nature reserves
- 'Looking after Yourself' course supporting people to re-evaluate outlooks
- Mental Health First Aid awareness building course
- Mentoring support focussed on resolving a specific challenge
- Mindline Somerset Out of hours helpline
- Monday Morning Minds support in a café environment
- Re-engage support back into the community
- Self-management course exploring ways people can better manage their lives.
- SUCH holistic therapy for the community
- West Somerset Inclusion Project supporting rural and small communities.

Re-engage For people who are approaching discharge from the services of Somerset Partnership NHS Foundation Trust, as well as to those who have been discharged with an Orange Card. It focuses on short term goals in any aspect of life.

People who have experienced mental distress may encounter difficulties in many areas of their lives, and overcoming these is a powerful tool in recovery.

Our Re-engagement Worker, works with people as they make positive changes in their lives and increase their independence and personal development.

For more info. email: jema@mindtws.org.uk

Food 4 Life Thursdays 10.30 – 3.30

This is a great opportunity for supported volunteering in learning every aspect of running a community co-op. Different roles include: weighing and bagging up the fresh vegetables; taking orders and handling money; basic accounts and book keeping; meeting and greeting potential customers; making tea and coffee; advertising and promotional work; setting up and clearing up the café where the produce orders are collected. The co-op is supported by two members of staff whose roles are to facilitate and encourage as well as recruit and supervise. Volunteers are accepted from social support services as well as the Taunton Voluntary Actions do-it.org site (search for Team member Food For Life).

More details email: rosec@mindtws.org.uk



Go Wild, Stay Well

Project a Big Lottery funded Ecominds project and a joint venture between Mind TWS and Somerset Wildlife Trust. Supporting people who experience mental distress to access the therapeutic benefits of nature through 'ecotherapy' courses comprising of ten weekly sessions. Participants will take part in conservation work on several stunning nature reserves in the Quantock/Blackdown hills. Ecotherapy's benefits were proven by some research undertaken by Mind nationally in 2007, hence the establishment of Ecominds; a grant scheme run by Mind to allocate £7.5 million of Big Lottery funding to over 120 environmental projects, helping to get thousands of people to become involved in outdoor projects to benefit their mental health. In a recent article on The Ecologist website project manager David Topham said "Ecotherapy is just a posh way of saying "get into the natural environment, do something physical and you'll feel better about yourself. It's not complicated but it's very effective."

Participants can be referred through their GP or can self-refer. For more information email: davidt@mindtws.org.uk

MMM@Chamberlains,

North Street Church, Fore Street, Taunton.

Mondays 10 – 12.00

Monday Morning Mind at Chamberlains Café was set up with the aim to provide a supported volunteering opportunity for its service users as well as a community café where anyone seeking support with mental health. It is also a signposting service with information on other services provided by Mind and the wider community, as well as literature.

Anyone wanting to volunteer is given an application form and on return, an informal interview is offered by way of assessing the applicants' support needs before the process continues to the next stage.

This is a busy café where the volunteers serve members of the public with teas, coffees and squash. Homemade cake is baked on the premises by a volunteer with support from another volunteer and is always well received! For more information email: rosec@mindtws.org.uk

Mindline Somerset

A confidential mental health helpline offering listening and information services to anyone in mental distress or those around them.

You can call on **01823 276892** on Wednesdays, Friday, Saturdays and Sundays between 8pm and midnight.

We believe that is it important whatever the time of day or night you are calling you can speak to a real person so we work in partnership with the Taunton Samaritans, MindinfoLine and the WAND helpline (based in North Devon) to offer callers someone 24/7.



The service is manned by trained volunteers, and deals with calls ranging from suicidal crisis through to emotional distress and isolation. We use the Mind information management tool to provide a wealth of knowledge on the topic of mental health and have national and local resources that we can signpost callers to.

We are proud to be quality accredited with the Mental Health Helplines Partnership and members of the Helplines Association.



Advocacy in Mind

Advocacy in Mind was launched in March 2009 and is a 3 year project funded by Comic Relief. The team consist of a Project Manager and a dedicated team of 6 Volunteer Advocates.

The project aims to enable people with mental health issues to have more of a say in decisions affecting their day to day lives and become more independent, and to challenge the discrimination they face and reduce the stigma associated with mental distress. Adults of working age (18-65) living in Taunton Deane and West Somerset can access the service if they would like support from an advocate to help them get their voice heard, around a particular issue causing them concern. Advocacy in Mind has assisted people with a wide range of difficulties including support with Community Mental Health Teams, GPs, benefits, housing, debts, employers and care providers, by facilitating communication and access to services.

Clients (or “advocacy partners”) can refer themselves to Advocacy in Mind directly, and are initially seen for an assessment appointment, to find out more about the issue(s) and their desired outcome, then are allocated a named advocate to work with them on an agreed plan for as long as needed. Advocates provide information so that advocacy partners can make choices about their options, encourage people to speak up for themselves, represent their views and wishes to service providers, and ensure they are treated fairly and with respect. Advocates empower individuals who may otherwise be at risk of social exclusion and discrimination, to promote equality.

Advocates from Advocacy in Mind, Mind.

For more information

email:bethanf@mindtws.org.uk



Pictured Chris Rugg one of our Award Winning Advocates

Self Management

For those who are ready to build on their strengths and start making their own choices. They will develop strategies for taking control and playing a greater part in the community.

People on this course work towards setting goals and developing skills to look after themselves on their journey to recovery. The group encourages taking personal responsibility by raising confidence and improving problem solving. Getting better at dealing with different aspects of our lives leads to an overall increase in well-being.

The course takes place in a relaxed, supportive group setting, exploring areas where participants can develop the skills to manage their own recovery.

There are nine weekly sessions on topics such as confidence building, managing mood, setting goals and budgeting. Participants will also complete a Wellness Recovery Action Plan to identify the things that keep them well and ways of dealing with difficult times.

Those who have attended the course have made real changes for the better in the way they manage their lives, and as a result, many of them feel much happier and contented.

For more information email: jema@mindtws.org.uk

The Wobbly Bus Stop

Meet at a local cafe

Wednesdays 10 – 12.30

The Wobbly Bus Stop is the name chosen by the core group of Peace of Mind ex-service users who are now meeting in The Old Vic Café.

This is a peer supported group with use of a quiet room just off the main café area.

The aim is to have somewhere 'safe' and independent of Mind to continue to meet as a group of friends. They are a small group who are happy to include anyone else who are known to them and in need of support. However, they have requested that anyone new coming to them through support services approach Mind TWS first.

Mind TWS involvement with this group is minimal, with a volunteer from the previous women's group supporting them whilst they become established, and when she is unavailable, the group can ring the main office. For more information email: rosec@mindtws.org.uk

West Somerset Inclusion Project

- **Advice and information about all aspects of mental health**

We act as a resource centre for people with mental health and emotional issues, and for their families.

- **Drop-in support groups across West Somerset**

This means we encourage people to develop skills or strategies to manage their lives.

- **One-to-one support**

We can offer short-term one-to-one support to help build confidence, motivation and self-esteem.

- **Workshops**

We also run workshops to raise awareness of mental health issues in the wider community.

Also:

- **Relaxation Groups**
- **Cooking for one**
- **Allotment Project**

Contact Deb at Minehead as below.

Contact us

For more information on any of our work you can contact us at:

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