

# Peace of Mind art exhibition attracts lots of visitors

“Inspirational”, “an excellent achievement” - just some of the words used by visitors to Taunton library in March to describe an exhibition of art by Peace of Mind - Mind in Taunton & West Somerset’s community based support service.

Artwork ranged from sketches and paintings to sculptures and stained glass and everyone was thrilled to have had the chance to display their work as part of a public exhibition.

The exhibition was very well received and feedback from the event was very positive, as you can see from the comments below:

*“Lovely free expression and use of colour”*

*“The exhibition was alive. You could feel the expression!”*

*“Some very powerful work here – some painful, some tortured, some other. The Easter eggs hanging on corkscrew twigs standing in water I could have immersed myself in for at least another hour. Thank you.”*



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## Three year grant success

Mind in Taunton & West Somerset is celebrating this month after receiving the news that we have been awarded a grant of £29,192 from Lloyds TSB Foundation for England and Wales. The grant is to go towards vital core salary costs over the next three years and we are delighted with the extra security that this grant will bring.

“At the beginning of the financial year it’s fantastic to receive such a boost,” said Stuart Hooper, Mind in Taunton & West Somerset’s Chief Executive. “The Lloyds TSB Foundation has been a great supporter of us in the past and this grant will enable us to continue to support and campaign on behalf of mental health service users.”

 Lloyds TSB | Foundation for England and Wales

## New online fundraising tool

Do you have an idea for a sponsored event or activity you would like to do? Are you put off by the prospect of collecting sponsors and cash?

We have the solution.



We have teamed up with Bmycharity – an online fundraising service – so that you can set up your own fundraising page and collect money online. The money comes direct to us, meaning no need for sponsor forms and no time spent collecting up monies.

Using Bmycharity to raise money for Mind in Taunton & West Somerset through online events fundraising is quick, easy, free and fun. All you need to do is:

- ◆ register
- ◆ set up your fundraising homepage
- ◆ email your personal homepage link to friends worldwide

It is very straightforward and even someone with very basic computer knowledge can be set up in under five minutes. You can use your page to promote your event and to track your fundraising progress. No matter what the scale of your fundraising – be it £10 or £10,000 – every penny counts.

Visit our online fundraising page at [www.bmycharity.com/mindtws](http://www.bmycharity.com/mindtws) to get started.

## Peace of Mind update

As you may be aware, we have successfully run a day service in Taunton for many years, funded by Somerset Partnership NHS & Social Care Trust. Following recent discussions, we have been awarded a further 12 month extension to this contract. There have been many positive changes locally in mental health services, and Peace of Mind has been part of a review of all day services in Somerset.

The results of this review and the need for all services to be recovery orientated mean that day services are evolving. There will be significant changes within Peace of Mind over the next few months, and we hope that service users, carers and referrers will bear with us! We are working with our current service users to better understand their needs, and also to try and design services for people who may not need a ‘day service’ as such, but still need support.

We will always provide a safe, therapeutic environment for service users, but we also want to assist people in ‘moving on’ – not necessarily from Peace of Mind, but in other areas of their lives. We will support service users in managing their own lives, taking opportunities that arise, and hopefully leading fulfilling lives.

The stigma and negative associations of a mental health diagnosis should not stop a person having the same opportunities and privileges that we all enjoy within our local communities. To achieve this we will need to work in new ways and we hope that you will support us in making these aspirations a reality.

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# Mind week: 10-17 May 2008

## In the red - debt, poverty and mental health

Every year Mind nationally holds an awareness raising week linked to some aspect of mental health. This year the focus is on debt, poverty and its impact on personal health and well-being.

The media is filled daily with stories about falling house prices, credit crunches and out of control personal debt but Mind's research *In the red: debt and mental health* shows that debt is not just a financial problem. Being in debt or having money worries can have a serious impact on a person's mental health in terms of anxiety and stress, depression, self-harm and suicidal thoughts. It can also contribute to the wider problem of social exclusion.

This year's Mind week campaign is aimed at highlighting the need for better support from the financial services, banks and local authorities for people with mental health problems and debt difficulties.

Mind's research looked at the experiences of debt among 1,804 people living with mental distress or using mental health services. The survey showed that a significant number of people were struggling financially and finding it hard to make repayments.

There was also a clear reluctance to disclose mental health problems for fear of not being treated fairly afterwards.

63% did not tell creditors about their mental health problem because they didn't think they would understand and of people who *did* tell them, 74% felt that they were treated unsympathetically and insensitively by staff.

For financial information and debt advice you can visit the new area on Mind's website at: [www.mind.org.uk/money](http://www.mind.org.uk/money).

### Volunteer listeners needed

You can make a difference to someone's life!

- Are you a good listener?
- Do you have 3 evenings a month to give?
- Would you like to develop your skills?

We are looking for volunteer listeners to work with Mindline Somerset, our telephone helpline. Full training and ongoing support is provided. If you live in Taunton or the surrounding area and think you could support callers who are experiencing emotional distress, please telephone 01823 334906 or email [Andrew.pritchard@mindtws.org.uk](mailto:Andrew.pritchard@mindtws.org.uk)

## Challenge yourself to make a difference

Mind in Taunton & West Somerset has teamed up with Charity Challenge to offer supporters the adventure of a lifetime. From trekking across the Sahara to cycling the Kathmandu valley there is something to suit everyone.

Charity Challenge is not just about raising money, nor is it purely a physical trial - it is about pushing yourself to the limit - physically and mentally, meeting new people, experiencing different cultures throughout the world and achieving personal goals.

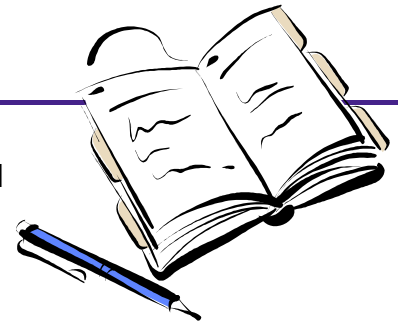
Charity Challenges are something out of the ordinary. Why go on a regular holiday when you can experience adventure, get fit AND raise money at the same time?



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# Dates for your diary

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**Every Thursday: Food co-op** at Chamberlains Café, North Street Congregational Church, Taunton. Fresh, local, organic food straight from the farmer. Orders need to be placed a week in advance. You can place your order through our Taunton office or by coming along to the café on a Thursday afternoon.

**10-17 May: Mind week.** Week of campaigning and awareness raising focused on debt and mental health - see page three for more details about Mind week.

**Every Wednesday, Friday and Saturday, 8pm - midnight** you can call Mindline, our out of hours telephone helpline. Mindline offers information, listening and support to anyone in emotional distress as well as carers, friends and families of people with mental illness.

## Making your voice heard

Mind in Taunton & West Somerset are pleased to announce that their CEO, Stuart Hooper, has been successfully appointed to the Members Council of Somerset Partnership NHS & Social Care Trust; in anticipation of their Foundation Trust status being agreed very soon.

The Members Council will have an important role in monitoring the Trust's performance, assisting the Board of Directors in setting the strategic direction of the Trust, and appointing the Chair and Non-Executive Directors of the Trust.

"I am very grateful to Somerset Partnership NHS & Social Care Trust for seeking representation from the voluntary sector on the Members Council" said Stuart. "As a mental health charity, it is important that we are involved in shaping local mental health services and ensuring that the views of service users are represented".

## Thank you...

...to everyone who has supported us with grants and donations over the last few months, including:

The Charlotte Marshall Charitable Trust

The Woodroffe Benton Foundation

The Albert Hunt Trust

The S C and M E Morland's Charitable Trust

Lloyds TSB Foundation for England and Wales

Pennon Group Plc

The Carpenters' Company

The Mary Webb Trust

Summerfield Developments Ltd

Thank you all for your support!

## We need your contributions

Do you have something you would like to put in the next edition of Mind update? If so, please contact Jo on 01823 334906 or email on [JoM@mindtws.org.uk](mailto:JoM@mindtws.org.uk)

The deadline for articles for the next edition is:

**15 June 2008**

## Contact us

We welcome feedback on any aspect of our work - good or bad!

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