

Silver jubilee year for Mind in Taunton and West Somerset

HAPPY Birthday to Mind in Taunton and West Somerset.

We are celebrating our silver jubilee this year. Mind TWS is a fantastic 25 years old in 2007 and continues to deliver vital services for those experiencing mental ill health or emotional distress.

We have seen a lot of changes so far this year; some of our long standing staff have gone on to new opportunities and we have some new faces to welcome.

There will be many ways to support Mind TWS this year, through fundraising or volunteering. So let's make this a year to remember.



West Somerset celebrate five-year funding win

GREAT news for West Somerset! The Inclusion Project has received funding for a further five years.

“We are delighted that Deborah Melmoth will be project manager for West Somerset.” says Stuart Hooper, Chief Executive. “We are thrilled to have received this funding from the big lottery fund and are very pleased to have Deborah bringing her wealth of knowledge and experience to the project”

The project hopes to move soon to new premises offering better facilities for clients.

National Mind week

Mind week this year runs from May 12 – 19 and Mind in Taunton and West Somerset will be focusing on ways to reduce stress. The theme is reconnecting with the environment and getting green exercise.

According to Maggie Rowan from the SUCH project, one of the best and simplest ways to manage stress is to go for a walk in the fresh air.

Thanks to star volunteer

Mind TWS would like to thank volunteer Robert T. Riley for his untiring fundraising efforts.

So far Robert has almost single-handedly run the Autumn raffle, the Easter egg raffle and the battle of the bands charity collection, raising almost £1000 for Mind TWS. And he still has more ideas up his sleeve!



LEFT: Robert is pictured at the Easter egg draw, held at the beginning of April at the O'Bridge Brewer's Fayre, Taunton

Therapy Project

THE Therapy Project, Mind in Taunton and West Somerset's subsidised therapy service, is hoping to recruit two more therapists shortly. This will mean there will be spaces available to take on more clients.

Please contact the office on 01823 334 906 if you would like more information.

CONTACT US

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Fond farewells

SADLY we are saying goodbye to Development Manager Lindy Booth who has helped Mind TWS develop and grow in the eight years she has been here. Lindy has joined Vista but will still have links with Mind TWS.

We'd like to thank her for her hard work and wish her all the best for the future.

We would also like to say goodbye and good luck to Emma Spiller who has been coordinator of Mindline Somerset for five years and who has worked tirelessly towards its success.

Volunteer week

THIS will be from June 1 -7 and we would like to hear from projects about their volunteers so that we can acknowledge all their hard work and dedication.

Jo Middleton, Supporter Services Coordinator explained that "volunteers are the lifeblood of small charities. Mind in Taunton and West Somerset would not be here if it weren't for the commitment and enthusiasm of our volunteers."

Newsletter news

THIS is our new look newsletter and we want to make sure that everything about it is right.

Of course we think that Mind TWS is incredibly interesting and vitally important but if you would rather not receive information on projects or fundraising events please let us know by emailing: mail@mindtws.org.uk or call the office on 01823 334 906

Fly a kite for mental health

With the West Somerset Inclusion Project

WEST Somerset Inclusion Project will be flying kites from North Hill in Minehead on Thursday May 10.

"It's all about getting involved, doing exercise and being connected with the local environment" says Deborah Melmoth, project manager.

The Thursday evening social group will meet at 6pm at Lutterall Gardens with a selection of home-made kites to fly on North Hill at 6.30pm.

To continue with the theme of stress busting green exercise, the West Somerset Monday morning coffee group will be taking their coffee into the park on Monday June 14.

The group will be working with Art Life, taking photos of the local area as part of the forthcoming stress busting project to produce a series of information posters on dealing with stress. The final posters and displays will be shown at an exhibition at the Dunster Show in August.

Art Life will be working with the West Somerset project to make art through photography and assisting with the production and printing of the posters. According to Deborah, "this project offers lots of new skills such as photography and computer skills, as well as making sure we take time to relax and reduce stress."

Mind TWS Carnival Celebration

NOT only are we celebrating our jubilee but this year we will be partying with the whole of Taunton as their official carnival charity.

We are thrilled that we have been chosen along with two other local charities to receive a proportion of the takings during carnival and across the year.

Mind TWS will need plenty of enthusiastic volunteers on the evening of October 20 to carry collection buckets for Mind in Taunton and West Somerset.

It will be a great opportunity to be part of the community, have fun and fundraise for all the wonderful and important projects Mind TWS runs.

So any help you are able to give on carnival night will be of great value to Taunton and its local charities.

Prepare for launch

Mind in Taunton and West Somerset is offering adventurous supporters the chance to complete a sponsored skydive for free.

For many jumpers it is the thrill of a lifetime – freefalling through the air at 120 mph – definitely an achievement to be proud of.

You need to raise a minimum amount of sponsorship, depending on the kind of jump you do, but the sky's the limit!

Jo Middleton, Supporter Services Coordinator at Mind TWS, recently launched the skydiving campaign by completing a jump herself. "I am really glad I did it," said Jo "it was certainly an adventure!" Check out the website for a blow by blow account of Jo's experience.

If you would like to find out more about doing a jump you can contact Jo at the office on 01823 334906 or email josephinemiddleton@hotmail.com