

# August e-news bulletin

Welcome to the August edition of Mind in Taunton and West Somerset's e-news bulletin. We would like this news to reach as many people as possible so do please feel free to forward it on to anyone you know who might be interested. If you have been forwarded this email but would like to be sent it directly every month then please email me at [jom@mindtws.org.uk](mailto:jom@mindtws.org.uk) and I will add you to my mailing list.

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## New Development Worker for Somerset Mind

We have recently been awarded a grant to recruit a Development Worker to work jointly with the three Mind associations in Somerset. The aim of the role is to develop and promote the Somerset Mind brand, including the coordination of a programme of mental health awareness training that we'd be able to offer to other organisations across Somerset. The job advert is attached – for an application pack please email [jom@mindtws.org.uk](mailto:jom@mindtws.org.uk). Closing date for applications is August 29.

## Latest national news – treatment waiting times

A study by a group of leading mental health charities was published at the end of July which showed that the lives of those stuck on long NHS waiting lists for psychological treatments are being damaged as a result. According to the report mental health problems can worsen, relationships can break down and some people are forced to take time off from work - or give up a job completely – while they wait for treatment.

National clinical guidelines recommend that psychological treatments, such as cognitive behavioural therapy and psychotherapy, should be made available on the NHS. But such therapies remain difficult to access and the wait for patients is long – often more than six months, sometimes years.

You can read a copy of the report – ‘While we are waiting’ – here:  
<http://www.mind.org.uk/NR/rdonlyres/FBC70E3F-15E5-492D-8D53-D38397409DE6/0/WhilewearewaitingJul08.pdf>

## September street collection

On Saturday 6 September we will be holding a street collection in Wellington town centre. To raise as much money as possible we need lots of volunteers to help on the day. If you can spare an hour or two and would like to support us then please contact me – [JoM@mindtws.org.uk](mailto:JoM@mindtws.org.uk). We will be very grateful for any time you can spare.

## KIA for sale

Are you looking for a great value MPV in good condition with very low mileage? Then look no further! Due to the changing nature of our projects we no longer have a need for our Kia Sedona and are looking to sell. We have owned the vehicle since new and paid over £13,000 for it in 2002. It is in excellent condition and has done less than 25,000 thousand miles in six years. We are offering it for sale at only £3,500 – a bargain! For more information or to arrange a test drive please contact me at [jom@mindtws.org.uk](mailto:jom@mindtws.org.uk)

## Shop online and earn us money for nothing!

Attention online shoppers – How would you like to raise money for Mind in Taunton and West Somerset *at no costs to you*, just from doing some shopping? We have teamed up with **buy.at** to offer supporters the chance to earn us commission on their online purchases.

When shopping online, you can access over 100 leading retailers - such as Amazon, Tesco, Thorntons, Marks & Spencer and John Lewis - using our webshop. Every time you use our webshop to go to a retailer's website and subsequently buy something, you'll automatically earn money for us! It's not just shops either – there are fantastic offers on mobile phones, DVD rental and many other things.

You don't pay anything extra by using our webshop, so please try to use it whenever you can. Please spread the word. Thank you!

Find our webshop at [www.buy.at/MindTaunton](http://www.buy.at/MindTaunton) - check out the A-Z before you shop to see if your retailer has a link.

## Thank yous

Thank you very much to volunteers Robert Riley and John and Lorraine Charnley for collecting for Mind in Tesco in July. Robert, John and Lorraine collected £380 over two days – an excellent achievement! Thank you also to Tesco for letting us hold the collection in the store.

Thank you to National Mind for a grant of £14,000 to allow us to employ a Somerset Mind Development Worker.

**PLEASE TELL A FRIEND** – Please forward this e-mail to anyone who you think might be interested in finding out more about Mind in Taunton and West Somerset.

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