

Happy New Year! And what a great start we have had - I returned to work from my Christmas holidays to find two cheques waiting for me in the post! A huge thank you to the Alchemy Foundation and the Souter Charitable Trust for their donations towards Mindline, our telephone helpline. We are hoping that this is a good sign of things to come as we have a lot of grant applications pending – fingers crossed please!

Please enjoy this New Year newsletter - I look forward to keeping you up to date as 2008 unfolds.

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### **Coffee afternoon**

Enjoy a welcome afternoon break with a cup of tea or coffee and homemade cake at the YMCA, Lisieux Way, Taunton on Wednesday 30 January, 2.30pm to 4.30pm. This event is being organised by two of our new volunteers, Lorraine and John, to help raise awareness of Mind in Taunton and West Somerset. There will be a free prize draw on the day so if you are able to pop in and support the event you may walk away with some Marks & Spencer vouchers....

### **Launch of new Dulverton outreach service**

The West Somerset Inclusion Project is beginning its new outreach programme with the launch of a service in Dulverton offering information and advice on all aspects of mental health. Staff from the Minehead office will be in Dulverton Town Hall every Thursday between 12noon and 2pm. If you would like any information about mental health issues or would like to talk to someone about what services you would like to see in Dulverton please do go along – anybody is welcome to drop in.

For more information on services in the Minehead area you can call the Minehead office direct on 01643 708765.

### **New Year's Resolutions**

Have you made any resolutions this year? Perhaps you have a couple of hours a week to spare and are considering doing some voluntary work? If so then look no further! We have a whole host of volunteer opportunities available with something

to suit everyone. From joining the Board of Directors to simply putting up a poster in your local shop there are lots of different ways that you can make a difference.

For more information about volunteering or to request an information pack please contact me on 01823 334906 or email me on [JoM@mindtws.org.uk](mailto:JoM@mindtws.org.uk).

### **Adventurous people wanted!**

This year we are offering our supporters the opportunity to make a 10,000ft freefall parachute jump – and we want to pay for it! No experience is required – there is training on the day – and if you raise the minimum amount of sponsorship you really do get to jump for FREE!

Skydiving really is one of those things that everyone should do at least once in their lifetime – a truly exhilarating experience, an achievement you can be really proud of.

All monies raised over the cost of the jump go directly to helping local people in emotional distress.

For a free information pack contact me on 01823 334906 or [JoM@mindtws.org.uk](mailto:JoM@mindtws.org.uk).

### **Ideas please...**

We are thinking of holding one or a series of informal events aimed at anyone interested in finding out more about what we do and issues around mental health. We are also considering running more formal mental health training sessions – perhaps half day workshops – covering different aspects of mental health including diagnosis and treatment. If you would be interested in either of these types of event please let us know. Perhaps there is a particular topic you would be interested in finding out more about or an area you would like some training in? We would love to hear your ideas.

### **Give your unwanted presents to a good home**

I was a very lucky girl this Christmas and loved all my Christmas presents - but then I did provide my family with a detailed list (including weblinks). If however you found yourself awash with unwanted toiletry sets and other gift boxed goodies what not let us take them off your hands? Your surplus stocking fillers could become much loved prizes in one of our 2008 raffles – festive recycling at its best...

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.