

# July e-news bulletin

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## Peace of Mind sculpture course is a big hit

A ten week sculpture course, led by local tutor Jane Embleton, has proved to be very popular with Peace of Mind service users, who had the chance to try their hand at a variety of techniques including clay head modelling and willow and tissue sculpture.

Lynda, a regular to the sculpture group, has really enjoyed having the opportunity to try something new. "It has opened up my world where art is concerned" explained Lynda. "I can't draw but I have created some things out of pottery and modroc. I created a little girl and a dog, similar to my dog Nyree (see picture right). The little girl is me in my childhood with my head bowed down, feeling shy, and it depicts the abuse I suffered, so enabling me to revisit 'Little Lyn' in my counselling therapy"

## A right royal treat!

Royal cake maker, Graham Chubb, is to reveal the secrets of successful baking at a talk in support of Mind in Taunton and West Somerset on July 16. A third generation baker, Graham has made 18 celebration cakes for members of the Royal family during his 50-year career. The most recent of these was a two-tier cake for the diamond wedding of the Queen and the Duke of Edinburgh.

His talk will introduce his experience in the baking industry, and describe how he started making cakes for Royal occasions, illustrated with pictures and letters from Buckingham Palace. The audience at his talk, to be held at the Minehead Methodist Hall at 11.00 a.m. on July 16, will also have the opportunity to taste Graham's fruit cake, and win a decorated cake in a raffle.

Entrance to the event, to include tasters of Graham's cake and the raffle, will be £2 payable on the door. There will be refreshments available.

## **Ironman triathlon challenge**

Bridgwater athlete Alice Hector will be showing everyone what she's made of on 7 September as she takes part in the Ironman UK Triathlon in Sherborne. Alice is using the event as an opportunity to raise awareness and money for Mind in Taunton and West Somerset, having had her own experience of depression in the past.

The gruelling event consists of a 3.8k swim, an 180km bike ride, followed by a 42.2 km run - the equivalent of a marathon. Alice is looking forward to the event and to challenging public perception of mental illness. "The money I raise will help both researchers and the public understand more about mental health and erase the taboo that surrounds it" Alice told us. "As a previous sufferer of depression myself, I know how debilitating the illness can be and I would love to do my bit to help others in the same boat "

If you would like to do your bit to support Alice you can send donations to our office in Canal Road, marking your envelope 'Ironman' or donate directly through Alice's online fundraising page at

<https://www.bmycharity.com/V2/event.aspx?e=1069d682-92a0-4a66-9315-0ce60e3df60a>

## **Suicide awareness training**

Andy Pritchard, Mindline Manager, delivered a 'Suicide Awareness: What can we do to best support those at risk' session at Minehead to volunteers and staff at the West Somerset Inclusion Project.

The session involved discussion on the moral issues involved and what can be done to reduce the taboo nature of suicide and increase openness to talk about suicide, allowing those at risk to feel able to come forward and gain support. The group looked at signs to look out for, things that can help, and what sources of support there are. Andy hopes to in the future be able to offer this session to interested parties in the community.

## Send us your phones and help us run ours

Another easy and FREE way to raise money for Mind in Taunton and West Somerset...

Most mobile phone users will have an old handset somewhere at home that they no longer use because they have upgraded to a newer model. Send us your old mobile phones and we can recycle them and turn them into much needed cash that could be used to fund Mindline Somerset, our out of hours telephone helpline. Mindline is currently open three evenings a week from 8pm – midnight. Mindline acts as a crisis prevention service for those experiencing mental ill-health and offers listening and support to carers, friends and families of people with mental illness. We are often the only point of contact locally for people within the mental health system. You can call Mindline on 01823 276892.

You can drop your unwanted phones into our office or post them to us at The Market Building, Canal Road, Taunton, TA1 1PN. Thank you!

**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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