



For better  
mental health

## May 2008 e-news bulletin

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### Lydia falls for Mindline

Mindline volunteer Lydia Eeles showed her commitment to the cause this month by jumping out of a plane to raise money for the telephone helpline. Lydia, 18, completed her Mindline listener training last year and wanted to do a sponsored skydive to contribute towards the vital funds needed by Mindline to support callers in emotional distress.

“The jump was amazing,” said Lydia “I really enjoyed it and would love to go back and do the rest of the qualifications. On the actual day of the jump I was so excited, I couldn't stay still!”

If you would like to take part in a sponsored skydive please contact [jom@mindtws.org.uk](mailto:jom@mindtws.org.uk) for an information pack. No previous experience is required and if you raise the minimum amount of sponsorship you get to jump for free!

### Charity Challenge

Mind in Taunton and West Somerset would like to offer you the chance to take part in a life changing overseas adventure, while at the same time raising significant funds to enable us to continue to support people with mental health problems across Somerset.

We have partnered with Charity Challenge who offer treks, bike rides, mountain climbs, horse riding and white water rafting challenges throughout the world. If you are looking for an exciting way to spend your next holiday, a way to mark a big birthday or special anniversary, why not help Mind in Taunton and West Somerset at the same time? For a copy of the latest e-brochure with a full list of events please email [jom@mindtws.org.uk](mailto:jom@mindtws.org.uk).

## Buy now give later

Leaving a legacy to Mind and Taunton and West Somerset is one of the most meaningful and enduring gifts you can give. Any gift you leave in your will, whatever the size, will directly benefit people in Somerset in emotional distress. Whether you have already decided to support us through the gift of a legacy or would just like more information about how you can include us in your will it would be lovely to hear from you. You can email [jom@mindtws.org.uk](mailto:jom@mindtws.org.uk).

## Is it time for you to get involved?

Do you have an interest in mental health? Have you or someone you know used mental health services in Somerset? If your answer is yes to either of these questions, why not go along to your local, friendly SUN group and find out how you can make a difference.

Involve Somerset is a local service where people with experience of mental ill-health can gain personal growth and self confidence through involvement with their communities.

Involve Somerset offers the chance to:

- Have your voice heard
- Become involved with influencing service development
- Learn new skills and develop self confidence
- Meet others with similar experiences at your local SUN group

If you are interested to know more you can email [admin@smhupc.freemove.co.uk](mailto:admin@smhupc.freemove.co.uk) to subscribe to a free newsletter packed with news and events or to find out how to join your nearest SUN group.

The next West Somerset SUN group is on Thursday 12 June, 1.30-3.30pm at the Adult Learning and Leisure Centre, Bridge Street, Williton.  
Call your local Involvement coordinator – Jonathon Yelland on 01278 741174 if you need help with transport or would like to find out more.

## Mobility Awareness Day

Barcroft Hall gardens and wildlife area will be holding a 'Mobility Awareness Day' on 15 June in conjunction with the National Garden Scheme. Often no provision at all is being made in the countryside for people who have mobility difficulties, with poor surfaces, many stiles and other obstacles to negotiate.

The aim of the day and the simultaneous launch of 'Discrimination Trails' is to make other landowners, regular walkers and the authorities aware of how challenging this can be.

[www.mobilityawareness.org.uk](http://www.mobilityawareness.org.uk) is due to be fully launched soon. Anybody who feels that they cannot use a footpath because it has not been prepared for them and can easily be converted to accommodate their requirements, can nominate the trail as a 'Discrimination Trail' reporting the issue to gain support. These issues will be directed over the internet to the local authorities starting with the Somerset area as a pilot.

Please give this event your full support. Contact Brian Herrick on 01460 240454 or email [Brian.Herrick@machinecontrol.co.uk](mailto:Brian.Herrick@machinecontrol.co.uk)

**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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