

Hello! I was hoping to be able to say something positive about the weather and the springing of Spring in this newsletter but all I can see when I look out of the window today is grey cloud and howling winds! Despite the gloom outside however we are feeling very positive *inside* the office – ongoing funding for Peace of Mind has been agreed and there are plenty of potentially exciting developments on the horizon. You can read about some of them below and don't forget you can email me on JoM@mindtws.org.uk if you'd like any more information about anything.

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Funding secured for Peace of Mind

Peace of Mind, our community based support service, has received funding for the next 12 months. Peace of Mind is funded by Somerset County Council and Somerset Partnership NHS and Social Care Trust. It provides one to one support, group work and a drop in service for people in the Taunton area experiencing mental health problems. Similarly, our Minehead based support service has also received 12 months funding to provide support in the West Somerset area. Both services are accessible by referral only – staff will support individuals in coping with their illness, and assist them in their recovery journey through self management, activities and one to one support

In seroxat we trust?

You may have read in the press recently that the Medicines and Healthcare products Regulatory Agency (MHRA) has concluded its investigation into GlaxoSmithKline (GSK) and its antidepressant drug Seroxat. The MHRA is the government agency which is responsible for ensuring that medicines and medical devices work, and are acceptably safe. The inquiry was prompted by concerns that GSK had not been fully disclosing results from its clinical trials – choosing to keep to itself evidence of the potential harmful side-effects of the drug.

You can read Mind's response at

<http://www.mind.org.uk/News+policy+and+campaigns/Press/mhra06-03-08.htm>

You can find out more about the study's findings through the MHRA website at

<http://www.mhra.gov.uk/Howweregulate/Medicines/Medicinesregulatorynews/CON014153>

Donate now (please!)

Did you know that you can make a secure one-off donation to Mind in Taunton and West Somerset online? This service is run by Charity Choice in association with The Co-operative Bank and is completely secure *and* free of charge. No admin fees are taken at either end meaning 100% of your donation comes direct to us. Please make a donation now: <https://www.charitychoice.co.uk/donation.asp?ref=154149>

Your donation to Mind in Taunton and West Somerset will help us to continue our work and offer our vital services to change the life of people experiencing mental distress.

Food for life

Food for Life is a food co-operative run by Peace of Mind selling locally grown, organic vegetables. Produce is delivered in bulk by a local farmer each week and service users sort and package the vegetables ready for sale. There are different sized bags to suit every family and every pocket. When you buy your weekly vegetables from Food for Life not only are you reducing food miles, you are also supporting local people with mental health problems to gain valuable work experience.

We are currently looking for volunteers to help with all aspects of the project. If you would like to find out more about Food for Life or would like to set up an order you can call Peace of Mind on 01823 334906 or email peaceofmind@mindtws.org.uk

New online fundraising tool

Do you have an idea for a sponsored event or activity you would like to do? Are you put off by the prospect of collecting sponsors and cash? We have the solution.

We have teamed up with Bmycharity – an online fundraising service – so that you can set up your own fundraising page and collect money online. The money comes direct to us, meaning no need for sponsor forms and no time spent collecting up monies.

Using Bmycharity to raise money for Mind in Taunton and West Somerset through online events fundraising is quick, easy, free and fun. All you need to do is:

- register
- set up your fundraising homepage
- email your personal homepage link to friends worldwide

It is very straightforward and even someone with very basic computer knowledge can be set up in under five minutes. You can use your page to promote your event and to track your fundraising progress. No matter what the scale of your fundraising – be it £10 or £10,000 – every penny counts.

Visit our online fundraising page at www.bmycharity.com/mindtws to get started

Thank yous

Thank you to everyone who contributed to our collection in Taunton town centre on Saturday 1 March and helped us raise £100.91

Thank you to the Charlotte Marshall Charitable Trust for their grant of £500 towards Mindline

Thank you to everyone who has made a purchase through our webshop – www.buy.at/mindtaunton - and helped us earn over £150 in commission to date

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.

To unsubscribe to E-news from Mind in Taunton and West Somerset please reply to this email with 'unsubscribe' in the title line.