



For better
mental health

May 2008 e-news bulletin

Hello! Welcome to Mind in Taunton & West Somerset's May e-news bulletin. If you would like more information about any of the items below or about Mind in Taunton & West Somerset in general then you can call the office on 01823 334906 or email jom@mindtws.org.uk

Contents:

- Peace of Mind reading group
 - Music for the Mind
- Disability access all areas
- Leaving a gift in your will
 - Thank yous

Peace of Mind reading group

Now in its fourth year, the reading group that meets at the Peace of Mind project has just started reading *Vanish* by Tess Gerritsen. A former doctor, Gerritsen writes from the view point of two female lead characters - one a detective, one a forensic pathologist - who work together to solve mysteries. 'It's just like *Waking the Dead*' said one member "only you don't have to wait for the second part!"

The reading group at Peace of Mind has enjoyed a wide variety of books over the years including the hugely successful No 1 Ladies Detective Agency series, Terry Pratchett's discworld series, a selection of Hardy novels and various classic and contemporary poetry. The group is hoping to tackle some science fiction next. In addition to reading, the group writes its own poetry and short stories and engages in lively debate around the issues raised in the books being read. The group meets on alternate Friday mornings from 10.30am till 11.30am and members have up to eight weeks to finish a book. Should you wish to join in please call Peace of Mind on 01823 334906 for further info or for a general chat.

Music for the Mind

Music for the Mind is an outdoor fundraising concert being held in the beautiful grounds of the Bishops Palace, Wells on Sunday 24 August. The concert, which will feature the Vocal Works Gospel Choir, is being held to promote understanding of mental health issues and to raise funds for Local Mind Associations in the area.

Local businessman Richard Lowe was motivated to organise the event in memory of his brother, James Lowe, who took his own life during a period of mental ill-health ten years ago. For more information about the concert or to buy tickets visit <http://www.hrandtrainingsolutions.co.uk/events.htm>

Disability access all areas

Businesses and organisations going the extra mile to make themselves accessible to disabled people are to be honoured by a new award launched recently. The Accessible Somerset Award has been established by Somerset County Council in partnership with the five district councils and Compass Disability Services. It will celebrate those organisations providing excellent services that enable disabled people to shop, socialise and live life to the full.

Representatives from all partners officially opened the nominations on 1 May, and the nomination period will remain open until 31 August 2008. Winners will be announced at a ceremony on the European Day of Disabled People on 3 December at a venue to be confirmed.

The categories for nominations are 'A place to eat', 'Accommodation', 'Recreation' and 'Service'. There will be winners in each category in each district, as well as an overall County winner and a County winner nominated by young disabled people. If you would like to nominate a local business or group then forms are available from the Accessible Somerset website - www.accesssomerset.org.uk

Leaving a gift in your will

One in five people die in the UK without having made a will. Having a will offers you the peace of mind of knowing your loved ones are protected from unnecessary, complicated legal or financial issues in the event of your death. Making a will and keeping it up to date is the only way of ensuring that whatever you have - no matter how much or how little - goes to the people and causes that are important to you.

Including Mind in Taunton & West Somerset in your will (sometimes called leaving a legacy) is an easy and cost effective to support our work.

A charity legacy is exempt from inheritance tax and as such is probably one of the most tax effective ways of giving. For a copy of our legacy leaflet please call the office on 01823 334906 or email Jo on JoM@mindtws.org.uk

Thank yous

Thank you to Taunton Deane Borough Council for a grant of £1,000 towards running costs.

Thank you to Robert T. Riley, our Community Fundraising Volunteer, for all of his hard work promoting Mind in Taunton and West Somerset to local people and businesses.

Thank you to volunteers John and Lorraine Charnley, who have been helping to deliver leaflets and fliers door-to-door in Taunton.

If you have some time to spare and would like to help with fundraising and events promotion please contact me on JoM@mindtws.org.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.

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