

October e-news bulletin

Welcome to the October edition of Mind in Taunton and West Somerset's e-news bulletin on

WORLD MENTAL HEALTH DAY

We would like this news to reach as many people as possible so do please feel free to forward it on to anyone you know who might be interested. If you have been forwarded this email but would like to be sent it directly every month then please email me at jom@mindtws.org.uk and I will add you to my mailing list.

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World Mental Health Day

As you may know, today (October 10) is World Mental Health Day. There are lots of events going on in and around Taunton to celebrate the day and raise awareness of mental health issues. Rethink are holding a football tournament at the YMCA in Taunton, The Brewhouse are hosting a day of activities and there is a whole programme of 'Soul Walks' going on around the county, coordinated by the Somerset Primary Care Trust. You can find out more about the Soul Walks here: http://www.somersetpct.nhs.uk/healthy_living/walks.asp - there is still chance to join a walk through Vivary Park on October 13 if you get your boots on quick!

Find out what's happening in the rest of the country at <http://www.bbc.co.uk/headroom/newsandevents/wmhd.shtml>

Relax for free in Watchet

The West Somerset Inclusion Project is currently running free weekly relaxation and movement sessions in Maglands Community Room, Watchet. Run by Tracey Roberts, a local British Wheel of Yoga qualified teacher, the sessions cover relaxation techniques, gentle stretching exercises and enjoyable beginners' yoga postures.

The activity is open to everyone and aims to provide a safe and friendly space for relaxation. Session will run from 10.30 a.m. to 11.30am every Thursday until Christmas. A small charge of £1 will be made for refreshments. For more information you can contact the Minehead office directly on 01643 708765 or call into the Mind office in Parks Lane, Minehead.

Music for the Mind

You may remember from previous bulletins that we were involved in August with a music event in the Bishop's Palace in Wells. The evening of music was organised by local businessman Richard Lowe, in memory of his brother, James, who took his own life ten years ago aged just 30.

The event was very well supported and earlier this week we were delighted to be invited to the Bishops Palace to celebrate its success and be presented with a cheque.

Thanks to Richard's amazing enthusiasm and commitment the event raised over £5,000 for Local Mind Associations in the area and we were thrilled to receive a cheque for £1,755 on behalf of the Somerset Mind groups. Photos from the event should be available on our website soon so do have a look – www.mindtws.org.uk.

Facebook group

To keep up to date with the latest news you can now join our new facebook group.

The group is aimed at supporters looking to keep up to date with the latest happenings and includes photos, news updates and links to useful resources. There is also scope to start discussion and post messages to other supporters.

Join the group now at: <http://www.facebook.com/group.php?gid=35441740154>

Thank yous

Thank you to National Mind for a grant of £14,000 to allow us to employ a Somerset Mind Development Worker.

Thank you to the Europa café in Wellington who kept a collection tin for us and raised over £30.

Thank you to the G&T Charity Group for a donation of £600.

Thank you to Wessex Water for a donation of £1,000 towards our core running costs.