

Lydia falls for Mindline

Mindline volunteer Lydia Eeles showed her commitment to her 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!” Lydia is now looking forward to joining the volunteer team at Mindline, supporting local people in times of crisis.



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If you would like to take part in a sponsored skydive please contact 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!

ABOVE: Lydia prepares for launch “I was so excited I couldn’t stay still!”

BELOW: Lydia mid freefall!





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!

Reading adventures - from Hardy to Discworld

Now in its fourth year, the reading group that meets at the Peace of Mind project has just read *Vanish* by Tess Gerritsen. This is the third book by this author that the reading group has enjoyed. A former doctor, Gerritsen writes from the view point of two female lead characters - a detective and 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 variety of books over the years such as the hugely successful No. 1 Ladies Detective Agency series, Roald Dahl's 'Tales of the Unexpected', Terry Pratchett's discworld series, short stories by Annie Proulx including *The Shipping News* and *Brokeback Mountain*, the classic *Vicar of Bulhampton* by Anthony Trollope, Lorna Doone, a selection of Hardy's novels,



The Peace of Mind reading group enjoys a variety of books - from Shakespeare to Science Fiction - there is something to suit everyone.

Shakespeare's *Sonnets* and various classic and contemporary poetry. The group are planning to tackle a John Wyndham sci-fi classic as their next title.

In addition to reading, group members like to create poetry and short stories of their own and engage in lively debate concerning issues raised in the books being read. We meet alternate Friday mornings from 10.30 till 11.30 and members have up to 8 weeks to finish the book. Should you wish to join in please call Peace of Mind on 01823 334906 for further info or for a general chat.



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

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 below). 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"

'Directions' branches out

An initiative that brings together voluntary sector agencies in West Somerset has been extended this month to offer a new weekly service in Watchet. 'Directions' will be based in the Holy Cross Chapel every Thursday from 10.00 a.m. to 12 noon. It will provide "Information for the Community by the Community" by offering a central point where anyone in the region may obtain information from agencies in the voluntary sector.

The overall aim of the initiative, which is co-ordinated by Mind's West Somerset Inclusion Project and which launched in Dulverton in March, is to direct people to the correct source for answers to their particular concerns, queries or requirements.

As Deborah Melmoth, project manager of the West Somerset Inclusion Project, explains "Research has shown that people living in rural areas, such as Watchet and Dulverton, are less likely to receive services comparable to that which is offered in towns. In addition, many people are at a loss to know where to go for help with their problems, queries or needs. With 'Directions', the participating voluntary agencies aim to ensure that people are given appropriate information and directed to the correct agency for their specific requirements."

"Directions" in Dulverton is also moving, from the Town Hall to Fishers Mead Community Room with extended opening times of 10.00 a.m. to 12.30 p.m. every Thursday from June 5. Along with the new venue in Watchet, this will provide communities with greater access to the service.



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 way 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



Music for the Mind

A grand fundraising evening on 24 August is planned at the stunning outdoor setting of the Bishop's Palace, Wells, to raise money for local Mind Associations in Bath, Bristol and Somerset.

England rugby star Matt Stevens (finalist of TV's Celebrity X Factor) will join Bath-based Vocal Works, a 40-strong gospel choir.



The concert is the project of Bristol businessman Richard Lowe, whose brother James – who was raised in Wells – took his own life ten years ago aged just 30, while suffering from mental illness.

Richard has been very successful in attracting support for the event from local businesses but is keen to get more people involved in fundraising.

“Offers of help and support for the silent auction are steadily coming in already,” explained Richard “but we need all the help we can get. I would love to hear from other firms who would like to play a part”.



Music for the Mind will be held on the evening of Sunday 24 August from 6.30 pm. Only 500 tickets are available so it is advisable to book early.

To book tickets online:

www.hrandtrainingsolutions.co.uk/events.htm, call into The Bishop's Palace shop in Wells or call: 07787 572062.

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 consist 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>

New Charity Challenge e-brochure

We now have a Charity Challenge e-brochure available to anyone interested in finding out how they can take part in the adventure of a lifetime AND raise money at the same time!

For a free, no obligation copy of the e-brochure, please email



Somerset Mind consortium

As you may know, there are three local Mind Associations in Somerset; each one an independent charity, with its own geographical boundary. We have been working more closely with our neighbouring Mind Associations recently, and have agreed to form a 'Somerset Mind' consortium.

We will each remain independent, but work together on opportunities to provide county wide services, and services in areas that we currently don't cover. It is also a great opportunity for us all to campaign on important issues with one collective voice. We will be officially launching the consortium later this year, with its own website and more detailed information, so watch this space!

John in blown away by skydive

Local barman John Gribbon was really 'blown away' by his parachuting experience - so much so that he ended up in a nearby field full of cows!



John, who completed a 10,000ft solo jump to raise over £600 for Mind in Taunton and West Somerset, had to wait 20 minutes surrounded by cows until the jump team found him and picked him up!

Inspired by his first fundraising challenge, John has now set his sights on a sponsored trek through the Grand Canyon as part of our Charity Challenge programme. (see page five for more info). If you would like to support John in his next adventure you can send donations to the office, marking your envelope 'Grand Canyon'.

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.



Is it time for you to get involved?

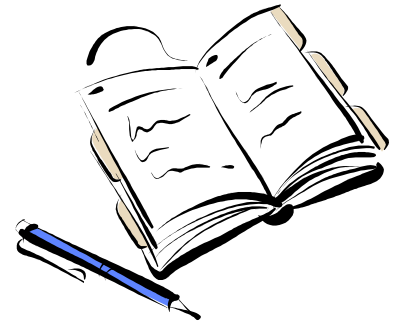
Do you have an interest in mental health? Have you or someone you know used mental health services in Somerset? If your answer is yes to either of these questions, why not go along to your local, friendly SUN group and find out how you can make a difference.

Involve Somerset 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.

Dates for your diary



7 and 8 July: Collection in Tesco supermarket, Taunton - do come and say hello if you are doing your shopping!

16 July: Talk by royal cake maker Graham Chubb at the Methodist Hall, Minehead. See page six for more information.

24 August: Music for the Mind. Musical fundraising event at the Bishop's Palace, Wells. See page five for more details.

31 August: deadline for nominations for the Accessible Somerset Award. See page four for more details.

7 September: Alice Hector will be taking part in the Ironman UK Triathlon to raise funds for us. See page five for more information.

8 - 12 September we will be having a display in Taunton library promoting World Suicide Prevention Day on 10 September.

6 - 10 October we will be having a display in Taunton library promoting World Mental Health Day on 10 October.

Every Thursday: Directions information service, 10am –12 noon at the Holy Cross Chapel, Watchet and 10am - 12.30pm at Fishers mead Community Room, Dulverton.

Every Thursday: Food co-op at Chamberlains Café, North Street Congregational Church, Taunton. Fresh, local, organic food straight from the farmer. Orders need to be placed a week in advance. You can place your order through our Taunton office or by coming along to the café on a Thursday afternoon.

Every Wednesday, Friday and Saturday, 8pm - midnight you can call Mindline, our out of hours telephone helpline on **01823 276892**.

Alternate Fridays: Reading group at the Peace of Mind project from 10.30am –11.30am. For more information phone Clare on 01823 334906.

We need your contributions

Do you have something you would like to put in the next edition of Mind update? If so, please contact Jo on 01823 334906 or email on JoM@mindtws.org.uk

The deadline for articles for the next edition is:

15 September 2008

Contact us

We welcome feedback on any aspect of our work - good or bad!

You can contact us at:

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Canal Road

Taunton

TA1 1PN

Tel: 01823 334906

Email: JoM@mindtws.org.uk

Web: www.mindtws.org.uk





For better mental health

OUTDOOR SUMMER CHARITY CONCERT



Guest singer, Celebrity X Factor finalist – Matt Stevens from England Rugby



Hosted by Richard Wyatt – BBC Radio

24th August 2008, 6.30pm The Bishops Palace, Wells

For a truly unique summer evening of entertainment, bring along a picnic & blanket or enjoy the BBQ with fully licensed bar.

VIP tickets - Tables & Chairs provided



The Bishops Palace, Wells



Featuring: Vocal Works Gospel Choir

£30 VIP (seated)

£15 adults

£10 under 16's

Tel: 0778 757 2062 or book online:

www.hrandtrainingsolutions.co.uk/events.htm

Tickets also available from the Bishops Palace Shop