

# GO WILD, STAY WELL - THE NEWSLETTER



in Taunton and West Somerset



Ecominds is a funding scheme managed by Mind on behalf of the BIG Lottery fund. It funds local environmental projects that support thousands of people with direct experience of mental distress, involving them in outdoor projects to improve confidence and self-esteem. It aims to reduce the stigma surrounding mental health issues and create a society that treats people with experience of mental distress fairly, positively and with respect.

## Ecominds



For better  
mental health



LOTTERY FUNDED

## LATEST NEWS

### WALK ON THE WILD SIDE CHALLENGE

The 'Walk on the Wild Side' fundraising challenge will take place on Saturday 2nd July and involves a 30 mile walk or a 15 mile walk on the stunning Quantock Greenway. Both walks will have a leader as well as first aid volunteers, and participants will have to raise a minimum level of sponsorship, which will be £500 for the 30 mile walk and £250 for the 15 mile walk. The full balance will be due by four weeks after the challenge, with two thirds of the final amount due eight weeks prior to the event. To apply contact me at [DaveUrwin@mindtws.org.uk](mailto:DaveUrwin@mindtws.org.uk) or call 01823 334 906. Also please pass on this information to anyone you think may be interested in taking part, as we are hoping to sign up participants as soon as possible.

This will be a real challenge, but it represents a fraction of the struggle that many who experience mental distress still face on a daily basis to be listened to, treated with respect and to be able to participate fully in life. This is what we are trying to change with every one of our campaigns and projects, and are hoping that through this challenge we can raise a lot of awareness for what we are all about as well as raising vital funds for the project.

In next month's newsletter there will be more news on the project.



## SEASONAL AFFECTIVE DISORDER

Seasonal Affective Disorder is a type of winter depression that affects an estimated 7 per cent of the population every winter between September and April; in particular during December, January and February. ([www.sada.org.uk](http://www.sada.org.uk))

With this in mind it is more important than ever during the winter months to get out and make use of what little daylight there is, and to be active, especially if you are prone to depression. Here are a couple of local organisations that encourage people to be active: -

**LIVING WELL** is a local organisation that encourages people to be more active through a range of activities in the area. You can find out more by looking on their website at [www.livingwellsomerset.co.uk](http://www.livingwellsomerset.co.uk)

**WALK FOR HEALTH** is a nationwide initiative run by Natural England, running short walks with trained leaders to improve overall health. Find out more by visiting the website at [www.wfh.naturalengland.org.uk](http://www.wfh.naturalengland.org.uk)

## ACTIVE SOMERSET AWARDS WINNERS

**ALL WINNERS:** The Accessible Somerset Award 2010 winners are pictured with Compass Disability Services CEO Richard Pitman (centre front). For a full list of winners and more information visit [www.compassdisability.org.uk](http://www.compassdisability.org.uk)



## HOW TO CONTACT US:

If you have any questions about 'Go Wild, Stay Well' or would like to learn more about the project you can do so in any of the following ways:

Visit the Mind in Taunton and West Somerset website at [www.mindtws.org.uk](http://www.mindtws.org.uk)

Call the Mind in Taunton and West Somerset office on 01823 334 906

E-mail project manager David Topham at [davidt@mindtws.org.uk](mailto:davidt@mindtws.org.uk)

For all the latest updates you can join the group on Facebook - search for **Go Wild, Stay Well**



This newsletter was produced by Dave Urwin, who is the project champion for 'Go Wild, Stay Well.' If there's anything you'd like to see in the newsletter please e-mail Dave at [DaveUrwin@mindtws.org.uk](mailto:DaveUrwin@mindtws.org.uk)