

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

EVALUATION FOR SECOND SET OF SESSIONS

The evaluation of the second half of ecotherapy sessions has come back. Although the attendance was not always as high as during the first set of sessions, due to a number of factors including the poor weather and seasonal illness, the feedback was very positive overall.

All participants said that being with other people and working as part of a team was one of their favourite aspects of the sessions, with other favourite aspects being “Being outside in the fresh air,” “My mind being occupied” and “Seeing the result of what hard work could achieve.”

The most striking comment for me was “I generally feel quite isolated, this group made me feel less isolated” as this shows that the project is helping to achieve Mind’s ethos of helping people who can feel marginalised by society to participate fully in life.

Some other comments included the following; “I enjoyed the combination of having something to do and being with other people,” “Being in the countryside is more therapeutic, it helps you think differently,” “Being outside is calmer” and “The work gave me a feeling of achievement.”

Below are some images from the ‘Walk on the Wild Side’ challenge route. For more info on the challenge visit www.mindtws.org.uk

For the latest updates on Go Wild, Stay well you can join the facebook group



CURRENT SET OF SESSIONS

The third set of ecotherapy sessions is now in full swing; by the time of the third session last week the group had begun to get to know each other and again there seems to be a good dynamic within the group. Recent work has included further coppicing, which was something that was really enjoyed by the last group. Towards the end of this course spring should just be beginning to bloom; a fabulous time to be outdoors, and so hopefully any momentum gained from taking part in the sessions will continue and participants will be very keen to keep spending time in nature.

NEW SOMERSET SKILLS AND LEARNING COURSES

A Healthy Mind and Body



One of the best ways to keep on top of life is to have outside interests! Somerset Skills & Learning have centres all across the country and offer an extensive range of courses for a healthy lifestyle. You can choose from Nordic Walking, Yoga, Tai Chi, or a more relaxing course like an art class. You can search online for local courses at times and venues of your choice by visiting www.learnsomerset.co.uk/coursefinder or contact us on 0845 688 0488. Maybe you are looking to return to work or want confidence building skills? Why not have a chat with one of our learning advisors? Telephone 01278 431 281 and ask to be put in touch with a local contact.

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

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

E-mail project manager David Topham at davidt@mindtws.org.uk

For all the latest updates you can join the group on Facebook - search for [Go Wild, Stay Well](#)



IF YOU WOULD LIKE THIS NEWSLETTER IN LARGER PRINT OR IN ANOTHER LANGUAGE PLEASE LET ME KNOW.



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