

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

In the next newsletter will be full details of how you can apply for this walking challenge, which will enable people to walk either 30 or 15 miles on the stunning Quantock Greenway on a single day in early July. Participants will be required to raise a minimum level of sponsorship, which will help to secure additional funds for the project. I had the idea for the event after completing several challenges to raise funds for the national Mind organisation and thought it was about time I put this experience to use for the good of the local organisation. This challenge is extending the message of ‘Go Wild, Stay Well’, encouraging people to get out and feel the therapeutic benefits of the countryside. Walking this distance on a regular basis is not necessary to maintain good mental health but as a one-off challenge it represents just a fraction of the struggle many people who experience mental distress face on a daily basis to be listened to, respected and taken seriously.

PUBLICITY/GP MEETINGS

The ‘Go Wild, Stay Well’ project was featured in an article in the latest Somerset Wildlife Trust magazine, and the spring edition is set to feature a case study, based on the experiences of one or more of the participants. Project manager Dave Topham has attended several recent GP meetings in order to promote the project in the hope that we will gain more referrals. This is part of an ongoing strategy.

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



THE MAGDALEN PROJECT:

The Magdalen Project is at Magdalen Farm near Winsham in South Somerset, at which people can take part in 'Care Farming' to promote both physical and mental health by close contact with animals, crops, woodland and the environment. The project are aiming to become a leading centre in this field of work in the South-West of England and are well on their way to achieving this. This is a project with a very similar ethos to 'Go Wild, Stay Well' and so is one we are keen to promote.

For more information please visit the website at: -
www.themagdalenproject.org.uk

LATEST NEWS ON SECOND SET OF SESSIONS:

Probably due to the plummeting temperatures and dark nights, attendance for recent sessions has not quite been up to the levels it was at over the summer, but those who have attended are getting a lot out of the sessions. Recently the work has still been largely focused around coppicing, which is quite exerting and so is a good way of releasing endorphins and battling the winter blues.

During recent discussions relating to the project it has been discussed how getting out at this time of year is more important than ever, what with seasonal affective disorder. When there is so little daylight at this time of year it's amazing how much a little time outdoors can boost your mood. We are hoping that having this in mind will encourage more people to attend when the next group begins in December.

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](#)



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