

GO WILD, STAY WELL - THE NEWSLETTER

Mind 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



LATEST NEWS

UPDATE ON 'WALK ON THE WILD SIDE' CHALLENGE

We are still seeking participants for the 'Walk on the Wild Side' challenge; a walking challenge taking place on the Quantocks on Saturday 2nd July. There will be a 30 mile walk and a 15 mile walk - a recent development has been that we have now set the final sponsorship deadline as three months after the event. There is a target of £500 for the 30 mile walk and £250 for the fifteen mile walk; all participants will receive a welcome pack with fundraising tips as well as advice on training and more information about the walk and what they will be raising money for.

Chris Quinn will be taking part in a sponsored swim to tie in with the event; he previously swam the distance from London to Brighton (44 miles) in stages to raise funds for the project, and is currently planning his next endeavour. We would like to thank Chris for his fantastic efforts. If you would like to take part in the 'Walk on the Wild Side' challenge, or know someone who you think would, please contact me at DaveUrwin@mindtws.org.uk

Please ask if you would like this information available in another language or alternative format such as large print, CD or Braille.

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



CASE STUDY—ALAN PROWSE

I recently had a very interesting and entertaining discussion with Alan Prowse, who has been participating in the second and third set of ecotherapy sessions. This will hopefully soon appear in a number of publications, in the form of a case study.

Alan is 71 years old, and says he can't wait for Friday to come round as he finds himself with few opportunities nowadays to be outside and meet with people. He would like there to be two or three ecotherapy sessions a week as it would give him more to keep himself occupied, but he realises that the money and resources are not currently there for such a thing to happen.

One of the most striking things that emerged from our discussion was when Alan told me about the group therapy sessions that took place when he was in hospital. In these sessions he found that people were often very reserved and withdrawn. This is a real contrast to the 'Go Wild, Stay Well' sessions, at which people talk very openly about their illnesses, and are not afraid to say what is on their mind. He feels that this is because 'Go Wild, Stay Well' feels like socialising with friends. Everyone present is on the same level; participants and staff, unlike with the very authoritarian atmosphere that can often exist in hospitals. It is also the far more relaxing outdoor environment that makes people feel at ease.

Details will follow when the full article appears in print.

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](tel:01823334906)

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 PR champion for Mind in Taunton and West Somerset. If there's anything you'd like to see in the newsletter please e-mail Dave at DaveUrwin@mindtws.org.uk