

Scarborough, Whitby and Ryedale Mind

Newsletter, Winter 2016

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A Family's 10k challenge raises over £3,500 in memory of Gary

The family and friends of a Scarborough man have raised more than £3,500 in his memory by taking on the McCain 10K challenge.

Gary Sheffield (52) died earlier this year two days after going missing from his home. A keen runner, Gary volunteered over many years in care services where he gained great satisfaction from supporting children and adults with a range of disabilities and mental health problems.



Gary himself suffered from anxiety and depression and on 1st April, left his home to find some comfort and solitude which his family say was his way of coping.

Sadly, he did not return, as having been out a couple of hours he became dehydrated and fell into a coma as a result of an undiagnosed diabetic condition. He never recovered.

In Gary's memory, on Sunday 30th October, family and friends ran the McCain Yorkshire Coast 10k Road Race on his behalf, in order to keep up his attendance record.

His brother Alan said: "Gary was a kind, gentle, caring, intelligent, charitable and funny individual. He would always find humour in every experience and was always willing to laugh at himself instead of others.

"He was physically active and would love nothing more than getting on his push bike and going for a ride over through Dalby Forest and further out onto the North Yorkshire Moors."

"He was proud to have participated in every Scarborough 10k since its inception."

Chief Executive of SWR Mind Sophie Hall said: "They are a truly remarkable family and it was clearly an emotional day for them. It has been a huge privilege for us to meet such a lovely family. They can be sure they did Gary proud and we are so grateful for the phenomenal amount they raised. To donate visit the family's Just Giving page at:

<https://www.justgiving.com/remember/376184/Gary-Sheffield>

A new base for SWR Mind HQ

We have now set up home in new offices in Falsgrave Community Resource Centre.



Thanks to staff from Serco at RAF Fylingdales –the big move went without a hitch. They were able to provide support to our staff in moving everything from our previous office on Hopper Hill Road.

Our new office is located on the busy Falsgrave Road and is more accessible with facilities including a community café, free car parking and reception.

It is in a more central location so we can be a part of the community and also on a bus route (7 and 17).

Unfortunately, we have had to change contact numbers. The new office number is 01723 356562 and fax 01723 330363. The 0845 number is no longer available. All emails remain the same.

Forming

Storming

Norming

Performing

Chairperson's Report

-Christine Gilkes

As the Board of Trustees complete their first year it seems fitting to look back and review my recollection of the journey.

As my thoughts formed it reminded me of the team development model by Tuckman that describes the formation of a team going through 4 stages

Step 1 – Forming – Behaviour is driven by a desire to be accepted by others, and so controversy or conflict are generally avoided

Plunged in at the deep end last September I can remember the feeling of being completely out of my depth and wondering if I was the only one. Of course with a typical stiff upper lip I initially observed, listened, desperately tried to make sense of things and shared few of my concerns.

Step 2 – Storming - Individuals can only remain nice to each other for so long, as important issues start to be addressed

Fortunately help was at hand and with some guidance the Trustees started to understand each other's strengths, work together and grapple with the many tasks and responsibilities. This was stimulating and engaged the heart of our individual values bringing entertaining discussions, heated debates and ultimately tough decisions

Step 3 – Norming - Having 'argued', members understand each other better and appreciate each other's skills and experience.

I knew we were moving forward when it was comfortable to ask the 'silly' questions, seek advice and feel listened to and supported. Suddenly the fog lifted and I really appreciated my fellow trustees and I felt we were playing to our skills and strengths and yes having fun doing it.

Step 4 – Performing - Group identity, loyalty and morale are high and now people know each other well enough to be able to work together and trust each other enough to allow independent activity.

I'm particularly proud of the way the remaining Trustees and Advisor have made significant progress over the last 4-5 months. Not only does it feel like we are working effectively as a team of Trustees, we are also working more closely with the staff and can feel them responding to our trust in them. I'm looking forward to the year ahead and boosting the team's numbers and discovering what they bring to the party.

A Meeting of Minds



Scarborough Whitby and Ryedale Mind is run by local people for local people but our relationship with national Mind is equally as important.

Although we are an independent charity, we work in partnership with national Mind to deliver mental health services to anyone who needs them. Mind offers information and advice through its info line and legal helpline, campaigns and advises government and works to raise public awareness and understanding of mental health.

Mind provide the local Mind associations with business support, insurance, training, opportunities for sub-contracting, networking and service development. They also offer support with things such as writing tenders and governance. As part of the affiliation we also have to undergo a rigorous quality mark that examines aspects of our organisation from policy to service design to marketing.

Mind offer opportunities to be involved in development, influencing and shared learning. We're not able to get involved as much as we'd like with such a range of interesting options but as a small organisation, a long way from London, we try and choose topics that are going to enable us to make improvements locally. One of the most useful aspects of being a network member is support we get via neighbouring Minds such as Hull and York, who meet up 4 times a year to share information, discuss opportunities and offer peer support.

Meet the staff –

Natalie, volunteer coordinator



What three words would you use to describe yourself?

Reflective, active and daft

If you were asked to write your own epitaph, what would it say?

No Regrets - Cheers me Dears!

What is your top tip for a happy life?

Let things go that you can't control

What would be your perfect day?

A cool, sunny day and running for miles across the moors. Finished off with a beer and food in a snug pub with great friends and family.

Which three people, dead or alive, would you invite to a dinner party?

David Attenborough, Sarah Millican, Alan Rickman

If there was a film of your life who would play you and why?

Julia Roberts because my legs and hair really are supposed to be that fantastic!

What was your best holiday and where would you like to go?

Boscastle, Cornwall. I'd really love to go to Borneo

What are your favourite book, record and film, and why?

Favourite book: The Wizard of Oz - childhood favourite

Favourite record: David Bowie - Heroes - why not, it's awesome!

Favourite film: Saving Grace - makes me laugh no matter how many times I watch it.

Who has been the biggest influence on your life and why?

My fiancé - he has shown me what it is to be really loved.

If you won a million pounds, what would you spend it on?

I'd visit Borneo; support at an orang-utan sanctuary; running gear - especially socks and trainers!

If you could introduce one new law tomorrow, what would it be?

All chocolate is calorie free and still tastes amazing.



Thanks to our amazing housing team



It's with great sadness we say goodbye to our trio of housing staff and we'd like to thank them for all their hard work while running SWR Mind's Housing Support Service.

Sadly, we were not successful in our tender to North Yorkshire County Council for the contract to continue providing support to maintain tenancies in Scarborough district.

Lynn Trotter, Claire Howell and Linda Legg helped clients with severe and enduring conditions such as bipolar and schizophrenia. They enabled people with mental health problems to stay living independently in their own homes throughout their illness. All three staff have been committed advocates for both individuals and the organisation and we will miss their valuable contributions.

The service was taken over by Lifeline from 1st October. To enquire about referrals for the new service, contact Lifeline on 0771 3341910 or email NYHousingEnquiry@lifeline.org.uk

Leaflets and booklets available

We have a huge range of information leaflets and booklets that Mind provide which are available free of charge to any organisations who would like to request them.

They contain loads of really helpful information about different mental health conditions as well as getting support as a carer or student as well as self-help and relaxation techniques.

The guides are also available in electric formation. Please get in touch with us if you would like any.



Volunteer Voices



Being a volunteer for Mind (Anonymous)

When I decided to become a volunteer for Mind my initial thoughts were I would be no good at it. How could I help someone else? I've not experienced anything near what some people experience in their lives. I have no personal experiences of any of the mental illnesses such as depression, anxiety, alcoholism, drugs. I therefore thought I would be no good at it. I decided however to give it a go anyway.

I discovered however that what I do have is empathy, patience and understanding and that I can be encouraging and that these are very important qualities to be a Side by Side Volunteer.

For me the greatest achievement I get when spending time with my service user is when she forgets her anxieties and depression and starts to enjoy life. It's the small things that make a difference. Seeing her smile and laugh, seeing how confident she is when she gets out the house, when she's whizzing around on her scooter or chatting to people in the shops, when I see her gaining confidence using her computer to find information, watch documentaries or listen to music.

Being a volunteer has not only hopefully helped my volunteer but it has also helped me to grow as a person, to show kindness and understanding and to appreciate and enjoy all the little things in life.



A Positive Volunteering Experience, by Amanda

My first experience of SWR Mind was on seeking help for myself in 2013. This was turned around when it was suggested that I would make an ideal volunteer due to my own experience with mental health illness.

In late October 2013 I attended two full day volunteer training sessions which I thoroughly enjoyed and was able to fully participate in. I was surprised at the people attending the training sessions who were from all walks of life and of all ages. The training was invaluable in that I realised the contribution I could make in helping others recover from their mental illness.

I signed up to become a volunteer in early December 2013. Since then I have never looked back. I have now been volunteering on and off for nearly three years. Volunteering has helped me enormously in improving my self-esteem and confidence. Every time I go to volunteer I look forward to the sessions and can see the benefit it is having.

Having experienced mental health issues myself I have developed a great deal of empathy, understanding and tolerance of others. What SWR Mind has done is facilitate how I can best put the experience I have and the qualities I have developed to good use.

I have now worked side by side with three service users and have seen the benefits this has had on

them. I have assisted in supporting service users to leave their own homes, go into cafes and socialise or go shopping. When seeking help for myself one of the major obstacles was leaving my own home. To help others to overcome this has made me very proud not only of my service user but myself as well.

Volunteering for me has not just been about how I have helped my service users but how it has helped me. I have found that service users can be just as much of an inspiration to me as I have been to them. I find that volunteering is about developing a mutually helpful, two sided and respectful relationships. This has been absolutely crucial in allowing me to develop in self-esteem and self-confidence and also as an individual. My volunteering has even allowed me to develop skills in helping and supporting colleagues at my place of work.

Another aspect of Mind volunteering which has been invaluable is the training sessions and meetings with other volunteers. I know now that I am able to make a valid contribution which again has helped improve confidence. I have also during my volunteering helped to fund raise by running a tombola stall, which is something I could never have imagined doing before.

To summarise, Mind volunteering can be for anyone from all walks of life and ages and it can be beneficial to both service users and volunteers. It has for me been an extremely rewarding and positive experience.



Events in Mind...



Since the last newsletter, the fundraising committee and some of our fantastic partners have been beavering away running events and getting organized for next year. Here's a quick selection of what's been going on....

Race night success



A charity race night held at the Commercial, raised £425. The event was organised by fabulous landlady, Kay Youngson, building on the success of the equine extravaganza in 2015.

There was a raffle on the night as well as monetary and drinkable prizes for race winners. The event is always really well supported by staff and customers and we had some great prizes from local businesses including The Grand Hotel, Stephen Joseph Theatre, Pizza Express, Dominos, Psyche, North Bay Railways, Harbour Bar, The Fish Pan, King Arthur's Tattoo Studio and The Cowshed.

Filey Probus Talk

In November, our CEO gave an awareness raising talk to Filey Probus about the work we do, general mental health awareness and how the community can help promote mental wellbeing. The group made a fabulous donation of £325 to go towards our outreach work in Filey.

Wolds Shooting Club

At the annual barbeque, Wolds Shooting Club donated a large

portion of money raised on the day to SWR Mind which was then match funded by Lloyd's Bank in Scarborough, totalling a fantastic £800. Huge thanks to all the members at the club and Lloyds in supporting their fundraising.

SERCO, RAF Fylingdales Charity of the Year



Throughout the last year, Serco at RAF Fylingdales have been running a huge range of events to raise money and awareness, from barbecues on Independence Day to a fantastic charity golf day at Kirkbymoorside Golf Club. At the Christmas dinner, our chairperson Christine was presented with a whopping cheque for £4,000, the highest sum they've raised so far for one individual charity. Our huge thanks have to go to the Serco fundraising team who have worked so hard over the year to put on events, on top of spending a day helping us move offices! They've done an amazing job and we are incredibly grateful for the support they've given us over the last year, alongside a cracking Christmas lunch!

SWC Trade Frames 'cheeky' 2017 Calendar



The brave lads at SWC Trade Frames and Yorkshire Coast Radio's own Paddy Billington have stripped off to raise funds for Prostate Cancer UK and SWR Mind with this fabulously cheeky men's health themed calendar, at a bargain price of £3. Available from local shops including;

Scarborough: Creative Crafts, Dissent Skate Shop, Infocus Photographic, Falsgrave Community Centre Cafe and Santander (Westborough)

Bridlington: West Building Supplies

Malton: Chapter One Bistro and Chapter Two Bar and Hamby's.

Check out swccalendarboys.co.uk for more information!

Join our committee or sign up as a 'now and then-ner'

Our fundraising committee are looking for new members to join up, meeting bi-monthly to brainstorm and organize forthcoming events. We also desperately need people who would like to help on the odd occasion at events or collections but can't commit regularly. The support of the local community is vital to our organization and we'd love to see more people involved! Contact Sophie on 01723 356562.

Opportunities in Mind

Side by Side Volunteering

Will you be on our side?

We are greatly in need of more people wanting to volunteer for Side by Side as there is currently a waiting list for people wanting help locally.

Side by Side supports people on a one to one basis, in their own community, to improve wellbeing and quality of life. Volunteers provide social support, emotional support, practical support, information and advocacy,

In 2016, Side by Side has supported over 200 people across the region with over 92% of people reporting that their mental health has improved as a result of the support. Volunteering with us will give you the opportunity to change lives in your own community for the better and support people to become more confident, involved in community life and happier.

Natalie Miles, volunteer co-ordinator for SWR Mind said: "Mind's volunteers come from all walks of life and don't need any experience of mental ill health to join our team. They just need a desire to help others and willingness to commit time.

"Volunteering can be a great opportunity to use existing talents and develop new ones, undertake new activities, make friends, build confidence and make a positive contribution."

In return for your hugely valuable contribution to us, we will provide you with quality training, personal development opportunities and support.

There are lots of other benefits to volunteering.

Develop New Skills

Volunteering is the perfect way to discover something you are really good at as well as having access to a range of different training opportunities.

- **Be Part of Your Community**
All our work is based in our community – you will discover the importance of community involvement for people with mental health problems

- **Feel A Sense of Achievement**
By giving your free time and using your talents you will change lives

- **Boost Your Career Options**
According to a survey by Timebank, 73% of employers would recruit a candidate with volunteering experience over one without, 94% of employers believe that volunteering adds skills. Also if you are thinking of a career change then volunteering is a perfect way to explore new fields. We often provide volunteers with references for employment or for returning to higher education.

- **New Interests and Hobbies**
Finding new interests and hobbies through volunteering can be fun and energising

- **New Experiences**
Volunteering is a brilliant way to get life experience while helping other people in need.

- **Meet Diverse Range of People**
Volunteering brings together a diverse range of people from all backgrounds and walks of life.

Anyone interested in finding out more about volunteering with Scarborough Whitby and Ryedale Mind call volunteer coordinator Natalie Miles on (01723) 356562 for an informal chat or email her at natalie.miles@swrmind.org.uk

We will be running training in Whitby and Ryedale, in January.

Service Steering Group

In 2017, we will relaunch our service steering group to encourage more people who have been involved in services, to become involved in guiding service development in future. Our board of trustees set the direction of the organization but they do this based on information fed through from service users, volunteers, partners and general stakeholders. It is so important that people who have used or are using our services have their say in what we provide now and in future. The group will meet on a quarterly basis and we can provide travel expenses to attend meetings. If you would be interested in making sure service users have a strong voice in services we provide, get in touch via email to info@swrmind.org.uk or telephone 01723 356 562 and we'll send out an enquiry pack.

Opportunities in Mind

We need your ideas for new project

We are seeking funding to run an exciting programme of workshops and sessions on a range of issues and are asking our newsletter readers for their views.

It's proposed the sessions and workshops will look at topics under each life domain included in our wheel assessment tool. These topics include mental health wellbeing, physical wellbeing, housing, money, volunteering and work, day to day activities, family and friends.

Some of these workshops and sessions however will be more general focusing on subjects like self-advocacy or more practical themes such as tasters in physical activities or a course in basic DIY skills.

SWR Mind is applying for funding to employ a co-ordinator who will design and deliver some courses while some will be delivered by partners.

CEO Sophie Hall said: "We'd love to hear from anyone with a particular skill or idea they have for a specific session or workshop. The workshops will not just focus on mental health – sessions could take place on a whole range of things such as politics, history and philosophy for example."

"We would like to bring people together to find new interests, learn some new skills or find a new passion and challenge themselves and other people."

If you can help or have an idea for a potential course or session email sophie.hall@swrmind.org.uk or call (01723) 356562.

NYCIL Peer Support

NYCIL are a user led charity based in Scarborough who support disabled people, their families and carers to access the information and services they need. This also includes Direct Payments where we can help people on Direct Payments employ their own staff to support them live independently. We also offer a low cost payroll service for individuals, charities and businesses. With funding from Stronger Communities, NYCIL are running some peer support sessions where people who are interested in direct payments can come along and meet people who have experienced the process as well as an opportunity for people who are on direct payments to offer support to each other. If you would be interested in finding out more, come along to the next event in Whitby on 10th January, 10.30am at Whitby library or ring NYCIL for more information on 01723 588002

The venue is fully accessible. Refreshments will be available.

Here's to 2017

...

Sophie Hall - CEO

2016 is coming to an end and we're all looking to the next year with a huge amount of positivity and excitement about the direction we are going as an organisation. The landscape remains complex and ever changing and hopefully 2017 will see the NHS Sustainability and Transformation Plans, Crisis Care Concordat and NYCC Mental Health Strategy come to life in a way that see's positive changes happening on the frontline.

Christmas and New Year can be incredibly difficult for many of us but there is support available if you need it. A few of the useful numbers are below and if you find yourself struggling, make contact with one of them. Reaching out is very hard but take small steps, one day at a time.

Christmas availability times:

Calm Helpline (Men only) 0800 58 58 58 (5 to Midnight, 365 days a year)

Samaritans 116 123 (UK, Freephone) jo@samaritans.org (24 hours, 365 days a year)

Hopeline UK (people under 35 worried about their mental health) will be open 2-5pm on bank holidays, 10 until 10 midweek, 2 to 10 on weekends. 0800 068 41 41

Saneline is open 4.30pm to 10.30pm every day. 0300 304 7000

North Yorkshire Mental Health Out of Hours Line will be open 24 hours on bank holidays. 0333 0000 309

EASY PEASY

and it's
free

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are between 1
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offers such as one off
donations when you
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Help us by collecting **FREE donations**
every time you shop online



1. Join



2. Shop



3. Raise

Find out more and join here:
easyfundraising.org.uk/causes/swrmind

The Wider World

NICE Consultation

The National Institute for Health and Care Excellence (NICE) has proposed improvements to the way they design patient and public involvement in how their guidance and standards are developed. NICE provides national guidance and advice to improve health and social care and they are looking to improve the strength of the lay persons voice in developing their recommendations. To get involved, you should visit the website <http://bit.ly/2g5DdPt> and read through the consultation documents. Comments can then be submitted online or via the post.

FutureLearn

<https://www.futurelearn.com>

We have been recommending FutureLearn courses for a while now as a great route for learning new and interesting things in a low stress environment. The courses are designed and delivered by a range of international universities, offering mixed learning through videos, reading and interaction with fellow students. There are some great course coming up in the New Year, we've picked out a few below. If you don't have regular access to the internet, get in touch with us

and we'll do our best to link you up with a community resource that suits!

Psychology and Mental Health: Beyond Nature and Nurture

Psychological therapies and the work of clinical psychologists are now very popular. This free online course provides an introduction to how psychologists understand emotions, behaviours and thinking patterns, and how this helps clinical psychologists make sense of their clients' problems.

Over six weeks, you will explore some of the current challenges and debates in the area of diagnosis and treatment, and discover new ways of thinking.

Mindfulness for Wellbeing and Peak Performance

This practical six-week course explores the science, practice and philosophy of mindfulness. You will learn how to incorporate mindfulness practices into your life to reduce stress, improve mental health, and enhance your personal and professional life.

You will understand formal mindfulness meditation practices, as well as the informal practice of being mindful in daily life to learn - to

pay attention to the present moment instead of worrying, dwelling in the past or reacting to what is happening.

Next Steps

Our lovely friends over at Next Steps in Norton have launched a great new service for women, "Handbags and Hammers." Following the great success of the men's shed sessions, the ladies group is an opportunity for hand's on sessions amid a friendly and welcoming environment. This group offers a chance to do some glass painting, model making and much more! The sessions run at Next Steps on a Thursday at 10am. Contact Next Steps on 01653 690854 for more information.

Last minute news...

Just as we were proofreading, we got the brilliant news from Yorkshire Coast Homes that we were one of the lucky 15 local charities to get £1000 this Christmas from their staff charity fund. A huge thank you to staff at Yorkshire Coast Homes who have been unwavering in their support for us and it is such a boost to our staff to know their hard work is valued by an organisation we work with on a regular basis.

Wishing you all a joyful and peaceful Christmas and a
Happy New Year from the SWR Mind team

What we do and
how we do it.



Scarborough, Whitby and Ryedale Mind
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Seamer Road, Scarborough, North Yorkshire
YO12 4DJ

T: 01723 356562
e: info@surmind.org.uk
w: www.surmind.org.uk

SWR Mind is a registered charity - No. 1133599

 mind | Scarborough,
Whitby and Ryedale
for better mental health

We provide support to adults with mental health problems in Scarborough, Whitby and Ryedale. Our support is designed to help people:

- Become healthier and better manage their mental health
- Lead full, independent and rewarding lives
- Become more involved, included and active in community life
- Reach their potential and the life they want to lead

We offer the following types of support:

Social – companionship to combat isolation, share experiences, build confidence and increase self-esteem through supporting people to achieve their goals and participate more fully in community life

Emotional – providing support through a 'listening ear' to help avert crises and deepen feelings of self-worth

Practical – support to plan day-to-day tasks such as shopping, attending appointments or filling in forms

Information – ensuring people have accurate and up to date information so they can make informed choices and exercise greater control over their lives

Advocacy – a companion to ensure a person's voice is heard, for example at a medical appointment, benefits review or when making a complaint

Our **Side by Side** service provides tailored, one to one support with a Mind worker, volunteer, or both. The service addresses individual needs and aspirations to tackle the issues in life that are causing mental ill health.

This could include support to improve confidence, reduce isolation, address financial issues or to find activities outside of the home to engage with. This service is available across Scarborough, Ryedale, Whitby and the Esk Valley.

A user led social group at the Rainbow Centre in Scarborough provides opportunities for social and peer support, group activities and a listening ear on Friday afternoons. The group is no longer a 'drop-in' service, anyone interested in attending should contact the office for a referral.

Good Finance = Good Health is a joint partnership with Scarborough CAB providing support on dealing with benefits, financial issues and financial literacy.

Our **Social Prescribing** support in Scarborough and Whitby offers up to 10 support sessions to people with mild to moderate mental health problems. Social prescribing can reduce the need for medication through providing supported access to leisure, support services, volunteering opportunities and education to improve mental health.

We are piloting 'surgery sessions' in conjunction with the Disability Employment Advisors in Scarborough Jobcentre Plus. A Mind worker is available on a set number of dates to provide immediate practical support and information and can undertake follow up work to support individuals in accessing useful resources. If you are interested in accessing this service, speak to your Disability Employment Advisor.

Volunteering is a great way of learning new skills, building a network of friends and finding meaningful activities to enjoy. We have opportunities in one to one support, group work, administration, marketing/PR, fundraising and research.

We provide a range of information and guidance booklets on mental health and wellbeing, including diagnosis specific booklets, information on legal rights, managing stress or keeping healthy in the workplace. These are available free of charge to individuals and community organisations.

To access any of our services or to find out more contact a member of our team on

01723 356562

info@surmind.org.uk

www.surmind.org.uk