

Mind your head... shave!

CEO Julie Nichol tells us why she shaved her head for our cause

With money being so tight for all charities right now, I decided that I should do my bit to bring in some money for SWR Mind, and of course, I knew it would grow again! I wanted to raise awareness of mental health too. It's such a misunderstood cause I wanted to be able to tell people about it when they said "why have you shaved your head?"

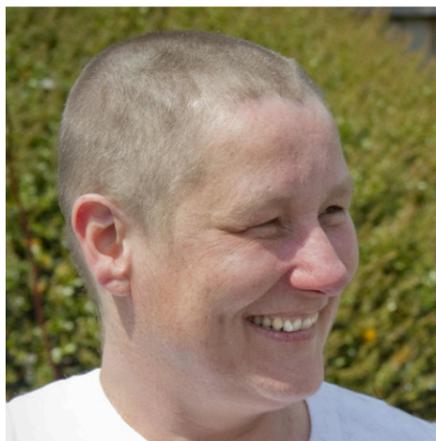
I decided that I would have the deed done at our Celebration in Mind event at the Crown Tavern on May 27th. Ian

Scott, who works at the Crown said he would get his head shaved too, and so did Glenn Coggin who arranged the day's musical extravaganza ...so all three of us lined up at 2 p.m. to lose our flowing locks!

The whole day was a great success. The head shaves have raised £585 so far and our stalls and competitions raised £470. We would all like to say a massive thank you to the Crown Tavern for hosting the event, to Glenn and friends

for organising the daytime live music, to our very own Drew Brace and his band TFI for the evening's entertainment and to everyone who donated items or their time to make it all happen. Huge thanks too to everyone who came along to support us.

Oh. And we'll be doing it again next year (perhaps not the head shave bit!), so watch this space ...



Volunteer opportunity

We are looking for 5 volunteers to join us in a new project with the Citizens Advice Bureau. This is a more specialist role that comes excellent training and support and which aims to support people with mental health and other problems to achieve greater independence. Please contact us if you would like to find out more.

Knickers to Mental Illness!



Emma Smith is one of our volunteers in Whitby. Three years ago she became very unwell and suffered a 'nervous breakdown'. Whilst receiving care in hospital, Emma experienced something that I am sure will resonate with many – lost underwear! In these instances the only solution that can be offered is 'paper knickers'. Besides being uncomfortable, Emma describes feeling like she had lost the last of her dignity...

Emma decided that she would like to

raise some money in order to provide the wards with a stock of underwear, for both male and female patients, as an alternative to the dreaded 'paper knickers'! She's starting with the units at Scarborough, Middlesbrough, and her home town of Sheffield.

On 9th April Emma held a Body Shop party at The Station in Whitby and raised over £100! For more information on fundraising events that Emma will be holding throughout the year see the

Knickers To Mental Illness Facebook page at:

www.facebook.com/pages/Knickers-To-Mental-Illness/531387340218100?fref=ts

We take our hat off to Emma for a unique and quirky slant on fundraising and for knitting the fabulous 'knickers' bunting modelled in the pic by SWR Mind staff and some of our office colleagues from Tyro Training and Pristine Cleaners.

Facebook Competition | Would you like to win a £25 M&S voucher?

All you need to do is 'Like' our NEW Facebook page before midnight on August 31st. All page likes will then go into a draw for the winning prize. It's that simple! Our new facebook page can be found at: <http://on.fb.me/19x5eun>

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Introduction from Jen Davis – Volunteer Champion

Hi, my name's Jen and I'm SWR Mind's new Volunteer Champion.

My role will involve keeping up-to-date with monthly management and team meetings, and with the roles of volunteers at Mind – representing views and needs from the volunteer perspective.

I became a volunteer befriender for SWR Mind in 2008. The experience I gained in this role was invaluable to me whilst completing both my foundation and bachelor's degrees in counselling. During this time I completed a research project around the value of volunteers within

organisations and their reasons for volunteering.

Each one of SWR Mind's volunteers has a specific reason for offering their expertise and individual transferrable skills and each will have a vision of what they would like to achieve in the future.

I want to be the line of communication between SWR Mind volunteers and the organisation. I plan to do this by building on the existing systems of communication e.g. the newsletter, social media, and volunteer events and perhaps by introducing regular volunteer forums.



My focus is to provide support to volunteers so that they can achieve their personal goals.

Contact me at jen.swrmind@fsmail.net

Jen's Questions

What music are you listening to at the moment?

I listen to all sorts of music – it depends on how much noise I want to make or how relaxed I want to feel.

What's your favourite ice cream flavour?

Ice cream!!!!!!!

If there was a film about your life, who would play you?

Probably Maggie Smith in later years and Drew Barrymore in earlier years.

What would you do if you won the lottery?

Buy the Isle of Eigg – it's my most favourite place on earth!

What is your passion in life?

To be happy.

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

I lived in Cyprus and Beirut for some years and have re-visited since – both places have a special place in my heart for various reasons.

Has a film ever made you cry?

Kramer v Kramer and, of course, Titanic.

What's the best book you've ever read?

Can't say really – I have such a varied reading list but I usually read when I need to know something specific.

Do you have a favourite sports team?

Not really but I quite like to watch WWE wrestling – definitely John Cena!!!

What's your vice?

Sometimes I get frustrated when I see people struggling with life and its problems and can get quite angry about discrimination – maybe it's not a vice but sometimes I feel helpless when I can't do anything to help.

The other vice is food!!!

We're really interested in getting know you all better, if you'd like to answer the questions in the next newsletter and tell us a little bit about yourself and your experience with SWR Mind then call the office on 01723 588008. We're looking forward to hearing from you!

Volunteer Event at The Feathers in Helmsley

Volunteers' Week is an annual campaign which takes place from 1st – 7th June and celebrates the fantastic contribution volunteers make across the UK. This year's Volunteers' Week focused on saying 'thank you' to the millions of volunteers who regularly contribute to society.

On Wednesday 5th June, Ryedale volunteer David Murray-Wells kindly

hosted a lunch at his hotel, The Feathers in Helmsley, as a 'thank you' to all our volunteers in Ryedale. Good food and company were enjoyed whilst putting the world to rights!

One person we support in Ryedale said

"SWR Mind have been so helpful and considerate, meeting my needs during my times of ill-health, and are very supportive and genuinely pleased for me and the



Claire Rodway, David Murray-Wells, Neil Ford, Paul Radcliffe and Christine Swaine at the volunteer lunch in Helmsley

achievements I have made. If it wasn't for Mind and the volunteer I had I wouldn't be where I am now and I am very grateful for all their help, care and understanding"

Student of the Year

Helen Langford was supported by volunteer Chris Miles when she decided to pursue her desire to return to education. They attended the college open evening together to see what options were available and to talk to tutors. Following this, Helen was offered an unconditional place at York College and Chris took her there on her first day!

At a college presentation at York Racecourse on Friday 14th June, Helen was presented with the award for 'Student of the Year'. Both Helen and Chris are delighted and we would like to add our congratulations too – well done Helen!



Helen with her award for 'Student of the Year' at York Racecourse

Who we are and what we do

We're Mind, the mental health charity. We believe no one should have to face a mental health problem alone. We're here for you. Today. Now. Whether you're stressed, depressed or in crisis. We'll listen, give support and advice, and fight your corner.

Meet the team – they are:

Chief Executive Officer – Julie Nichol

Head of Services – Sophie Hall

Support Team – Pat Abbs, Claire Rodway, Mark Ellis, Linda Legg, Sarah Skidmore, Jacqui Hall and Sally Sainsbury

Finance Officer – Carl Maw

Admin Support Team – Corinne Clancy, Philip Hemingway and Helen Banks

Mind infoline

0300 123 3393 | info@mind.org.uk

We are able to provide information on a range of topics including types of mental distress, where to get help, drug and alternative treatments, and advocacy. We are able to provide details of help and support for people in their own area.

The helpline is open Monday to Friday, 9.00am to 6.00pm

Samaritans are available 24 hours a day to provide confidential emotional support for people who are experiencing feelings of distress, despair or suicidal thoughts. Samaritans: 08457 909090

Whitby Goth Weekend

Whitby Goth Weekend is one of the most popular gothic events in the world. The organisers chose Whitby as home for this biannual (Spring and Autumn) festival because of its links with Bram Stoker's Dracula.

For the past 5 years SWR Mind has hosted a stall and has been glad to be involved in this positive celebration of difference.

This April, the stall raised £237 through the tombola and sale of clothes.

Thanks to all who continue to support our involvement with this much-loved Whitby tradition.



Sarah Skidmore and Jan King with Julie, who always enjoyed the Goth Weekend so much.