



PETER ASCOUGH, CLAIRE RODWAY, ANDREW STOTT, EBONY-JANE WARD & CHRIS SWAINE



Scarborough,
Whitby and Ryedale

Newsletter

Scarborough, Whitby & Ryedale Mind
PO Box 304
Scarborough
YO11 3YJ

Tel: 01723 588008 / 0845 6034723
(local call rate)

Email: info@surmind.org.uk

Web: www.surmind.org.uk

CHARITY NO. 7027702

Our exceptional volunteer Ebony's mission to do good

Our youngest ever volunteer has spoken of her love for her role and how she has made it her mission in life to do good for others.

Ebony Ward (now 20) from Malton first gave up her time for Scarborough Whitby and Ryedale Mind as a member of our Side by Side project aged just 17. Over the past three years, we have matched Ebony with two ladies living in the Ryedale area who needed support with their mental health.

In that time, Ebony who is from Ryedale, has made a huge difference in the lives of Andrea and Valerie and despite their differences in age, formed great friendships sharing the good times and the bad. She has encouraged them to take part in activities such as Zumba, swimming and a memory café and was also able to pass on her knowledge of computers and in return was taught how to knit in return. As a result of Ebony's input, both women grew in confidence and have since moved on from the service as their mental health has improved greatly.

Ebony, who finished volunteering for us in August and now works full-time, said a quote by spiritual leader the Dalai Lama inspired her to become a volunteer.

"Just as ripples spread out when a single pebble is dropped into water, the actions of individuals can have far-reaching effects.

"This quote will always be very inspiring to me, as it shows how we all have the power to do good - more than we could ever even imagine. My main objective in life, as ridiculously cliché as it sounds, is simply to try and do good to help others. "I often feel I can't help people; maybe I'm not clever enough, pretty enough or strong enough to make any true difference to anybody's life. Scarborough, Whitby and Ryedale Mind (SWR Mind) helped me realise that I can make a difference; we all can."

Ebony became a volunteer in the hope that she could help others as well as tackling some of the stigma around mental health. She added: "We need to look after our minds, help keep them happy and healthy, vibrant and alive, and sometimes we need help with that. That's where charities like Mind come in, to offer care and support. "Through Mind I have been blessed to meet some amazing people. From the people who work there to the inspirational individuals I have been lucky enough to volunteer for. Being part of Mind's Side-by-Side service I have been able to build up friendships with some exceptional people.

"I think there is something very beautiful in watching friendship blossom; watching as trust grows and watching a person heal."

Ebony said although she is not a confident person, working with Mind has helped her build up her confidence. "Hearing service users say simple things like "I really needed that chat" or "thank you for being

here" has made me feel so worthwhile. It feels as if my life now has more purpose because that person has somebody to talk to, somebody to laugh with, somebody who's just there," she said.

Seeing first-hand the difference Mind has made to these people's lives has made me see just how crucial it is that everyone gets the support and care that they need. More than this, I have seen how much more respect people deserve, whether they are a mental health sufferer or not."

Ebony explained why she thinks becoming a volunteer for SWR Mind can make such a difference. "Together I honestly believe we can create an open society that welcomes EVERYONE. If the ripples of a single individual can have far-reaching effects just imagine the effects we could have if we do this together, united as one."

Sophie Hall, Head of Services for SWR Mind paid tribute to Ebony adding: "Ebony is an exceptional individual. She is professional, caring and open-minded. She is also a hard worker and always does her best.

"We'd like to thank Ebony for her incredible work as a volunteer over the past few years and wish her every success in the future.



Festive concert raises

Funds for SWR Mind

A Christmassy concert at Scarborough Spa attended by around 500 people has raised a wonderful £1,200 for SWR Mind.

Our lovely community support worker Linda Legg (third from the left) attended the Festive Spectacular Carol Concert compared by Yorkshire BBC Look North presenter Harry Gration on Saturday 5 December.



Funds raised are being split between us, Basics Plus and Scarborough Sash.

Linda said: "Brilliant festive night and well done to everyone who sang and played."

Mind welcomes consultant

A charity consultant will be spending time with us over the next six months to look at ways of taking the charity forwards and securing our longer term future.

Chris Hailey-Norris has 20 years' experience of training, consultancy, and management during which time he has developed a wide range of skills and will be penning a report which will be presented to our board of trustees early next year.

Chocolate Boost for Mind

A top Scarborough chocolatier shared his secrets of how to make delicious chocolate treats at a Christmas-themed fund-raiser – and we got to eat them too.

Alex Grant of Crofts Chocolates hosted the demonstration event on Thursday 26 November at the Filling Station at

Scarborough's The Street in Lower Clark Street.

Around 40 chocolate-lovers learnt how to make tasty Christmas decorations and delicious desserts raising £200 for SWR Mind.

Corinne Clancy, administrator at SWR Mind who attended the night said: "The turnout was great and everyone had a brilliant time. Alex was very entertaining and we all got a real insight into the intricacies of making chocolate.

"We were amazed at the effort that goes into it and people were really interested."

Prior to the event, our fantastic volunteer Julie Blackett sold tickets at the Street and in several days collected £120 in donations from the public.

Corinne: "We'd like to say a big thank you to Alex for putting on such a wonderful show, to Becky at the Filling Station for keeping the café open and of course to Julie for everything she did – she's a star."

Can you give an elephant a new home?

We have some lovely knitted elephants for sale to raise funds for us.

The 'elephants in the room' have been knitted by our very own Sally Sainsbury along with kind-hearted members of the Women's Institute in Hawsker near Whitby. One in four people will suffer from mental illness this year and we believe it's time to start talking about mental health as so often people can feel uncomfortable due to the stigma people might be fearful of.

The cuddly knitted elephants are priced just £5 and are available from our office by calling (01723) 588008 or emailing info@swrmind.org.



When Santa Claus came to town

Meet our SWR Mind support dog and office mascot Honey the Labrador before she headed out to collect funds for us during the Santa parade in Scarborough.

She was accompanied by her owner Clare Howell who is a support worker for SWR Mind and one of our volunteers Julie Blackett.

The trio wore festive fancy dress and collected an amazing £170 from generous crowds who lined the streets.

Head of Services for SWR Mind Sophie Hall said: "We'd like to say a huge thank you to both Clare and Julie for their efforts.

Julie has been an amazing help to us and has raised an incredible £1,000 for SWR Mind over the past six months. She has dedicated much of her time to fund-raising for us and we are so grateful.

"She is also going to be joining our ranks as a volunteer as part of our side by side project so once again thank you Julie!"

Sophie added the charity is also extremely thankful to

Boyes for letting us collect the funds during the Santa parade through the town which took place on Saturday 14th November.



Bright future ahead for Scarborough Whitby and Ryedale Mind

Scarborough Whitby and Ryedale Mind is looking to a brighter future following the appointment of its new board of trustees.

Members of our charity met at The Street in Scarborough on Wednesday 16 September where it was decided a new board of trustees should be appointed to take the charity forwards.

It has been a difficult time for everyone at SWR Mind during the past year, but thanks to overwhelming support for our Save SWR Mind Crisis Appeal which raised more than £25,000 to save us from closure, our short term future is now secure.

Chairman of the Board Duncan Webster and John Bradshaw stepped down from their roles and we would like to say thank you to them for their efforts. John however, subsequently was co-opted back onto the board in October.

The members of our new board of trustees have a wealth of experience and are from all walks of life. Among them are an accountant, consultant clinical psychologist, a former psychiatric nurse, a learning and development consultant, people with management experience, education and training, human resources and others who have experienced mental health problems themselves.

Our seven new trustees are; John Ferguson (Chair) Christine Miles, Peter Steel, Dr Steve Donaldson, Michael Hall, Miriam Alcock and John Bradshaw

Head of Services Sophie Hall said: "We are really thankful that we have a new board of trustees with a great range of skills and personalities taking the time to dedicate themselves to improving mental health support. The trustees aim is to steer the charity in the right direction and make sure we have a future".

"Things are looking brighter and it's all going in the right direction. We are looking at what we need to do now to make sure that the organization stays open in the long term".

David's coastal trek a success

A Scarborough man who suffers from debilitating arthritis has overcome the odds to walk 26 miles from Filey to Robin Hood's Bay earlier this month to

raise more than £550 for us. David Mackenzie from South Cliff took up the challenge after learning about how we were saved from closure earlier this year and that we are still in great need of funds.

David was inspired to do the walk as one of his close friends has suffered from severe depression and was greatly helped by the charity who supported him during the crisis. David has also experienced anxiety in the past and as a keen walker, completed the 26 mile challenge on 4 November, despite being in pain. He said: "I thoroughly enjoyed my walk and was in good spirits knowing that in a small way I would be helping such a worthwhile charity and that the money I have raised will make such a difference. Thank you to everyone who has sponsored me."



People get a taste of volunteering for SWR Mind

We've been out and about over the past few months recruiting people to join our amazing small army of volunteers.

Volunteer trainer Hannah Jones, Head of Finance and Compliance Carl Maw, Side by Side support worker Sally Sainsbury and office administrators Corinne Clancy and Philip Hemingway have been busy attending freshers' fairs, careers fairs and open days.

Our volunteer recruitment drive has also featured in local newspapers such as the Scarborough News and on radio stations including Yorkshire Coast Radio. We've also been contacting health and

social care course leaders to see if students would like to volunteer with us as well as delivering a session in Yorkshire Coast College.

As a result of the team's hard work, 60 people expressed an interest in volunteering with us and some of those have already joined us for taster sessions to find out more and sign up for the training courses which will take place in the New Year.

Corinne said: "It was nice to get to speak to people from all different backgrounds and inspire them."



Corinne and Carl also came up with some inventive ideas to get students talking about mental health. They bought a bucket of sweets and one in four of them had a disgusting taste from fish to chilli. "This created a great talking point as statistics show one in four people experience mental health difficulties every year and as can often be the case, it's not always visible, as with the different sweets," she added.

Keep us in Mind this Christmas

Are you doing your Christmas shopping online this year?

Did you know that whenever you buy anything online this festive season or in fact throughout the year, you could be making a free donation to Scarborough Whitby and Ryedale Mind through www.easyfundraising.org.uk

There are nearly 3,000 retailers including Amazon and John Lewis who are registered with easy fundraising and it doesn't cost you a penny extra.

Sign up at www.easyfundraising.org.uk

IN THE HOTSEAT!

Sophie Hall (Head of Services) is originally from Thirsk, but

now lives in Scarborough. Sophie has worked for SWR Mind for the past three years. Sophie is responsible for the management of services and staff.



What's in your CD player?

I've moved into the modern world and got an iPod ;-) I love nearly all genres of music so if I stick it on shuffle it'll jump from Mozart to AC/DC to Janis Joplin. At the moment, the new Adele album and Beth Orton are on permanent loop!

What's your favourite ice cream?

Pretty much any that come in a Ben and Jerry's tub. Current favourite is Caramel Chew Chew. I do also enjoy a really good old fashioned vanilla with lots of chocolate sauce on!

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

They would have to be a bit weird and lacking in grace so probably someone like Rebel Wilson or Melissa McCarthy.

What would you do if you won the Lottery?

It depends on how much!! I'd give a lot to friends, buy a house in Slovenia, a new camper van and get someone to build me a massive treehouse in my garden! If it was the Euromillions and a huge amount I would set up a charitable foundation that could give grants to charities in North Yorkshire each year.

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

My most memorable trip was being in New York, a few hundred yards away from the Twin Towers on September 11th which gave me a whole different perspective on life and the world we live in, but I don't think that qualifies as 'best'.

I really enjoyed travelling as a sighted guide with a visually impaired group when we travelled the pacific coast highway in America. My favourite place in the world is Slovenia, it's so beautiful and the people are amazingly welcoming. I try to go every year for the 'Bled Days' festival which is all about music, eating great food outdoors and drinking too much beer. Every year they float thousands of candles across Lake Bled and have an amazing firework display.

Has a film ever made you cry?

Most films make me cry, as do adverts for animal charities and TV shows like Grey's Anatomy. The films that make me cry the most are Marley and Me, Last of the Mohicans, Schindler's List and Philadelphia.

What is the best book you have ever read?

It depends on what mood I'm in but for a good laugh, 'Good Omens' by Terry Pratchett always cheers me up. I love all the books by Ursula K LeGuin and Robin Hobb. I also really enjoy a lot of Classics like Northanger Abbey, To Kill a Mockingbird and Wuthering Heights.

Do you have a favourite sports team?

I'm a big Rugby Union fan and have supported Leeds Tykes (or Yorkshire Carnegie as they are now) since my teens. I absolutely love watching the All Blacks play as they are just the epitome of how beautiful the game can be!

What's your vice?

I'd need a whole page to mention them all! I have a very unhealthy relationship with Maltasers and a ridiculously childish obsession with Marvel Superhero's!

SWR Mind takes part in global day of campaigning

A trio of fund-raisers boosted our funds and got people talking about the effects of living with mental illness on World Mental Health Day.

The annual event takes place across the world on Saturday 10 October and Scarborough Whitby and Ryedale Mind helped raise awareness of this year's theme - what can be done to ensure that people with mental health problems can live with dignity. Several events took place in Scarborough on the day.

An afternoon concert called "Mind Music" was held in Scarborough Library in Vernon Road from noon to 2pm featuring a whole host of music performed by David Ives and Jamie Kershaw and raised £300.

Later on that evening an evening of music by local bands took place at Scarborough's Corporation Club with sets from Carrie Martin, Echotwin, Lottie Holmes, Jez Ech and Lewis Marrow.



Staff and volunteers held a bucket collection in Scarborough Town Centre and raised £200 in donations from generous shoppers with volunteer Julie Blackett donning our mascot Rellie the elephant costume.

A legacy is an amazing way to give.

Many of the people we help have nowhere else to turn. By leaving us a gift in your Will, you will ensure that people experiencing mental health problems get the help and support they need to get their lives back on track. Large or small, whatever gift you are able to give will make a difference. Just £500 or 1% makes a huge difference to SWR Mind. Hundreds of millions are left through legacies to national charities every year but few people think about leaving a legacy that could impact their local community.

Our promise to you.

We will:

- Recognise that talking about legacies or the loss of loved ones is an incredibly sensitive issue
- Use your gift carefully so it creates the most impact possible for people with mental health problems.
- Respect your right to privacy and understand if you don't want to tell us about your decision, though we'd love to have the opportunity to say thank you.
- Understand that your family and loved ones come first.
- Understand if you change your mind about leaving us a gift in your Will.
- Handle any gifts you leave sensitively and respectfully.

If you haven't written your Will yet, the first thing to do is to make sure you provide for your family, friends or other people close to your heart. Then you may want to consider leaving a gift to charity. Next, we advise you to visit a solicitor to have your Will professionally written. A solicitor will be able to support you through the range of choices and advise you on any issues such as the impact of legacies on inheritance tax.

If you already have a Will, you can amend your Will simply by adding a

codicil. We have a simple codicil form available and can provide a copy, or your solicitor will be able to advise you on making any changes. It's advisable to get a solicitor to help you, or you may accidentally invalidate your existing Will.

Another choice is to give in memory of a loved one or friend, creating a lasting and personal way of remembering them. You can support Scarborough, Whitby and Ryedale Mind in memory of your loved one in lots of ways:

- Set up an online tribute site
- Collect at a funeral
- Donate or set up a regular gift
- Hold an event in memory

If or when the time is right for you to remember a charity in your Will or create a tribute for a loved one, please consider Scarborough, Whitby and Ryedale Mind.

Christmas message

Christmas can be a very stressful time, particularly for anyone with a mental health problem, and if you are on your own it can be very lonely.

Every year, our charity supports 1,000 people living in the local area experiencing mental health problems, and at Christmas we like to send a Christmas card and small gift to the most isolated and vulnerable people we help.

Our support groups in Scarborough and Whitby will celebrate with a festive lunch and we will also aim to buy each a small gift – we'd be very grateful if anyone would like to donate towards these.

We also send out Christmas cards 300 of our service users in greatest need and are always in need of Christmas and Birthday cards and stamps.

For many of these people, they will be the only greeting cards and presents they receive.

We're here at the end of the phone for anyone that wants to talk who needs support. Our side by side support workers and volunteers will also be giving their own help and advice to people on getting through the Christmas period.

On behalf of everyone at Scarborough Whitby and Ryedale Mind we wish all our readers, supporters and service users a Merry Christmas and a happy New Year

Big thank you to Whitby supporters

We would like to say a massive thank you to the amazing Kelly Brown from Whitby who organised a sell-out fund-raiser for us at the Friendship Rowing Club in Whitby.

The event was held in memory of Kelly's dad and featured live music and a disco from local band Five Divide and an auction.

The night was a huge success raising £1,600 for us with more still to come in and we are incredibly grateful to everyone who attended the money-spinner on 20 November.



Staffing & Personnel

Head of Finance and Compliance:
Carl Maw



Head of Services:
Sophie Hall



Administration: (Volunteers) Philip Hemingway, (Service Users): Corinne Clancy



Alex Harvey:
Volunteer
P.R.



Housing Related Support Workers:

Lynn Trotter, Linda Legg & Clare Howell



Hannah Jones: Volunteer
Trainer



Open Mind Group coordinators: Jean Schneider & Sarah Skidmore



Side by Side Support Workers:

Colin Campbell, Sharon Van Ee & Sally Sainsbury



You can continue to donate to SWR Mind on our website www.swrmind.org.uk, our Just Giving page www.justgiving.com/swrmind or by texting SWRM22 with the amount you want to donate in £ to 70070.

You can also send a cheque made payable to Scarborough, Whitby and Ryedale Mind, PO Box 304, Scarborough, YO11 3YJ.

SWR Mind can be found on Facebook at www.facebook.com/SWRMind1, follow us on Twitter @swrmind1 or call (01723) 588008

Please complete this form and hand it in to your bank if you would like to make regular donations to Scarborough, Whitby and Ryedale Mind.

Standing Order Mandate

To.....(your bank)

Address

.....

.....

Please Pay; **Unity Trust Bank PLC**

Beneficiary; **Scarborough Whitby and Ryedale Mind**

Sort Code; **08-60-01**

Account Number; **20241373**

Amount in Figures

Amount in words

Date of first payment

Amount of first payment

And therefore every(frequency of payment eg 25th of the month)

Date of last payment

Amount of last payment

(or you receive notice from me/us)

Account to be debited(your account name)

Sort Code

Account number

Signature.....

Date.....

