



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@swrmind.org.uk](mailto:info@swrmind.org.uk)

Web: [www.swrmind.org.uk](http://www.swrmind.org.uk)

PLEASE HELP SAVE POSTAGE. LET US KNOW IF YOU ARE ABLE TO RECEIVE THE NEWSLETTER VIA EMAIL!

### A message from Christine Gilkes, chair of Trustees



I'd like to say a huge thank you to everyone who has supported SWR Mind through turbulent times and have patiently waited for the new Trustees to set a new course.

In the last couple of months we have made a few changes to our staffing structures and are delighted to confirm that Sophie Hall is now our CEO.

Carl Maw has moved into the role of Operations Manager supported by Philip Hemingway in a key finance and admin role.

We have just recruited a new Volunteer Co-ordinator to really strengthen that critical part of our organisation.

There have been no changes to the Side by Side and Housing Support teams who continue to do an amazing job with very few resources.

In many ways this is due to the wonderful team of volunteers that enable the teams to do so much more.

We are really keen to increase the number of volunteers this year, to offer

opportunities to get involved in different ways and to provide more training and support. This will be a key part of the new Volunteer Co-ordinators role so if you have any ideas on ways to shape this please let us know.

We are also looking to increase the number of trustees and are very interested in talking to people who want to volunteer in this way, guiding the future direction of our organisation.

To make sure we have a good mix of skills and experience we are particularly looking for people with finance, fundraising, legal, HR and volunteer sector experience but enthusiasm and passion for what we do are equally important.

If this is you or you know someone that might fit the bill, please let us know.

Sophie is putting the final touches to our new Strategic Plan which covers the period from now until 2019 and we will be ready to share this with you very soon.

We are extremely grateful to all the staff team and volunteers for their huge commitment to our services. We have lots of ideas to enhance the services and

get smarter at how we provide them and we know you have too. Please keep talking to us and we will certainly keep you updated as we progress.

I hope to meet you at our upcoming events.

### Poem by Pete (a service user with SWR Mind)

When I awake and look around  
I see no face, I hear no sound  
There is an empty room  
The daylight comes around too soon

Reaching out, is no one there?  
Reaching out, does no one care?  
Speaking out, has no one heard?

Will someone listen to a word?

Having lived and having lost  
Now left alone to count the cost  
Was life before just all a dream  
Was it just the way it seemed

Just looking for some sunlight  
That's shining through the rain  
Showing me a reason  
For starting life again



[@swrmind1](https://twitter.com/swrmind1)



<https://www.facebook.com/SWRMind1>

JustGiving

<https://www.justgiving.com/swrmind>

## Forum shining spotlight on mental health

The VCSE Mental Health Service Providers' Forum Scarborough and Ryedale shone the spotlight on mental health issues by launching a manifesto for mental health.

The document sets how local charities deliver services to ensure they can provide the best experience possible for people experiencing mental health difficulties.

It was unveiled at an event at Scarborough's Stephen Joseph Theatre in May during Mental Health Awareness Week.

The manifesto was drawn up by the Mental Health Forum which is made up of charities supporting people with mental health problems in the local area.

These include SWR Mind, FirstLight Trust, Scarborough Survivors, Scarborough and Ryedale Carers' Resource, Scarborough Dementia Action Alliance, Community Counselling and Yorkshire Coast Homes.



The manifesto will be used as a framework which all the charities can follow and as a statement of commitment providing five clear 'asks' and reciprocal 'gives' for everything ranging from funding and volunteering to accessing services and meeting the needs of people of all ages.

SWR Mind CEO, Sophie Hall said: "This document intends to provide a framework to which all partners can adhere which will ensure the voluntary community and social enterprise section can be an equal partner in the delivery of an effective, holistic support service for those with mental health difficulties."

"At the heart of our interventions in the lives of people experiencing mental health difficulties is what is called the SEPIA model. This means we will provide Social, Emotional and Practical support along with Information and Advocacy."

## Books to boost mood

Did you know reading can help boost your mood?

Now the Reading Agency, a registered charity whose mission is to inspire more people to read more, has released its Reading Well Mood Boosting Book List for 2016. The books have been chosen by readers and reading groups for their uplifting and mood boosting qualities.

The list features fiction, non-fiction, poetry, short stories, classics, childrens books and even a cook book with something for everyone.

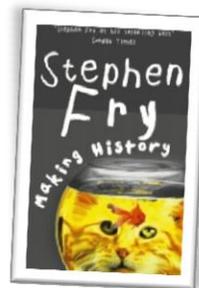
The list includes:

The Emergency Poet by Deborah Alma – Described as a fantastic collection of poems for any situation. It's been designed to lift people's spirits and help people overcome anxiety, depression and general anxiety.

Police, Crime and 999 by John Donaghue – Ever wondered what happens behind the scenes in the police? Donaghue reveals all in his hilarious true account of a year in the life of a front line response officer.

The House at Pooh Corner by AA Milne – This title features Pooh, Piglet and all their friends in the Hundred Acre Wood. The books features words of wisdom and words of humour.

Making History by Stephen Fry – A novel which is described as funny, touching, sweet, romantic, clever and beautifully written it challenges historical assumptions about cause and effect and sets out to demonstrate that the actions of Adolph Hitler were fundamental reasons why the world is a better place today.



You can find out more about the other books featured by logging onto [www.readingagency.org.uk/adults/news/new-reading-well-mood-boosting-books-list.html](http://www.readingagency.org.uk/adults/news/new-reading-well-mood-boosting-books-list.html)

Why not share the book list with your friends, family and fellow readers and help improve someone's day. Many of the books are available through local libraries or as an e-book through NYCC online lending service.



## All shook up by Danny's visit

Renowned Elvis impersonator Danny Wilde visited the Mind office earlier this month as he had A Suspicious Mind about what our staff do.

Danny is pictured here with our CEO, Sophie, Operations Manager, Carl and our volunteer fundraiser and admin assistant Julie.

Julie holds a charity raffle every Saturday evening at The Ramshill in Scarborough. Danny, the Ramshill's resident singer, asked Julie for more information on the work carried out at SWR Mind and was keen to meet up with the team.

Looks like Danny has recruited three new "Wildettes" and I'm sure once our resident knitter Sally has finished with her old chifon curtains, she will be able to run up some suitable backing singer outfits!

## Ideas wanted

We are inviting people to come forward with ideas for groups or workshops you would like to see started in your local community across the Whitby, Scarborough and Ryedale areas.

Already, our Scarborough Side by Side Support Worker Sally Sainbury has started a new women's group in Filey called the Filey Fillies.

It's an informal women's group where women meet for a chat and a laugh and is already proving popular. Sally is also keen to start a men's group in Scarborough and would welcome any help or suggestions.

Sophie Hall, CEO said: "If people have got any ideas for small groups in any of the regions we would love to hear from you. We will be setting up a service user steering group later in the year to encourage more people to have their say on services we provide."

## My mental health story (By SWR Mind service user)

I don't remember any life before depression.

The constant battle with looming darkness defines my whole adult life as I wrap my sadness around me, an impenetrable wall to friends and family alike.

Most mornings I wake after broken sleep and start the daily grind of forcing one foot in front of the other. Work is my life, all I feel that I have, despite permanent self-doubt that I'm never doing anything well enough and fear that one day someone will see through my charade.

I go home late to a silent house every night and block out the rest of the world with novels and poetry, windows into the amazing things I can taste and imagine but seem forever out of reach.

I don't get any support from the health service, I never have. I am the invisible side of mental health, outwardly coping but broken beyond repair, if anyone cared enough to even try.

Every now and then there are flashes of light, those moments that make it seem like it's worth hanging on - a story relayed by a colleague that brings on a true belly laugh, a quick chat with a stranger who has no idea that it's the only time you've spoken aloud that day, an unexpected hug or a thank you card from a client.

Perhaps if more people realised how far a little kindness went, these moments would be more often.

I don't have any advice for people who are struggling but an infinite amount of empathy. You are not alone. You are not the only one. Keep breathing, put one foot after the other and enjoy the moments of light, however few or far between.

## Mind is named Charity of the Year

SWR Mind is flying high after being chosen as charity of the year for Serco - a company based at RAF Fylingdales.

Our staff members Philip Hemingway and Carl Maw were invited up to the radar base, which looks out for missile attacks as well as monitoring activity in

space such as NASA satellites and debris.

At the ballistic missile tracking base, the pair enjoyed a breakfast in the morning and then met with Serco personnel. They found out more about Serco's role as an international service provider at the RAF station as well as helping them launch their year of fund-raising for us.

Sophie Hall, CEO added: "We are very excited and pleased to be Serco's charity of the year and are really grateful they have chosen us to benefit from all their fund-raising efforts.

"We are always in great need of funds to continue our work with people experiencing mental health problems in the local community, many of whom have nowhere else to turn."

Charity events that Serco staff are organising include a car wash, a Golf Day in July and a sponsored walk on 17<sup>th</sup> August in the Whitby area.

Philip said: "It was an intriguing journey getting onto the base with all the tight security. It made me realise how secure

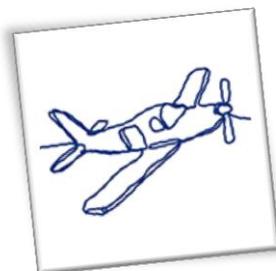


our defence installations are.

"Everybody there was really friendly and were pleased to welcome us as their charity of the year. We were introduced to the base's Wing Commander Dave Keighley and Andy Lawrence from Serco.

"We gave a presentation about Mind and the services that we provide and they told us about what they do to support their charity of the year and the various events they have throughout the year.

"We also learnt about the base and what they do there. It was a really fascinating experience."



## SWR volunteers honoured at awards ceremony

Two of our volunteers have received accolades at a glittering awards ceremony to celebrate unsung heroes across the borough.

The annual Borough's Big Thank You Awards saw a record number of nominations this year and among those were our volunteers, Julie Blackett and Alex Harvey who attended the awards evening at Scarborough Spa.

Julie was shortlisted for Volunteer of the Year for her dedication to the charity. Among the many things Julie has done is raising £1,500 by organising a chocolate making evening and amassing a huge number of raffle prizes for various fund-raising events.



Julie has also undertaken volunteer training up to be a side by side volunteer and currently volunteers twice a week in our office doing admin and manning the phone.

Alex, a former journalist at the Whitby Gazette, was shortlisted for Charitable Fundraising for spearheading our PR campaign #SaveSWRMind

Alex's nomination read: "In, 2015 SWR Mind lost its main fund-raiser. Unable to find anyone in the short term and with a financial crisis, the remaining staff were struggling to get coverage of the potential closure and secure the £25,000 needed to remain open. I stepped Alex who volunteered to support us with PR. As a small charity we usually raised around £20,000 a year locally but this year with Alex's help, we have raised over £70,000."

Julie and Alex were both presented with a certificate in recognition of their efforts from Scarborough's Mayor Councillor Tom Fox at the prestigious ceremony.

## An experience of Art Therapy Yorkshire

By Richard Crocker, An SWR Mind service user from Scarborough

It was with some trepidation that, back in January, along with two other service users I went with Sally Sainsbury to meet Sue Holmes and Peter Brown for an induction session for the ArtTalking2 sessions run in Scarborough by Art Therapy Yorkshire.

I had read about the benefits of art therapy but my painting and drawing skills are minimal and my creative abilities are under-explored to put it politely.

Before this year the last time I did any form of art work as a small part of studying for an HND back in 1983 and I had never drawn or painted after junior school.

On the day of the induction, my comfort zone had shrunk to the size of a postage stamp and I was not looking forward to the experience of stepping out of it.

I need not have worried. My fears were groundless. Peter and Sue were very reassuring and explained the sessions were about using the creative process to explore and express thoughts and emotions.

It was also good to find out that the sessions were not just based on drawing and painting. There would be the opportunity to use a wide variety of media including printing, photography, collage and many others.

I spent most of the first couple of sessions trying out different paints, pencils, pastels, inks and papers. Not creating images but making marks on paper with them and drawing simple patterns. It was strangely relaxing and satisfying. I was hooked or perhaps re-hooked.

There was a faint recollection of having enjoyed doing such things all those years ago at school. Then came the opportunity to work on individual and group pieces for the No Labels exhibition that formed part of Scarborough's Coastal arts festival held in February. This was very satisfying and it was really rewarding to have something I had created on display in a public exhibition.

Since January, I have attended the weekly sessions regularly, working mainly with pastels and lino prints.

Over time I want to explore other media and return to working with photographic images. The sessions are about exploration rather than the final product which is what makes them so good. Working in this way, in a supportive, friendly group, has helped me to gain self-worth and to begin eliminating some of the negative and intrusive thoughts that I have.

Do I use all the sessions to explore and express my thoughts and emotions? No - sometimes it's just about having fun with art and that in itself a beneficial and therapeutic thing. I would encourage anyone to try it.

For more information about art therapy sessions run by Art Therapy Yorkshire visit [www.arttherapyyorkshire.org.uk](http://www.arttherapyyorkshire.org.uk) or you can call the SWR Mind office and we can provide more information.



## Knitters wanted

Calling all knitters - or people who know a knitter!

We are still looking for anyone who could contribute a wee elephant to our depleting elephant herd!

We sell our little 'elephants in the room' at fundraising events and after a busy day out at RAF Fylingdales where Serco have been raising money for us as their charity of the year, we're now down to three.

If anyone is interested, give us a call on (01723) 588008, shout on Facebook or email [info@swrmind.org.uk](mailto:info@swrmind.org.uk) and we can send you a copy of the pattern.

All customisations welcome, we've had a range of elephants in rainbow colours, wearing bow ties or stuffed with scented material. The quirkier, the better.



## Tee off for charity golf day

A fund-raising golf day is being held in aid of SWR Mind in July and organisers Serco are keen to sign up teams.

The event is being held at Kirkbymoorside Golf Club on Wednesday 27 July with all funds going to SWR Mind who are Serco's chosen charity.



Teams of four are being invited to enter at a cost of £37.50 per person which includes breakfast on arrival, 18 holes of golf and a buffet meal.

There are plenty of prizes up for grabs including longest drive and nearest pin.

Contact Mel or Sarah on (01751) 477840 for more details and to reserve your place. Entries can be made as teams or individuals and spectators are welcome.

## Out and About

Art Therapy Yorkshire have secured funding from Awards for All to restart the Women's Art Therapy group. For more information, check the website <http://www.arttherapyyorkshire.org.uk> or call 07939159475

Healthwatch are seeking new board members to champion the views of patients and social care users across the county, with the goal of making services better and improving health and well-being. These are voluntary positions. Expenses will be paid.

Application will be by CV and an accompanying statement explaining your interest and motivation in applying for this role and what you believe you can contribute to Healthwatch North Yorkshire. The closing date for applications is noon on Wednesday 6<sup>th</sup> July 2016. See [www.healthwatchnorthyorkshire.co.uk/](http://www.healthwatchnorthyorkshire.co.uk/) for more information

## IN THE HOTSEAT!

Sharon joined the SWR Mind team in 2014, working on the A&E support project alongside the Cambridge Centre until she joined our Side by Side team in April 2015, covering the Ryedale area.

### What's in your CD player?

A big mix of things from Sia, Ellie Goulding, Taylor Swift, Sting, Coldplay, Doors

### What's your favourite ice cream?

Rum and Raisin

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

Audrey Hepburn

### What would you do if you won the Lottery?

Move abroad, own a canoe, be surrounded by nature, and set up a bespoke retreat for people in need to help rebuild their life however long it takes! I would also learn to ski and horse ride as love to have my own ranch yee ha!

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

Brazil, seeing the inspiration from the people in severe poverty and their ultimate happiness. I'd like to go to Asia/India to sample the hot curries.

### Has a film ever made you cry?

The film adaption of Anne of Green Gables

### What is the best book you have ever read?

Anne of Green Gables by Lucy Maud Montgomery.

### Do you have a favourite sports team?

Always liked the Brazilian and Argentinian football team

### What's your vice?

Squeezing pimples and spots - yuck.

## 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.

## Mood Boosting Food

Improving your diet can help give you: positive feelings, clearer thinking, more energy and calmer moods

The Mind Guide to Food promotes a short list of small changes to make to your eating habits that can prove beneficial in managing mental health.

Eating regularly, including slow release energy foods such as protein and oats will keep your sugar levels steady and prevent tiredness and irritability.

Get your 5 a day. Vegetables and fruit contain a lot of the minerals, vitamins and fibre we need to keep us physically and mentally healthy.

Keep yourself hydrated. If you don't drink enough water, you may find it difficult to concentrate or think clearly.

Eating good fats and protein to keep your brain healthy. Foods such as nuts, lean meat, oily fish and soya.

You can donate to SWR Mind on our website [www.surmind.org.uk](http://www.surmind.org.uk), our Just Giving page [www.justgiving.com/surmind](http://www.justgiving.com/surmind) or by texting SWRM22 with the amount you want to donate in £ to 70070. (e.g. SWRM22 £2)

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](http://www.facebook.com/SWRMind1), follow us on Twitter @surmind1 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 25<sup>th</sup> 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.....

## Good Finance = Good Health

Following on from the successful Healthy Finances project run in conjunction with Scarborough Citizens Advice Bureau, Comic Relief have provided funding for a follow on service Good Finance = Good Health. The purpose of the project is to maximize income through accessing the correct benefits, identifying additional income sources and better managing debt. Clients are given individually tailored financial advice with a Mind worker to support implementation and help improve financial literacy such as helping people develop budgets, investigate the most cost effective energy suppliers. If you would be interested in learning more about the service or would like a referral, contact our office on 01723 588008.

## 2016 'Roll of Honour'

### Events and Fundraising

**Purity Group Ltd** – “We are proud to donate a portion of our profits to the fantastic charity Mind, who support adults with mental health problems and help them to lead a better, more fulfilling life. Unfortunately, mental health problems are a rising issue, so it's critical to have charities like Mind to help the people who suffer with these problems on a daily basis.” <http://www.purity.design/>

**Scarborough Round Table** – Donation of £150 from the Sleigh Fund to contribute to the cost of volunteer DBS checks

**Harry Ramsdens** - £500 donated from the Scarborough branch, from 1p per transaction through Autumn and Winter.

**The Plough Inn, Sleights** - £400 raised via a raffle and evening of Bingo

**Banks Music** – Held a fantastic festive concert at their head office,

(with excellent Mince Pies) in Hovingham, raising £200

**Tesco, Scarborough** - £100 collected on Blue Monday.

**Margaret Coates and Caitlin Flash** raised over £100 at the Scarborough Lions New Year's Day Dip.

**The Ramshill Hotel, Danny Wilde and volunteer Julie Blackett** – almost £1000 raised in the first 6 months of 2016 via raffles on Saturday nights

### Donations most gratefully received

Yorkshire Coast Homes

Yorkshire Building Society, Whitby

The Priory Congregation, Sneaton.

Homfrey Trust

United Spiritual Fellowship

Whitby Licensed Victuallers Association

Burniston Methodist Church

A huge thanks to the whole range of individuals who responded to the article in local and regional news about the theft of almost £1000 from our stall at Whitby Goth Weekend. £951 was donated through Just Giving in the following two weeks.

## Upcoming Useful Dates

**Legal Highs Awareness session at Eastside Community Centre, Whitby.** Thursday 14th July, 10am – 11.30am. The session is 'New psychoactive substance awareness for parents and carers (Legal Highs)'. The session is being facilitated by Sarah Stephenson from DISC. It will be aimed initially at parents of secondary school children.

**TEWV AGM** – 20<sup>th</sup> July 2016, Middlesborough Football Club, Registration from 3.30pm, guest speaker commencing at 4.30pm. RSVP by 13<sup>th</sup> July to 01325 552314 or [tewv.ftmembership@nhs.net](mailto:tewv.ftmembership@nhs.net)

**Serco, RAF Fylingdales Charity Golf Day** – 27<sup>th</sup> July 2016, Kirkbymoorside Golf Club. 10-4pm

**Serco, RAF Fylingdales sponsored walk – 17<sup>th</sup> August 2016** (all welcome including dogs, there'll be a long and short version, and something to munch). Route to be confirmed, Whitby/Robin Hoods Bay area. If you would like details when they become available, ring or email the office and we'll keep you in the loop!

**Race night at The Commercial, Scarborough.** – 23<sup>rd</sup> September, 7.30pm until late. Come along for some fun and a flutter on the ponies.

**Hambleton, Richmond and Whitby CCG Patient Congress Event** – Thursday 6<sup>th</sup> October 2016, 9.30am – 12.00pm. Whitby Mission and Seafarer's Centre (Seaman's Mission), Haggarsgate House, Haggarsgate, Whitby YO21 3PP

**Frontline worker networking meeting** – Thursday 6<sup>th</sup> October 2016. Time and location to be confirmed. This will be an opportunity for staff and volunteers who work with people who have mental health problems to get together, network and get updates about what services and projects are running around the region.

**World Mental Health Day** – October 10<sup>th</sup> 2016. Plans are afoot for a range of events and activities across the region. These will include fundraising events, awareness raising and wellbeing workshops. If you would like to see something in your area or help with an event, don't hesitate to get in touch.

## Writers Welcome!

If you would like to contribute any information, articles, creative pieces or thoughts to the newsletter, please don't hesitate to get in touch.

Submissions can be sent to [info@surmind.org.uk](mailto:info@surmind.org.uk)

Thanks for reading!!



@surmind1



<https://www.facebook.com/SWRMind1>

JustGiving

<https://www.justgiving.com/surmind>