



Winter 2017

Mind Matters



Welcome to the first edition of our newsletter!

The launch of Mind Matters is part of our 'Surviving to Thriving' 2017-2021 strategy and aims to keep the community up to date with our latest news and events, in addition to local signposting and tips for maintaining a healthy mind.

We look forward to helping to build a stronger community where everyone has access to the mental health support they need.

With season's greetings,



Happy 40th Birthday to us!

January marks the start of our 40th birthday year. We will be celebrating with events throughout 2018, the first being a concert in February (see inside for more details).

We are determined to use this year to become more visible within our community and build a supportive network for people affected by mental health problems.

We have lots of exciting things planned this year - keep an eye on our social media and website for our latest news!

New for 2018: VeraFlow

Dance, stretch and find your true flow in this class as you stretch your body and train your mind to the rhythm of the music. This is *you* time; time to get a clear head, to get focused on the here and now and to get in control.

The lovely Laura Lowe, who led our FitSteps classes this Autumn and is FitSteps Instructor of the Year for the South of England, will be taking these sessions, which start at Heffernan House on Friday 5th January from 10:30-11:30.

Please be aware that each session costs £3. Please call Laura on 074117 65272 or email cantstopthebeat@live.co.uk to find out more.



A new appointment

We are delighted to introduce Andrew Fry as our new General Manager. Andrew has 20 years' experience as a managing director, non-executive director and chair in both the public and private sector.

Andrew says: "I am excited to join the team and look forward to leading Herefordshire Mind's further growth and developing our work to improve the mental health and wellbeing of local people."

It's the most wonderful time...?

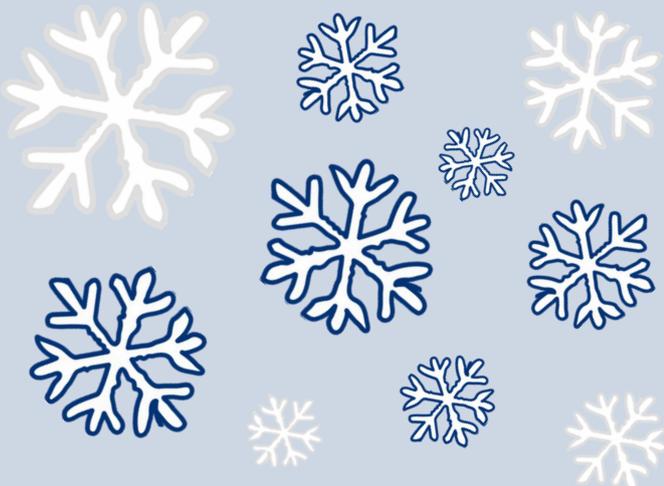
Christmas can be a joyful time of year. A chance to see family and friends, exchange gifts and have some fun. But it can also be a challenging time of year, and can be even more difficult to cope with for those of us with mental health problems.

Our offices will be closed from 23rd December to 2nd January. If you need support or mental health advice during that time, please call:

Mind Infoline - 0300 123 3393 (9am to 6pm, Mon-Fri, excluding bank holidays)

SANEline - 0300 304 7000 (4:30pm to 10:30pm, every day, including bank holidays)

Samaritans - 116 123 (24/7)



Top tips for getting through the festive season

Talk - Try to be honest if you're feeling overwhelmed and you're not up to getting fully involved. It's OK to cancel plans if you're not feeling up to it - sometimes you need to put yourself first.

Don't believe the hype - Don't compare yourself and your Christmas with the "perfect" moments shown on social media or TV. Remember that everyone is only sharing the good bits.

Give yourself a gift - Think about what *you* want to get out of the Christmas break; don't feel like you have to do or be anything because it's expected. Make sure you get to do something you want to do.

Talking Mind... with Emma, Assistant Psychologist



Hi Emma, how long have you worked for Herefordshire Mind?

I've been with Mind since January 2017.

What are your main responsibilities?

To teach coping strategies, provide one to one emotional support and promote independence and recovery. I run some group sessions like managing anxiety, assertiveness, confidence and self-esteem. I also help to assess people that have been referred to our residential services and deliver mental health awareness training.

What is the best thing about working for Herefordshire Mind?

Working for such a compassionate and caring organisation which has people's needs at the heart of all they do. It's a rewarding place to work and to see the positive impact which the services has on people's lives makes me feel proud to be part of such a great organisation.

Do you have any advice for anyone who is considering a career in psychology?

You need to be passionate, committed, and gain as much experience in the field as you can. Before I started this job, I had many voluntary roles, including clinical experience in a hospital, bereavement and welfare support.

As psychology is quite a competitive field, the important thing is to never give up. Continue to learn and reflect on your working and life experiences; these are all relevant and valuable for a career in psychology.

Herefordshire Mind presents... Our 40th birthday concert!

Following the success of our concert to celebrate the completion of Miller Court in 2016, we've decided to have another to mark our 40th birthday year.

The fabulous Four Seasons String Quartet will be returning with special guest Alan Fairs (baritone), for a very special evening of music taking place at St John's Methodist Church on Saturday 24th February at 7:30pm.

Tickets are £10 and are available to purchase online (check our Facebook for the details) or can be bought on the night.



Returning in 2018: Thriving Minds



Thriving Minds helps people experiencing mental health problems with courses designed to give you the skills & resources you need to become more resilient & independent.

All courses run for six sessions at Leominster Community Centre. Courses available are:

- Self-esteem and Confidence (Mondays)
- Managing Anxiety and Relaxation (Tuesdays)
- Assertiveness (Wednesdays)

Thriving Minds sessions are run by our very own Emma, who is our interviewee for this edition's 'Talking Mind' (see left). Please call Emma on 01432 802117 or email her at emma.robertson@herefordshire-mind.org.uk if you'd like to find out more or book a place.

Upcoming events & activities

All activities take place at Heffernan House, unless otherwise stated

December

13th - Poetry Workshop, 10am

14th - Last ArtSpace of 2017, 10am

14th - Last Get into Reading 2017, 11am

18th - Annual General Meeting, 4pm

22nd - Last FitSteps session, 11:30am

January

5th - VeraFlow starts, 10:30am

w/c 8th - Thriving Minds, 10am at Leominster Community Centre

9th - ArtSpace resumes, 10:45am

11th - Get into Reading resumes, 11am

17th - Poetry Workshop, 10am-12pm

February

1st - Time to Talk Day (plans afoot - more information in the New Year!)

14th - Poetry Workshop, 10am-12pm

24th - Birthday Concert, 7:30pm at St John's Methodist Church, Hereford



Want to learn more about your Mind?

We like being able to share our mental health expertise with others who need it. We've delivered our Mental Health Awareness training to volunteer groups, schools, colleges and charities, as well as Workplace Wellbeing training to small and large businesses.

We can tailor our training content to suit your needs. Get in touch with us on 01432 271643 or email info@herefordshire-mind.org.uk to discuss your requirements. Due to high demand and availability, we are currently only able to take bookings for dates from 1 February 2018 onwards.



Want to be a part of Mind Matters?

We want Mind Matters to be by the community, for the community. Please get in touch if:

- You have a suggestion for a feature or topic
- You'd like to share your personal experience of mental health problems in an article
- You are running a local mental health support group that people might like to know about
- You're doing a fundraising challenge or event for us later in 2018 (mid-March onwards)

Any feedback about our first edition would also be much appreciated! Get in touch with us on 01432 271643 or email info@herefordshire-mind.org.uk.

Message from our Board of Trustees

“The launch of Mind Matters is a great opportunity for us to thank all of the staff, volunteers, fundraisers and supporters for their commitment and dedication to Herefordshire Mind and the people we support.”

- Mark, Cathi, Hilary, Doug, Judith and Adrian

Our patrons

We have several kind and generous patrons, whose support allows us to provide valuable support within the community.

We would like to thank Lady Darnley, Lord Lieutenant of Herefordshire, Herefordshire MP's Bill Wiggin and Jesse Norman, Sir Thomas Dunne, previous Lord Lieutenant of Herefordshire, and Lawrence Banks for their continued support.

In the next edition of Mind Matters...

- A look at what goes on at Heffernan House
- Talking Mind with Laura Lowe
- An exciting announcement, maybe two...

Coming March 2018



www.herefordshire-mind.org.uk

