

Useful telephone numbers

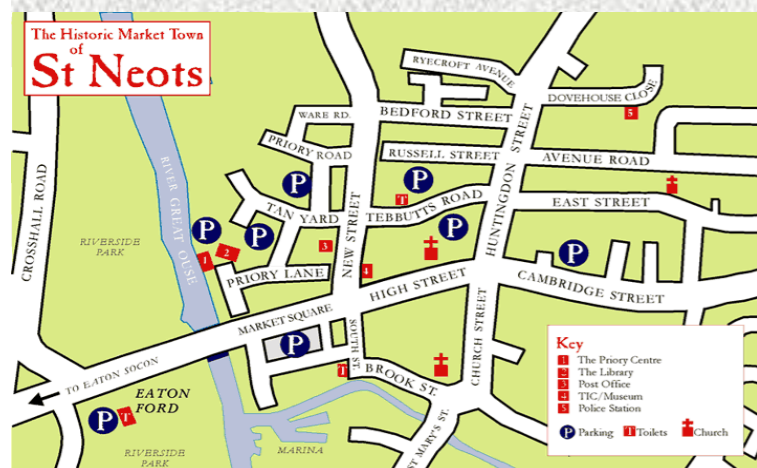
Advocacy (CIAS)	01733 758278
Acer Ward Nurses	01480 416484
Patients	01480 416416
DrinkSense	01480 456956
Urgent Care Cambridgeshire	03301 239131
New Town Centre	01480 415340
Addaction: St Neots	01480 406823
DISH	01480 830833
Cambridgeshire Direct	03450 455200
Relate	01233 357424
MindinfoLine	0300 1233393
Oxmoor Wellbeing	01480 350935
The Manic Depression Fellowship	01480 350299
A & E – Accident & Emergency	01480 416416
Cruse Bereavement	01480 414511
Lifeline (Free phone)	0808 808 2121
Saneline	0845 767 8000
Samaritans Peterborough	01733 312727
Cambridge	01223 364455
Citizens Advice Bureaus:	
Huntington	01480 388900
St. Ives	01480 388909
Ramsey	01487 812560
St Neots	01480 388905

Donations: We have been successful in receiving £260 in Gift Aid from donations received over the last few years.

We received £400 from Great Gransden Parochial Church Council in May this year. Thank you all!

This is the latest edition of the newsletter that we have produced within the group, the group runs on a Thursday from 13:30 – 15:00. We hope that the newsletter will grow along with the group.

If you would like to write an article or join our newsletter group, please call us on 01480 470480 or send your story/article to the



The Limes is on the corner of New Street and Tebbutts Road

Day Service update

As you may or may not know by now, Hunts Mind has taken the decision to close the Open Door Groups commonly known as drop-in groups. This was carefully considered by the Organisation after a long period of observations and also feedback received from our recent consultation. It was also evident from our consultation that the majority of our service users are fully onboard with the principles and welcome the planned changes, emphasising on more focused and therapeutic work. Hunts Mind wishes to ensure that all of our services are planned to be in line with the principals of recovery, such as :

- 1:1 Recovery Star
- Recovery Star Peer Support Groups
- New Members Group (to assist with new member retention and transition into our services)
- 5 Steps to Wellbeing

Coming soon:

- Confidence Building Courses
- Assertiveness Courses
- Stress Management Courses

All of the above will be available in the four predominate areas of Huntingdonshire (Ramsey, St Ives, Huntingdon, St Neots)

Please contact the office for further details on the numbers listed below

ISSUE 37

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Hunts Mind Mindful Money Day

Wednesday 23 March 2011 - at The Priory Centre

Thanks to the hard work and dedication of Sara and the staff at Hunts Mind, the Mindful Money Day was interesting and informative day held at the Priory Centre in St Neots



Sara Isaacs



The Priory Centre



The local job centre were invited to provide valuable information about benefits and answered questions that were brought up during the day.



As a reward for our hard work and participation in the events of the day, excellent refreshments and lunch were also provided.

Our hosts for the day were both entertaining and great communicators. St Neots was one of the many locations they have visited to spread the news concerning Money and Mental Health Awareness.



Hunts Mind notice board was full of information and leaflets for the benefit of those in need of help and advice.



Home Start



C.A.B Stall



At the end of the day the moment came where all the participants gathered together for a question and answer sessions. A number of questions were proven to be challenging but answered with confidence. There were also questions asked which required further research .



Thanks to all the staff and Volunteers at Hunts Mind the day at the Priory Centre was well organised and well attended.

THANK YOU ALL!

EDITOR: Brian Beach

HUNTS MIND NEWSLETTER



Chair's Update

We are pleased to inform you that at our AGM last November we elected several new board members: Garin Rouch, Steve Wright, Pat Gale. Jane Powell, Sue Gill were re-elected, and myself again as chair. We have since said goodbye to Sue Gill due to a family member successfully being appointed as a Hunts Mind member of staff. We have also been joined by Patricia Rimmer who has filled Sue's position on the board. Sarah Hughes (CEO) and myself are also interviewing 3 more people who are interested in getting involved in the work of Hunts Mind. All of our appointed Trustees have to complete their induction training into the work of Hunts Mind and of course, along with staff and volunteers, all new Trustees also have to go through a CRB check prior to joining the board of Hunts Mind. I look forward to giving more updates in the next newsletter.

Thanks, Sharon Cox



CEO's Update

Hello everyone, time does fly and I have now been back at work for 3 months after a year off on maternity leave. My little girl Billi Mae is gorgeous although a wee bit cheeky so as you can imagine I have my hands full.

I have already met most of you out and about but intend to visit all group activities over the next couple of months. Like most organisations we are in the process of making changes to the services we deliver, particularly within our day service. For some time it has been evident that some of what we were doing was not meeting the needs of our service users. I'm ashamed to say that we should have done something about it sooner but we like you felt unsure of the best way forward. Of particular concern were the Open Door Groups. Many of you told us during our consultation and in your 1:1's that these groups were boring, unhelpful and certainly not focused on recovery. On my return I took the decision to close the groups and encourage the project team to design a more appropriate plan of activities. This has largely been a popular decision but I acknowledge with regret that there are a few people who were saddened, angry and disappointed. I apologise for the distress our decision has caused to some and will do my best in partnership with the team to ensure all individuals using our service continue to get the support they want and need. I am so pleased however to say that the new programme which includes more 1:1 opportunities, recovery star groups, 5 steps to wellbeing and the new starters groups as well as a variety of other activities seems to be going very well with service users and feedback so far has been very positive. I look forward to meeting with you all to discuss these ideas and plans soon. Lastly I want to thank Janette and Sara for the hard work they are doing in the day service supported by the team.

I also want to acknowledge the amazing work our Counselling Service is doing with the huge number of people being seen on a weekly basis. Under the leadership of Angela Hall the service is thriving and successful and the team remain committed and passionate about what they do.

Changing Lives has also been doing some thrilling work, and are now providing services in the community and within HMP Littlehey. Thank you to Sue Jackson and her team.

I must urge you to think about joining the Service User Network organised by Adele McCormack - her email if you haven't got it already is - adele.mccormack@huntsmind.org.uk

People of Potential is undergoing a revamp and so I hope details will be available shortly. There are also many unsung heroes at Hunts Mind such as Trisha and Colleen (admin and finance) who are the back bone of what we do. I must also mention our amazing volunteers who we could not function without. I want to take this opportunity to say a special thank you to Kay for her continued support and hard work - the Women's Group is brilliant!

Finally I want to welcome back Jenny Swain as the new Comic Relief Mental Health Promotions and Campaigns Co-ordinator and the administrator for this project Jay Penniall who has been a trusted and highly valued volunteer for some time. We are still looking for a name for this project so any ideas welcome.

If you would like to contact me about anything in my small article or about anything at all please email sarah.hughes@huntsmind.org.uk

Sarah Hughes

Staff Information



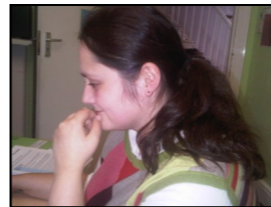
Hi my name is Jenny Swain and I am the Mental Health Promotion & Campaigns Co-ordinator for the new Comic Relief funded project which will run for 3 years. Sadly I had to leave Hunts Mind in September last year and so it's great to be back now working on a new project. My work background has mainly been in health promotion (which is based around behaviour change for health benefits) and I have always been passionate about mental well being and challenging the stigma that still surrounds mental distress. I have a degree in Psychology and a Post Graduate Diploma in Health Promotion. No one is immune from mental distress and as it is something that can't visibly be seen, unlike a broken limb that has been plastered for example, people can find it a difficult subject to talk about and in turn get help for themselves or for family and friends. Jay, who is the Administrator for the project, and I will be spending the next 6 weeks establishing the project and developing a work plan, together with naming the project, so watch this space!

Jenny Swain



Hello my name is Jay Penniall and I first came to Hunts Mind as a service user some years ago. I returned in April last year as a volunteer, to gain important work skills in an office environment as I had just completed a course at Huntingdon Regional College. My volunteering helped me overcome my fears and anxieties and build my self esteem, it has been a great confidence booster and I am greatly looking forward to the challenges and work that we will be doing to get the Comic Relief project up and running. The project aims to provide a range of mental health promotion and campaigning activities in Huntingdonshire, including the delivery of training (such as Mental Health awareness) to organisations, community groups and to the general public. The project will enable people with personal experience of mental ill health to participate in delivering the training and also to lead on local initiatives to challenge stigma and discrimination and to promote better understanding of mental illness. We will display information throughout the Huntingdonshire community: GP surgeries, libraries, community centres, church halls, hairdressers, health centres.

Jay Penniall



Hi, my name is Tam and I am the not so new, new Recovery Projects worker for Hunts Mind, having started in January. I was made redundant from my previous job in November and soon after saw the post of Recovery Projects Worker here at Hunts Mind being advertised.

I felt that I could combine my previous experiences and those wonderful things called transferrable skills, to contribute something a little different to the team already working here, what can I say I like a challenge! If I haven't already met you, I look forward to meeting you in the future.

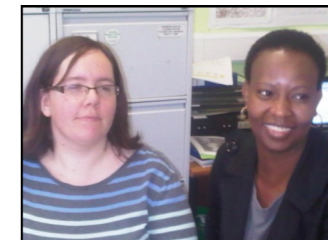
Tam Gill



Changing Lives Project

Hi my name is Kim, you may have seen my face around for the last couple of months as I began working for Hunts Mind in January. I am part of the Changing Lives Project working as a Wellbeing Worker and am enjoying being part of the community here at Hunts Mind. My background is varied as I trained as a dancer and community dance practitioner before deciding to train as a Movement Psychotherapist, focusing on Special Educational Needs and Mental Health. I have been made to feel very welcome by all here at Hunts Mind and am enjoying my role on the team.

Kim Ryan



As many of you already know, Thozie and I have been student social workers at Hunts Mind since November 2010 and our time here is now coming to an end. We have both thoroughly enjoyed our time with the Recovery Projects Team and the different projects we have been involved in. We have both played a pivotal part in the setting up of two new groups: the Recovery Star Peer Support group and The 5 Steps to Wellbeing Group. We have welcomed the opportunities Hunts Mind has given to us throughout our time here and will be sad to leave.

Katy Sadler