

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

WANTED

MEMBERS TO SUPPORT HUNTS MIND

Membership starts from September to August and costs £1. There are many benefits to Members and one of them is the right to have a say and vote at our AGM which this year has been postponed to early 2012.

To find out more about the benefits and how to apply to be a members, either ask a member of staff or pick up a leaflet which can be found in the information stand in the hallway at The Limes.



Hunts Mind

MEMBERSHIP FORM

By becoming a member of Hunts Mind you will support our vital work across Huntingdonshire.

Our goal is to promote good mental health through the provision of high quality services with active user participation

For better mental health

Can you help us?
Of course you can!



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

Day Service update

Day Service Update

As a result of Service User consultation and due to high demand Hunts Mind is pleased to announce that a new therapeutic group "Bridging the Gap" Personality Disorder Support Group is due to begin in November and will be run at Huntingdon Library. The group will meet on Tuesday's and run fortnightly from 10:30am to 12:30pm in an upstairs meeting room. Please contact the office to register your interest and find out more about the group.

We are also please to inform you that the Recovery Star Peer Support groups, New Members Groups and 5 Steps to Wellbeing group are up and running across the four market towns including 1:1 Peer support.

St. Neots — 2nd and 4th Wednesday of each month.

St. Ives — Alternative Mondays except Banks Holidays Huntingdon— 1st and 3rd Monday of each Month except bank holidays

Ramsey—2nd and 4th Friday except bank holidays.

Forthcoming Events

Men's Group

Every Second Tuesday of each month meets at various locations within Huntingdonshire

Evening Group

Fourth Wednesday of the Month

Mindfulness Approach to Sadness & Fear

Starting 18th November for 8 Weeks at the limes 2:00pm-3:30pm

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

AUTUMN ISSUE

Hunts Mind
The Limes
24 New Street
St Neots
Cambs
PE19 1AJ

Phone: 01480 470480
Fax: 01480 470484

Email: enquiries@huntsmind.org.uk
Website: www.huntsmind.org.uk



The Limes, 24 New Street,
St Neots, Cambs, PE19 1AJ
Phone: 01480 470480 — Fax: 01480 470484
Email: enquiries@huntsmind.org.uk

Hunts Mind



For better mental health

A Meeting of Minds?

Exciting news from Hunts Mind and Cam-mind

CEO's Update

We are writing to share some exciting news about possible future plans for Hunts Mind and Cam-mind.

As the two Local Mind Associations, both of our organisations do invaluable work in the Cambridge and Huntingdon areas to support local people in their recovery from mental health problems. Although there are inevitable differences in the services we offer, there are also tremendous similarities in the core values that underpin everything we do and there is a strong mutual respect for what both organisations have achieved to date.

You may already be aware that our organisations have been successfully working in partnership for many years, delivering exciting projects together such as the Home and Community Support Service (HCSS), the Service User Engagement Project and the local Mindful Employer Network. You may also be aware that the way in which mental health services are being funded and delivered both, locally and nationally, has changed dramatically in recent years, making it harder for very small charities to survive in what is an increasingly competitive environment.

It is with these factors very much in mind that Hunts Mind and Cam-mind have decided to explore how we might work even closer together in a way that secures the future of both our organisations - and the vital work we do. One of the most obvious routes to achieving this would be through a merger.

At this stage both Boards of Trustees have agreed to pursue this idea, and have started looking at what needs to be done in order to make this transition happen smoothly and with minimal disruption. It goes without saying that one of the first things that both charities must do is to seek support and input from our service users, together with approval from our Members which we hope to do in the autumn.

This proposal is not an exercise in cost-cutting. It is about ensuring that both organisations are robust enough to keep delivering exceptional services while weathering the storm of a very difficult financial climate and establishing equity of services across the County. By coming together in this more formal way, we believe that we can improve the services we provide across our region and share best practice of both organisations.

Although it is very likely that there will be some changes at both locations, we strongly believe that a merger is the key to providing the wider range of high quality, sustainable, person-centred services that our service users are seeking.

We appreciate that this proposal may come as a huge surprise for some. We are always interested to hear your thoughts, ideas and any concerns at the earliest opportunity about how a joint organisation and the services it delivers might look. Consequently, Hunts Mind and Cam-mind have hosted two successful events where interested parties were invited to discuss these plans, these were held during October in Cambridge and also Huntingdon and the responses were very encouraging. I look forward to being able to provide you with future updates in the forthcoming months.

Sarah Hughes

RECOVERING MINDS



Board of Trustees Update

Provided by Jane Powell

I'd like to take this opportunity to tell you about the Service User Working Group which has been running since June. We meet at Huntingdon Library on the **fourth Monday of every month** between 11.30am and 1.00 pm. The purpose of this group is to ensure our Service User voices and opinions are heard directly by The Board of Hunts Mind. The Board of Trustees will hear and give consideration to the opinions of our Service Users about Hunts Mind, including views on our policies and procedures, you will also be given training in these areas. Service Users wanting to be involved in future recruitment processes and gain committee skills to enable meaningful involvement can also receive this training. At the last meeting we have set the aims and objectives of this group and these will be reviewed continually. The group are at the moment working on a name, other than "Service User Working Group" that the members can own for themselves and which describes the purpose of the group. In addition to the members having a direct voice to the board of Trustees it is hoped that a direct pathway will be created between the Service User Working Group & SUN (Service User Network), which is a county wide network of service users. It is envisaged that a member from our service user group will represent us at the SUN group. Other roles will be accessible to members who join the group, again, training will be offered for all roles. The only requirements to join the group is that you become a member of Hunts Mind, which means paying a nominal fee of £1.00 per year. There is also a commitment needed to attend the Annual General Meeting once a year and attend any additional Extraordinary General meetings that may be called. In return you will have a voice that is heard by communicating your ideas and suggestions directly to the Board of Trustees.

If you are interested in joining us, please contact myself Jane Powell Service User Trustee by email janepowell68@hotmail.com or Sharon Cox Chair of Hunts Mind sharon.cox@huntsmind.org.uk for further information.

Hunts Mind Changing Lives Project - IAPT

The Hunts Mind Changing Lives Project is part of the Cambridgeshire wide Improving Access to Psychological Therapies service which is commissioned by NHS Cambridgeshire.

The Changing Lives Project began in October 2010. We deliver low intensity evidence based, brief interventions to people who have low to moderate mental health needs and who have been identified as being likely to encounter difficulties accessing the other IAPT services for reasons of social exclusion or other issues.

Our service is available to residents of Huntingdonshire, March and Wisbech.

What we can we offer?

- Support to access computerised CBT packages
- Guided self-help
- Group based therapy
- Emphasis on physical wellbeing
- Support in accessing community facilities
- Support to access educational facilities
- Support to access exercise and leisure facilities
- Referral for employment support
- Referral to counselling services
- Referral to high intensity therapist

Staff Contact

Sue Jackson Co-ordinator
(Hunts and Littlehey Prison)
sue.jackson@huntsmind.org.uk

Kim Ryan (Hunts and Littlehey Prison)
kimberly.ryan@huntsmind.org.uk

Darren Knight (March & Wisbech).
darren.knight@huntsmind.org.uk

Referrals

Hunts Mind will be receiving referrals via the Gateway workers, IAPT team and Richmond Fellowship initially. We are open for business and look forward to meeting you and our clients.



Update on Comic Relief Project

We are pleased to announce that the project has been named as the Think Right! project.

We are grateful to one of our volunteers for coming up with the name and the thinking behind it. On one level it is important for everyone to be aware of and Think Right about mental ill health. Secondly with the right support, assistance and medication, people who have experienced mental distress are able to "Think Right!", live productive lives and contribute to society in a meaningful way.

The project is in the process of developing Top tips for mental well being which include: managing stress, relaxation, sleep, improving self esteem, improving confidence, managing low mood. Once these have been developed they will be made available to a wide range of organisations and community groups.

The project is keen to involve people with personal experience of mental ill health to be involved in the delivery of talks / training or helping to plan campaigns. If you are interested in volunteering for the project, please contact Jenny Swain, Mental Health Promotion Co-ordinator for further information – jenny.swain@huntsmind.org.uk or 01480 470480



Counselling Administrator

Hi my name is Elisabeth Allan, I have recently taken over as the part time Counselling Administrator. I am not entirely new, as I am also working as a Volunteer Counsellor and have been doing so for almost two years. I will mainly be based at the Maple Centre but will also be working from the Limes on a regular basis. I am really looking forward to working with the rest of the Hunts Mind Team!

Service User Event

The service user event held on 8th June was well attended with service users from across the county meeting at the Dolphin Hotel in St Ives. Transport was provided for anyone who required it and the weather held out during the breaks so that we could all enjoy the river side garden.

The feedback from the event was positive and everyone seemed to find the day interesting and enjoyable. We were joined by the mental health commissioners from NHS Cambridgeshire and Cambridgeshire County Council and they participated in discussions with all the participants. The topics covered were what the Service User Network (SUN) had achieved in the last 12 months. Part of the work that the SUN is doing at the moment is devising a Crisis Card for people with mental health needs to carry on their person and to use in the event of a crisis. Remarkably this is something that is done in other social care settings i.e. learning disabilities and in other areas of the country but has yet to be part of Mental Health in Cambridgeshire. The commissioners have agreed to support this work to ensure that all services make this available to their service users should people wish to carry the card. We are also looking at developing some training and promotional work around the card to deliver to police, GP's and ambulance staff for example.

Another major development has been the launch of the service user website. To access the web address is www.suncamb.co.uk. This website will offer details of service user consultations, messages from commissioners, the work that the SUN is doing and previous service user evaluation and consultation reports. The website will also offer an online consultation facility so for every service user consultation and evaluation that is taking place, you will be able to take part online and have your views counted in the reports. Each service user forum will also be able to have their own page which they will manage themselves and can be used to advertise what is going on in their forums. Please take the time to get familiar with the website.

Many Thanks Adele McCormack