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Hunts Mind



For better  
 mental health

# Merry Christmas



Firstly I would like to thank all of you who agreed to take part in the service user consultation about the re-tender of the Open Access/Day services. You will be pleased to know that your views about how you would like to see services in the future have shaped how the commissioners have designed what services should offer. I know that it can seem daunting with all the conversations about possible changes, but I am ensuring that there are services users being represented in the decision making process to ensure that you get the services that you need.

You may be aware that the service user website has now been launched. The website [www.suncambs.co.uk](http://www.suncambs.co.uk) details all things to do with the Service User Network, service user consultations and things that are happening across the county. I hope you get chance to have a look at it. On there you will find information about the people who commission mental health services across the county, reports from service user consultations and details about service user forums in your area. You will also be able to view the report from the Open Access/Day service consultation. To do this click on 'consultation reports' in the left menu.

I have also been arranging training for service users who wish to develop skills to become more involved with the planning and design of future services. I ran some training in October and was pleased to see some members of the 'Service Users Matters' group from Hunts Mind at the training. The feedback from the training was really positive. I will be planning to run further training sessions so don't worry if you didn't get chance to attend first time round. If you have any ideas about what training you think you would need to become more involved with the design and planning of services, please do not hesitate to contact me at [adele.mccormack@huntsmind.org.uk](mailto:adele.mccormack@huntsmind.org.uk).

I look forward to working with you in the future.

Many thanks **Adele McCormack**

## World Mental Health Day at Littlehey; 10th October 2011



The Changing Lives Project from Hunts Mind together with the Mental Health In-Reach team (MHIRT) and Improving Access to Psychological Therapies team (IAPT) from the NHS trust at HMP Littlehey spent World Mental Health Day promoting Mental Health anti-stigma.

The morning was spent with the Youth Offenders who enjoyed mental health awareness games such as guessing the mental health diagnoses of celebrities, showing that a mental health problem can affect anyone but not stop you from achieving your goals. The afternoon was spent with the Adult

Offenders who enjoyed filling up the graffiti wall challenging negative connotations around mental health and turning them into positives. All attending were offered the chance to participate in a relaxation session which was met with great enthusiasm by all. Prisoners were also encouraged to have their say about what support groups they would like to see in the future and any feedback for the day.

Both sides of the prison found the day useful for picking up information and basic hints and tips for beginning to manage their mental health problems as well as enjoying getting to know the whole mental health team within the prison from the NHS Trust and from Hunts Mind.

The feedback from the day from the prisoners and staff was that the day was extremely successful and requests were made for the event to be repeated on a more regular basis. This has prompted the team to look in to starting drop in evening sessions at the prison.

Picture; From left to right: Kim Ryan (Changing Lives Wellbeing Worker for Hunts Mind), Sheena Hutchinson (CPN MHIRT) Natasha Harris (Mental Health Support Worker MHIRT) Claire Warrington (PWP from IAPT) and Dr Carly Dodson (Counselling Psychologist MHIRT).



HUNTS MIND NEWS LETTER

# The Think Right Project Update



The Think Right Project commenced in May 2011 and both Jenny and Jay have been working hard for the last 6 months setting up the project and promoting it to the Huntingdonshire area.

We have so far delivered Mental Health Awareness training to Homestart Volunteers, The Sports and Active Lifestyle Team at Huntingdonshire District Council and will be shortly delivering training to Crossroads Carers. The training can be tailored to the organisations needs covering a variety of mental health challenges such as depression, anxiety, schizophrenia, amongst some of the topics. The requests keep coming in!

In October for World Mental Health Day we held Sleep and Relaxation Workshops on 13<sup>th</sup> and 14<sup>th</sup> at Ramsey Library and the Maple Centre in Huntingdon. The workshops promoted the importance of sleep and how it is important to our well being as it heals and repairs are body and mind and how sleep deprivation changes our emotional and physical health. People who attended the workshop were given information and tips on how to obtain quality sleep as well as a useful sleep booklet from the Mental Health Foundation. Part of the workshop involved listening to a relaxation CD recorded by Jenny Swain the Project Co-ordinator, which attendees had an opportunity to purchase for £1.

The Think Right Volunteers recently held a stall for National Stress Awareness Day on the 2<sup>nd</sup> November at Tesco's in St Neots. Lorraine Fennell, Mark Pennington and Ritchie Dakin manned the stall and promoted the day with an information stand and leaflets.

Jay Penniall the Campaigns Administrator for the project and Sarah Hughes CEO of Hunts Mind attended an event for National Stress Awareness Day held by the Richmond Fellowship at Huntingdon Racecourse.

The project has just developed some "Top Tips" which are practical tips and advice on how to your manage mental well being. There are eight Top Tips and they include:

**Coping with fear, Sleep, Relaxation, Managing low mood, Maintaining positive thoughts, Improving self esteem, improving self confidence and managing stress**

These will be available to look at on the Think Right notice board at Hunts Mind but are also available to download from [www.huntsmind.org.uk](http://www.huntsmind.org.uk)

*Jenny Swain*

## Trustee Feedback



Since joining as a trustee, I have been constantly impressed by the dedication and passion of the Hunts Mind team. Despite the economic uncertainty we hear on the news, Hunts Mind continues to positively impact on the lives of people in the local area every day. It was great to see their hard-work recognised externally with the award of the NHS East of England prize for Inspirational Teams.

What has impressed me most about Hunts Mind is that the Service User is at the heart of everything the charity does. For example, Sharon Cox, Chair of the Trustees, ensures that all decisions we make as a Board consider the impact on the Service User and if the decision is in their best interest. This ensures that we never lose sight of our mission and values. This made the decision to explore a merger with Cam Mind, much easier. We wanted to secure the long-term future of both our organisations - and the vital work we do with Service Users.

I originally became a trustee because I wanted to support the work of Mind. Through my work as an Organisation Development consultant, I observe firsthand the increasing levels of stress and anxiety in the workplace. Mental health continues to be one of the last taboos in the workplace. If someone is feeling insecure in their job, they are less likely to approach their line manager to discuss their mental health. The launch of the Think Right project is targeted at challenging stigma linked to mental health challenges. I am confident that Jenny and Jay will have a positive impact on local businesses as they address this challenge.

I am very proud to be a part of this outstanding and hard-working organisation that creates such positive change in the local community. **Garin Roach**

# My Volunteering Experience at Hunts Mind

I first approached Hunts Mind in 2003 when I became very unwell and was suffering from poor mental health. My anxiety had become so extreme that I was having panic attacks daily and finding it hard to cope with everyday life. I was consumed with depression and needed professional guidance.



I referred myself to Hunts Mind and realised that I wasn't alone and began to slowly recover by talking to others, by engaging in group work and by facing my fears and anxieties and through my own inner strength.

Some years later I approached Hunts Mind once again as I felt that I would like to give something back to this valuable organisation and became an Administrative volunteer, gaining some valuable and transferable skills in the process. I worked alongside the day service doing general clerical duties such as answering the telephone, filing documents, interacting with service users and making up databases. I organised events boards for national mental health campaigns for the volunteering project and took on the role as the Administrator for a user forum called POP (People of Potential), where I took the minutes for the monthly meetings and engaged with service users. In my volunteering role I was given praise and encouragement which helped me develop further and was given challenging tasks which made me stronger and built my confidence. My abilities were never doubted and I was always treated with respect.

After working in a volunteering role for some time I began to gain more confidence and my self-esteem returned so I decided to apply for a paid part time position at Hunts Mind. I was successful and was taken on as an Administrator for the Think Right project which is my current role.

**Jay Pennial**

## Welcome on board to Hunts Mind



Hi guys, I'm Chloe Humphrey I have just joined the Hunts Mind team as a Recovery Project worker. For those of you who I haven't met yet, way back in 2006, I joined Hunts Mind as a volunteer, initially facilitating the open door group. Volunteering as a group facilitator gradually gave me more confidence not just within the group setting but in everyday life, and found this to be very beneficial and so began mentoring. So a year later here I am again. I'm very excited to be back at a wonderful organisation. I'm gradually making my way round some of the groups to introduce myself properly, I look forward to seeing you all.

**Chloe Humphrey**



Hi all, I am Michael Arthur, a Social Work Student. I have been at Hunts Mind since mid November and will be with the Changing Lives Project team until the end of my placement in June. I am looking forward to working with you and together with the rest of the team.

**Michael Arthur**

Hello my name is Natalie, some of you may have seen me around the



Limes for the past month. I began working at Hunts Mind in October and since then I have not looked back.

I'm the Administrator apprentice who works with the Recovery Project Team and also the Service User Engagement project. I am currently working towards my Level 2 NVQ in Business Administration. Since starting at The Limes everyone has made me feel welcome and I hope to carry on working with everyone in the future.

**Natalie Woodend**

Hello, my name Johanne Margetts. I have joined Hunts Mind as the Finance Worker. My previous experience has been in a commercial environment although during my career break (children) I did volunteer at our village Charity. Everyone has been so welcoming and I look forward to becoming a useful member of the team.



**Johanne Margetts**

Hello! I'm Tendai a Social Work Student working with the Recovery Projects team until

next year. I am looking forward to working with all of you. I have an adult nursing background but am interested in gaining more

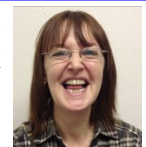
knowledge on mental health. I hope the time I spend here will give me this knowledge. I enjoy watching various sporting activities, mainly tennis and golf and least of all football.

**Tendai Tongogara**



Hi, my name is Sally Doswell, I have recently joined Hunts Mind as the part time Administrator. I have recently returned to the UK following a two year career break living in Dubai. Previous to that I worked for many years as the administrator for a local charity. I am looking forward to becoming part of the Hunts Mind Team.

**Sally Doswell**





## Useful telephone numbers

Advocacy (CIAS)	01733 758278
Acer Ward Nurses	01480 416484
Patients	01480 416416
Drink Sense	01480 456956
Urgent Care Cambridgeshire New Town Centre	03301 239131 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	08457678000
Samaritans Peterborough	01733 312727
Cambridge	01223 364455
Citizens Advice Bureaus:	
Huntington	01480 388900
St. Ives	01480 388909
Ramsey	01487 812560
St Neots	01480 388905

## Scams: Watch out!

**Scams are schemes to con you out of your money.** Unscrupulous people will target you claiming to be from legitimate companies including the police and Fire Service. There are hundreds of scams—fake lotteries and prize draws, get-rich-quick schemes, bogus health cures, investment scams, pyramid selling. Every year three million people fall victim in the UK, often lose hundreds or even thousands of pounds. You can take simple steps to cut the number of unsolicited offers you receive by post, phone and email. This will make it harder for scammers to reach you. And it will give you confidence to treat any offers you do receive with extra caution.

**Mailing** Reduce the number of unsolicited letters and other mailings Preference Service at [www.mpsonline.org.uk](http://www.mpsonline.org.uk) or by phoning 0845703 4599

**Telephone calls** - Reduce the number of unsolicited phone calls by registering your phone number with the Telephone Preference Service at [www.tpsonline.org.uk](http://www.tpsonline.org.uk) or by phoning 0845 070707

You could also ask your telephone company to block callers who withhold their number.

### Email

Reduce the number of unsolicited emails you get by installing anti-spam software and firewall on your computer and keep them up to date!

**For more advice go to [www.getsafeonline.org.uk](http://www.getsafeonline.org.uk)**

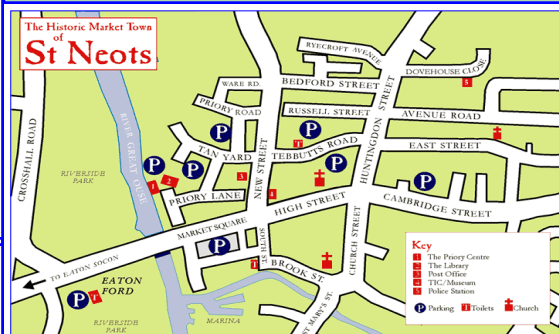


Donations: Hunts Mind has received a donation of £1650.50 as the chosen charity of the outgoing councillor of St Ives in Cambridgeshire. Hunts Mind is very grateful to have received such a large donation

and would like to say thank you very much and we are very proud to be nominated as a chosen charity. Thank you once again!!

### Donations received from 01.04.2011 to date

19/05/2011 Little Gransden Parochial CC	£400.00
01/07/2011 Anonymous donation	£ 10.00
17/08/2011 Catmer	£371.75
05/09/2011 Great Gransden	£21.30
31/10/2011 Jane Powell	£15.00
08/11/2011 David Whateley	£1045.00
01/12/2011 J Donachy	£20.00
01/12/2011 St Ives Town Council	£1625.50
<b>TOTAL:</b>	<b>£3,508.55</b>



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