

Update on the Limes



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A Piece of Mind

ISSUE 37

Hallo again. Our Annual General Meeting this year will be on the 25th November – so please put that date in your diary. I hope that Sarah Hughes will be able to join us on that date as by then she will be thinking about her return to work after giving birth to Billi-Mae. We look forward to seeing her back in her job as Chief Executive in early January.

Sharon Cox informs me that Hunts Mind will be 25 years old this year. We have therefore decided to have a bit of a celebration and show case some of the milestones and major achievements of the organisation at the AGM. Were you around in the early days and do you have any stories to tell, or photos or newspaper articles? We would love to hear from anyone who has used our services in the past so please get in touch.

I am also pleased to announce that NHS Cambridgeshire has agreed to continue to fund the Changing Lived Project and we are currently advertising for three new posts. The project will be provided in Huntingdonshire, Fenland and, as a new venture, to people in Littlehey Prison. The three new workers will be part of the Increased Access to Psychological Therapies programme. We will give more information about this later this year.



I hope you enjoy the rest of the newsletter.

Joan

Service User Event

On Tuesday 8th June 2010 at the Dolphin Hotel in St Ives, we held an event for adults who use, or have used mental health services in the past.

The day was about improving service user engagement for adult mental health services in Cambridgeshire. It was agreed and voted for by all the participants on the day that a Service User Network (S.U.N) be set up. This will involve representatives from all the service user forums across Cambridgeshire meeting together to share ideas and good practice. The SUN will also help develop a good working relationship between the mental health commissioners and people who use mental health services. This will mean that there will be opportunities for you to be involved in the planning, design, delivery of mental health services from the beginning of the process to ensure that services are right for YOU!!!

If you would like to know more about this or get involved, the best way would be to join POP (People of Potential). This is the service user forum in Huntingdon that meets once a month. For more information contact Hunts Mind who will put you in touch with Sharon Cox who runs POP.

Adele McCormack

What's new with the Volunteer Project??

Volunteers

We have recently taken on 5 new volunteers and have had a further 14 contact us in the last 2 weeks who would like to start volunteering at Hunts Mind, I am in the process of meeting up with them so you may see a few more new faces around Hunts Mind. At Hunts Mind volunteers have supported staff with facilitating groups, attending events, assisting with training, administrative support, driving and much more, the work they have done has been invaluable and I would like to take this opportunity to thank all of the Hunts Mind volunteers very much, your contribution is very much appreciated.



Funding

As you may or may not be aware we are always actively looking for funding to keep the volunteer project going, our next fund raising event will be a sponsored walk organised by the Lions Club on Sunday 16th May 2010, some of Hunts Mind staff and our volunteers are taking part in the 10 mile walk raising funds via sponsorship, if anyone would like to join us feel free to contact Donna to obtain a sponsor form or to offer sponsorship.

What's New

- * I am at present looking at the Investors in Volunteering award and shall keep you all informed as and when I have more information.
- * We are developing the induction training that is provided for Hunts Mind volunteers and are hoping to provide this training for other organisations and their volunteers as we are aware from feedback that our training is not only enjoyable but of a particularly high standard.
- * We are also actively seeking to accredit Hunts Mind training programmes once again more information will follow.
- * Last but not least I have changed my name, I am sure you are all aware!! I got married earlier this year and am now Donna Best.

Donna Best
Volunteer Co-Ordinator



Guess Who

The competition for this edition of the newsletter is.... GUESS WHO

Somewhere in this photograph there is a member of Hunts Mind staff, that most of you will already be well acquainted with. This competition is just for fun, there are no prizes, the answer will be revealed in the next issue, good luck with your guesses

Turn2us

Turn2us is a charity that specialises in helping people to access the money they need that is available to them – through benefits, grants and other official help. They have a free, accessible website which is a comprehensive and invaluable resource designed to help individuals find appropriate sources of financial support quickly and easily, based on their particular needs and circumstances. Their website is www.turn2us.org.uk.

Farewell to the Well Life Project

The Well Life project will cease to exist from 30th September 2010. This is due to the three year funding from the national Time to Change programme coming to an end. Hunts Mind is in the process of applying for alternative sources of funding to run a similar type project from 2011. In terms of Well Life beneficiaries, up to June 2010 the project reached 569 people and the target for the end of December 2010 was 425!. This is an amazing achievement of which Jenny and Darren are very proud of.

In March 2010 the Well Life project held a celebration event with the aim of celebrating the successes of the project. David Henry, Chair of National Mind kindly attended the event together with members of the national Time to Change team. There was a very good turnout with people attending from a range of organisations. We also had the privilege of listening to the story of a user of the service who has been involved in the project and she spoke movingly about her positive experience.



In relation to the Mental Health Promotion role of the project, stress management sessions have been delivered in the community and presentations given to a range of organisations / community groups on the work of Hunts Mind and the Well Life project. Mental health awareness sessions have also helped to challenge the stigma linked to mental health problems and guided people to be able to recognise the signs and symptoms of common mental health problems such as anxiety and depression.

Both Jenny and Darren have undergone Mental Health First Aid instructors training and have delivered a series of Mental Health First Aid courses. The aim of MHFA is to provide initial help to someone who is experiencing mental distress such as depression and anxiety disorder.

For more information visit www.mhfaengland.org



Hairdressers within the Huntingdonshire area have also been targeted to raise awareness of mental health problems. Hairdressers are in an ideal position to raise the subject of mental health problems. This campaign has been run in conjunction with Cambridgeshire and Peterborough Foundation Trust. Approximately 15 hairdressers within the Huntingdonshire have been targeted.

Darren has successfully seen the sports groups grow since the project began. A successful weekly chair exercise class has run in Ramsey and Darren has been working closely with some of the residents at Kings Ripton Court, in Huntingdon, providing them with free gym passes. In May 2010 he helped train their 5 a side football team and went with them to Milton Keynes Don's ground to take part in the SAHA Cup. Darren has had continued success with his one to one work which has enabled many individuals to access gyms and have the confidence to feel more socially inclusive.

LANDSEND TO JOHN O’GROATS — CHARITY BIKE RIDE

Hi my name is John Breay and I currently work as a handyman at Ford House Nursing Home with my previous career being in the forces. I am a fitness fanatic and I decided to do a bike ride from Lands End to John O’Groats in aid of Hunts Mind. I felt that I needed a big challenge before my 40th birthday which is this year and I wanted to do this for Hunts Mind because of my own personal experience of depression.

I started my journey on 22nd April and successfully finished on 1st May. I raised £1,486.00 and would like to thank everyone that sponsored me.

For full details on my journey, please go to http://www.huntsmind.org.uk/whats_new

Hunts Mind would again like to thank John Breay for all of his efforts and the impressive amount of money he raised.



Hunts Mind SAD Support Group



Do you suffer from any of the following when the nights start to draw in:

- * Loss of energy
- * Feeling sad
- * Craving carbohydrates
- * Depression during the winter months
- * Loss of interest in social activities
- * Drowsiness during the day
- * Wanting to hibernate
- * Weight gain

If your answer is yes to several of these statements, it could be that you are suffering from SAD (Seasonal Affective Disorder).

From October 2010 Hunts Mind will be running a monthly support group to help SAD sufferers.

The aim of the group is to provide a safe and friendly setting for sufferers to receive support and information to manage the symptoms related to SAD. We also provide information on light therapy as an effective way of treating SAD. Email support is available outside of the meetings.

For more information, please contact the Project Worker Team on 01480 470 480.



Kind donations received since our last issue:

- * £51.89 from a coffee morning at Berkley Methodist Church, St Neots in August
- * £1,737.00 – final total received as raised by John Breay sponsored bicycle ride in July
- * £10.00 Mrs Seabrooke

**Are you caring for someone?
Are you feeling emotionally or physically overwhelmed?
Would help or a break make a difference?**

From April 1st 2010 NHS Cambridgeshire and Crossroads Care Cambridgeshire are working in partnership with GP's who have chosen to sign up for a pilot scheme offering a new innovative way to improve recognition and help for carers and provide breaks where needed.

What can you get from Crossroads Care Cambridgeshire?

As a carer you will be able to visit your GP to explain your circumstances and your GP will then offer you a prescription for a visit to help decide the most appropriate form of support including a short break.

When you receive a prescription a specialist worker at Crossroads Care Cambridgeshire will visit you and help complete an assessment of your situation. We can point you in the right direction to where you can find out more about caring, your rights, free services or benefits you may be entitled to. If a short break is prescribed, we will help you choose to book something that would make a real difference to you.

You may need a short break to support your own health, keep an appointment, or just need some "me time" away from it all.

Participating Surgeries

Acorn Surgery, Huntingdon – Newmarket Road Surgery, Burwell – Charles Hicks Surgery, Huntingdon – George Clare Surgery, Chatteris – Jenner Health Centre, Whittlesey – Moat House, Warboys – New Queen Street, Whittlesey – Newham Walk, Cambridge – Nuffield Road, Cambridge – Priory Fields, Huntingdon – Rainbow, Ramsey – Ramsey Health Centre, Ramsey – Roman Gate, Godmanchester – St Mary's, Ely – The Papworth Surgery, Papworth – Yaxley Group Practice, Yaxley.

How to get a Prescription?

See your doctor, briefly explain your circumstances.

Your doctor will write the prescription and they will make sure they record you are a carer, so they can support you appropriately in the future. You can take the prescription away and contact Crossroads Care Cambridgeshire within 28 days. We will respond within 24 hours and provide the information service and an agreed break if you choose, **without any charge to you.**

Hunts Mind Computer Taster Sessions - sign up now for October

OCTOBER 2010 - 12.30pm - 2.30pm

BEGINNERS WELCOME

Please contact a Project Worker to access this group

DATE	WEEK	SESSION
7th	1	Word Processing
14th	2	Spread Sheets
21st	3	PowerPoint
28th	4	Database

Useful telephone numbers

Advocacy	Huntington	01480 454777
	Peterborough	01733 758278
Acer Ward	Nurses	01480 416484
Patients		01480 416416
Drinksense		01480 456956
Hunts.Doc		01480 447800
Park House		01480 415340
Dialdruglink		01480 413800
Dialdruglink – St Neots		01480 474974
Cambridgeshire Direct		0845 6502150
Relate		01233 357424
Mindinfo		0845 7660 163
Oxmoor Wellbeing		01480 350935
The Manic Depression Fellowship		01480 350299
A & E – Accident & Emergency		01480 416416
Cruse Bereavement Centre		01480 414511
St Ives Drop-in		01480 415130
HIAC		01480 356778
Lifeline (Free phone)		0808 8082121
Saneline		0845 767 8000
Samaritans	Peterborough	01733 312727
	Cambridge	01223 3644556
Citizens Advice Bureau	Huntington	01480 388900
	St Ives	01480 388909
	Ramsey	01487 812560
	St Neots	01480 388905

This is the 37th edition of the Hunts Mind newsletter, if you would like to write an article please call us on 01480 470480 or send your piece to the address below, either by post or by email, thank you.

ISSUE 37

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Forthcoming Events

Evening Group

Fourth Wednesday of the Month.
Ask the Limes for More Details.
7.00 pm—9.00pm

People of Potential (POP)

2nd Monday of the month
2.30pm—4.30pm at The Limes

Meditation Group

Monthly - Tuesdays - 1.30 pm - 2.30pm
14th September - 12th October
9th November - 7th December
At the Limes with Dee Loakes
(Costs £2.50 per session)
Everybody Welcome, please call the office to register your interest.

Hunts Mind has adopted Mind's values and principles and is committed to providing quality services that anticipate, meet and exceed the needs of service users, workers and other stakeholders.

Hunts.Mind has a colour photocopier based at The Limes, which is for use by all – our prices are competitively based.
Copies cost:

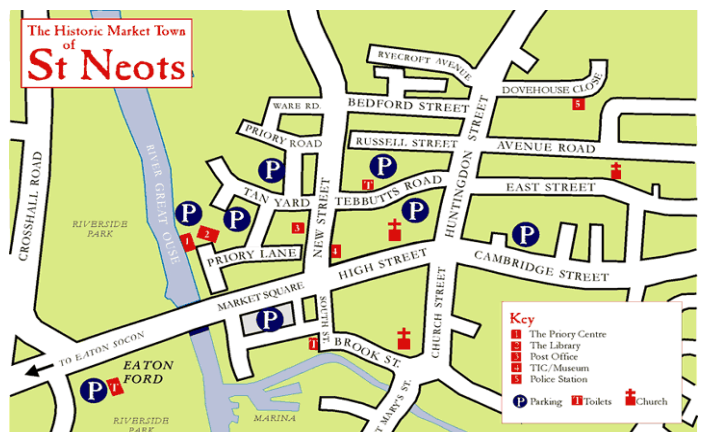


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Per sheet / side

A4: 65p

A4: 5p

The Limes can be found on the corner of
New Street and Tebbutts Road



This map was produced using aerial photography © Huntingdonshire District Council.