

Volunteer News

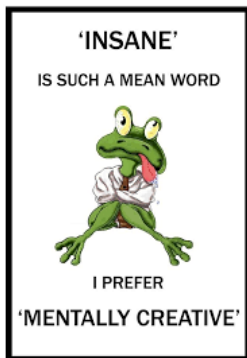


Doncaster Mind

Volume 1, Issue 1

Special points of interest:

- Doncaster Mind's relocation to new premises.
- Volunteer Social
- Fearne Cottons book HAPPY



Doncaster Mind is moving forward—Jane Perry, CEO

As you know at the end of January we bid a fond farewell to our long time Chief Executive, Jackie Lewis. Many of you will have joined us at her party before she left, to show your appreciation and share happy memories. Jackie has now started a new adventure on her travels to New Zealand and Doncaster Mind is starting an adventure of it's own as we begin our journey to a new building later on this year.

We made the decision to move from Netherhall Road because many of the rooms here are not used and it seems wasteful when funding is so hard to come by. Most important of all, we decided to move because

people who use our services, when asked what we could do better, told us we should improve our premises.

We have found some new premises not far away from our old one. We will move into a building with Changing Lives, a charity with similar values to our own. We will have much smaller office space for staff to work from, but we will have the use of a larger café area, a brand new kitchen, new training and activity rooms and new counselling rooms. There will also be a new reception area with information available. We plan to deliver the same services we deliver now and plan to work with service users to develop new services.

We are setting up a group of staff, volunteers and service users to help us with the move and that group will be led by Laura Arthur. So, if you want to get involved or can help in any way just let a member of staff know and we will add your name to the group list.

We do not expect the move to take place until September and there will be lots of things to plan and get done before then. We will try to keep everyone updated on progress as we go, but if you have any concerns just ask a staff member and we will try to answer your queries.



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Volunteer Social Get -Together Saturday 8 April 2017 1pm—4pm

This get together is for all Doncaster Mind Volunteers to meet and get to know each other socially.

We are also providing a one hour training session on Suicide Awareness.

The session will look at how to:

Recognise those who may be at risk of suicide.

Ask individuals clearly and openly about their thoughts of suicide.

Connect individuals at risk to local sources of help.

Most people with thoughts of suicide invite help BUT often these

opportunities are missed, ignored or avoided—leaving people more alone and at greater risk.

This session will prepare you to help by using TALK (Tell, Ask, Listen and Keep Safe).

Please put this date in your diary. We look forward to seeing you all.

Volunteer News

Time to Change is now urging men to recognise how their attitudes and behaviour can influence others' experience of mental health problems—and that being in a friend's corner can make all the difference.

Men Urged To 'Fight Their Mate's Corner' When It Comes to Mental Health

Men are notoriously bad at opening up and showing emotion—and it's costing lives.

New research shows that there's a persistent gap between how men and women view mental health. One third (31%) of guys say they'd feel embarrassed about seeking help for a mental health problem. Meanwhile just 34% say they'd be comfortable talking openly about their feelings.

To tackle the problem head

on, Time to Change has kicked off a five-year campaign encouraging men to "be in their mate's corner" by being more open and supporting one another.

Jo Loughran, Director of Operations at Time to change, said they hope the campaign encourages men that being in their mate's corner doesn't have to be "difficult or awkward".

"Breaking the cycle of men feeling unable to reach out has never been more urgent,"

said Loughran.

"We need to help men realise they can make a real difference, even change someone's life.



People who have schizophrenia could benefit from high doses of vitamin B, according to new research.

High Doses of Vitamin B 'Help Reduce Schizophrenia Symptoms', Study Finds

A review of worldwide studies discovered that taking high-dose B-vitamins, such as B6, B8 and B12, alongside treatment, could reduce symptoms of the mental illness more than standard treatments along.

Schizophrenia affects around 1% of the population and is among the most disabling and costly long-term conditions

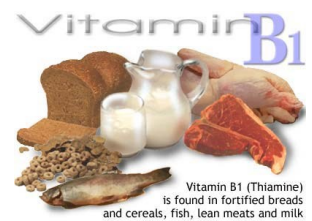
worldwide, according to experts.

Currently, the treatment is based around the administration of antipsychotic drugs.

Naturally, vitamin B6 is found in a wide variety of foods including: pork, chicken, turkey, fish, bread, whole cereals, eggs, vegetables, soya beans, peanuts, milk

and potatoes.

Vitamin B12 is also found in meat and fish (such as salmon and cod), as well as cheese, eggs and some fortified breakfast cereals.



Wellbeing



Within the Wellbeing services we now have a new two session Stress Awareness course starting in March. The first week looks at the causes of stress, what stress is and is it harmful. While the second week focusses on sharing tips and ideas for dealing with stress.

One area we look at is how to manage our time better. At

times, we all feel overburdened by the things we have to do and this is a common cause of stress. Accept that you cannot do everything at once and start to prioritise and diarise your tasks. Remember to include time for your own relaxation and wellbeing.

Another area is about taking control. Stress can be

triggered by a problem that may on the surface seem impossible to solve. Learning how to find solutions to your problems will help you feel more in control thereby lowering your level of stress.

For more information, contact the Wellbeing Service on 01302 812505

Fearne Cotton, official ambassador for Mind

Fearne is the author of a new book, *HAPPY*, a book determined to help break the taboo around mental health.

Fearne said "Through my new role as Mind Ambassador I would like to try and help stop the subject of depression being such a taboo. Depression is more common than people realise and one in six people will experience it during their life time. It was one of the most difficult things that I have every faced in my life.

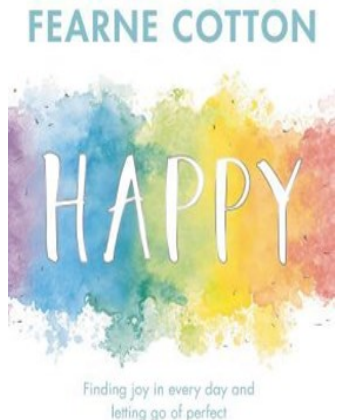
I hope that by speaking out about the challenges I faced it might just help others going through similar experiences.

I am absolutely delighted to be joining Mind and helping the charity to raise awareness of the many ways that people can build their own resilience and maintain good mental wellbeing.

Paul Farmer, CEO for Mind says: "We are thrilled to have Fearne's support and know that her candid and open

approach to her experiences of depression will empower many people to start a conversation about their own experiences.

"Talking about your mental health is the most powerful tool in breaking down the stigma that sometimes still surrounds mental health. Everyone has mental health, so it's important for us to all play our part in changing attitudes as well as paying attention to our own mental.



Our very first Christmas Craft Fayre was held on Saturday 25 November 2016 at St Paul's Church hall in Cantley. The event was a sell out and very well attended. Special thanks to Santa and the Disney Princesses for coming along and supporting us.

The fayre was a huge success, raising £416.00. Watch this space for another craft fayre coming soon.

Fundraising



A ladies fashion show was held on Thursday 2 February 2017. It was a great opportunity to buy good quality high street clothes at a fraction of the price—tops as low as £2 and coats £9.

We raised £400 from this event and we are hoping to book another one soon.

The money raised will be used to support the Counselling Service which receives no funding and currently relies on donations to keep it going. This has enabled us to recruit two more counsellors to the service which will greatly benefit the people of Doncaster.

A special welcome to Justine and Sueli.



We are always looking at other ways to raise money so if you have any ideas please get in touch.

Contact Laura on 01302 812190 or
Email:
laura@doncastermind.org.uk

Befriending

In recent weeks the Befriending Scheme has received some very positive feedback from other services and support workers about the work that our volunteer befrienders do in helping people to move forward and access activities in the community.

So, you are all doing a great

job!

Twelve people completed the last induction training programme and we hope that you will get to meet them at the social event (see page 1).

This year the Befriending Scheme will be renewing the Approved Provider Standard through the Mentoring and

Befriending Foundation. It is great to have this Kite Mark and we hope that you will be able to take part in these assessments.





PRIDE

Doncaster Mind was formed in 1979 and is an independent charity affiliated to Mind, the leading charity in England and Wales.

Vision and Values

Our vision is of a society that promotes and protects good mental health for all, and that treats people with experience of mental distress fairly, positively and with respect. Doncaster Mind works to make it possible for people who experience mental distress to live full lives and play their full part in society.

In all our work we promote our key values:

- **Participation**
- **Respect**
- **Independence**
- **Diversity**
- **Empowerment**

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Moonpig partners with Mind to bust the myth of Blue Monday



Moonpig, the personalized greeting card and gift retailer, have created a new range of flowers and cards in aid of Mind, to spread the message that no one should face a mental health problem alone.

Launched on Monday 16 January—often dubbed 'Blue Monday' the so-called most depressing day of the year—Mind and Moonpig hope to bust this myth and remind people that mental health problems can happen on any day of the year, and that friends and family can play an important role by being there all year round.

The bespoke 'Thinking of You' bouquets and cards are available to buy at Moonpig.com with purchases of the range contributing to Moonpig's donation to the charity Mind.

Just Text Giving

You can now make a difference by donating through Just Text Giving.

All you need to do is Text MIND27 followed by the amount you wish to donate to 700070. As little as £1 can make a difference.