

Wellbeing

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For better mental health

Local Mind Associations (LMAs) in Wales and England



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The LMA Network

- Mind – National Organisation
- Mind Cymru – Welsh National Organisation
- 180 Local Mind Associations across England and Wales
 - All independent, self managed, self funding charities
 - Range in size from 1 or two workers to 100 or so staff
 - Each LMA develops it's own range of services, based upon local demand and funding opportunities
 - Main user base drawn from people who have used or currently use specialist mental health services,



1:4

- around 300 people out of 1,000 will experience mental health problems every year in Britain
- 230 of these will visit a GP
- 102 of these will be diagnosed as having a mental health problem
- 24 of these will be referred to a specialist psychiatric service
- 6 will become inpatients in psychiatric hospitals.

source: Mind – *Understanding Mental Health Statistics*



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Wellbeing Activities within LMA's across England and Wales

- Café's and book shops
- Short Courses – in house and at local academic institutes
- Language study (foreign & English)
- Low cost access to a gym (stand alone access and as part of a course)
- Dancing, Music, Art and Creativity resources/training
- Walking groups
- Complimentary Therapies
- Mental Health First Aid & ASIST Training (Applied Suicide Intervention Skills Training)
- Employment/Vocational support and training
- Gardening & Allotments project



Common Themes

- strong passion and commitment to wellbeing
- a greater diversity in the range of services/ opportunities offered to service users
- a move away from static services such as purely social drop-ins – with the drop in being the starting point for a range of activities
- emphasis on activities taking place away from an organisational base
- majority of services and activities open to all
- desire to broaden the appeal of the association



First impressions count

Torfaen Mind

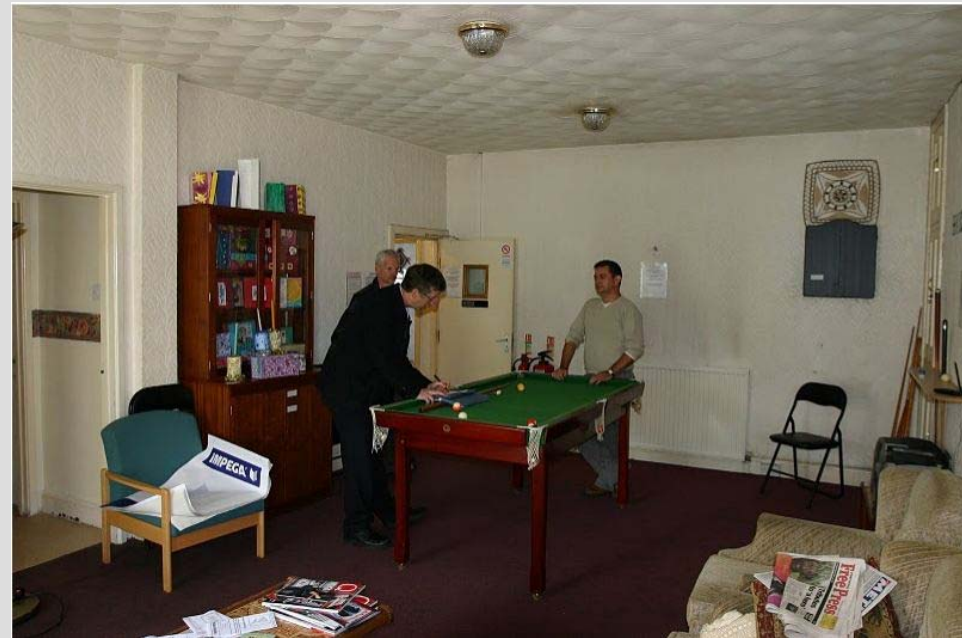


Old style drop in

New Wellbeing Centre



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Torfaen Mind former Drop-In



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Tameside, Oldham and Glossop Mind – Topaz Cafe



We also run Drop-Ins and Surgeries **Just call in no appointment needed.**

Smoking Cessation every Monday 2:30 - 3:30

Advocacy 1st and 3rd Wednesday of every month 2:00 - 3:00

Housing Advice last Wednesday of every month 1:00 - 3:00

Welfare Rights first Thursday of every month 1:30 - 3:30

Routes to Work Outreach Session last Thursday of every month 2:00 - 3:30

Education Advice Surgery **11 January, 15 February, 15 March 15:00 - 17:00 appointment needed**



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Courses January 2010



Courses are open to adults aged 16+ who live in the Tameside and Glossop area. All courses to be pre-booked and paid fully in advance on the first session. Courses focus on taster and beginners levels and this is reflected in the price. A gap of six months is needed between repeating any particular course.

COURSES TO JOIN AT ANYTIME (subject to numbers)

Beating the Blues – Thursdays, 4.30-5.30pm or 5.30-6.30pm or Fridays, 10-11am (9 weeks) – Computer based self help programme for mild Depression and Anxiety. (Free).

JANUARY 2010

Books Aloud – Wednesdays, 10.30am-12.30pm including ¼hr break (12 weeks). Starts 6 January to 31 March. Sit back and relax while books, short stories and poems are read to you. No need to read anything in advance. Talk about what you have just listened to or simply relax and listen. (Free).

Tai-Chi for Health – Thursdays, 10.30-11.30am (6 weeks) – starts 7 January to 11 February. Gentle keep fit which promotes relaxation. Wear loose clothing and soft shoes. (£2.50/session).

****NEW**** Brush Up On Your Maths – Mondays, 1.00 – 3.00pm (12 weeks). Starts 11 January to 29 March. Learn maths skills in a friendly and informal setting. Brush up on your existing skills and learn new ones. (Free).

Basic IT – Mondays, 5.30pm-6.30pm (5 weeks) – starts 11 January to 8 February. Learn basic IT skills. (Free).

****NEW**** Indian Dancing – Mondays, 2.00-3.30pm (6 weeks) – starts 11 January to 15 February. Have fun and get fit learning different types of traditional Indian Dances. (£2.50/session).

Art & Craft – Tuesdays, 1.00-3.00pm (4 weeks) – starts 12 January to 2 February. Come and explore your creative side with our art and craft sessions. (£2.50/session).

****NEW**** Beginners Word Processing – Wednesdays, 1.30-3.30pm (10 weeks) – starts 13 January to 24 March (no session on 17 Feb). Increase your confidence using computers with our Beginners Word Processing course. (Free).

Reiki – Mondays, 10.30am-1.15pm (3 weeks) – starts 18 January to 1 February. Book on Monday 4 January from 10am. Book ½hr session for 3 weeks and please arrive 15 min before appointment time. (£2.50/session).

Confidence and Assertiveness – Wednesdays, 10.30am-12.30pm (7 weeks) – starts 20 January to 10 March (no session on 17 Feb). Help improve your confidence and assertiveness. First session is a 1-2-1 meeting with tutor. (Free).

Beginners French – Thursdays, 10.30am-12.00pm (10 weeks) – starts 21 January to 1 April. Learn how to speak French in an informal setting. (£2.00/session).

Reiki – Mondays, 10.30am-1.15pm (3 weeks) – starts 1 March to 15 March. Book on Monday 15 February from 10am. Book ½hr session for 3 weeks and please arrive 15 min before appointment time. (£2.50/session).

THERAPY COURSES : These are accessed via a 1-2-1, followed by an assessment prior to the course.

Art Therapy Group – Thursdays, 1.00-2.30pm (10 weeks) – starts 14 January to 25 March (no session 18 February). Express yourself, through drawing, painting, collage, clay work and sculpture. Build confidence and self esteem. (Free).

Alternatives to Violence Project (AVP) – full weekend – 12 to 14 February. A course looking at anger management, building confidence and alternatives to violence. A level 1 course which anyone can join. (Free).

ALSO FOR 2010... Contact the centre to join the waiting lists

****NEW**** Video production starting in February. More details to follow soon...

Walking and Bird Watching starting again in the Spring in April. Easy walks in the Tameside area.



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Not just about Mind Associations



Bristol and District Branch
Registered charity number 205858

Volunteering at RSPCA Bristol Branch and Bristol Dogs & Cats Home

Volunteering Opportunities

Dog Walking

If you would like to get more 'hands on' with the animals, or perhaps you would love to have a dog but do not have the appropriate lifestyle to offer one a home, then dog walking maybe what you have been looking for.

Dog walkers are vital in order to provide the dogs with regular exercise and change of scene to help reduce the effects of living in a kennel. It is also an opportunity to broaden a dog's experience of real life situations, for example, traffic, roads, joggers, cyclists, other dogs and children, and of course to provide the dog with some human interaction.

For those wishing to dog walk, you will need to bring along some photo ID such as a passport or driving license. It is also important that your tetanus vaccinations are up to date. We also advise that you ring the Dogs Home before you visit (on 0117 9776043) as occasionally dog walking may be limited or unavailable. Times for dog walking are as follows:

10-11.30am & 1-4pm Monday – Friday
9.30-11.30am Saturday (but please ring in advance to confirm availability)



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Wellbeing not just about a new range of services and activities

Everyone within an LMA is a wellbeing worker

First impressions matter!

Use of building as a means to promote
wellbeing

higher public profile

new public face of LMA

use of wellbeing approach to combat stigma



Journey towards wellbeing can be a personal experience!



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