Mental health support in Midhurst

At our groups you will find advice, friendship, encouragement and activities to aid your recovery, and support to help you live well. We also offer a programme of one-to-one support.
Noticeboard

**Younger People’s Wellness Recovery Action Planning (WRAP) Group**

This February, we are running an ‘under 30’s’ WRAP group to help younger people manage their recovery. A WRAP can help you to feel in control of your self-care and support. We also hope that it will give you the chance to spend time with your peers in a small, comfortable & friendly group.

We hope to run the group on Wednesday mornings. Please contact Kim Bartlett 07377 732679 for more information.

**Five Ways to Wellbeing Recovery College Course**

The next ‘Five Ways to Wellbeing’ course running in Midhurst starts on Friday 18th January.

This course runs for 8 weeks, and will help you to identify simple, practical ways of building up and making the most of your inner strength. Everyone who joins us brings something new, and we all learn from each other.

For more information contact Toni Holloway on 07474 871899.

**Conservation group at Graffham**

Our monthly Conservation Group with the Graffham Down Trust will continue in 2019. If you are interested in doing some outdoor work in a relaxed, supportive environment, please contact: rhiannon.leysen@coastalwestsussexmind.org 07938 704155

Our next sessions will take place from 10am-1pm on:

- Thursday 17th January (Dormouse box checking!)
- Thursday 28th February
- Thursday 21st March
**Yoga for Wellbeing**

Tuesdays 3.15pm – 4.30pm

A yoga class to gently nourish your spine, strengthen your feet, relax and revitalise!

All welcome. Mats are supplied on site, however please bring a blanket and water. NB On your first time, please arrive by 3.00pm to complete brief health form.

Dates for January 2019:
- 8th in the Catholic church hall.
- 15th, 22nd, 29th in the Grange, Willow Room.

(Dates for Feb-Mar TBC)

For further details, please contact Liz on 01730 750189

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**Service User Survey**

Your views are important to us and help us shape services to meet your need. Tell us what you think by completing our Annual Survey.

https://www.surveymonkey.co.uk/r/serviceuserdec18

Survey runs from Friday 14th December 2018 to Monday 21st January 2019

Ask a member of staff if you need help.

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**Our Outdoor Group: Tuesdays, 10am–12pm**

If you enjoy being outdoors, and getting in touch with nature, you might enjoy our Tuesday morning outdoor group. We visit a range of different outdoor locations, to sit, chat, take notice and breathe. We sometimes do some gardening activities too. Some of our favourite spots include Goodwood Hill, Terwick Lupin field, Didling Church, and Benbow pond. In the winter months, we also visit cafes with a nice view so we can stay warm!

If you would like to join this group, let Rhiannon know (07938 704155, or at the email address on the back page). She sends out a weekly text on a Monday to let the group know where we’re going the next day, and asks that you let her know if you plan to come. We meet at 10am in the car park by the Catholic Church hall, and travel to the chosen place together.
On Tuesday afternoons and Thursdays we meet in St Mary’s Catholic Church Hall in Bepton Road, Midhurst, GU29 9HD and all our other activities take place in the surrounding area.

TUESDAY

Outdoor / out & about group (10.00 - 12.00)

Arts and crafts * (13.00 - 15.00)

Badminton and table tennis (14.00 - 15.30)
at the Grange

* Please note that on the first Tuesday of the month, the Arts and Crafts Group takes place at the Grange Leisure Centre with our Pathfinder Mental Health Hub (see pg 5)

THURSDAY

Hall open for drop-in * (10.30 - 16.00)

Life skills workshops (11.00 - 12.30)

Afternoon social group & Peer-led activities (12.30 - 15.30)

* Please see pages 8&9 for details about Thursday workshops, including information about days/times when drop-in will be closed & alternative/peer-led activities.
Pathfinder Mental Health Information Hub

For advice and information on a range of services related to good mental health and wellbeing

Willow Room at Midhurst Library in The Grange Leisure and Community Centre

First Tuesday of every month*
1 pm to 3 pm
Just call in, no need to book in advance
Open to all

* Except January 2019 due to New Year Bank Holiday. Dates for 2019 as follows:
   Tues 8th January, Tues 5th February, Tues 5th March, Tues 2nd April, Tues 7th May,
   Tues 4th June, Tues 2nd July, Tues 6th August, Tues 3rd September,
   Tues 1st October, Tues 5th November & Tues 3rd December.
Feedback from Caroline & Carolyn about the October SUF Meeting

There were 8 people at the first service user forum meeting in October 2018. Thanks to all who attended, chaired & minuted! We hope that more people will join us at the next meeting in January. A big part of our discussions in October focused on options for peer-facilitated activities for Thursday afternoons at our hall and many group members wanted to support this.

We presented some of our ideas for Thursday afternoons to the group meeting in November. It was decided to try and get more input from other service users to gauge their interest, so we’ve listed them below. If you would like any of the following to take place on a Thursday afternoon, please tick the relevant boxes on this page, tear-out and place in our comments & suggestions box at the church hall, or take a photo and email it to Chris Arkell at the address on pg 6. Please let the SUF or a member of staff know if you’d like to help organise/facilitate any of the activities.

- Talks not related to mental health.
- Improving the garden at the Hall – maybe for the John Muir Award.
- ‘Think-tank’ discussions about topics of interest
- Advice & ‘fix-it’ sessions (e.g. mending things that are broken so there is a wider range of activities & interests catered for at the group, and our skills shared).
- Games afternoons with board/card games from the shed.
- Walking activities & map-reading/walking safely skills.
- Other ideas? Please specify here:

We may try out some of these ideas in Jan-March, so look out on notice-boards for details. We also talked about wanting to do more outings as a group & fed this back to staff at our group meeting. It was reported that the ‘Friends In Mind’ scheme arranges outings once a quarter, and suggestions for these activities should be given to Kim Bartlett. See pg 16 for details.
Upcoming Midhurst Service User Forum meeting

Come and join our next Service User Forum (SUF) for CWSX Mind in Midhurst—All welcome!

WHEN?
Thursday 17th January at 11.00am-1.30pm.

WHERE?
Macmillan Group Room at the Midhurst Community Hospital, Easebourne, GU29 9AW (Free parking available)

This is a chance to have an informal group chat about your ideas, comments and questions for our service. This is a peer-led activity taking place when our normal Thursday drop-in at the Church Hall is closed for our quarterly staff ‘inset/admin’ day.

We will provide some basic refreshments, but please bring your own packed lunches to enjoy/share together if you wish.

We hope you can make it, but if not, please share comments/ideas with Chris Arkell, User Involvement Lead marked ‘Midhurst SUF comments’ to:
chris.arkell@coastalwestsussexmind.org
Our workshops are open to our group members. They start at 11 am. No need to book, but if you wish to participate please try and turn up on time to avoid disruption. Most sessions now start with a short guided-mindfulness or relaxation practice too.

Please note: Some dates might be subject to change.

**Thurs 3rd Jan**  Mental health Q&A session with Pathfinder clinician, Kerry Stott

**Thurs 10th Jan**  Open Minds: Anti-stigma & awareness raising planning workshop (To cover ‘Rural Minds Matter’ bus, and mental health awareness week in May)

**Thurs 17th Jan**  **STAFF ADMIN DAY**

****DROP-IN CLOSED ALL DAY**

Peer-led Service User Forum will take place from 11.00-1.30pm at the Midhurst Community Hospital (See pg 6).
Free Friendship tea @ Midhurst Parish Church from 3.30-5.00pm (See pg 13).

**Thurs 24th Jan**  Everyone Active: Physical activity & wellbeing workshop with Helen Rothwell

**Thurs 31st Jan**  Group Meeting
Followed by simple buffet lunch.
Thurs 7th Feb  Wellness Recovery Action Planning (WRAP): crisis planning

Thurs 12th Feb  Chichester Wellbeing workshop with Marice: Food, mood, allergies and food intolerances.

Thurs 21st Feb  Medicines Q&A with Ami Hale, Mental Health Pharmacist
**DROP-IN CLOSING EARLY AT 1pm**
Free Friendship Tea @ Midhurst Parish Church from 3.30-5.00pm

Thurs 28th Feb  Group dynamics, rules and boundaries

Thurs 7th March  Citizen’s Advice Bureau (CAB): Service overview & Universal Credit issues/support.

Thurs 14th March  Understanding & coping with social anxiety

Thurs 21st March  Choose Work workshop with Lucy Gambrill
**DROP-IN CLOSING EARLY AT 1pm**
Free Friendship Tea @ Midhurst Parish Church from 3.30-5.00pm

Thurs 28th March  Workshop topic TBC - See noticeboards for updates
Review of the past year & looking forward to the year ahead

A message from Toni Holloway, Team Manager in Midhurst:

As those who have been coming to the group meetings regularly will be aware, over the past few months we have been having discussions about managing the capacity at the service. Over the past couple of years we have had a steady increase in the number of people using the service. This is across all areas of what we offer: one-off discussions and signposting, 1:1 support from a member of staff, and the groups and courses that we run. With a small budget for our service and a small staff team, we are now struggling to keep up with this demand, and there is no additional funding available to increase capacity.

With the new service user survey coming out this month, this seemed a good opportunity to review the past year and our achievements, and to think about the challenges moving forward.

In last year’s survey, what came out top as being what people valued most about the service was the 1:1s followed by attending courses. When asked what people wanted more of, more 1:1 support and increased opening hours came out top, followed by more wellbeing services such as Mindfulness and reflexology. More social activities, groups, drop-ins and opportunities to be with others, although valued, scored lower. However the top answers for how Coastal West Sussex Mind has helped you were “to feel like I’m not on my own” and “to manage my mental health”.

As you can appreciate, juggling these competing wishes isn’t easy. We have made some “tweaks” in the service times, and we massively appreciate how everyone has mucked in to help, whether that is helping to set up and pack away at the end of every session, getting out on time to give staff a bit of time at the end of the day, doing the shopping, organising activities when we have our staff admin days, or taking on responsibility for a job that needs doing, it genuinely shows how much you all feel a part of the service.
Service achievements & developments this year:

We have been really lucky this year to have Liz offering yoga on a Tuesday afternoon - we’ve had some great feedback about these sessions, and this year we have taken on 2 great volunteers; Sue to help with the Out and About group and Charlie with the badminton. This is really helping with staff capacity, so if anyone knows of anyone else who would like to volunteer for us, it would make a big difference to us. We are also now doing a weekly Mindfulness practise at the beginning of every workshop at the request of those attending the workshops.

Service User Involvement has also increased. From last year’s survey it appeared that a lot of people didn’t know how they could get involved, but it feels like this has really improved. We have had more people signing up to do the Peer Mentoring course, more group members taking a lead on some activities, and a small group meeting up informally at weekends, and going on fortnightly outings with Tandem.

There are two other really exciting developments. We now have our own Service User’s Forum which Chris Arkell has helped us to set up, and they have come up with some great ideas for Thursday afternoon activities.

Also, building on the suggestion of some of our service users, with support from Louisa from Open Minds and part-funded by our Time to Change Champions, we have developed a partnership with Tandem to set up Rural Minds Matters. We took the bus out for the first time to the Teachers’ Conference in October and have now been invited to take the minibus to two local primary schools, with 7 others expressing an interest. Staff cannot do this on their own, so in order to make it work we need a group of service users who have done the Personal Testimonies training to support this initiative. A massive thank you to Mike, who is driving the bus, and Nick who also helped at the Schools event, as well as those who shared their testimonies on the day.

Cont. overleaf...
Moving forward:

Our biggest struggle is going to be continuing to meet demand, and we will need to do some things differently in order to achieve this. We would like to encourage you to use the activities groups, whether that’s the Out and About group, the Arts and Crafts, or the Thursday afternoon Social Group as a way to distract yourself from your worries. It’s really important for everyone’s mental wellbeing to have activities that can help us to switch off, that’s why we offer these things. Things often seem clearer if we can get away from them for a while. This picture says it all for me.

Your planned 1:1s with your recovery worker are your opportunities to reflect on what is going on in your life, what is working for you and what isn’t. Our service is a Recovery service not a Crisis service, but we can support you to create a Crisis Plan if you need one.

With this in mind, if more of our Activities groups are service user or volunteer-led, this will free up staff time to do the 1:1 work, without us having to close any groups.

We would also like to encourage you to make use of other social opportunities available locally, whether that is Tandem outings, the colouring or board games or knit and natter groups at the library, the facilities at the Grange, or the monthly Friendship Teas at the Methodist Church Hall - we are hoping that some of our peer mentors can support you to access these. In addition, Kim will be aiming to put on a monthly social activity as part of our Friends in Mind offer, and any support to plan and organise these will be gratefully received. We look forward to working with you all in the coming year, and would like to encourage you to offer any feedback about the above via staff, the SUF or our annual service user survey. Thank you.
Community activities & courses

CAP Money Course

All very informal and confidential. This is for anyone wishing to make their money go further by budgeting wisely, it’s not just for those who are struggling.

Course of three 2-hour sessions:
15, 22, 29 January all start at 1.00pm.

Venue:
The Willow Room, The Grange Community and Leisure Centre, Bepton Rd, Midhurst, GU29 9HD.

To book a place on the course contact Peter Sutton:
T: 07813024585  E: petersutton@capmoneycourse.org

The CAP Money Course is totally FREE and open to anyone, irrespective of faith, income, financial circumstances or knowledge.

FRIENDSHIP TEAS

We would like to invite you to a free Friendship Tea at Midhurst Parish Church on every third Thursday of the month From 3.30 to 5.00pm
This is an opportunity for people to meet and chat and maybe form new friendships in a relaxed atmosphere.

DATES FOR EARLY 2019

17th January  21st February  21st March

Any questions?? Or a need a lift??
Then please contact Mike Abbott on 01730 814857
Tandem is a Midhurst-based charity that provides services for the elderly and disabled in the Rogate, Midhurst and Petworth areas. In September this year Mind became an associate member of Tandem, an arrangement that provides access to Tandem vehicles in support of Mind outreach activities.

Tandem services include transport to and from medical and dental appointments, outings to places of interest in the South East, social activities at the Tandem Tuesday Club and a Housebound Reader Service. Transport to medical appointments is open to all who qualify.

Members can take advantage of the social activities and membership only costs £10 per year. To join, phone 01730 813962.

All Tandem activities are provided by volunteers and most journeys are in volunteers’ own cars but Tandem has vehicles equipped with lifts to transport those in wheelchairs. If you can spare some time, volunteer for Tandem as a driver or to help with social activities or the reader service. Ring 01730 813962.

There are more details of Tandem’s work on the website www.tandemwestsussex.org.uk
Having secured funding for our Rural Minds Matter minibus which we launched earlier in the year, we were fortunate enough to be invited to a teacher training day at Easebourne Primary school in October.

We were overwhelmed by all the support from the local schools that attended, and it was great to share our personal experiences with mental health difficulties with the teachers and to be able to signpost them to support resources that are available to them.

As of writing, we have secured visits to two local primary schools, where we will be available to talk to anyone in the local community who is interested in finding out more, and the parents of the students. We have plenty of resources to offer, along with sharing our own lives experiences.

We were delighted that we were able to reach out to so many people and advise them of support that is out there for them. It looks like the Rural Mind Matters bus is off to a fantastic start and we hope to be able to reach out to members of the community that are not able to come and use the service that we so rely on.
The Midhurst Dementia Hub

Every Tuesday Morning from 10am - 1pm
The Willow Room
The Grange Leisure Centre, Midhurst

The Midhurst Dementia Hub is an information & support service for anyone who wants to find out more about dementia at any point on their journey. It provides a one-stop-shop for information, advice & support.

For more Information, Please contact Kim Bartlett on 07926 000949 or Toni Holloway on 07474 871899

Friends in Mind (FiM) Services

A planned programme of different and stimulating regular events recognising the needs of those people living with an early/moderate stage dementia, mild cognitive impairment, memory loss, confusion, anxiety or depression, who are looking for social opportunities. Transport and entry charges will apply.

Next Planned visit is either Fishbourne or Bignor Roman Villa on Fridau 15th March. Please book with Kim before the event on 07926 000949

Music for the Mind: Singing for wellbeing

Wednesday afternoons in the Willow Room at The Grange, Midhurst
1.30 - 3.00pm
Upcoming dates: 23rd and 30th January, 6th and 13th Feb.(closed 20th Feb).
Re-opens 27th Feb, 6th, 13th,20th and 27th March

Everyone welcome. No charge.
Cognitive stimulation is for people with memory problems and/or early to moderate stage dementia, and is recommended in the National Institute of Health and Clinical Excellence (NICE) guidelines.

These meetings are held in small groups. They are designed to challenge and engage people, actively encourage thinking and memory skills, and are enjoyable sociable experiences.

Every Tuesday, 10.30am –12pm in the Willow Room, The Grange, Midhurst GU29 9HD
Open to all. No charge.
For more details please contact Kim Bartlett on 07746 540535

Who can we support?
The Young People’s Mental Health Service is available to young adults aged 16-25 years old who have mental health problems.

What is on offer?
The service aims to promote resilience building and offer opportunities for people to manage challenges related to mental health and wellbeing through:

- One to one sessions to look at planning ways forward
- Developing plans that are based on your strengths, skills and knowledge
- Offering an informal social group you can drop in to
- Providing focused learning and group activities.

To find out more, you, or someone supporting you can call or email: Nadine Avey-Stapley, 07496 988212 (email on back page)
Can we wait?

High in a tree a robin sings
The dark red sun is at it’s lowest
Snowdrops are showing down the lane
Rooks are very noisy in the woods
A dormouse is asleep in its nest-box
Catkins hang in clusters from the hazel
Flocks of goldfinch feed on thistle seeds
Riverside willows stand bare on the bank
Sheep munch hay from a bale
Two brown rats eat a swede in the barn
Holly berries are food for the thrush
Even if it snows we know
Spring is not far round the corner

Big Roy

Photo of winter sun at Terwick church by David Puttick
Mental Health affects us all. How we think and feel about ourselves and our lives impacts on our behaviour and how we cope in tough times.

This affects our ability to make the most of the opportunities that come our way and play a full part amongst our family, workplace, community and friends. It’s also closely linked with our physical health. Our mental health affects the way we think, feel and behave. The symptoms we have can be diagnosed by a doctor, they are not personal weaknesses as some think.

Mental ill health is very common. About a quarter of the population will experience some kind of mental health problem in any one year.

The issues we face range from the worries we all experience as part of everyday life to serious long term conditions. The majority of people who experience these problems can get over them or learn to live with them, especially if they get the right kind of help early on.

Many people can learn to live with or even completely overcome their symptoms.

We are here to help you do this.
If you wish to access our service you can contact us directly. We will make an appointment to discuss your needs and how we can help you. We also take referrals from GPs and Health Care Workers.

Toni Holloway, Team Manager: 07474 871899
toni.holloway@coastalwestsussexmind.org

Rhiannon Leysen, Recovery Co-ordinator: 07938 704155
rhiannon.leysen@coastalwestsussexmind.org

Susanna Lloyd, Recovery Worker: 07957 209244
susanna.lloyd@coastalwestsussexmind.org

Kim Bartlett, Living Well Worker: 07377 732679
kimberley.bartlett@coastalwestsussexmind.org

Nadine Avey-Stapley, Youth Recovery Worker: 07496 988212
nadine.avery-stapley@coastalwestsussexmind.org

www.coastalwestsussexmind.org

The service is free but there is a small charge for refreshments and contributions towards some of our outings and outdoor activities.

At Mind we believe that everyone recovers at a different rate so there is no time limit on our services and you can stay as long as you need.