

Issue 2, Winter 2010

HI AND HAPPY NEW YEAR!

It is the time of year when we all look back on the previous year and reflect on the changes that have happened within the services and the organisation.

I am happy to say that over the last year we have made great progress in a number of key areas and the credit for that progress rightly belongs to all those involved, but once again I must record my personal thanks to our staff and volunteers, whose contribution to the development of Sheffield Mind is really without equal.

We continue to develop our strategies and plans for the future and hope that many of you will be able to become involved in all aspects of our work and to attend the stakeholder days which have been very useful and I hope enjoyable.

I am really encouraged by the developing involvement of service users in both planning and delivery of services and welcome any suggestions as to how we can improve in the future.

As most of you will know we have said goodbye to Aileen Moore as a Director and Steve, our Clinical Manager, will also be going at the end of February. I am sure you will all join with me in expressing our thanks and good wishes to them.

We have also welcomed some new Directors – Andy, Dave, Cei and Elie and I am sure you will be meeting with some of them in the coming months. I hope you enjoy this newsletter and would encourage you to contribute to them in the future.

Berni Murphy
Chair of Sheffield Mind

CHANGE IN STAFF

We are very sad to see Steve Williams, Clinical Manager, leave us this February. Steve has been with us for over 7 years and we know he means a lot to our volunteers, service users and staff. On behalf of everyone we'd like to wish Steve all the best for the future and thank him for all he has given to Sheffield Mind.

We are currently recruiting a new Senior Counsellor and are hoping to recruit a Service Manager in the spring.

We have recently acquired three new IAPT workers (Increasing Access to Psychological Therapies) who deliver shorter term Cognitive Behavioural Therapy. They are here on Mondays and Thursdays and will be providing a valuable service for Sheffield Mind.

RAISING MONEY FOR SHEFFIELD MIND – SOPHIE MEI IS RUNNING THE SHEFFIELD HALF MARATHON!

Sophie Mei, from Sheffield, shot to stardom on the popular TV show *Britain's got talent*.

Her determination and talent in bellydancing saw her reach the semi finals where she gained world-wide accolades. Sophie has recently been nominated for Sheffield Chamber's Young Business Person of the Year and she has

been recognised in the top 100 of Young Social Entrepreneurs in the UK. She is an actress and presenter, as well as being co-director of MEI International Ltd see <http://sophie-mei.net/>.



Sophie told us "As a charity, Mind has always been close to my heart as mental health issues affect so many people. People seem to feel more comfortable sympathising with physical disabilities, but mental health issues don't seem to receive the same level of empathy or understanding. It seems to be one of those areas where prejudice is still somehow acceptable, right down to the health forms given out by potential employers.

I was proud to open and perform at Mind's Get Moving campaign at Regents Park in London and I am pleased to be giving Mind support in my home town of Sheffield. I can't emphasise enough the importance of taking up a physical, fun activity like bellydance to stimulate those endorphins and good feelings. That is why I have set up a company, with my business partner, called MEI International to deliver fun, activity-led campaigns."

Sophie has recently pledged to raise money for Sheffield Mind through running the Sheffield Half Marathon on Sunday 25th April! You can sponsor her by going to www.sheffieldmind.co.uk and clicking on 'Donate Now!'

OPPORTUNITIES IN SHEFFIELD MIND

Become a member

As a Member of Sheffield Mind you will be able to attend and vote at Annual General Meetings, receive this regular newsletter about our work, be invited to special training and social events and most importantly contribute to the ongoing success of our services through your opinions and support. Membership costs £10 per annum, £2 concessions for current and ex-users of Sheffield Mind.

Become a trustee

Trustees of Sheffield Mind meet quarterly to discuss the sustainability and development of the charity. We are looking for people who would be interested in offering specific skills to the board of trustees for example contributions from service users, legal professionals, marketing skills etc. would all make an invaluable impact on the services we deliver at Sheffield Mind. To begin with you can attend a meeting to see if this is something with which you would like to be involved.

Become a Community Health Champion

This is a voluntary role to support people to eat healthily, be physically active and improve their mental well-being. Individuals commit to 16 hours volunteering a month and through Sheffield Mind tasks will involve supporting the Mind & Body Project workshops and groups and becoming a mentor. Benefits of this volunteer role are regular supervision and lots of different training opportunities as well as being involved with a successful city-wide scheme.

If you are interested in any of the above roles please contact Morwenna on 0114 2584489 or at morwenna@sheffieldmind.co.uk or if you have any particular skills that you feel Sheffield Mind would benefit from, please do get in touch.

SHEFFIELD MIND'S BUSINESS PLAN

After a very successful business planning session on 7th November which involved staff, trustees, volunteers and service users, we now have a draft version of Sheffield Mind's Business Plan.

There has been one consultation event already but the Plan is available on request from Bridget for anyone who would like to comment on it.



NOMINATE SHEFFIELD MIND FOR WAITROSE DONATIONS!

Have you got a couple of minutes to spare? Do you ever go past the Waitrose Supermarket at the bottom of London Road? If so, then you could help us by filling a form to nominate Sheffield Mind for their Community Matters Scheme. Each month, this scheme donates £1000 between three local causes. Shoppers receive a token at the checkout and place it in a box at the entrance to choose which of the three causes they would like to support and the money is divided accordingly.

In order to be one of the causes on the scheme, we need as many people as possible to fill in nomination forms. They are available near the entrance at Waitrose and they only take a minute or two to fill in – you do not need to include anything about yourself, just say why you think Sheffield Mind deserves support. We also have a few forms at the Sheffield Mind office if you prefer which we can drop off for you. And if we do get on the scheme, remember to choose us if you do your shopping at Waitrose! Many thanks!



HEALTHY RECIPE

Easy stuffed peppers

4 red peppers
2 x 250g pouches of cooked tomato rice
2 tbsp pesto
1 small can sweetcorn
200g goat's cheese or Mozzarella cheese, sliced



Method

1. Use a small knife to cut the top out of the peppers, then scoop out the seeds.
2. Sit the peppers on a plate, cut-side up, and cook in the microwave on High for 5-6 mins until they have wilted and softened.
3. While the peppers are cooking, mix the rice together with the pesto and sweetcorn and two-thirds of the cheese.
4. Scoop the rice into the peppers, top with the remaining goat's cheese and continue to cook for 8-10 mins or cook in the oven for 20 minutes.

SHEFFIELD MIND & BODY PROGRAMME 2010

This year we have an exciting programme including some of our tried and tested popular activities such as:

- * Healthy Living Workshops (Food and Mood, Beating Stress and Anxiety, Improve Your Mood, Relaxation and Boost Your Self Esteem)
- * Anger Management for men
- * Exercise and mental wellbeing
 - * Healthy Lifestyle groups
 - * Boxercise

We also have some exciting new groups that we have developed through feedback from last year's programme, including:

- * Bollywood Boxercise
- * Anger Management for women
- * Mind and Body weight management
 - * Emotional wellbeing group

The "Change One Thing" Mentoring service will be expanding: anyone who attends a group or workshop is eligible for this service, which aims at helping people to develop their own healthy lifestyle goals and provides support in their journey to meet these goals.

All the activities are completely free!

If you would like a copy of the programme you can find it on the Sheffield Mind website www.sheffieldmind.co.uk. Alternatively you can contact us at the office on 0114 2584489 or mindandbody@sheffieldmind.co.uk and ask us to post a copy to you.



HEALTH CHAMPIONS – CASE STUDY: SIMON

Why did you become a Health Champion?

I wanted to help people with mental health problems, especially helping them exercise as it makes you feel better about yourself.

What have you gained from this role so far?

Lots! I have a better understanding of how to communicate with others. I have taken on some responsibility which has been a really good thing for me. I have learnt the importance of being a role model and most importantly I've been enjoying myself.

What do you hope to achieve over the next few months?

With the kids football team that I've set up I'd like to build it into a proper 11-a-side team that can take part in local leagues at the weekend. I'm also in the process of setting up a support group for men with mental health problems. I'm really keen to get people together, build trust and help them to share stuff as well as doing fun activities with them. I've got loads of ideas!

How do you think this opportunity has affected or will affect you and your community?

The men's group is going to be really important as depression is one of the main issues in my community. Personally, my confidence has really grown through going on the Sports Leader course and now I can plan and deliver activities. I'm not shy and quiet anymore – my wife wouldn't recognise me when I'm out with the football team! The whole experience has made me feel really good and positive about myself.



STYLE GUIDE CONSULTATION - SUMMARY

Thanks to everyone who commented on the new Sheffield Mind look! After much thought and discussion with staff, volunteers and service users the following style was chosen and we have printed our first leaflet!

In the next few months we will be producing more leaflets on topics such as therapy at Sheffield Mind, Confidentiality, How to Get Involved etc.

If you have any more comments to add or suggestions around the information we are providing, please feel free to get in touch with Morwenna.



BOOK REVIEW

The Social Baby: Understanding Babies' Communication from Birth

Lynne Murray & Liz Andrews

Pub: The Children's Project

ISBN: 1-903275-42-3



A series of pictures of the first minute of a baby's life, from birth to the chord being cut to lying relaxed and calm in its mother's arms.

Another set of pictures with baby Ethan making eye contact with his mother, looking deeply into her face, being disturbed, first by his father stroking his forehead, and then by a loud noise, and then returning to a deep eye contact with his mother.

Ahhh. How sweet. So what? Well, the 'so what' is that the second series of pictures are of Ethan at less than ten minutes of age. Now, there's been a lot of growing awareness about an infant's need to bond with its mother, and about eye contact, and so on, but this series of pictures is really extraordinary.

This book is full of little vignettes into a period of relating, the first few weeks and months of life, which have largely remained a closed book until recent research into attachment made people start to take it seriously. The book uses stills taken from film of babies and their families, looking closely and in detail at the way babies relate to people in their world.

There's an extraordinary sequence of a baby relating to his father – staring into his face, then mimicking faces his father makes – opening his mouth, poking out his tongue. Again, a fairly 'ahhh' moment, but again remarkable when the clock on the film shows that at this point the baby is thirteen minutes old.

Basically, the book is aimed at raising awareness, both to parents and professionals, and I think it does that pretty well.

And I do like picture books.

So, I recommend this book to anyone who is interested in attachment, interested in babies, interested in shocking yourself at how little you were aware of when you were first a parent.

It's my last gift to the library, so form an orderly queue. Alternatively, it's available from Amazon at about 8 quid.

Steve Williams.

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