

Mind Lines

Rochdale & District



For better
mental health

For POSITIVE Mental Health & Wellbeing

Welcome to our newsletter
Mind Lines—Issue 1



Tricia Hornby
CEO

This year we have had the fantastic opportunity to move to the new Mind Wellbeing Centre in Rochdale Town Centre. The new Centre has brought many benefits to our organisation. Firstly it has enabled all of our Rochdale projects to be based at the Centre which has benefitted staff, service users and volunteers no end.

It has meant that we are able to provide more activities for our service users who have been growing in numbers since the move, and also improve communication and information resources.

The Mind Wellbeing Centre has provided us with a welcoming, safe and happy environment which we have always strived to achieve for the benefit of our service users.

We will be using the newsletter as a way to keep everybody informed about the organisation and its plans for the future.

I would like to take this opportunity to thank all of Rochdale and District Mind's service users for the support they have offered and the positive feedback we have received from them since the move.

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Growing Sense of Wellbeing in Rochdale

Over 50 visitors attended the award winning Growth Project's Open Day (Thursday 19 August 2010). Everyone who came could taste the produce, find tips for growing their own food, make bug dens and meet the people who have worked so hard to create this urban haven.



Visitors saw live demonstrations of pond-building, rendering raised beds, creating a decorative herb garden and cropping vegetables. They also talked to the volunteers about the tranquil site they have built themselves; all savoured the calming atmosphere and had an obvious reluctance to leave.

The Growth Project, is a partnership between Hourglass, Rochdale and District Mind, Rochdale Council & Heywood, Middleton and Rochdale PCT has benefited over 40 volunteers with mental health issues since it was set up nearly 3 years ago.

The project produces lots of fruits and vegetables alongside skills including building fences, paths, sheds and insect palaces. The Growth Project provides a friendly but hard-working environment in which people learn new skills, as well as having an opportunity for chats, cups of tea, getting to know people and supporting each other.



In 2009, it was awarded the best Grow Your Own Award in the Royal Horticultural Society (RHS) North West in Bloom competition. It was singled out for its "horticultural excellence, and its ability to involve, support and develop beneficiaries within a top-quality local food project".

The Growth Project is setting up a new site at Croft Community Leisure Gardens in Middleton and renovating another large derelict plot at Kellet Street. Hourglass is working with Rochdale Boroughwide Housing (RBH) and Neighbourhood Renewal to create 'Q' Gardens, another Community Garden on Queen's Drive, Kirkholt.

Anyone wishing to volunteer on the project can contact the Open Minds Team on 07881 815523 or email barrybower@rochdalemind.org.uk.

Rochdale and District Mind is committed to and compliant with the standards set through Quality Management in Mind (QMIM).

Minding Our Business

For POSITIVE Mental Health & Wellbeing

Open Mind Team



Tanushree Sarka-Bacon
Team Leader Open Mind

You may be curious about how Rochdale and District Mind works and how all the different teams come together to deliver the wide range of services we offer.

Each of the services and activities provided by the Wellbeing Centre are accessed through a simple referral process which is managed by the Open Mind Team.

The team leader for Open Mind Project is Tanushree Sarkar-Bacon; This provides a brief overview of the work we do in the team.

If you would like to know more about the Open Mind team or would like to make a referral please contact us on (01706) 752 352 or take a look at our website www.rochdalemind.org.uk

Welcome to the first edition of Mind Lines

We'd like to introduce you to the people at Rochdale and District Mind
In this first edition meet Tanu from the Open Mind Project

The Open Mind Project is funded by the Big Lottery and we have also received match funding from other organisations. Tanu is the Open Mind project team leader

The Open Mind project started in April 2009 and is now well established both within and outside our organisation.

The project was developed to ensure that anyone coming to our organisation, not only had a one to one meeting with a worker but also had an ongoing link worker and opportunity for review.

The Open Mind team usually provide the first point of contact for people coming to our services. People can self refer to most of our services or be referred through a third party.

Once we receive your referral, one of our Personal Development Workers – Neil or Peter –will make an appointment to meet with you.

At this first meeting, Peter and Neil will discuss your wellbeing and expectations to see how we can help you. Peter and Neil will work with you so you can select the activities and services that you feel will be of most benefit to you.

During this meeting you will be offered the opportunity to use the Recovery Star. This is a method of self assessment where you can set your own goals. These will then form part of your personal support plan. You will then be offered further sessions with Neil or Peter to review your support plan.

The Recovery Star was designed by the Mental Health Providers Forum and is being used across a significant number of services. The Recovery Star can help you to see how you are moving towards your goals.

We are always keen to work in partnership with other organisations and part of my role involves visiting and working other groups and agencies to raise awareness of our work and the services we offer.

Alongside my work with the Open Mind team I am also a volunteer with psychological services, offering person centred counselling every Tuesday evening.

Minding Your Business

Rochdale & District



For better mental health

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New Events and Services

World Mental Health Day Events

Join us to celebrate mental health & wellbeing at one of our events in October
Everyone welcome



October 5th

Mental Health Awareness Workshop



- Tues 5th - Mental Health Awareness training - Mind Wellbeing Centre 2-4pm
- Weds 6th - AGM -Open afternoon - Mind Wellbeing Centre 12.15- 4pm
- Thurs 7th - Volunteer afternoon tea - Middleton Compleat 3-5pm
- Fri 8th - Social Night - Quiz Karaoke/Buffer - St Andrews 5-8pm
- Mon 11th - Lesbian Gay Bisexual & Trans friendly drop-in - Mind Wellbeing Centre 1-4pm
- Tues 12th - Football Tournament 5 aside - Rochdale soccer factory 3-5pm
- Thurs 21st - Black History Month Event Richmond Hall
- 6th Septth - Oct 31st Art for wellbeing exhibition Touchstones

October 21st



Black History Month Event Richmond Hall

For further information about any of these events please contact Helen Devine
Tel 01706 75233 or email helendevine@rochdalemind.org.uk

Rochdale Mind now has a Central Database which networks all teams so that we can provide an improved quality of service for all our clients.

Community Businesses
Comple@t Café @ the Nye Bevan House are offering FREE INTERNET ACCESS to all customers, take advantage of this opportunity to get on the Information Super Highway !!!

Community Services
Activities resume after the summer break – include:
Depression Support Men Only!
LGBT Network After the Silence
Relaxercise Dancing for Fun
The new activities booklet is out now. for details of all the activities and services at the Wellbeing Centre.
Remember if you would like to facilitate any activity please see Penny or call her on (01706) 752 335.
Volunteers are always welcome.

The Growth Project at Kellett Street is a great success SO – the project has expanded to a nearby neglected plot . The team have been busy in clearing and developing it.
We are also in the process of setting up another new site at Croft Community Leisure Gardens in Middleton.
Volunteers are always welcome to join in, please call the Open Mind Team on (01706) 752 352.

Speak Your Mind

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For POSITIVE Mental Health & Wellbe-

World Mental Health Day

I want my mental health to stay
Please don't make it go away.

Suppose my life was full of wealth
I'd rather have my mental health.

Our world has those who mentally suffer.
They take the harmful drugs and then life gets tougher.

Do your work and you will find
That you will have a healthy mind

Rochdale Mind will see to you and find you lots of things to do.

Every day when you're at Mind,
You'll find the staff are very kind

Kevin Shepherd

Your views on activities at The Wellbeing Centre

Fishing:

This is a beautiful spot and a good, enjoyable day out.

Everyone is so very friendly and the atmosphere is great.

I attend several other activities and groups during the week I enjoy this most.

This has really brought me out of myself - I am feeling so much stronger and better since joining this group.



Singing for wellbeing:

The timing - get ready for the weekend.

Enjoyable, friendly fun - it makes you happy.

Being with people is something to look forward to.

Step by step learning new skills. - lovely to distress.

A happy atmosphere - not intimidating but inviting & fun.

Uplifting. Interacting with different personalities is so enjoyable.

This gets me out!

Relaxercise:

It juices the joints

Exercise relaxes the muscles and the brain releases

The more in tune with the body the more it frees the mind

Helps anxiety syndrome

Helps to release all my tensions

Helps me sleep



We'd love to hear your views on this newsletter, our services and activities; your ideas are most welcome too. Please share your comments with us here and hand this in to reception next time you call at The Wellbeing Centre. If you would like to contribute an article or would like more information about Rochdale and District Mind please ring Abdul or Duška at the Open Mind Team on 01706 752 352

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Thank you

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