



For better mental health

# Mind Lines

For POSITIVE Mental Health & Wellbeing



Tricia Hornby  
Chief Executive

## Welcome to the third edition of Mind Lines Raising Awareness of Mental Health Across the Borough

We have so many positive activities and projects to tell you about since the last edition, so I'm sure you'll enjoy reading about them. One project has been challenging the stigma around mental health. A local school will champion Mental Health Awareness around the borough in their own style. One young pupil there understands these concerns well and has written this moving poem on the left. I'm sure you'll appreciate it.

### My Little Problem

I've got this little problem  
Sometimes it floods my mind  
I'm sorry you can't see it  
It's hidden; to you it's blind

When I first got this problem  
I didn't understand  
And everyone I spoke to  
Thought I lived in coo coo land

But finally help I sorted  
From people who were not blind  
Of problems that can't be seen  
That hides inside my mind  
So now it's getting seen to  
For these people, they all care  
And now this little problem  
With you I want to share

The Psychiatrist getting it sorted  
Cos it comes back from time to time  
This horrid little problem  
That's deep inside my mind

The doc said this little problem  
Can happen to any one  
It takes away the happiness  
The laughter, and the fun

For those who don't understand it  
Shouldn't judge those that do  
Cos' the balance of it happening  
Next, yes it could be you

When this problem gets on top of you  
And you feel low, and down inside  
Let someone know, just how you feel  
Reach out, and please don't hide

So if you get a problem  
In your mind, deep in your mind  
Just remember you can read this poem  
Don't be down reach out instead

Alyssa

Another impressive project saw service users producing their own concert complete with a string quartet. Throughout January, 24 people discovered new skills and creative talent, writing their own songs for the violin, viola and cello to perform.

Here's what people thought.... and others who came to the concert on January 31st 2010.

Excellent, and discovering folks' talent. Very magical, and professional concerns for others from the teachers.

'I have enjoyed this course and it has been great to work with such talented people and see what we could create.

Everything has been top-notch it would be very hard to improve this .....perfection.'

Group participant

From what I have seen this group is a very worthwhile group, and the staff work wonders with the people who attend. So all in all it's very beneficial and the staff are super towards the people' **Audience Member**

Enjoyed it so much. Everyone has talent and expressed it well. **Audience Member**

'Such a privilege to work with you all - thoroughly enjoyable.

Brilliant way for people to express themselves.' **Group participant**

It was wonderful. Very moving. Well done everyone. **Audience Member**

**Project Awareness.**

*Meet the Artists*

**Information Stalls**

*Refreshments*

**Rochdale & District Mind**  
In partnership with  
**Multicultural Arts & Media Centre**

**OPEN DAY**

**Thursday 31st March 2011**  
**At St Andrew's Church, Smith Street, Rochdale.**  
**From 12.30pm till 3.30pm.**

**Taster workshops in Music, Filming, Textiles and Sewing.**

*Register learners for Future Arts and Media Workshops*

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



# Minding Our Business

Rochdale & District



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## Community Business



Andrew Hall  
Community Businesses Manager.

Hello, My name is Andrew Hall I am the Project Manager for the Comple@t Cafés.

The café's aim to give beneficiaries an opportunity to gain new experiences and develop their work skills

Comple@t has 3 cafes in Rochdale, Middleton and Heywood which offer our beneficiaries experience in the Customer Service roles and catering. This is the first step for people with mental health issues to step back into their local community.

We offer a comfortable space which helps to remove the stigma surrounding mental health; so providing social inclusion for our beneficiaries.

Comple@t offers a real working experience in a safe and supportive environment with support packages tailored to individual needs.

## Welcome to the third edition of Mind Lines

We'd like to introduce you to the people at Rochdale and District Mind  
In this edition please meet Andrew from Community Businesses

Peter, Neil and Tanu from the Open Minds Project, meet people every day and from that conversation establish which of our services will give the most benefit.

Comple@t offers a first step towards employment with some moving on to established restaurants, and other beneficiaries take part in voluntary work. Comple@t allows our beneficiaries to gain confidence in food preparation and customer service — skills which will help in all areas of life.

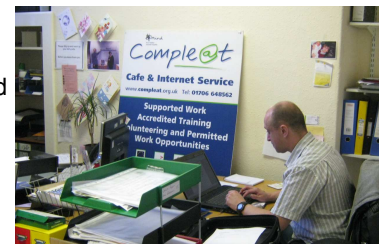
The people we work with can also gain valuable qualifications, as we offer multi skilled NVQ courses in hospitality, numeracy and literacy, customer service and food safety certificates.

Together with our support workers Mike and Julie We can provide the skills and experience to gradually move into paid employment. We find they also have confidence, being more self sufficient at home and often take part in more social events.

Our cafes suit everyone and you can choose the days and times you are able to work; whether its an hour a week to working all week long. We give you a full uniform and our support worker Julie and Mike are always on hand for that extra help and guidance to give you that little extra confidence. Comple@t also reimburse any meals and drinks you take during your shift.

Comple@t works closely with many local services which offer a range of employment support and opportunities; these include REDS, Shaw Trust and Job Centre Plus.

*Comple@t is a great success thanks to the help of our dedicated staff and volunteers. We expect and give excellent service to our customers at all our sites; which brings the customers back for more. I'd like to say a huge thank you to all the team, for their consistent hard work. Let it continue throughout the whole year to make this a bigger and better year for everyone.*



## Quality Management in Mind (QMIM)

The QMIM is a set of 12 organisational standards which enable a Local Mind organisation (LMA) to introduce and maintain a quality management system and a culture of continuous improvement.

As a member of the Mind network every LMA is required to use Quality Management in Mind (QMIM) and to undertake annual self assessment (with the help of key stakeholders) and will be subject to a three year review by the Mind Quality Team.

Rochdale and District Mind was required to submit evidence to demonstrate how we are meeting the required standards in October 2010. This will now be followed by a visit by the Quality Team to review documentation and talk to stakeholders. This visit will take place on April 5<sup>th</sup> and many volunteers and service users will participate and meet with the reviewers.

We are hoping to achieve as a minimum the level which will bring us the Charity Commission Quality Mark.

We will tell you about the outcome in our next Mind Lines news.

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# Minding Your Business

## For POSITIVE Mental Health & Wellbeing

### Perinatal and Infant Mental Health Project

One in six women, are affected by mental distress during pregnancy or following childbirth and a quarter of all maternal deaths are linked to mental health problems. (MIND 2006)

The Marmot Review and Healthy Lives, Healthy People indicated that there is a need for well focussed and timely interventions during and following pregnancy and early life to achieve improved outcomes in well being and mental health for mother, infant and family. We need to remember that perinatal mental health issues are broader than postnatal depression.

Mental health problems include mild, moderate and severe depression, a range of anxiety disorders and severe mental illnesses such as Bipolar disorder and Schizophrenia. Maternal mental health difficulties, can significantly affect the emotional well-being and psychological, and emotional development of their child.

Between June 2010 and March 2011 a Perinatal and Infant Mental Health Project undertaken by the North West Mental Health Improvement programme on behalf of NHA North West will have analysed the challenges to the development and delivery of integrated Perinatal and Infant Mental Health Services across the North West. The need remains, to target services to families who most at risk of experiencing Perinatal Mental Health difficulties, with impacts upon infant mental health and development.

**The project has 4 key objectives:**

1. Production of a high level, integrated Care Pathway for Perinatal and Infant Mental Health.
2. Presentation of options for future commissioning approaches to ensure collaboration in the provision of Perinatal and Infant mental health services.
3. Quality indicators for PIMH services which can be used across the local networks, regionally and sub-regionally.
4. Guidance to support the development of the Perinatal and Infant Mental Health workforce, building capability and capacity across health, social care and the third sector.

I have been a member of the Expert by Experience group having my own traumatic experience of Post natal depression and my subsequent journey in the mental health system. As Experts by Experience we have been providing expertise to the Perinatal and Infant Mental Health Project .

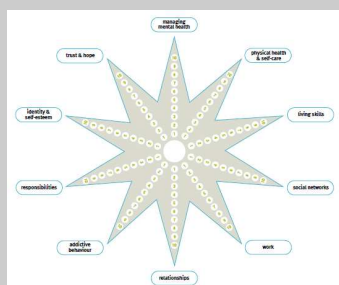
Using our experience and those of others who have needed care and support and may have encountered services (or more often not managed to get appropriate help and support we have been putting together our 'key messages' including

- Lack of awareness and information
- Focus on prevention, early intervention and recovery
- Impact on fathers, family and significant carers
- Access to appropriate services, Support, groups, psychological therapies, mother and baby units
- Training for professionals, GPs, midwives, health visitors, and nursery staff.

A more comprehensive representation of these will be included in the final report. Timely, good quality interventions can be effective and improve mental health outcomes not only for mothers and infants but also for the whole family but no one service area has led or had overall responsibility for the commissioning, delivery and evaluation of Perinatal and Infant Mental Health Care.

The guidance which will be contained in the report due at the end of March aims to support clinicians, practitioners and others to think systemically and holistically about the needs of infants and their families and enhance the quality of the care they receive. If you have any experience you would like to share with us please contact me at [info@rochdalemind.org.uk](mailto:info@rochdalemind.org.uk)

**Tricia Hornby**



### A Journey of Recovery

My journey has lasted over twenty years from the day the voices began to torment me and I was unable to work. In the early days I was on old medication which dulled me but never got rid of the voices. I still attempted to do work even though I could only manage voluntary work when I felt well.

Eventually after sixteen years my medication was change to a more modern one and since that day I have been able to look forward and plan my life in a positive way. The voices are still there but they no longer bother me even my mood swings are easier to cope with. My involvement with Rochdale and District Mind was by mistake I only went into the cafe for a coffee and got into conversation with a volunteer who thought that I had a good idea for starting a private enterprise.

Well I met the workers and they agreed to help me set up the business. Was I manic at this point well things were looking positive and my self esteem was riding high. The project collapsed but it was a positive step for me it had pointed me in the line of education I soon set about doing a two year computer course and a Mental Health Support Worker Course Level 2.

Moving on to new pastures has been difficult as I centred an awful lot of my time around mental health which meant running groups, this all caused stress and though I ran them for four years I believe I was never fully well. As you may see there are ups and downs in recovery, one of the big eye openers for me has been the Mental Health Recovery Star.

When I had sat down with a Mind staff and gone through the questionnaire I could see where I needed to focus so it's been a worthwhile look at my whole life to date. I am now working in an over 50 club, we are small but it is enjoyable I share the organising, other things I have become involved in are looking after the church gardens and on the Church Council. I also go to bingo once a week to meet friends. My life appears to have changed for the better thanks to Minds support through all my ups and downs they have always been there when I've needed them. **PW**

# Speak Your Mind

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**Christine Catherall attends the Creative Writing Class here at Mind. She has kindly presented us with this short story about herself. Christine also attends Petrus Day Centre.**

## A STORY ABOUT MYSELF

MY NAME IS CHRISTINE CATHERALL AND I LIVE IN ROCHDALE, I ENJOY DOING COMPUTER WORK AND GOING TO BURY COLLEGE.

I GO TO PETRUS DAY CENTRE DOING DIFFERENT ACTIVITIES AND GROUPS, I LIKE SWIMMING AND GOING OUT TO SOCIAL CLUBS.

I HAVE MOVED AROUND DIFFERENT PLACES, I WANT TO BE MORE INDEPENDENT - BUT NOT TO BE ALONE BECAUSE I PREFER TO BE WITH OTHER PEOPLE WITH MY OWN AGE - BUT I CAN'T GET ON WITH OTHER PEOPLE.

I HAVE HAD SOME TOUGH TIMES IN MY LIFE BUT HAVE TAKEN THE ROUGH WITH THE SMOOTH, AND GOT ON WITH MY LIFE OVER THE LAST FEW YEARS OR SO.



**Dean Carroll, a service user in the Creative Writing Group has kindly presented us with a story . Thank you Dean!**

## Red Rose turns Yellow by Dean Carroll

Fred Ross was the ultimate cheapskate. Whenever something involved spending money he would begrudge it like the plague. He was such a tightwad that for his mothers eightieth birthday he presented her with a carriage clock that he'd acquired by reimbursing his petrol vouchers he'd saved up over the year, he even gave his wife a fur coat for her fiftieth birthday that he'd paid twenty notes for at a bankrupt auction. His drinking buddies down at his local nicknamed him "Ebenezer" because of his mean ways. They had long ago cottoned onto his excuses he made to leave the pub whenever it was his turn to order his round and steadfastly refused to buy him any more drinks.

Two Christmases ago he was looking for a present for his wife Valerie when he came upon a special two for one offer on Quality Street, he presented his wife one box for Christmas and the other he kept for Valentines Day, Valerie threw them back at him in disgust.

Valentines Day was approaching again and Valerie sick of his stinginess ordered him to buy her a dozen red roses, Fred grudgingly agreed. Scouring the florist shops, he was gobsmacked at the prices they were charging and refused to cough up the money, it was only when he came across a box of yellow roses going cheap, that he had an idea. After buying the roses, he returned home and found the house empty. Valerie had gone to bingo. With no time to lose he placed the roses on the sink drainer and filled the sink. From a kitchen cupboard he found a bottle of red dye and poured it in, before immersing the roses into the dye, leaving them to soak for an hour while watching telly. On returning, he found the petals had turned to a deep crimson colour, he was overjoyed with the results and transferred the roses to the airing cupboard to dry for an hour before arranging the roses into a bouquet and concealing them in his car boot, ready for tomorrow.

Next day he delighted his wife with an offer of a surprise meal at a restaurant that had a special valentines day offer on. Wearing her favourite cream dress Fred drove them to the restaurant. On arrival Fred told Valerie to wait at the table, while he collected the flowers from the car. Concealing the roses behind him he told Valerie to close her eyes before presenting them to her. On opening her eyes she was overjoyed at her present and complimented Fred at the expense he had gone too, to buy them, Fred sheepishly smiled at her.

After a romantic afternoon together, the meal was eaten and Fred walked Valerie back to the car, the flowers clutched proudly to her chest, when all of a sudden the heavens opened. With the car parked down the street from the restaurant the couple hobbled to the car under a sudden downpour, while the rain soaked dye began to run in rivulets down Valerie's dress.

Thinking it was blood she screamed until she realised the colour was coming off the roses, she then turned her fury on Fred. "Why you skinflint my dress is ruined," she screamed. "I thought it was too much to be true," she cried, battering Fred around the head with the wilting roses, "I'll buy you a new dress, a nicer one" he pleaded, shielding his head while Valerie let forth her fury.

In a huff she grabbed the keys to the car. Driving off, she left poor Fred to walk home in the pouring rain.

## **Congratulations to Kevin Shephard (pictured).**

Kevin has had his 'fun rhyming poetry' book published by Chipmunk Publishing. The book is available to buy directly from [www.chipmunkpublishing.co.uk/shop](http://www.chipmunkpublishing.co.uk/shop)

quoting reference number **ISBN: 978-1-84991-308-9**

## **FUN RHYMING POETRY**



By Kevin Shephard