

Message from the Project Manager

Happy Spring!

Since our last newsletter we have embraced a lot of changes here at Carrick mind. We moved into our new office, took on new sessional workers, started a new student group and began making changes to improve the social groups.

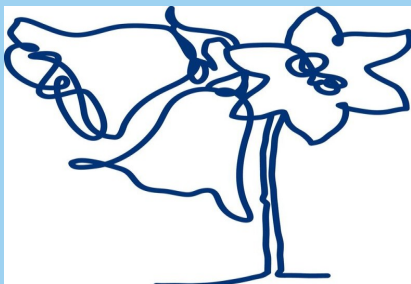
If your New Year resolution has faded fast think of spring as a perfect chance for a fresh start, let's face it, we all get into ruts. Being comfortable and feeling safe can obviously be a good thing, but sometimes life can get boring if you never try new things. So why not mix it up a little! Spring is the perfect time for you to make your life a little healthier and more interesting by trying something new.

Having longer hours of daylight can be a real mood booster. Better moods and improved sleep habits can mean increased motivation to take better care of yourself. A more positive mood may also motivate you to get out into the fresh air and enjoy a little exercise, this helps improve concentration and creativity plus a change of scenery does wonders too. This can really help improve your overall health and mental well-being.

Taking steps to improve your diet is easier at this time of year. Choosing seasonal fruits and vegetables will be cheaper and healthier. A balanced diet will help supply your body and mind with the nutrients it needs. Aim to build a rainbow of colour in your fruit and veg shopping basket, you will then have lots of the vitamins you need. Drink lots of water to hydrate and increase energy levels. Eating regularly will help to keep blood sugar levels more even which will then help stabilise mood.

Spring has finally arrived, so figure out what you need to change and get creative! Look at this as a time for spring cleaning—not just your home but the other clutter in your life as well including your head. Keep what is working and discard the rest. As the frost leaves the ground, think about how you can spring into better health and other new beginnings in your life!

Jo Boulton
Project Co-ordinator



Message from the Chairman

With the New Year now in full swing and the dark night's drawing out a little I thought it would be good to embrace Spring time which lies just around the corner.

It's certainly been a fresh start for Carrick Mind in 2016 with the exciting move to our new offices down on the wharf in Penryn. We're hoping this move will help raise awareness of Carrick Mind, bring us a little closer to the communities we serve and allow partnerships to thrive.

Spring represents growth and renewal in nature so it's only right that our bodies and minds might need a little extra help resetting from winter mode.

Time bank. Be mindful with your time, make sure you have enough time in your 'time budget' to spend it on your priorities. It can be stressful if you feel you cannot enjoy relationships, work, and hobbies because of lack of time, perhaps a to do list will help.

Physical health. Physical wellness is an important part of sustaining mental well-being. It doesn't just have to be in the gym, perhaps gardening, walking or a new hobby.

Friends and family. Friendship is crucial in protecting and supporting our mental health. To talk to our friends and to listen when our friends want to talk to us is very healing. If you feel you don't have a great network of friends why not work on improving it, joining groups, starting a new hobby or reconnecting with old friends. Carrick Mind may be able to help with this through our Social Activity groups.

Money. April is the end of the financial year, try taking stock of your own finances, spending within your means to avoid the stress that debt can create.

Looking after your mental health is just as important as your physical health and ultimately they are linked to each other, please contact us if you need any advice or support.

Steve Roberts

Chairman

Meet our new Trustee

I am a Consultant Psychiatrist working in Liaison psychiatry at Royal Cornwall Hospital and in a Community Mental Health Team in Liskeard.

I started training in psychiatry in London where I worked for 3 years, then came to Cornwall where I trained for a further 3 years. Since finishing my training in 2010 I have worked in a number of teams in Cornwall and for a short while in Devon. My areas of expertise are General Adult psychiatry, Liaison Psychiatry and Substance Misuse.

I decided to volunteer for Carrick Mind after attending a 20 year anniversary event and seeing what wonderful work befrienders were doing. From my work as a psychiatrist I am aware of how damaging social isolation is for those suffering from mental illness. I wanted to learn more about befriending from those doing it and offer my help in supporting volunteers with educational and reflective groups.



Damian Clifford
Consultant
Psychiatrist

Carrick Mind Student Support Group

Studying is likely to bring a number of changes to your life. Hopefully it should be enjoyable and interesting, but it can also be challenging – especially if you're also living with a mental health problem. You might face challenges such as:

- ◆ meeting and working with new people
- ◆ exams, deadlines for written work or presentations
- ◆ managing your own finances
- ◆ coping with homesickness
- ◆ balancing the demands of studying with other commitments
- ◆ maintaining relationships with family and old friends
- ◆ leaving home, finding new housing and living with new people

Coping with new challenges can have an impact on your mental health, but there are lots of things that you can do to make your time as a student easier and more enjoyable.

Students are also at somewhat higher risk of developing mental health problems. This could be because of:

Your age – many students are young people, and for many people this is the age when you first develop a mental health problem.

Stress – becoming a student can be a stressful experience. Although stress isn't a mental health problem, it can lead to mental health problems like depression and anxiety.

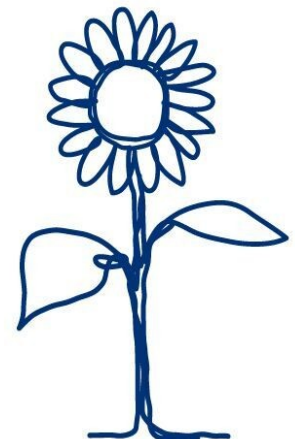
Lack of support – you might have left home for the first time, or just don't have enough time to see your friends and family. Not having a good support network can make you vulnerable to developing a mental health problem.

The Student Support Group that we are running is to help provide mental health support and peer support to students. It is facilitated by Sophie our sessional worker and supported by one of our volunteers.

It runs on a Wednesday evening from 6.00pm to 8.00pm every fortnight in the Chaplaincy. Any Falmouth or Penryn University student can attend these sessions.

Caradon contract

Carrick Mind is pleased to announce that we have been awarded a contract by NHS Kernow to operate a Befriending service in East Cornwall. We are excited to be able to support people in East Cornwall who are experiencing mental health difficulties. The plan is to run a similar service in that part of the county as we do in Carrick, involving group and one to one Befriending.



Regular Social Group Activities

Truro Social Group

Tuesdays
10am to 12pm
Carrick Sports Hall,
Hendra, Truro



Falmouth Social Group

Thursdays
10.30am to 12.30pm
St. Mary's Hall, Killigrew Street, Falmouth.

These groups meet every week and provide a safe haven for those living with mental health issues to meet in a welcoming and supportive space. Why not come along and share in the enjoyment of a chat over a cup of coffee or learn more about what is on offer for you in the Truro or Falmouth area.



Young Persons Wellbeing group

Wednesdays
10.30am to 12.30pm

This group meets every Wednesday, sometimes in a designated venue and sometimes out and about. If you would like to know more about the activities program, please ring 01326 617220 or email enquiries@carrickmind.org.uk

Allotment Project Falmouth Tony McGarr

At last we've had a sunny Tuesday at the allotment. You won't need me to remind you that it's been a very wet winter and we have had to cancel several sessions because of rain.

Despite the weather, we've been able to plant onions and shallots recently and the garlic we planted in the autumn is doing well.

Recent jobs have included the rapid digging of a trench to build a retaining wall along one side of the polytunnel and also the painting of the giant shed we use, thanks to the Falmouth Allotment Society.

We are also renovating a derelict polytunnel for the Allotment Society as well as finishing off our own tunnel. We are now waiting for a warm still day so that we can fit the plastic cover.

We have welcomed some new gardeners to the group. Also, we have had lots of allotment holders passing by our plot, stopping for a chat and joining us for a cuppa. The Carrick Mind collection box is now brought out for donations to our funds in return for refreshments!

I would like to thank all those who come to the group for their gardening work and their good humour. I am also very grateful for the continued support of the volunteers, Caroline Hickman and Berni Snow (Asda's community Champion)



Finally Famous !!

Our open office day held at our new office in Penryn to raise awareness of our services was a great success and made its way into the Falmouth Packet. To see the full article please visit thepacket.co.uk/news

Chief executive Jon Gladstone said “The main thing we offer is befriending support, in group or one-to-one form, for people dealing with mental health problems. They can be referred from anywhere: GPs, the community mental health team or other agencies or they can refer themselves.”

Carrick Mind “is for all manner of problems, from complex mental health such as schizophrenia and bi-polar to people struggling with an episode of anxiety and depression, and for all ages from 18 upwards.”

“Most of our services couldn’t operate without volunteers. We have a raft of students from the university coming forward to volunteer.”

Jon Gladstone—Chief executive, Jo Boulton—Project co-ordinator, Sam Gross—Administrator and sessional worker



With thanks...

On behalf of our clients, staff and trustees, thank you to Mrs Brickell for her donation of £25 and to one of our clients at the Falmouth group for their donation of handmade cards. Selling at £2 a card from our office.



You can now find us on facebook!

Search for Carrick Mind and “like” our page! Lots of useful information can be found or leave us a message!

Carrick Mind 2016 Sky Dive!

Sunday 5th June 2016 at Perranporth Airfield

Karina and Jemima will be doing a Tandem

Skydive to raise funds for Carrick Mind.

Please sponsor them by donating via our sponsorship form in the office or following the

link on our facebook page or through

uk.virginmoneygiving.com

Carrick Mind

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Email: enquiries@carrickmind.org.uk

www.carrickmind.org.uk



Emergency out of hours help:

CMHT – 01872 221000 (Daytime)

CMHT – 0845 230 3902 (Out of Hours)

GP service Out of Hours – 0845 200 0227

NHS Direct – 111

Samaritans – 01872 277 277 or 08457 90 90 90 – 24 hours -

(email truosamaritans@btconnect.com)

Nightlink – 0808 8000 306 5pm – Midnight 7 days a week

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If you no longer require a copy of this newsletter, could you please advise us by email enquiries@carrickmind.org.uk or phone us on **01326 617220**

