

Wishing everybody
a very Happy
Christmas and a
Healthy, Happy New Year

"The walking group-
good company,
fresh air,
invigorating, my
mood has lifted"

"It's given me
confidence, been
amazing, at last
someone under-
stands me" R

"Doing the clay
work helped me
relax and talk"
R

"The yoga group
is wonderful, it
has really helped
me" C

"I came to the group
feeling awful but I
left feeling so much
better" D

"Thanks very
much, you saved
someone's life
here" J

"This group has
helped me re-
cover from a dif-
ficult experience"

"Attending has made
me feel much calm-
er, I was really
stressed when I
arrived"

Celebrating this years donations and fundraisers

We would like to thank everyone who donated and helped raise funds for us this year, it has been such a successful year and people have amazed us with their generosity and support. We really appreciate the time and commitment people have shown us.

Angus's Angels Choir—£548.07

Radix Communication—£75.00

Jackie Chapman—£50.00

Mrs Bricknell—£25.00

Wendy Cousins—£10.00

Mr Sage—£50.00

NCI Technologies—£50.15

Abbie Hoskin—£52.00

Sprout Health Foods—£121.00

Colin and Jill Gladstone—£579.30

Trago Mills—£20.00

Penryn Rotary Club—£200.00

Nick Kemp for running the London
Marathon—Over £1200.00

Nel, Jeremy and The Thinking of Del
Team, Bandtastic—£3500.00

Michelle and the Blackout Gig—£350.00

Carnon Downs Surgery—£1585.50

Howdens Joinery—£3000.00

Godolphin Cross Community Association
£291.65

Camborne Town Band—£450.00

Dan Tellam-Woolf for organising the
Morrisons Collections—£729.00

Liz Chivers and The Kirkland Singers
£225.00

We would also like to thank Williams
Travel for choosing us as their Charity of
the year.

If we have forgotten anybody, apologies.

Thank you

Check the dates of all our groups on
our website events diary!

Creative Minds At Falmouth Art Gallery

The second Thursday of the month
10.30am-12.30pm

Community Cafes

On the first and third week of the
month

Falmouth at Palacio Lounge Cafe
Thursday 10.30am-12.30pm

On the first, third and fourth week
of the month

Truro at the Cathedral Cafe
Tuesday 10.00am-12.00pm

Carrick Mind on Campus

Our work up at Penryn/Falmouth/Exeter University
has started successfully!

We are running our drop in support twice a month
in the Chaplaincy building and have piloted a
lunchtime drop in session up by the Compass.

We can offer support, information and a friendly
listening ear. Check out our website and Facebook
page to find out dates for 2018.

YOGA QUOTA

We have changed our yoga group to 7.00pm on a
Wednesday. There are a couple of spaces left so
get in touch asap. Details on back page.

Managing your mental health at Christmas

Christmas can be a really stressful time of year, whether you live with a mental health problem or not. There's pressure to socialise with friends and family, more temptation to overindulge in food and drink and of course the financial strain that presents and celebrations can put on your bank balance. Below we've got some tips on managing your mental health at Christmas, and some ideas for staying well over the festive period.

Alcohol Although alcohol can initially make you feel more relaxed, it's important to remember that it's a depressive and drinking too much can make you feel irritable, aggressive and low. Staying within the recommended limits will also mean you're much less likely to end up with a hangover!

Food There's a tendency to over indulge at Christmas, and there are always lots of tempting treats lying around. But it's really important to maintain a healthy diet as this will help you maintain a stable mood, and should help prevent irritability and mood slumps.

Sleep Over the festive period, lots of us find that our sleep patterns become disrupted. We often stay up later than usual, and don't always catch up on the sleep that we've missed. There's a lot of evidence to suggest that not having enough sleep has a negative impact on your mental health, so if possible, do try and head to bed at your usual time every night. It's also worth remembering that drinking alcohol can have an effect on the quality of your sleep - yet another reason not to drink excessively!



Exercise It's really difficult to motivate yourself to exercise in the winter. It's cold, dark and quite often raining, but it really can make a difference to your mental health. And you don't even need to leave the house! Why not put on some festive tunes and have a dance, or sing along to some carols while doing the housework?

Relax Regardless of what's happening, it's ok for you to need time out. You know yourself best, and if you need to spend some time relaxing, you should. Some people find mindfulness really useful when things are getting stressful, while others prefer to exercise, or spending time on a hobby.

Connect Sometimes, the last thing we feel like doing is talking to people. You might be feeling anxious, or overwhelmed, or just not very sociable - but connecting with other people has lots of benefits for your mental health. Talking through things that are worrying you can be really helpful, just sharing whatever it is can help you feel supported, and listened to. Christmas can also be a really good time to get in touch with people you might not speak to regularly - and you never know who might need a listening ear.

Connecting with people is also a really good chance to do some good. You could find somewhere to volunteer (maybe with us at Carrick Mind) or offer to help out a friend or family member who's got a lot going on over Christmas, it's proven to help your mental health by boosting your self-esteem and improving your mood.



Festive Greetings

Message from the Chief Executive



What a year 2017 has been. There are over 130 Local Minds covering England and Wales who in the last year have supported over 340,000 people struggling with their mental health.

As many of you will know NHS Kernow decided not to renew our Befriending contract at the end of March this year. However, we have had our most successful year yet in raising money through grant applications and fundraising efforts, as shown elsewhere in this newsletter.

Carrick Mind is working closely with National Mind and other South West Local Minds to look at ways of remaining sustainable and be able to offer support to more people in Cornwall.

2018 looks to be an exciting and challenging year but Mind is determined to continue having a presence in Cornwall to offer much needed support to local people with mental health problems.

Happy Christmas and a Peaceful 2018



Jon Gladstone, Chief Executive

Download our Free apps !



Carrick Mind Allotment Project

We're coming to the end of the year yet we are still growing and harvesting lots of vegetables. We hope to keep producing food throughout the year.

Onions, garlic and shallots were planted in October. In the polytunnel we have spinach, chard, chillies, rocket, celery and cut-and-come-again salad. It will soon be time to plant (very) early potatoes!

The allotment project started in Autumn 2014 and the group members have put in lots of hard work to achieve what we have today...productive raised beds, a fantastic polytunnel and, most importantly, a friendly, relaxed and supportive environment where we can work, chat and drink tea or coffee.



If you'd like to join us, contact Jo on the details below.



Carrick Mind

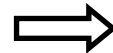
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Scan here to get to our website



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 - 116 123 free 24/7

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