

Supported Volunteering

**Get Started
Keep Going
Move Forward**



LOTTERY FUNDED

Introducing our new service - Supported Volunteering

Supported volunteering involves a journey towards a new and valued sense of identity, role and purpose. It can help recovery and be a pathway into paid work for people with serious and fluctuating conditions, allowing the volunteer to take risks and test out the working environment.

The volunteering placement may be with us or in the community, perhaps with a local employer or other voluntary organisation. We will offer a tailor made package with the necessary support and supervision, matching the person with a trained mentor to begin the volunteering journey. The emphasis will be on recovery and allowing the volunteer to feel they are contributing to their local community in some way.

To find out more get in touch. Details below.

A massive thanks to Sarah Burd who ran the Bamburg half marathon for us raising over £400



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

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



It took her 2 hours and 11 minutes. It was blue sky and sunshine with gorgeous views along the way. Well done Sarah!

Hi there,

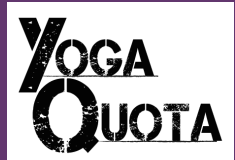
My name is Debbie and I am one of the Sessional Workers with Carrick Mind. I help to run the yoga group which is taught by Bella, an amazing dance student from Falmouth University. who also works for Yoga Quota.

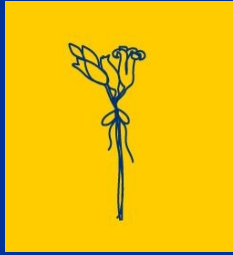
We meet in the church hall just before 7 pm, when we turn the heating up, put some mats and chairs about, switch on the fairy lights and relax into a wonderful world of calm where each individual person can enjoy focusing on themselves for a while.... a rare treat with many benefits, particularly for those experiencing challenges with their mental health, anxiety or stress.

The yoga we practice is Vinyasa, which can be translated as "arranging something in a special way". The emphasis is on mindfulness and meditation, focusing on breathing and self-awareness in a space. Bella modifies the poses so that no-one is expected to be too bendy or stretchy... you just do whatever feels comfy and all the while the gentle music helps to soothe and relax. It really is very special.

By the end of the session there is a real sense of peace and wellbeing, where we have all had the opportunity to restore and repair... or just quietly chill out in a warm, safe and supportive environment. The sessions are free and we do have a waiting list but if you are interested then please get in touch with the folk in the Carrick Mind office.

Perhaps we will see you there, warm wishes and Namaste, Debbie





Spring on the allotment

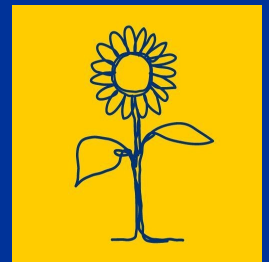
After several weeks of relentless rain, with paths slippery and soil sodden, we thought that at last it might be time to start sowing seeds and planting. We were wrong! Mother Nature (despite what the human race is doing to disrupt the climate and destroy the planet) has a way of showing us who is in charge. A blast of cold air and snow has stopped us in our tracks! However, the onions and garlic in outdoor beds are looking good. In the polytunnel, we've got spinach, chard, celery, pak choi, rocket, mizuna and cabbage doing well. We are now at the top of the waiting list for a second plot and will soon be able to grow a greater amount and a wider variety of crops.

One of our group members now has his own plot and another is on the waiting list. We also have a gardening guru in our group; he is currently studying the RHS Level 3 Horticulture course at Rosewarne. He recently gave us a master class in pruning fruit trees and fruit bushes.

It's not all about growing stuff. We wander around the allotment site looking at different growing styles; we sit and chat over a cuppa and there is always a friendly relaxed atmosphere.

If you'd like to visit us and perhaps join the group, please contact Jo at jo@carrickmind.org.uk 01326 617220

Gardening skills are not essential. All you need is an interest in doing some light work in the fresh air and enjoying the company of others.



Tony McGarr



A massive thank you to Williams Travel.

Thank you to Paula Hoskin, General Manager at Williams Travel and all their staff for raising £1,884 from their Coach Seats for Causes campaign. For every person that booked a holiday from their Summer 2017 brochure Williams Travel donated £1. Fantastic!



Outdoor water Sports with Elemental at Swanpool Beach



Join us at Swanpool Beach in Falmouth for various activities such as raft building, beach yoga, paddle boarding, kayaking and coastering.

We have linked up with Elemental to provide this great opportunity for ages 18-25. Equipment provided, supported by staff and volunteers from Carrick Mind.

Starting in April.

To book your place or find out more: enquiries@carrickmind.org.uk



Call us: 01326 517220

Creative Minds

Falmouth Art Gallery are holding an exhibition in the Spring that will feature our Creative Minds students work.

We hope to run more Creative Minds sessions in the future.

Well done to all that took part.



Introducing our new Chair



Hello everyone

Some of you may know me, or know of me. I have a background within the mental health sector, specifically working in a support capacity alongside children and adults having various diagnoses. Though I'm not a believer in the term.. Nearly five years ago I became a volunteer with Carrick Mind supporting people in their daily life and giving them a social opportunity. Since then I joined the board of Carrick Mind as a trustee and together with the other trustees have been able to provide some insight and support into the running of the organisation. The outdoors is vital to my own mental health and I am able to enjoy walking, cycling and being on the water - activities some of which are being promoted in our active minds project. Alongside this my regular yoga practice, art and a connection with my creative side help maintain my equilibrium. I also have a personal interest in and try to keep up with gender issues and how these impact our ability to have a voice in today's society. In December last year our Chairman resigned and I was duly elected to stand in his place. I offer this briefest of introductions such that our members may become more aware that there is a coherent structure to Carrick Mind that is looking to consolidate the sterling work done by everyone involved. Lastly, who am I?

I am Adam Jackson.

adam@Psychoanalysiscornwall.com
www.psychoanalysiscornwall.com

Carrick Mind

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www.carrickmind.org.uk

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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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 517220



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