

Carrick Mind on Campus

Starting University 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 have mental health difficulties.



Students are at higher risk of developing mental health problems with research showing that many people first experience mental health issues or first seek help when they are at university.

Financial difficulties, exam pressures, homesickness, new relationships; it's no wonder it can be a very stressful time.

That's why we want to offer support to our local Falmouth, Penryn and Exeter students. Come and meet our team for mental health and wellbeing information, advice, support and just a friendly listening ear.

When? Term time every Thursday between 11-2

Where? In the Compass Reception, Penryn Campus



**Thank you so much for
your kind donations and
fundraising this Summer**



- Jo & Greg's Charity Disco - £1000 including a £100 donation from A&P Falmouth
- Blackout Music in Mind - Over £3000
- Falmouth Golf Club - £13.03
- J N - £150.00
- J R - £30.00
- J W c/o T Cooke Funeral Director - £427.00
- St Mary's Catholic Church - £100
- Penryn Rotary Club - £800
- J Bullock for a Coffee Morning at Victory Hall - £92.75
- Tom at Algorhythm - £100.00
- NCS - £387.53
- Victoria Inn garden party - Over £30.00

All monies we receive are spent directly on running and developing our services.

**We are proud to announce that
we are Falmouth Marks and
Spencer's Charity of The Year!**

We will be holding various
fundraising activities with M&S to
celebrate and raise awareness of
Carrick Mind so that we can keep

providing support to our local
community.

Thanks you to M&S for choosing us!



Check the dates of all our groups on
our website/What's on page

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



Bipolar Daydream

What am I doing with this time
Sometimes I feel so blind
I can not see for looking
Looking to my future
Looking to my past
Never really knowing how long
this life will last
Grasping every moment
Living for today
If there is a God I pray he is
listening
And will guide my every day

By Edward

Starting this Winter!

We are currently busy planning our Get Set to Go taster sessions and 12 week programmes.

Having a mental health problem shouldn't stop you enjoying sport or being physically active. We know that it can be difficult finding the energy to get-up-and-go, and many of you have told us that you want to be active, but don't know where to start. That's where Get Set to Go can help. You'll get support to identify the barriers that stop you being active and find out how being more active can help you meet your needs. You can also choose to link up with one of our trained volunteers who can help you find the activity that's right for you and give you that extra boost if the going gets tough.



Email active@carrickmind.org.uk to register your interest.

Carrick Mind Allotment, celebrating success!

Two allotment group members now have their own allotments. The allotment donate excess produce to Stones Bakery in Falmouth for a donation.

The group have won numerous 1st, 2nd and 3rd certificates in the annual allotment shows.

One allotment member won a cup for the most improved plot. Another member has taken on what is thought to be the most challenging plot on the whole site.

Well done to everybody involved!



Music in Mind

We have enjoyed a Summer of great music events. The amazing band Blackout and special guests held a hugely successful evening of music on the 1st September raising lots of money for Carrick Mind.



Back in August, Jo and Greg put on a charity disco, with all profit to Carrick Mind. It was so much fun they want to plan another for 2019.



Mindful Monday

On Monday 24th September (Mindful Monday) we organised a walk along Falmouth Seafront as part of the #BeActive European Week of Sport in partnership with ukactive. Getting active is good for our bodies and helps us feel better too. We met at Falmouth Princess Pavilion and headed towards the Point. Luckily it was a warm and sunny day.

Hopefully we can plan more walking events in the Spring!



Yoga Quota

My name is Bella, I am a yoga teacher and I teach chair yoga with Carrick Mind and Yoga Quota. Mind is a mental health charity doing amazing work for communities and individuals across the country. As I have reached the first anniversary of teaching this class I would love to raise some money to help Carrick Mind to buy yoga blocks, straps and blankets. These items would be an amazing addition to the accessibility and comfort of the students I teach.

In the past year we have reached over 50 different people with our class and a handful of those people have remained with us for the entire year. The feedback we have received has been overwhelmingly positive. I am incredibly grateful to the charity Yoga Quota for linking me up with Carrick Mind to create this class and for funding these classes over the past year. I can only hope to improve on the quality of teaching and experience that my yoga students receive and with your help that can happen.



Please see the link below for my Go Fund Me page. Any money that we do not use to buy props will go straight to Carrick Mind.

<https://www.gofundme.com/carrickmindyoga>

“Thank you Bella, for teaching the benefits that yoga can have on mental health and wellbeing”. Jo

Supported Volunteering

If you would like to volunteer but feel you need a little support to get started, then maybe we can help. We offer one to one mentor support, tailor-made to you, to get started, keep going and move forward.

Volunteering can provide a bridge back into the local community and help reduce social isolation.



Get in touch: jo@carrickmind.org.uk

Contact us

Unit 7, Jubilee Wharf, Commercial Road, Penryn, TR10 8FG

Tel: 01326 517220

Email: enquiries@carrickmind.org.uk

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

If you would prefer to have an electronic copy of this newsletter in future, please advise us of your email address.

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

