



MIND YOUR HEART NEWSLETTER



Codi Calon
Mind Your Heart

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With very best
wishes for Christmas
and the New Year



News

Have a look at the Mind Your Heart website and let us know what you think

www.mindyourheart.org.uk

If you would like a copy of the Mind Your Heart Toolkit please contact me. If you work in mental health in Ceredigion I can send you a paper copy, otherwise I can send you the Toolkit as a PDF file.



Contact details:

For more information about the Mind Your Heart Programme contact:

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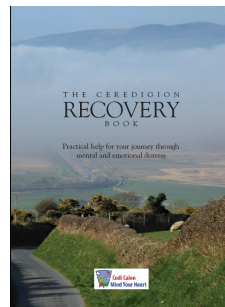
GP Receptionists get Mental Health Training

Thirty GP Receptionists in Ceredigion have had training in mental health awareness. The half-day training by Mind Your Heart aimed to give participants an insight into mental health and the difficulties experienced by people with mental health problems in getting their needs met in primary care. Participants had the opportunity to look at how they might improve the service at their own surgeries. A member of HUTS came to the training to tell participants about his own experience. This was the most popular and valued part of the course.



The training was based on the findings and recommendations of the Disability Rights Commission's 2006 report 'Equal Treatment: Closing the Gap' that looked at this issue. Those who took part said their understanding of mental health had increased and intend to be more patient, tolerant and understanding with patients at work.

Recovery Book gets Top Marks



The 'Ceredigion Recovery Book' was published in March 2009. A year later we wanted to know what readers and workers who used the book with their clients thought about it. We carried out a small study. The replies we got back were overwhelmingly positive and often very moving where people told us about their own recovery.

"This is a wonderful book, so full of insight and compassion. And with so many practical suggestions."

"Clients have given positive feedback saying it has been really helpful to them. This is by far the best evaluation I can offer!"

The study was limited, but the results do lend weight to the informal verbal feedback we were getting from readers: that the book is easy to read, connects with people's experience and is a useful resource for people in mental distress. For a copy of the evaluation report or the Recovery Book please contact us.



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News from Local Groups

Noddfa Walks to Raise Funds

As part of Noddfa's programme of encouraging our members to enjoy some healthy exercise when possible a walk was arranged for 26th May this year and all members were invited to participate in some way. Nine of our members plus one dog committed to join with me in part or all of the walk and all of our members took sponsor sheets to help raise money for Noddfa trips out.



Three members plus Jake (the dog) set off from Aberarth for the first leg of the walk along the coastal path to Aberaeron. After a brief pit stop we were joined by a further two members and commenced the second stage along the Aeron River to Llanerchaeron a further four members joining along the way.

We continued on to Llanerchaeron and had a healthy salad lunch at the National Trust cafeteria there before re-tracing our steps back to Aberaeron. The total distance covered was approximately nine miles in a time appropriate to our leisurely pace (well a few 70+ years old members took part) allowing us to enjoy stunning coastal and riverside scenery along the way. When all of the sponsor sheets and cash were collected we had raised in excess of £600.00 which was excellent for an enjoyable day out.

Mind Your Heart Grants

In the past year Mind Your Heart grants have gone to the following:

- Cam-Fan for Tai chi
- Mind Aberystwyth to run two 'Brief Intervention skills for Smoking & Mental Health' workshops in Ceredigion

Successful joint work to help smokers stop

A grant from Mind Your Heart gave Mind Aberystwyth the opportunity to deliver two workshops for 21 staff in Ceredigion that met the aims of both organisations. The workshops, held in June and July this year, aimed to help staff support smokers with mental health problems to give up. The training was developed by Mind Aberystwyth based on the experience gained through their successful stop smoking service for those with mental distress. Participants included members of community mental health teams, the voluntary sector and Stop Smoking Wales. After the training participants said they felt much more prepared to talk to someone about their smoking and said they would recommend the course to others.



If you work in an organisation that helps people who have mental health problems and would like training to help you support people to live healthier lives, please contact me. Training is tailored to your organisation's individual needs.

The Mind Your Heart Programme aims to improve the physical health of mental health service users in Ceredigion. It offers mental health workers in the voluntary and statutory sector training in the benefits of healthy eating, physical activity and looking after ourselves so that they can pass on this knowledge and skills to the people they work with. Mind Your Heart works with existing services to promote inclusion and ensure that they are also accessible to users of mental health services.

The Programme is funded through the local Wanless Action Plan for Ceredigion and managed jointly by West Wales Action for Mental Health and the Ceredigion Public Health Team on behalf of the Hywel Dda Health Board. For further information about training opportunities contact Jan Batty, Mind Your Heart on 01570 423957 or 07875 206777 or at jan.batty@wales.nhs.uk.

