



Mental Health Support in Midhurst

Midhurst Newsletter: Issue 54, 18.05.20

Hi, Everyone

Hello, and welcome again. This week marks Mental Health Awareness week. As many of you will know, originally the theme this year was 'movement', and we had started planning an event with this in mind in partnership with the Grange. Although we've obviously had to put these plans on hold, we still wanted to celebrate movement in our newsletter and Facebook pages

We would like all of you to get involved and share what activity you have been doing this week. You can post up or email us pictures of your walks, bike rides or physical online clubs. We would also like to see how you

capture Movement in art work: a photo, drawing, painting and share it with us too.

With the coronavirus lockdown still in place, the Mental Health Foundation have returned to the theme of Kindness for Mental Health Awareness Week. At West Sussex Mind we will also be revisiting last year's campaign of Human Kindness for Open Mindness over the coming weeks.

So this week will see a combination of both themes, with movement-focused Zoom groups and articles, and content around Kindness both in the newsletter and on Facebook. Over the next couple of weeks we will carry on the themes of Kindness and Self Care.

Although we hope you enjoy all the virtual activities & groups, we also want to remind you to reach out for extra support from your keyworker if/when you need it. We're still on the end of a phone/email & you can find all our contact details on the back page.

In addition, we'd like to draw your attention to the online link for our 'Mind Outcome Survey Tool' just below this introduction. It's really helpful to us if you're able to complete this very short survey, to tell us a little about if/how the service has affected you, that would be great.

Take care and have a good week!
From the Midhurst Team.

N.B. When thinking about doing physical activity outdoors, please always refer to latest government advice on the coronavirus restrictions <https://www.gov.uk/coronavirus>

Mind Outcome Survey Tool (MOST) online

We have a new West Sussex Mind Outcome Survey which can be accessed online. This is the questionnaire that we typically ask people to complete once a quarter, to find out if/how our service may have supported you in your recovery journey. The survey can be accessed by clicking on the link below:

<https://www.surveymonkey.co.uk/r/mindoutcomes>

Midhurst Mind Facebook page

Our Facebook page is up and running!

The group name is West Sussex Mind Midhurst.

It is a closed group, so you won't be able to see any of the information or photos etc until you have been approved as a service user. If you would like to join our Facebook Group, please search for the group and ask to join. Someone will approve you as soon as possible, but please bear in mind we are not monitoring it every day.

This is turning into a lovely supportive little group. By 'following' our page, you will be able to keep updated with what's going on, and post your pictures & comments on there.

Virtual Outdoor Group: Your feedback from previous weeks
Minibeasts and wildflowers from David

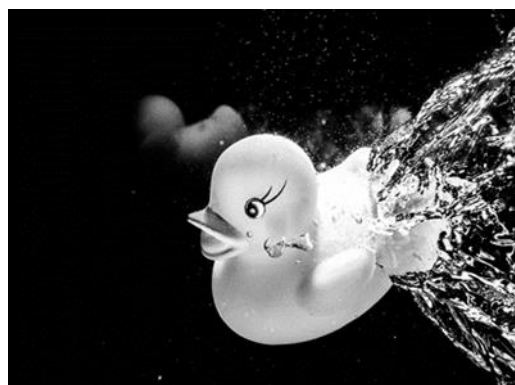
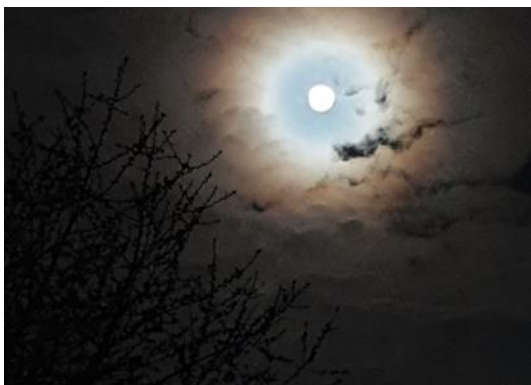


Virtual Outdoor Group: Activity for the week ahead
Do something different outdoors

With the theme being Movement, why not try something different outdoors this week? If you've been trying Yoga, Tai Chi or Chi Gung, it's lovely to have a go outside. I've noticed some of our local kids have been drawing hopscotch on the pavements - you don't need a partner to have a go! Or you could throw a ball against a wall, or practise juggling. Be as inventive as you like - we look forward to hearing what you come up with!

Arts and Crafts: Can you capture movement in art?

Not all Movement is Physical. We can capture Movement in our art work and Photos as well. See if you can create and send us your pictures, paintings, or doodles that reflect the movement in our lives, or even in our ways of thinking...



Mental Health Awareness

Moving Minds

As an organisation, we know how important physical activity is to your mental health. You may find that you are doing more exercise with daily walks or you may be finding it more difficult to exercise with having less space or not being able to access clubs or classes.

There are many obstacles to overcome during this unusual time and keeping motivated to move is one of them.

Ways to move at home

- Arm chair exercises (see earlier newsletter).
 - You Tube Videos
 - Zoom groups
 - Yoga or Tai Chi
 - Garden games
- Daily sets i.e Sit ups, squats
- Hide and seek with the kids
 - Housework
- Dancing to Music
 - Run upstairs
 - DIY jobs

You may have a few of your own to add to the list so please let us know what you have been doing to stay active.



Links to Movement classes

You tube:

P.E with Joe Wicks:

https://www.youtube.com/results?search_query=pe+with+joe+wicks

Yoga for beginners:

<https://www.youtube.com/watch?v=Qiqv5ozTy28>

Cass City fitness instructors keep group fitness going virtually:

https://www.youtube.com/watch?v=_yt_XVjt-ZI

FAST Walking in 30 minutes | Fitness Videos:

<https://www.youtube.com/watch?v=enYITYwvPAQ>

Zoom:

Zumba With Stacey-

To access her classes you will have to join her Facebook group to get the latest up dated schedule and the Zoom link for the class

Midhurst 24Fit Club -

Again to access these classes you will have to join the Facebook group first to get the link to the live sessions.

Both these Zoom classes are local fitness clubs using Zoom during lockdown and will re-open once allowed.

Also check out Everyone Active, the Grange leisure centre Facebook page as they are posting live classes and activities to do at home.

Human Kindness for Open Mindness

"Open Mind champions and service users wanted to recount stories of kindness which help their mental health. We hope these stories resonate with you and inspire you to go out and create your own acts of kindness in your community."

All these stories highlight how a little understanding, empathy and kindness can have a hugely positive effect on all of us and at little or no cost'.

Small acts of kindness can go a long way.

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We hope these stories resonate with you and inspire you to go out and create your own acts of kindness in your community.





I had to call Barclaycard shortly after my breakdown and the gentleman I spoke to could hear I was in a bad state. I came home a couple of days later to find flowers at my door, wishing me better.

It made me feel loved and cared for – I could enjoy the flowers and appreciated his kind thoughts.

Caroline

When I was ill, after an accident, and moving home, two customers turned up unannounced to help me move and clean the house. Other friends cleaned my carpets and lent me a car for several weeks.

It's shown me the depth of friendship that we can have. When I fall, I know there are people to catch me and if I open my eyes to kindness and share it with others, I can grow.

Nichola

Friends inviting me to social gatherings, even though they know I'll probably decline due to my anxiety, makes me feel like I still belong. My friends appreciate me as a person.

AA



I volunteered at an animal sanctuary and I helped and supported a student who worked there short-term. She was quite upset and emotional at times.

When she left, she gave me a home-made card with a long note thanking me for the time I had taken and the support I had given.

This surprised me as I hadn't realised the impact I'd had on her. I felt touched – it made me feel good about myself that she had made such an effort to thank me.

Murray

My neighbour is 88 years old. I visit her each day to chat about old times, drink tea and eat cream cakes.

It makes us both happy, especially on Sundays when we have a good laugh playing the oldies on Sussex radio.

Bob



KINDNESS CALENDAR:

Reminders for mental health awareness week and beyond...



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Encourage kindness. Share the Kindness Calendar with others	2 Support a charity, cause or campaign you really care about	3 Give kind comments to as many people as possible today	4 Listen wholeheartedly to others without judging them	5 Leave a positive message for someone else to find	6 Notice when you're hard on yourself or others and be kind instead	7 Make gifts to give to people who are homeless or feeling lonely
8 Do something helpful for a friend or family member	9 Be generous. Feed someone with food, love or kindness today	10 Count your blessings: list the kind things others have done for you	11 Give someone your place in a queue (in traffic or in a shop)	12 See how many different people you can smile at today	13 Buy some extra items and donate them to a local food bank	14 Share a happy memory or inspiring thought with a loved one
15 Visit an elderly neighbour and brighten up their day	16 Look for something positive to say to everyone you meet today	17 Thank people who do things for you but you may take for granted	18 Offer to help someone who is facing difficulties at the moment	19 Give away something that you have been holding on to	20 Congratulate someone for an achievement that may go unnoticed	21 Shop locally and support independent producers
22 Invite over someone who would otherwise be alone	23 Choose to give or receive the gift of forgiveness	24 Offer spontaneous hugs to your loved ones and friends	25 Treat everyone with kindness today, including yourself!	26 Encourage others to join you outside and enjoy time in nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciated their gift	31 Plan what extra acts of kindness you will do in 2020...	<p>"Do your little bit of good where you are; those little bits together overwhelm the world" ~ Desmond Tutu</p> 			

ACTION FOR HAPPINESS



www.actionforhappiness.org

Your happiness is part of something bigger  Join the movement for a happier and kinder world

Zoom workshop on Isolation - 07/05/2020

Our group began with a hello to everyone and a catch up, as always it was lovely to see everyone's familiar faces and made us all feel connected again.

We discussed the topic of isolation this week and what that means to everybody. Isolation was described as a feeling of wanting to disappear in a group or feeling cut off from the world. It was also said that people sometimes used isolation as a protective factor as a way of not getting hurt. One service user said that she felt safe going out in her car, being able to be out in the open but being protected at the same time.

Understandably under current circumstances these thoughts and feelings are ever more prevalent and we spoke about ways of challenging them now and in the future when lockdown is eased. One of the main points was to make sure that we check in with each other. Make a phone call, send a text or join one of our zoom calls at MIND and try and keep this as regular as possible. It's about knowing how isolation affects you and overcoming those behaviours.

We spoke about the five ways to well-being as a great tool to be able to monitor how we are feeling. Sometimes if we are missing connection with others we may not realise at first but looking at this would be a great reminder.

Some members spoke about coming out of isolation and said they thought they may be overwhelmed in larger groups and it will take a while to adjust again but would be over the moon when we can see our friends and family again to really build on those relationships. It will also make us appreciate more how much we value human connection and how important it is for our mental health.

Caroline's Cookery Corner



Today I am including some recipes which will make breakfast more interesting and a quick version of a Sweet and Sour Sauce to make any meal have a bit of a kick whether a stir fry or not.

I am also including one or two tips to help people make some relaxing beauty aids which I found in my book on porridge.

Sweet and Sour Sauce

2 tablespoons Vinegar

2 tablespoons Soy Sauce

2 tablespoons of tomato ketchup

1/2 pint water

1/2 oz cornflour

2 tablespoons of brown sugar if you have it, if not any white sugar will do.

Mix all the ingredients together in a small saucepan bring to the boil and keep stirring until clear and thickened.

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Baby Bear's porridge that was just right!

3 oz or 80 grams of porridge oats, of quick cook oats,

1/2 teaspoon of salt

1 pint of milk,

1/2 banana

1 1/2 oz of chopped walnuts or raisins

2 tablespoons of flaked coconut or sugar (brown preferably)

Cook the oats in milk with the salt according to the package instructions.

Top with banana, walnuts or raisins, and then add coconut and sugar

Quick orange Porridge for 2

3 oz or 80 grams of porridge oats, or quick cook oats

1/2 pint orange juice

Place ingredients in a microwave-safe bowl, cook for 2 minutes, stirring occasionally until the juice is absorbed, add more orange juice if required and top with slices of orange.

Oil Free Oatmeal Bath Soak

120 grams of Porridge Oats

120 grams of cornflour

An old stocking or pair of tights.

Pour into the stockings or tights and tie up securely, add to a warm bath and have a soak for 20 minutes

Deep Facial Honey and Oatmeal Cleanser

To make one mask:

1 tablespoon of honey

1 tablespoon of oatmeal

2 slices of cucumber

Mix the the honey and oatmeal, until thick, adjust to what you feel is right texture, apply as a face mask and place the cucumber slices over your eyes and rest for half an hour, and then wash off.

The beauty tips are useful, as they are cheap and help to relax one, and can be used when we cannot buy what we use usually! They are both safe and suitable for all kinds of skin

Big Roy's Poetry Corner



Nature near the Road

A blackbird feeds from a roadside crab apple
Dust flies as cars thunder by
Red admirals sun bath in the Autumn sun
One sleepy frog safely crosses the road
Pigeons flap in the ivy as they eat berries
The caterpillar of a moth floats on thread
Exhaust fumes bite the back of the throat
Fast moving centipedes dart amongst the leaf litter
Disturbed bumble bee fights for life in a cobweb
Acorns are crushed under moving wheels
Lone woodlark calls from a silver birch
Grey rabbit moves amongst the dead bark
Roe stag barks as rutting season starts
Scampering squirrel jumps branches in tree
Car backfires and pheasant takes flight

By Big Roy

N.B. Some of you may notice this is a repeat of a poem Roy wrote for us in 2017. He says he's on strike as he's overworked by these new weekly newsletters, and has had too many fish and chips, so we agreed to revisit this lovely old one. Enjoy!

About us

If you wish to access our service you can contact us directly. We will make an appointment to discuss your needs and how we can help you. We also take referrals from GPs and Health Care Workers.

Pathfinder Midhurst Team contact:

07474 871899

pathfinder.midhurst@westsussexmind.org

www.pathfinderwestsussex.org.uk

www.westsussexmind.org

At Mind we believe that everyone recovers at a different rate so there is no time limit on our services and you can stay as long as you need.



Do you need some help while self-isolating?

If you, or someone you know, needs a hand with collecting shopping or prescriptions, or just wants someone to talk to, our **NHS Volunteer Responders** are here to help.

Join the thousands of others throughout England who are already receiving support – even if it's just for a friendly chat.

Call 0808 196 3646 or visit
nhsvolunteerresponders.org.uk

Help is available if you have a medical condition which makes you vulnerable to COVID-19, especially if you are over 70. You also qualify if you are pregnant or have a disability.

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