



SHINE



Mental health support network in Lincolnshire

Christmas Wishes

Yesteryear yuletides
Frosted over with ice
Mingle with the warmth
Of sugar and spice.

Pine needles aroma,
Tangerines and mince tart,
Polythene stockings
Falling apart.

Steam from the pudding,
Sweets from the tin,
Shrinking holly
Still bright as a pin.

Crumpled wrapping paper,
Shiny bows and labels,
Turkey and trifle
On weight laden tables.

The hope for snow,
Goodwill and psalms,
All of these contribute
To the Christmas charm.

This poem may be sentimental and upbeat but for some people Christmas can be an emotional and difficult time. My Christmas wish for everybody reading this poem is to find peace; along with the strength to find some hope and joy.

Sue Hulme



connecting people with the services and support that will most effectively meet their needs

SHINE Newsletter - December 2014



Shine Local Hubs

Shine has recognised that it needs to make more local impact in outlying parts of Lincolnshire, away from the City, the centre of population. It proposes to seek to establish a number of Shine Local Hubs, in order to develop locally focussed network services, allied to the Countywide network.

The proposal will focus these hubs on existing local organisations and individuals, by developing and supporting their existing capacity for local networking, rather than by setting up new structures. It is expected therefore that each local hub will be distinctive and share features with others, rather than being rigidly defined

Activities

Possible networking activities for Local Hubs might include

- Collection of local mental health information
- Maintenance of local information resources, e.g. noticeboards, leaflet drops,
- Dissemination of information to local networks e.g. email, network meetings
- Collecting newsletter and website

contributions

- Shine promotion in network meetings
- Supporting local ambassadors
 - Regular contact
 - Obtaining feedback
 - Providing leaflets/newsletter/merchandise/other resources
- Facilitating and participating in Shine Roadshow visits
- Shine membership recruitment
- Organising and hosting Shine Exchange meetings
- Providing quarterly reports of activity and outcomes.
- Local media contacts e.g. interviews, articles, press releases

Support

Shine will provide local hubs with support which might include

- Financial support through an agreed fee
- Leaflet, newsletter and merchandise resources
- Mentoring support
- Shine Roadshow resources

For more information contact:

Charles Cooke, Director, Shine Lincolnshire Ltd
07969 875464 charles@lincsshine.co.uk

News about Shine



Once again it has come round to the time for preparing my Governor Report for the next edition of the Shine newsletter. This task puts me in a reflective mood as I consider what I have been doing over the last few months on behalf of Shine network members and the Trust.

All Governors prepare a report of their activities over the preceding period ahead of each Council of Governors meeting. This was my first full three month report as a relatively new Governor and I was astonished that I had been to eleven events and activities between July and September. I think I said last time that I was on a steep learning curve and that the Governor role was keeping me “busy” so here was the proof if any were needed. My list included attending the Pelican Trust 25th birthday, LPFT Chief Executive recruitment, a visit to the Recovery College and a national Public Health Conference plus Shine Steering Group meetings. Whilst all of these events are enjoyable in their own way and you get to meet lots of really interesting people, it can be challenging to “quantify” or “evidence” what has been achieved for Shine network members and/or the Trust.

One of the objectives and core principles of Shine is about connecting people, through a

virtual network, with the services and support that will most effectively meet their needs and enhance their lives. Attending events and activities as a Governor fuels the knowledge of our local network but also provides a vital means to achieving this objective and expanding the network for the mutual benefit of all members.

It is this core principle, and a minor obligation of our Mental Health Promotion Funding, that stands behind our latest ambition to grow membership of the Network from the current base of around three hundred members to three thousand members (and more!). Fortunately you don't have to be a Governor to make this happen and the new members on the Shine Steering Group have been leading by example and gripped this ambition with a fresh enthusiasm which has already seen a rapid surge in network members. This renewed enthusiasm recently inspired me to distribute membership application forms at the Council of Governors meeting in September. My efforts netted only two new members yet the sense of achievement I felt was enormous.

If all existing Shine members committed to sign up at least one new member a month, that would be great and the network will surely grow however if numbers don't inspire you, the sense of achievement is the real reward that surely will.

Next time... pin badges and Ambassadors.

Best wishes, Chris Allen 01427 675133

chris.allen@west-lindsey.gov.uk

My contact details are under the Members tab on the Shine website homepage. I look forward to hearing from you!

Shine Ambassadors

For further information please email:

Ambassadors@lincsshine.co.uk

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No anonymous articles will be published in this newsletter;

however contributors may request that their names are withheld from publication

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Self Harm Event 8th October 2014.

I went along to this event and was wondering what the day may have in store?

As a long term self harmer, was the day going to be informative to me? I didn't really know what to expect. However, I've been reverting to my old ways recently of socially isolating myself again and this time I recognised what was happening, so I drove to the event if only to get out of the house if truth be known.

What a fantastic day it turned out to be. Charles Cooke and Mike Martin, (who apparently got up at 5.30 am to do this and has vowed to not see that time of day in the too near future!!!) placed a lot of their time and effort towards this event and the hard work must have seemed endless. What can I say, Thank you to you both for such a well organised and informative day.

I for one certainly learned a lot at the event, not just about others, but myself too. I gave a small speech at the open mic session. I'm not sure where the courage came from but my knees were knocking well and I couldn't seem to hold the microphone steady. Hoping people wouldn't notice, I explained a few aspects from my point of view about self harm from a service user's point of view. I probably did ramble on a bit!!

Much to my surprise at the end of my talk, I was amazed at the amount of people who came to talk to me afterwards. They commented on how personal to myself I'd described the feelings of self harm. One lady mentioned that it brought a lump to her throat at one point and she applauded me for how well I'd done. From that point, I was talking and chatting away to all sorts of people from the event. Many exclaimed that they'd learned a lot about the day and how it had changed their opinions regarding

issues surrounding self harm.

From my point of view, Charles and Mike's hard work paid off and a successful day was the outcome.

There's talk of Peer Support Groups forming as a result of the day and in my opinion, Lincolnshire is desperate for self harm help. The statistics from the last three years is a staggering number beyond imagination.

I want to be able to help others live alongside self harm whilst at the same time staying safe. I have now been managing my own self harm for some time and as of yet (touch wood!!) there's been no relapse and there's not one in sight. I'd like the chance to share with others how I've got through the rough rides however hard it gets, by many, this can be achieved. It just takes time and to be supported by very patient people.

Thank you for reading.

Lizzie x

Other Comments received

I found this conference invaluable. It was encouraging on two levels

- 1) As a service user sharing and exchanging life views and ways to live, cope and not be ashamed of being a self-harmer*
- 2) As an employed member of NHS extending, networking, sharing knowledge and seeing other resources available in the area*

Thank you Shine and University for inviting me and creating this day

This has been one of the most beneficial days I have had in a long time

I was already aware of the last few years of the self harm statistics and today I'm here to learn more about the problem

I'd fully like to be involved in a group in relation to mental health and self harm group which I feel is very much needed

Thank you very much for an eventful day

New insights gained - concept of self-harm as an addictive activity

Much wider range of potential coping strategies

I perceive a need for a mechanism to support/ educate/inform partners/relatives/carers of people who self harm - This was touched upon - feelings of helplessness/hopelessness

Question of how self harm behaviour impacts on other people

Thank you for allowing me to attend your Self Harm Awareness Day....I stayed till the very end and came away far better informed than when I arrived.

Self Harm Meeting

Tuesday 20th January 2015
6pm to 8pm

Involve@Lincoln, 12 Mint Lane,
Lincoln LN1 1UD

All welcome, a meeting to find out what people would like from a support group.



A Shine service delivering text messages to improve your mental health.

Following the pilot of this project in Louth over the last year we have received further funding to expand this pilot project and are looking to recruit service providers whose clients may find this service beneficial.

Texts that have been sent so far have fallen into three categories:

A reminder text to take something such as medication or a mood reading

A reminder text to do something such as order a prescription or pick your medication up

A feel good text, receive a positive message such as "Smile and be happy". We currently have thirty-one quotes, one for

each day of the month, please see our website for a list and do send us your suggestions

What are we hoping will happen? Service providers will use these texts as part of their tool box to help their clients.

What do we ask in return? As with most funded projects we need to evidence the benefit. We use a recovery star at the start, after three months and six months (being the end of the intervention). Further texts may be received after this if the need is beneficial. Each recipient will be sent a monthly text asking how useful the texts have been for the past month. This will cost them one standard text rate message a month

Please contact us if you are interested in providing this service to your clients

PROMPT Support Group Service

Shine would like to offer the opportunity for peer led support

groups (groups that are run and facilitated by non-paid volunteers) to take advantage of the Prompt service to let their members know about sudden and last minute changes or reminders about special events. This would involve seeking permission from your members and supplying their mobile phone numbers (these would be used for no other purpose) for us to send a text, for example:

"Due to co-ordinator sickness we are unable to open the depression support group tomorrow"

"Severe weather means we cannot open the bipolar support group today"

"Don't forget you are booked to go to Skegness with the hearing voices group tomorrow, be at the bus station by 9.15am"

This service can be provided to organisation led support groups or training providers at a reasonable cost. Please contact the Shine Network for more details

Mental Health Awareness Week will take place from 11-17 May 2015



Shine Update November 2014
This month's update was a success story for our members and service providers. It was a great opportunity to share our achievements and to hear from our members about their experiences. The update was well received and we were pleased to hear from so many of our members. We will continue to work hard to provide you with the best possible service and to keep you up to date with all the latest news and information.

Notice Board
Mental Health Awareness Week 2015
Mental Health Awareness Week is a time to raise awareness of mental health issues and to celebrate the achievements of people with mental health problems. This year's theme is 'Mental Health: A Matter of Mind'. The week runs from 11-17 May 2015. We are proud to be part of this important event and to support our members and service providers in their efforts to raise awareness and to improve the lives of people with mental health problems.

Shine Monthly Update - Following our survey earlier this year and comments received from our members it became obvious that people who are not connected to the electronic world were not receiving the news available on our calendar of events and notice board.

November saw the first edition of our monthly "hard copy update" sent out to twenty-seven peer led support groups in the county. This is a no frills publication sending you information about what's happening. Whilst we are not able to print the full range of information that is available on our website the update will give you a brief summary and contact details to allow you to get obtain further information directly from the organisers.

Whilst the listing may have an email address or website advertised, it will only be included in this publication if there is a telephone number available for people to contact.

Electronic copies are available on our website for you to download and print for your clients. If you run a peer led support group and have not received a copy please let us know.



Rose had a history of mental health problems. Even as a child she remembers feeling depressed and this was compounded

by the bullying she experienced which led to the migraines that kept her away from school. She missed so much time at school that she was convinced she would not get the grades needed to get into university. She did get the grades but what should have been a cause for celebration proved to be a factor in worsening her mental wellbeing. She felt unprepared for university and in hindsight she feels she just followed what her friends were doing. Where she lived proved to be a barrier to her making friends and she felt increasingly isolated and to compound this she was struggling with the course content but felt she had nowhere to turn to for support, other than at home. Perhaps unsurprisingly when she met her partner she made the decision to leave university and after a few months she moved in with him and described the early months as a very happy time in her life.

After a short period of unemployment and temporary jobs she started working in a call centre responding to people often in difficult circumstances. She was so good at her job that she was quickly promoted but with budget cuts came pressures to cut call times which compromised not only the quality of her work but also her core values. She also felt strongly that the time and effort she put into helping people often saved time and resources later. The final straw came when she was publicly humiliated for not meeting the targets for cutting call times. The pressures and demands of the job led to a complete breakdown and she has not worked since. She has also suffered from severe anxiety and is unable to go outside the house alone. This was four years ago and since then Rose has tried various therapies and up until recently has been on different medications which made her feel numb "*I did not feel like me.*"

When Rose's mum showed her an advertisement for a free eight week mindfulness-based stress reduction programme she decided to give it a go and to commit to attending all eight sessions. She described the first two or three sessions as being "*...horrible, I felt*

uncomfortable in the group, I didn't want to speak, I felt anxious, started sweating, that I didn't belong there and that I couldn't do it." It was during this time that Rose's mental health difficulties started to put a strain on her relationship with her partner. As the teacher I was aware of Rose's difficulties and had agreed that she could come along with her mother for support, that she could stay with her mother during group reflection activities, and that she did not have to speak until she was ready. In those early weeks her discomfort was very obvious but I felt that my role was to show Rose that I was willing to accept the situation and to allow her to develop at her own pace...acceptance, not judging, non-striving and trusting in the process.

Slowly, as the course progressed Rose began to contribute to the group discussions and demonstrated an ability to engage with and then reflect upon her direct experience. Rose then began to see how some of the ways in which she reacted to people and situations were causing her distress e.g. reacting rather than responding, judging people and ruminating excessively over past problems. She says she learned a lot about herself during the course and started to accept that she had both strengths and weaknesses and that this was ok. She learned to let go of things that previously bothered her "*I learned how to bring my mind back to the present moment when I began to worry.*" What she learned on the course also helped her to open up more to her partner and to work with him to address their relationship difficulties. She also began to see how mindfulness was improving her concentration and focus, this led to her having the confidence to take on responsibility rather than leaving everything to others e.g. Rose now handles all the family finances, something that would have been too challenging before learning about mindfulness. Rose says she now feels much closer to being ready to go back to work and she is exploring the real possibility of starting up her own business, building upon an activity that she knows will support her mental well-being.

Maureen O'Callaghan
Director and Mindfulness Teacher
Now Un Limited

Keep up to date with the latest news, events and information on the Shine website

www.lincsshine.co.uk



Lincolnshire's Managed Care Network for Mental Health

Lincolnshire Partnership 
NHS Foundation Trust

Lincolnshire 
COUNTY COUNCIL

Lincolnshire's Managed Care Network for Mental Health aims to help people who have already experienced mental health problems, or are having their first experience of mental illness. Members of the Network have close links with each other to help people prevent, manage and recover from mental illness so that they can enjoy the best possible quality of life. Groups and organisations across the county provide a wide variety of activities including social and friendship groups, formal and informal learning, supported volunteering and community participation activities. There are around thirty different types of activity for people to choose from. Unlike personal budgets, people do not need to be eligible under Social Care Eligibility Criteria.

The Network is funded by the Mental Health Promotion Fund (previously the Mental Illness Prevention Fund). This fund has been established by Lincolnshire County Council's Adult Care and Public Health departments and is managed by Lincolnshire Partnership NHS Foundation Trust. The fourth wave of procurement is coming to a close and the investment plan has been finalised. The Network will comprise forty-four full member organisations providing projects at eighty-four sites across Lincolnshire. This will include seven new members of the network. Associate Network members are those groups and organisations which do not currently receive an investment but who remain as members to retain their links the Network.



Staying Well



Fit Well



Shine Network

Mike Martin 07969 872804
info@lincsshine.co.uk

Shine has created and maintains a network of information sharing and support for people and organisations concerned with mental health. It publishes a monthly newsletter, maintains a website resource, creates public information, supports peer group activity, develops and trials new sorts of services, (including text message reminders, "Prompts") and is developing local hubs of information and support around the County.

County Wide

Adult ADHD Lincolnshire,
Lisa Leonard, 07780 938446
adultadhdlincolnshire@live.co.uk
The project supports individuals living with Attention Deficit Hyperactivity Disorder, Asperger's Syndrome and all Co-morbid associated disorders. Encouraging people to meet their full potential by providing education, coaching and support in a non-judgmental, safe and understanding atmosphere. We take referrals from all health and social care professionals including voluntary organisations. **Lincolnshire County**

Asra – IMPACT

Jo Karaman, 01529 415318
Joanne.Karaman@asra.org.uk
Providing activities and community based training. Impact works closely with clients to focus on recovery and offer advice and support on health, social and wellbeing needs. Activities include healthy eating, exercise activities, trips out and various training activities. 1-1 sessions are also available. The group meet Thursdays 10am-12noon. **Sleaford**

B-eat - Beating Eating Disorders

Emilie Ruddick (Network Support officer) 01603 753334
e.ruddick@b-eat.co.uk
In partnership with LPFT, B-eat are delivering face-to-face support group to those affected by an eating disorders, weekly online groups for anyone affected by an eating disorder in the Lincolnshire county and collaborative care skill workshops for carers. **Lincolnshire County**

Beyond The Blues

Debbie Jones, 07852 601700
Beyondtheblues@hotmail.co.uk
Lonely? Feeling isolated? Join our relaxed **SOCIAL SUPPORT GROUP**. For people with depression, mental health issues or loneliness. Enjoy shared activities, supporting one another and making friends. Just a cuppa and a chat can make a difference to your wellbeing. Use our craft workshop or help with the garden and vegetable plots.
Sleaford and nearby villages

BUFC - Positive Pilgrims
Lewis Wright, 01205 364406
lewis.wright@bufc.co.uk

The Positive Pilgrims project is aimed at developing confidence, self-esteem, health, wellbeing and a sense of belonging, and will increase social acceptance through the power of sport. We provide a number of sporting activities including football and multi-sport. Football and multi-sport sessions are led by qualified coaches who have undergone DBS checks and are fully first aid trained. To get involved, you or someone you care for simply need to have had some experience of mental ill health.
South Holland and East Lindsey area

Counsel Me

Michelle Freeman, 07812 661348
michellefreeman@counsellor.com
Inner Peace offers Reflexology for feet and hands at premises in Lincoln, or will visit venues throughout Lincolnshire.
Lincoln, Countywide

Different Strokes Exercise Group

Gordon Norris, 01522 684104
mail@gordonnorris.plus.com
The Group is for stroke survivors and their carers and provides an exercise session which meets the needs of both the stroke survivor and carer. Our qualified instructor designs each session to suit the attendees. We exercise to music for approximately 40 minutes and the remaining time is spent socially whilst enjoying refreshments. **Lincoln**

DNWL - Helping each other to help ourselves

Nigel Webster 07760 362876 or 01427811920
nigel.dnwl@gmail.com
We run a range of self-help opportunities and groups in which individuals with mental ill health or other disabilities can support each other, make use of their existing skills and learn new ones from equal members of our groups. All members are equal and everybody is a volunteer.

Groups are held in **Gainsborough**, but we take people from over 20 villages in **West Lindsey**

Feel Good Parents

Kirsteen McVeigh 01780 752983
homestartswiincs@btconnect.com
The project supports families where a parent's mental health issue is having a negative impact on his or her family life. Through tailored support, the needs of the families are addressed and parents helped to develop the skills necessary to build resilience so that they are able to cope with everyday life. **South West Lincolnshire**

Get More Confidence

Linda Grant
linda.grant@linkage.org.uk
This project is designed both as an individual and small group activity based on a 'light-touch' re-ablement model to support individuals with learning difficulties and associated disabilities who are recovering from mental ill health. We support these individuals to experience opportunities around enrichment, employability and independence, particularly work experiences and volunteering. **Across Lincolnshire** according to individual need for outreach one to one service. Group activity based in **Lincoln**.

Go Forward

Lisa Leonard 07780 938446
louthmindfulness@hotmail.com
Recovery and empowerment coaching for people currently experiencing mental ill health and isolation. Supporting the recovery journey, by implementing a positive and holistic approach, (the whole of a person). Encouraging self care and achievement of personal goals. by referral only. **Louth and rural area**

Greyfriars Pop in

Gill Freeman 07581 696208
A friendly group who meet every Monday 9.30am-12noon for discourse, games and support. Also for days out and the occasional meal. All people in recovery welcome. **Grantham**

Homestart Grantham

Sarah Patel 01476 515310
admin@homestartgrantham.org.uk
Home-Start Grantham offers emotional support and friendship to parents in Grantham and the wider rural area surrounding it. Trained volunteers provide one to one home visiting support to help parents with mental health issues build confidence, access family support groups, develop support networks, access advice and provide activities for their children.

Grantham & wider surrounding rural area

Inspire Project

Heidi Walton 01522 754624
heidi.walton@leap.uk.com
Working to aid independent living skills and improve personal well-being for young adults (aged 18-25) experiencing mental ill health with activities including a healthy living programme e.g. cooking skills, budgeting skills, staying safe, support group and a range of social activities.
Lincoln City and surrounding villages

Lincolnshire Carers and Young Carers

Partnership: Carers Together, Improving Wellbeing

Marie Betts 01522 846911
marie@lincscarerspartnership.net
Two means of support for carers. Informal peer support sessions for carers and former carers, with activities to promote wellbeing in Boston and Skegness. Exploring issues facing Carers, with those who understand, working towards solutions. Also an eight week tailored distance learning mindfulness course, with weekly telephone mentoring, bespoke to carers.

Mindfulness - Countywide project, Peer groups - Boston and Skegness.

Learning Communities - Woody's Wellbeing

Kate Dunlop 01522 697587
kathryn.dunlop@learning-communities.co.uk
Our project offers a holistic approach

to those experiencing mental health issues, through a balanced well-being programme. Each week consists of two differing activity sessions; one social/recreational based and one user led learning session. One-to-one support will be available to customers and carers, along with signposting to appropriate local services
Lincoln and surrounding area

Learning Minds

Janet Farr 01673 843489
janet@cliplearning.com
We offer courses and related activities for and with people who are affected by mental health problems. We follow a 'recovery' approach and offer courses linked to mental health awareness, coping strategies and 'moving on' skills. Other activities include a self-help group called Healthy Minds and training Peer Tutors to support our activities.
Mablethorpe, Market Rasen, Gainsborough

Linking Minds

Kate Grimshaw
kate.grimshaw@linkage.org.uk
Linking Minds will recruit volunteers as ambassadors for positive mental health. The ambassadors will be people with learning disabilities who will develop and deliver interactive workshop sessions on positive mental health to classes within schools across Lincolnshire. Interactive opportunities for feedback after sessions will be hosted through social media.
Group activity predominantly based in Lincoln according to need. With work in schools **across Lincolnshire**

Louth Men's Shed

Greg Gilbert
01507 605803/610752
greg.gilbert@teamparishoflouth.org.uk
A men's Shed is any community-based social entrepreneurial association which is open to all men where the primary activity is the provision of a safe, friendly and inclusive environment where the men are able to gather and/or work on meaningful projects at their own pace, in their own time and in the company of other men. The primary objective is to advance the health and

well-being of the participating men.
Louth and surrounding villages

Louth Mindfulness Peer Support Group

Lisa or Hannah 07780 938446
louthmindfulness@hotmail.com
The group supports adults living with mental ill health, reducing isolation and raising awareness. Providing skills and coping strategies to enable confidence of self care. Being service-user led peer support is at the heart of everything we do. Referrals taken from all health and social care professionals including voluntary organisations.

Louth and surrounding rural area

Nacro

Jude Wilkinson 01522 522213
Jude.Wilkinson@nacro.org.uk
This scheme aims to promote positive health and well being amongst our service users receiving housing related support. The range of activities will include, communal meals, leisure activities and drop-in services. We aim to bring a smile to people's faces, improve their self esteem and increase their friendship networks.

Newark Mind

Maria 07899 093876
mindinlincoln@hotmail.com
Newark Mind will be providing a mental health awareness training programme. Working with the service users and volunteers, we will develop and provide training packages, presentations and social contact opportunities, raising the awareness of mental health issues
Lincoln and Grantham

New Horizons

Val Morecroft 07901 611256
valeriemorecroft@yahoo.co.uk
Self -help group for people with mental health problems who feel that they need peer support. The group meets every Friday at the Methodist Church on St Leonard's Drive Chapel St Leonard's at 10.00am. A friendly group who aim to make people feel welcome. **Chapel St Leonard's**

New Life Community Church Spilsby

Sally Osmond/David Bruce
01790 754092 07950 566745
newlifespilsby@gmail.com
Mental health promotion through a Craft and Social Club and the Lounge offering support, friendship, professional signposting and individual and group needs assessment- based activities.
Spilsby and surrounding villages

Pathway to Wellness

Debbie Stacey 01427 677277
Debbie@riverside-training.org.uk
Pathway to Wellness is a recovery programme that supports people during or following a period of mental illness. It comprises 1:1 coaching sessions and educational workshops. The programme gives beneficiaries a self-management and recovery toolkit to improve their mental, physical and social health, combined with a peer support network. **Gainsborough**

Renew 2014

Charles Cooke 07969 875464
charles.cooke@blueyonder.co.uk
Renew is a daily social drop in for people with history of mental ill health. Membership is open to all and external and internal activity programmes are included. The project also provides assistance to Upbeat, the personality disorder peer group and Hearing Voices Group, Lincoln. All 3 groups are based at the well-being centre, Involve@Lincoln on Mint Lane. **Lincoln**

Skegness Kingfisher

Pat Massie 07505 968195
kyberpast@googlemail.com
Friendship group open to all who have had mental/physical health problems. Members of the group play board games, do craftwork and go on trips. **Skegness and surrounding villages**

South Lincolnshire Recovery Programme

Holly Black 01733 530650
wellbeing@pfmind.org.uk
Our service offers clients up to eight one-to-one sessions with a Mental

Health Recovery Worker. Sessions are available to those experiencing or at risk of depression, anxiety, stress or any other mental health condition. We work together to help clients achieve their goals to move forward. **South Lincolnshire - Bourne, Stamford, Spalding, Boston**

Square Hole Club

Kate Marshall, 01778 440153
k.marshall18@btinternet.com
Square Hole Club is a fortnightly club for people living with early onset or early stage dementia. Activities are themed to be age-appropriate, relevant, stimulating and most of all fun. While their partners enjoy a day out together, the carers can enjoy a much needed break. **Bourne, Stamford and the Deepings**

StartaFresh

Geraldine Crowley 07950 464093
geraldine.crowley@christchurchstamford.com

StartaFresh seeks to meet the needs of adults in our community who feel vulnerable or disadvantaged. Through mentoring, befriending and pastoral care, we aim to provide "a safe place to belong" for members whilst offering guidance and assistance towards a self-managed lifestyle. **Stamford, Bourne and surrounding villages**

Staying Well see back page

Supported Volunteering - Volunteer Mentor Service

Ben Barley 01522 551683
ben@voluntarycentreservices.org.uk
Supported Volunteering is about enabling people to take the first steps into volunteering by matching them up with a trained volunteer mentor. Our programme will support individuals with experience of mental ill health to access volunteering opportunities **Lincoln City, North Kesteven & West Lindsey**

Upbeat

Yvonne Emmett-Pell
07948 707154
herbalvon@yahoo.co.uk
Raising Awareness of Personality Disorder - Lets talk Roadshows. To raise awareness with professionals,

service users and carers about PD and to assess the demand for a full conference, and to ask people what matters such as a conference should cover, e.g. self-management tools. **Lincoln and countywide**

The Vine Community Church – Assist

David Podbury 01522 370164
contact@assistlincs.org.uk
Assist provides one to one support to people who are lonely; people who are recovering from illness or accident; and people who need help to get back "on their feet" after a setback in life. The project can help people in their own home but can also help them get out and about to rebuild their confidence. Assist can help people obtain help from other services or accompany them to appointments to provide support. **North East Lincoln and surrounding villages**

Volunteer and Contact Association (VCA)

Martin Brown 07867 129702
vca.contactclub@gmail.com
The VCA works as an umbrella organisation fundamentally based on continuing to provide facilities, service and support for people with mental health issues in Lincolnshire. As the groups are user led, the VCA doesn't interfere with their day to day running, provided that what they do is safe, legal and ethical. The VCA volunteers assist the members with backup over a wide range of activities. The main emphasis always remains peer support, relative and carer support, prevention and social integration and fun. **Lincoln (five groups), Gainsborough (two groups), Bourne, Louth, Mablethorpe, Horncastle, Spilsby, Holbeach**

Volunteer Mentor Service

Ruth Copleston 01476 561 798
ruth.c@lincolnshirecvcs.org.uk
Volunteer Mentors provide short-term support to take the first steps into volunteering in your community. Over a few weeks Mentors can help you build confidence, identify your skills and strengths and find a volunteer role that's right for you. **Boston and Grantham**

Spirituality and Healing is coming out of the closet

In recent years there has been a big increase in interest in Spirituality, including healing. Healing has been around since time began, and is a natural complementary energy therapy. It helps the mind, emotions, spirit and body restore balance and harmony. For some it has profound effects, for others nothing may be felt at the time, but it will be there none the less. Anyone coming for healing remains fully clothed, and there is no need for us to touch them physically, except for an initial placement of hands on the shoulders as we tune in, and again at the end to close the session.

One of the people who come to us for help is Rachel, who lives in the Nottinghamshire village of Aslockton. We met Rachel two years ago when she came to the Bingham Healing Centre. She has been having mental and physical health problems for many years, and at times suffers greatly. Since we met her, during the "bad times", Rachel likes to receive healing either from Graham, or myself, as

she feels it helps her a great deal. Among other symptoms Rachel has a problem with poor sleep, and negative thoughts that will not stop going round and round, causing her considerable distress. Following a healing she will often sleep very well and her thoughts will much calmer.

Rachel told us that when she has been feeling emotionally low or depleted of energy, coming to us for healing has been uplifting and powerful. Healing isn't only about channelling the physical energy through our hands, it is also spending time with a person listening and talking, and Rachel finds that additionally beneficial.

Graham and I both count ourselves lucky to have been given the gift of being able to channel healing and hope to help many more people in the future.

Home visits available or visit our therapy and healing room in Grantham.

Compassionate Hearts Complementary Therapies and Healing for the Mind, Emotions and Spirit
01476 978062 or 07958 806130

www.compassionatehearts.co.uk email:
compassionatehearts1@gmail.com

Samaritans 08457 909090 24/7

Email: jo@samaritans.org (aim to respond within 12 hours) remember, this service is not just for suicide

www.dailystrength.org

Over 500 online communities of people facing similar life challenges, medical conditions and mental health issues. Find people who understand exactly what you are going through

Saneline SANE runs a national, out-of-hours mental health helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers. We are open every day of the year from 6pm to 11pm. **0845 767 8000**

*In a crisis?
Have you activated your plan?*

Have you got enough medication to last over Christmas?

Have you got enough to last until **5 January?**

Don't leave ordering your repeat prescription until it's too late.





Christmas Survival Guide

Christmas can be a stressful time for anyone and bring about a period of depression in itself. Being on benefits or on a low income can be worrying; being alone can leave you feeling sad, even being in the company of family and friends may not be easy. Think about things before the event and have a plan:

- There is no harm in being a non-conformist
- Do not feel guilty if you do not take part - Do your own thing
- Worried about being alone? Find out what is happening in your area
- Overwhelmed by family? Decide what **you** want to do and stick to it
- Don't overstretch yourself financially - those close to you will understand

The twelve days of Christmas

On the first day of Christmas - Decide how **YOU** would like to celebrate; with family, with friends, on your own! You decide.

On the second day of Christmas - Plan and agree with family members and friends where you will go, what presents you will buy, and what sort of food you will have.

On the third day of Christmas- Be aware of the cost, budget how much you can afford to spend and stick to it.

On the fourth day of Christmas - Unless you thrive on Christmas crowds, avoid the shops at busy periods. A lot of supermarkets are open twenty four hours a day now!

On the fifth day of Christmas - Relax, take a little bit of time each day for YOU. Have a massage, take a long soak in the bath or read a favourite book.

On the sixth day of Christmas - Stay active, dance at those Christmas parties, gives you more energy and can improve your mood.

On the seventh day of Christmas - You are not alone! One in four people in the United Kingdom have experienced mental ill health, one in six at any given time. That is over ten million right now.

On the eighth day of Christmas - Monitor your drinking. This is the time of year when the booze begins to flow. Too much alcohol can make you irritable, tired, affect relationships and add to depression.

On the ninth day of Christmas - Be careful driving, stress and tiredness can be just as dangerous as drink driving.

On the tenth day of Christmas - Get a little help, if you are feeling overwhelmed, depressed or stressed, talk to someone - A friend, family member or even a telephone helpline.

On the eleventh day of Christmas - Don't be lonely. If you will be alone this Christmas why not find out about community activities and get-togethers in your local area? There may be volunteering opportunities in hospitals or rest homes where Christmas is a shared event. This can be a way of being with others at Christmas and helping at the same time.

On the twelfth day of Christmas - Have fun! Remember it doesn't have to be perfect. If you're having a family gathering and you know that some people don't see eye to eye, be realistic and minimise conflict. Try not to put pressure on yourself to keep everyone happy. Christmas is for everyone and that includes you!

Good luck in surviving Christmas your own way

Sharing the journey together

This has been an exciting first term for the Recovery College with dozens of students enrolled and several courses having already run. Our most popular courses have included 'Living Beyond the Label', which looked at the stigma and discrimination that can still surround mental illness, 'Opening Doors to Creativity', which used music, art and creative writing to help students take a creative approach to expressing themselves and 'Mental Health Resilience and Self-Control', which is as it sounds!

The feedback from these courses has been overwhelmingly positive, with such quotes as:

"I'm really enjoying being stretched and challenged. It's making me think more about what I can achieve"

"Thank you so much for giving me the opportunity to try something different. I am really enjoying it and starting to enjoy working in groups more"

"It's great not being asked about my mental health. I am a person at the College not a diagnosis."

We have also used the feedback from our students to improve our courses based upon their

suggestions, as the views and experiences of our students is central to everything that we do here at the College. For example, following feedback after our 'What is Recovery' course, we extended the module to include students having time to make their own personalised 'recovery tree', a great visual aid for recovery.

At the College, we have also been inspired by the support that we have received from both NHS staff and volunteers. Several people have given freely of their time to help us co-design and deliver our courses and to provide peer support for our students. Special thanks in particular go to Vik Mudd, Sarra Krupinski, Albert Clifton, John Dwane, Jaqueline Tyson, Linda O'Hara and Jane Tuxworth. We still have many opportunities, however, for people to help with the Recovery College and anyone interested should contact the Recovery College's coordinator Emma Bristow 01522 573517 or recoverycollege@lpft.nhs.uk

Looking to the future, we have a number of exciting courses planned for next term, including new courses looking at being a carer, living with dementia and understanding self-harm, in addition to the courses we have run this term. In December, we will be opening enrolment for next term and anyone interested in any of the courses should contact the College to find out more information.

Emma Bristow, Recovery College Coordinator.

Greenhouse in a bottle

Inpatients at a local NHS assessment and treatment unit for older adults have built their own greenhouse using old plastic bottles as part of an exciting environmental impact challenge.

With the help of staff, inpatients at Witham Court in North Hykeham, participated in the reuse recycle waste challenge set by Lincolnshire Partnership NHS Foundation Trust to help it meet its sustainability targets in line with the UK Climate Change Act.

After mulling the problem over many cups of tea, the local challenge team hit upon the idea of upcycling the 20 empty milk cartons that they dispose of each day into a greenhouse. Patients and staff worked together to prepare one thousand old milk cartons to construct the greenhouse

'walls'. As they worked, staff encouraged the patients to reminisce about their experiences of gardening.

As the bottles are stacked they create a natural curve akin to a poly tunnel. Each column of bottles is reinforced with a garden cane, which when anchored into the wooden batten, is kept in place by its own flex. The bottles provide insulation, similar to double-glazing in winter, and as they are opaque, they will help keep the greenhouse cool in summer.

Witham Court's activity coordinator, Anita Laskey, said: *"It's wonderful to have delivered a therapeutic project which has involved upcycling rubbish to provide a useful facility for the unit and one in which patients and staff have been supported so*

generously by local businesses."

Inpatients were presented with national gardening vouchers in recognition of their achievement by members of the Trust's Estates Team who set the challenge with its waste services contractor, Veolia.

The greenhouse is made with: 1,035 milk bottles; 40 garden canes donated by Hykeham DIY; timber donated by RJ Laskey Joinery, and bubble wrap donated by Wirtgen Ltd.



Irene's story

I have suffered with depression and anxiety since I can remember. I was a very frightened and confused child, indeed I carried this into adulthood. Looking back I have experienced lots of traumatic events and have been in a very dark and frightening place many times. I was beaten both verbally and physically as well as being abused and neglected by my mother all through my childhood and teenage years. I was repeatedly told I should never have been born and had been an unsuccessful abortion. This had a profound effect on me, which I still carry. I married the first man I could to get away but again was mentally bullied and living yet another nightmare.

By then I had two small children who I loved dearly and vowed they would have a happy and loving childhood. I did try to end my life by overdosing on pills and whisky and unfortunately I did suffer with post natal depression twice during this time. The GPs at the time were helpful, but I felt ashamed, confused and switched off, putting on a brave face, but a total mess emotionally. I was kept away from extended family and had no friends I could confide in.

During the 1980s I divorced and remarried. For a few years all was well and my husband was

brilliant and understood I had a lot of baggage, but I still occasionally felt very low. I had another child and once again suffered with PND. During the 80s and 90s I came to terms with a lot of past events and forgave my mother whom I loved but felt detached from.

In 2010 I had a series of heart attacks and went on to suffer a major heart attack. I had a triple heart bypass in February 2011. My marriage suffered greatly and once again the demons came back. I was feeling so depressed I wasn't coping and started to collect stones and mud to sew into the lining, pockets and hems of my coats as I had planned to drown in the River Trent. I wasn't sleeping very well, but when I did I was experiencing terrible nightmares and thought I was going mad. This time, I did confide in a family member who was very worried and persuaded me to get help from my GP. Once again I was prescribed antidepressants and referred to the Crisis Team. Although they listened it was suggested that I was not in crisis and had no mental ill health, just experiencing depression after the surgery. I was totally confused, so much so I started to have multiple panic attacks, couldn't walk in a straight line and had many flashbacks of past horrors. The Crisis team did tell me to go to A&E if I felt suicidal.

In early 2014 I referred myself to the Pathway to Wellness programme and met Cat. The support Cat gives has truly helped me in so many ways and has had a huge positive effect. So much so that I no longer feel so negative, alone and anxious, although I still feel like I am pushing boulders up a mountain on some days. Generally I can cope with the past with all the help and support from Cat and other people within the group sessions and workshops. I have now attended quite a few workshops and am looking forward to more.

I would urge anyone who is suffering with depression or any type of mental ill health to break the stigma and please seek help. I have suffered for over 60 years but walking into the Riverside Training and Access Centre and meeting Cat on the Pathway to Wellness Programme was certainly the very best way forward for me.

Irene



A member of



Send your good news stories and contributions for the next newsletter or the website to:

info@lincsshine.co.uk

Contact Details

Mike Martin
The Shine Network
Involve@Lincoln, 12 Mint Lane
Lincoln, LN1 1UD

Tel: 07969 872 804
Email: info@lincsshine.co.uk
Web: www.lincsshine.co.uk



SOBS

(Survivors of Bereavement by Suicide)

A new support group for people who have been bereaved by the suicide of a friend, colleague or family member is being formed in Lincoln by the **Shine** mental health support network.

Lincoln has a suicide rate considerably above the national average and Shine recognised that there were a large number of people whose well-being was personally affected as a result. The nearest group support available was in Scunthorpe, Sheffield or Melton.

SOBS is a national charity which provides support through a helpline, an online forum being developed and a network of locally based support groups. Shine and SOBS plan to collaborate on the setting up of a support group to serve Lincolnshire. The idea is also supported by Lincolnshire County Council's Public Health Department, Cruse Bereavement Counselling and St Barnabas Hospice.

Shine Director, Charles Cooke, said "I personally have been bereaved on friends and colleagues twice in this way and understand the benefits of being able to share my feelings with others. At Shine we contact people who are affected on a daily basis and think a support group should be a valuable resource for them."

It is proposed to operate the group initially in Lincoln as the most accessible location in the County. A room at the well-being centre, Involve@lincoln in Mint Lane will be hired for the purpose. Meetings will be held monthly in an evening for two to three hours. People accessing the group will be able to talk about their experiences with people who have been through similar times, with no professional or clinical involvement. It is intended to recruit and train a volunteer group leader and at least two supporters to administer the group.

The purpose of the group will be to offer shared experience, understanding and socialisation for people who have experienced bereavement by suicide of a friend, colleague or family member. The actual activities of the group will, in due course be determined by the group members, who will decide how it can help meet their needs.

A library of resources will be provided of literature and internet access at Involve@Lincoln.

This newsletter was sent to print a week before the scheduled leader training when discussions and hopefully a decision will be made for a start date for the group. Information will be posted on the Shine website and written in our monthly hard copy update. You can also telephone the Shine Network for information.



STAYING WELL



Prevention of mental ill health in Individuals

Shine project, Staying Well is a resource for people who are at risk of developing new or more acute mental ill health, improving their chances of recovery. The programme of personalised prevention of mental ill health for individuals has developed three new streams of activity

Being Well - Will continue to provide the small things that help people to cope with their daily lives, supporting recovery and maintaining well-being. This can include household goods and furnishings, tools and equipment for hobbies or vocational learning, services, facilities and therapeutic activities not available from the NHS.

Fit and Well - Offers bursary funding to help people get into physical activity that will improve their physical and mental health. This can include equipment or activity fees.

Getaways - Will support the costs of taking a break, providing carers with respite, short holidays or visits to friends and relatives. It can contribute to costs of accommodation and travel.

Individuals and small groups can apply for assistance.

- They must be unable to get the assistance they need from elsewhere.
- They should have a clear idea of what help they need and what risks will be avoided as a result.

We will not hand over cash, but buy the help or facility needed directly in order to make it available to the beneficiary.

- Beneficiaries must be prepared to participate in Recovery Star surveys to assess outcomes.

Apply yourself or through a third party. Referrals welcome from GPs, NHS staff, social care staff, community organisations, friends and families.

Relevant considerations for providing support

- Will the proposed intervention work?
- Will the outcome be good value for money?
- Could the outcome be achieved any other way?

Guidance notes and details of the Staying Well programme and how to apply are available from:-

Charles Cooke, 07969 875464, charles@lincsshine.co.uk

Or

Mike Martin, 07969 872 804, info@lincsshine.co.uk

Or

by mail to: Involve@Lincoln, 12 Mint Lane, Lincoln LN1 1UD

