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General Election 2015

We want the next generation of MPs to make mental health a priority.

Help us put mental health at the heart of the General Election debate.

mind.org.uk/election2015

A Manifesto for better mental health

National Mind have produced a manifesto outlining what they want the next government to do to make sure everyone experiencing a mental health problem gets both support and respect. Whoever forms the next government, it must take mental health seriously. By voting in this election it is your chance to make sure healthcare services and our welfare services truly supports those of us with mental health problems to recover, stay well and have the resilience to lead fulfilling lives. More information about the Mind Manifesto can be found [here](#).

The Mind Manifesto at a glance . . .

What the next government must do in it's first 100 days

1. Commit to reducing mental health stigma and discrimination and to supporting the Time to Change campaign to sustain its work.
2. Mandate that the NHS in England offer a full range of evidence based psychological therapies to everyone who needs them within 28 days of requesting a referral.

What the next government must do in its first year

3. Commit to ensuring everybody has safe and speedy access to quality crisis care 24 hours a day, 7 days a

week, whatever the circumstances in which they first need help, regardless of where they turn to first.

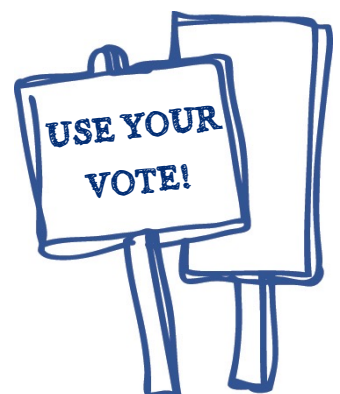
4. Transform the support offered to people who are out of work because of their mental health and create a system that really helps people to overcome the barriers they face.

What the next government must achieve by the end of its five year term

5. Increase the overall NHS mental health budget by a minimum of 10 per cent in real terms.
6. Develop, consult on, fund and implement a national strategy for wellbeing and resilience.

The ambition for the future

- Everyone will be aware of the importance of their own mental health.
- People will know where to turn to for help if they become unwell.
- Help will be available whenever people need it, wherever they live.
- Recovery will be quicker and the impact of mental health problems reduced.
- Stigma and discrimination will be reduced significantly.



Politically Speaking



Lisa is the Conservative Parliamentary Candidate for Norwich South. She currently works as a Senior Parliamentary Assistant for Tory MP James Morris.

What is your personal experience of mental health?

We all come across people, whether its friends or family, who have experienced mental health problems and my first real introduction to it was through a friend's boyfriend who had depression. She really didn't understand what to make of it and nobody gave her any support to help him through it. With mental health problems and, actually very many physical health problems as well, it can be hardest on the person that they are living with. Watching my friend going through that made me think a lot about the need to get help for everyone affected by mental health problem as well as those who are actually experiencing them.

What needs to be done to improve mental health services?

We need to join up services. Whether you are at a crisis care level or receiving help within the community it's really important that our services work more harmoniously with one another. Many people have been let down by services not communicating with each other and they can easily slip through the net of care.

Can you tell me what you would do to ensure that improving mental health services is a priority if you get elected?

I think you have to talk in quite stark terms to politicians to be honest. I think you have to talk to them about why it matters to them and often for that you have to make the economic case and the economic case

is pretty stark actually. It's not a difficult argument to make to the treasury. You have to make the point that mental health services cost a lot of money and I think that the money is being spent in the wrong place. We know that it would be better value for money if we spent more on the lower level intervention work rather than allowing it to get to crisis level.

What do you think needs to be done to fight the stigma and discrimination attached to mental illness?

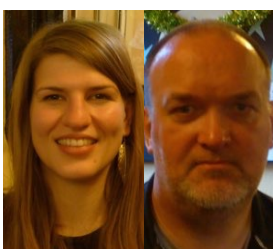
I think people like John Lucas are making a massive difference actually and his work going into parliament and talking to people who don't necessarily see mental health every day and saying "this is what my life is like" is great. It's very important to be honest about the impact that the mental illness has on your life and to explain the ways that it has hindered or helped you. Parity is very important. Parity means that if someone like John calls up crisis care and says he is not well, he needs to be taken as seriously as he would if he were to call for an ambulance.

What do you do to look after your own mental wellbeing?

Politics is kind of all consuming! It's everything! I try to do things that are completely different, I read sci-fi. It removes you from what's going on and stops you thinking about what somebody's said about you that day or the fact that you have a hustings coming up next week that you should be revising for. I also like exercise and more physical things. Anything that takes me mentally away from what's going on in my head is very much welcomed!

Interviewers:

*Layla Dickerson &
John Lucas*



NEWS

International, National and Local news



Clarke Carlisle: Football is way behind cricket in dealing with mental health issues

The Evening Standard / 8 April / Mihir Bose

Mind Ambassador Clarke Carlisle calls for more mental health support in football. Clarke says "The national governing body of football has just caught on to the end of the curve and is way behind cricket. There is a huge reticence in the general population to discuss mental health issues. If someone is off with a broken leg, they get a card, chocolates and flowers.

If they are off with stress, then everyone is like, 'oh how long are they going to have their jolly and when are they back in?' A survey in The Times of executives and business owners showed some 70 plus per cent didn't acknowledge mental health issues as a viable reason for time off work.

[Read More](#)



How not to talk to someone with depression

The Guardian / 7 April

Depressed people often feel isolated and frustrated by what they're experiencing, and that can be exacerbated by how some inquire about it. Being depressed is really not enjoyable. Depression takes many forms for many different people – some people have highs and lows, some have major depression, some have functional days and others never do.

Why not just cheer up?

Seriously? This is my blank-faced expression. I'm sure it has occurred to no depressed person in the history of ever to "just cheer up" because being depressed is so fun and awesome.

[Read More](#)



Stress crisis facing Britain's ambulance workers

Health Insurance Daily / 10 April

Four out of five ambulance workers have considered leaving their jobs due to workplace pressure, a study suggests. Research carried out for UNISON, the trade union, suggests that 91% of paramedics are under stress and many are struggling with anxiety and mood swings as a result.

A leading mental health charity said more must be done to help frontline staff deal with the pressures of work. Emma Mamo, head of workplace Wellbeing at Mind, the mental health charity, said the figures reveal the "worrying scale" of stress among ambulance workers.

[Read More](#)



Ruby Wax : What Was That Pilot Thinking?

Huffington Post Blog / 1 April / Ruby Wax

Mind Ambassador Ruby Wax blogs about the Germanwings plane crash and the subsequent media storm.

I went on a TV show here in Sydney, the equivalent of Question Time called Q and A. They were discussing recent topics and I got landed with a particularly hardball. They asked if I thought in the light of the suicide plane crash did I think all pilots should be examined for mental illness?

[Read More](#)



Lariam: Hundreds of British soldiers suffering from mental illness after being given anti-malarial drug

The Independent/ 16 April/ Jonathan Owen

The Ministry of Defence (MoD) has been accused of knowingly risking the mental health of its own soldiers after new figures showed that nearly 1,000 British servicemen and women have required psychiatric treatment after taking a discredited anti-malarial drug. Psychosis, suicidal thoughts, depression and hallucinations are among the mental-health problems associated with Lariam, also known as mefloquine.

[Read More](#)

Politically Speaking

Interviewers:

Layla Dickerson
&
John Lucas



Clive is the Labour Parliamentary Candidate for Norwich South. He is an ex-serviceman born in London and has lived in Norwich since 2001.

What is your personal experience with mental health?

My experience is both personal and domestic. From a personal point of view I suffered with depression when I came back from Afghanistan. I had a tough time with coming back into society, as many soldiers do. I was fortunate in that I was quickly picked up by my reserve unit and they put me through to speaking therapy and counselling so I had lots of opportunity to sort that out. Work was very understanding and I had social networks that helped me so I was well looked after and yet I know the experience of many people isn't as good. I have an understanding that your mental health is a part of your anatomy and just like breaking your leg, if it goes wrong, you need help with that.

What do you think needs to be done to improve mental health services?

We need to implement the parity of esteem. We've got to put our money where our mouth is and recognise that parity of esteem means parity of funding. Since the 2012 Health and Social Care Act, the government has taken away the responsibility for health services from Norman Lamb and other health ministers and handed it to faceless quangos like NHS England where there is no accountability or democratic responsibility to service-users and these people have been able to make funding decisions to which the public have no say. And when we turn to our politicians, they say 'well there's nothing we can do, it's NHS England or the CCG's'. But just because they've given up responsibility doesn't mean that it isn't their responsibility.

What will you do to ensure that improving mental health services is a priority if you get elected?

I will vote with deep joy and glee to obliterate and push out the 2012 Health and Social Care



Act that this government has brought in. I will campaign and fight with Keep Our NHS Public to take the marketisation out of healthcare. My priority will be to get rid of the privatisation of the NHS and to underline the fact that healthcare is about need and not profit margins. We need to look at what's in the best interest of the patients and the staff rather than how much money you can make.

What do you think needs to be done to fight the stigma and discrimination attached to mental illness?

It's a part that we all have to play. As society becomes more affluent mental health becomes an increasingly big issue. People need to feel free to talk about it. I also think in terms of the way mental health is approached by politicians is that they have to accept that this is something that just happens to people. But I also think that mental health isn't just something that happens to you. I think that over the last fifty years our society has atomised. I think that the individualisation and atomisation of our society is highly stressful and people are seen as small individual components in a machine that generates money and that's not good for anyone's mental health and it creates more opportunity for people's mental health to suffer. So politicians need to think about this and think about how our economy works and who it works for. I want to see an economy that works for the many and not for the few which is what we see today.

What do you do to look after your own mental wellbeing?

Exercise! I go to the gym five times a week and that makes me feel better, I get the endorphins and keeping in shape helps my mind keep in shape. Also I've got a good social network which is very important and lastly, you've got to have a laugh now and then. We know that politics is a serious business but when you put it into context of life generally you've got to just let go and not take yourself too seriously.

Exciting Volunteering Opportunity for Spring/Summer!

The Community Development team are looking for volunteers to fundraise for two specific projects:

To sustain the free English classes currently being run by an excellent tutor every Friday at the Millennium Library.

To raise money for the very successful Festival of Cultures. The aim of the festival is for ethnic minorities to feel proud of their identity and to promote social inclusion within local communities.

If you would like to find out more about how you can fundraise for us and how Norwich Mind can support you please contact Amrita Kulkarni on 01603 432457 or email cdwmanager@norwichmind.org.uk



Norwich Mind Focus Group

Date: 21st May 2015

Location: Head Office, 50 Sale Road, Norwich NR7 9TP

Time: 1330 - 1600

Project Under Review: Inclusion

You are warmly invited to join the third of our Focus Groups, this time dedicated to discussing Inclusion.

Inclusion is defined as the capacity of an organisation to perceive and address the needs of the most vulnerable people among its intended target group. So how inclusive do you think Norwich Mind is?

Paola Colombo, Inclusion Manager, will present some of the work that Norwich Mind has done since 2009 and more recent projects such as the Bigger Picture. Volunteers will come along to share their experiences and how this has helped them manage their mental health . . . but don't worry, there won't be too much talk; to capture your point of view and suggestions we have a line up of activities that are hands on, creative and above all fun!

If you would like to join us please call on 01603 432457 or email headoffice@norwichmind.org.uk. If you are unable to make the date but have some ideas please email them over and we'll discuss them at the meeting. If transport is an issue then we may be able to help too...

As always there will be cake and time for a catch-up!



Emotional Overeating Support Groups

If you are experiencing emotional overeating and would like help to regain control then Beat are providing a free Emotional Overeating Support Group in Norwich.

The focus of groups is peer support, they provide a good opportunity to share experiences with others who are going through similar situations.

The groups do not provide therapy or counselling and are open to anyone over the age of 18. No fees, medical referral or weigh-in is required and the groups can be attended as often or as seldom as desired.

To find out more email eosg@b-eat.co.uk or call 0300 123 3355 or visit the website [here](http://www.b-eat.co.uk).



Appleseed care farm, which opened in October 2014, has been set up in Wymondham to offer young people and adults a chance to boost their health, happiness and well-being. Appleseed supports individuals with mental health and social needs, those suffering with anxiety and depression, job seekers, ex-offenders and those living in sheltered housing.

Two years in the planning, Appleseed is now firmly established and sees groups of up to 12 adults visiting the 17 acre site on a weekly basis and take part in activities including growing vegetables and flowers in an allotment, looking after chickens and other animals, working on conservation projects, habitat management and woodworking sessions.

Social enterprise Appleseed was set up by Headteacher Greg Sadler and Steven Lerpiniere, marketing manager at Norfolk and Suffolk NHS Foundation Trust. The project has a big emphasis on accessibility and inclusiveness.

Formerly disused land has been transformed into the beginnings of a thriving farm, complete with Lodge, poly-tunnel, vegetable and flower garden, sheep and chicken enclosures, ponds and grazing area. Greg and Steve say the project has gone from strength to strength, with the offer of free places being supported by a successful application to the European Social Fund and social investment grant from Orbit East Housing Association.

Steve said: "It's important that our users come to us and take ownership. We had an empty piece of land, we provided the raw infrastructure and they bring the ideas and build upon that. The benefits that have been seen upon people have been significant."

The Appleseed journey began with a joint desire to give those in need another option and to provide an alternative way of working; to aid and support recovery, to provide an opportunity for developing new skills, to allow people to feel better about themselves and improve their mental health and well-being.

Michael Edney, South Norfolk Councillor who supported the idea, said: "It just helps such a wide variety of people; its reach is massive, whether you are in need of support or whether you want to volunteer. It is an amazing project. Some of the users report that they look forward to their visits each week. Their time with Appleseed makes a massive difference. Some say they are lonely and if they are not down at the farm, they are at home doing very little."

Appleseed free sessions run from 10am to 4pm on Fridays, and clients can be collected and dropped-off from a meeting point in Wymondham. Free placements on the farm are heavily oversubscribed, but on Wednesdays, people can self-fund places or pay through direct payments using personal budgets at £30 per day. For more information or to get involved, contact 07881 952416, email info@appleseed.org.uk or visit www.appleseed.org.uk



Mindfulness for Wellbeing

An experiential course exploring how to develop mindfulness in everyday life.

Mindfulness is NICE approved to combat recurrent depression, and is known to help many conditions such as chronic fatigue syndrome, anxiety and stress.

Learn how developing mindfulness can build resilience to stress and depression and create a sense of wellbeing

Practise simple and effective techniques that can be done anywhere, at any time

Explore strategies for sustaining and deepening a personal practice once the course is finished

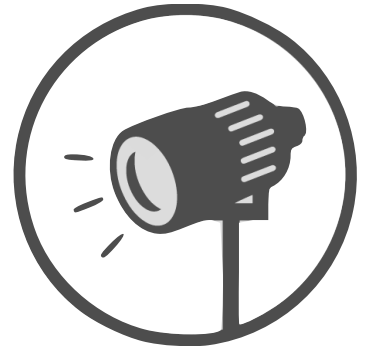
This course will draw on a range of mindfulness approaches.

Dates: Every Thursday from 28th May to 16th July inclusive, 5.30pm – 7.30pm, plus Sat 4th July, 10am-3pm

Venue: Norwich WellBeing Centre, 15 Chapelfield East, Norwich NR2 1SF
Cost: £185 (concessions available)

For more info contact robertblack@norwichmind.org.uk or Norwich Mind on 01603 432457.

Pulsing (Bodywork)



Pulsing is a rhythmic, movement-based somatic therapy that can be classed as a form of post-Reichian bodywork. It uses a very gentle and nurturing approach to increase body awareness and sensitivity and to connect to the body's natural rhythms. It involves the application of pressure and movement (stretching, lifting, shaking, rotating and swinging) to the soft tissue of the body (skin, muscles, tendons, ligaments and fascia) within a continuous soft rhythmic rocking.

The client is encouraged to be passive - in the sense of not trying to do anything, but allowing the body to relax into the movements. This in itself quickly highlights areas of muscular tension and holding.

Children and adults will often rock themselves when distressed: there appears to be a deep comfort and security to be found in gentle movement. With its flowing and wave-like movements, Pulsing perhaps recalls a body-memory of the foetal experience in the womb, where the baby is constantly subject to rhythmic pulsation, or of being cradled and rocked during infancy.

Pulsing can take a number of forms, distinguished by the intent with which it is approached by both client and therapist (for example, relaxing, playful or as deeper emotional therapy). In the 'lighter' modes, clients sometimes experience gentle emotional release and often enter a trance-like state.

Sessions usually have a deeply relaxing yet energising effect. Here the benefits may include a release of deep physical tension, an increase in flexibility and movement repertoire, and an improved general sense of well-being and energy. On a deeper level, it can also be performed explicitly as a form of body psychotherapy encouraging the client to become

aware of their emotional responses, patterns of breathing and physical areas where "they feel tense, tight, weak, uncomfortable or painful and aware of protective holding patterns". In this way clients may discover and release deeply embodied emotions. Whichever form is used, many of the effects of Pulsing occur below the level of conscious awareness and continue to resonate in the bodymind for some time after sessions.

Key benefits

- Releases muscular tension and joint stiffness
- Releases emotional stress so decreasing anxiety
- Encourages deeper, more relaxed breathing
- Improves physical flexibility, balance and co-ordination
- Helps you rediscover your natural body rhythms
- Develops your inner sense of aliveness
- Increases your sensitivity to your body
- Improves self-awareness
- May increase libido
- Stimulates the release of unconscious material
- Improves blood & lymph circulation and digestive transit
- Promotes relaxed sleep and may ease insomnia
- Meets the need for nurturing and support
- Provides a sensuous experience within safe, respectful boundaries

Find out more about Pulsing Bodywork [here](#)

Mental Health Awareness Week

11-17 May 2015



Every year, between 11-17 May, we help to raise awareness of mental health and wellbeing issues.

Since our first Mental Health Awareness Week back in 2000 we have helped generate public debates around how anxiety, sleep deprivation and exercise can impact our mental health. This year we're talking about mindfulness.

Want to know all about Mindfulness and how you can get involved with Mental Health Awareness Week 2015?

Find out everything you need to know including receiving your supporter pack and registering [here](#).

Associate's Workshop : Attachment Theory

Attachment theory is a psychological model that attempts to describe the dynamics of long-term interpersonal relationships between humans.

Attachment theory in psychology originates with the seminal work of John Bowlby in 1958. In the 1930's John Bowlby worked as a psychiatrist in a Child Guidance Clinic in London, where he treated many emotionally disturbed children. This experience led Bowlby to consider the importance of the child's relationship with their care giver in terms of their social, emotional and cognitive development. In the last 20 years, developments in neuroscience have borne out Bowlby's theory and have strengthened and deepened understanding of infant brain development, emotional regulation and neuroplasticity. The links between attachment theory, brain development and mental health will be explored in this session.

Gail Atkins is a dramatherapist working for the Unthank Family Centre in Norwich. "I provide individual therapy for looked after and adopted children, and also work with children and young people within educational settings. Before therapy training, I taught in primary schools and became increasingly aware of the emotional and psychological barriers to learning that so many of my pupils experienced. I qualified as a therapist in 2008 and since then, have been working with children who have experienced abuse, neglect and trauma and the adults who parent, care for and teach them."

This is a free workshop to all Associates, please book early to avoid disappointment!

To book call :

01503 432457 ext 219

Date:

20th May 2015

Location:

Norwich

Time:

1830 - 2030

Associate Social

Date: 11th May

Location: The PlayRoom,
Norwich Play House,
4 -5 George's Street (here)

Time: 1700 - 1900

Associate Activities

At a loose end on Sundays? Why not join a friendly walking group meeting every other Sunday at 11 am for a walk in & around Norwich followed by a cafe / pub stop. Interested? contact me on ceinwen.f@virginmedia.com or leave your contact details with Mind who will pass them on.



10th - 16th May
St. Margaret's Church of Art
St. Benedict's Street, Norwich

...
A retrospective exhibition launching
the Jonathan Collinson Memorial Sound Library
...
Private View 10th May from 18:00 (guest list only).
Open to the public 11th-16th May from 11:00
...

Taking donations for Mind the Gap, a Norwich based community music group for young people with depression and mental health issues, and for MIND the mental health charity.

