



## Friends of Havering Mind.

### January 2018 Newsletter

### Mental Health is Everybody's Business: Promoting mental health and wellbeing

Welcome to the latest edition of the 'Friends of Havering Mind Newsletter'

Connecting our service users, volunteers, staff, and the local community and keeping you up to date with the services and news from Havering Mind. This newsletter will be sent to our stakeholders via email and will also be published on our website, copies will also be available at the Havering Mind office and at events we attend.

Havering Mind is the leading mental health charity in Havering: We are an independent charity based in Hornchurch and are part of national Mind's network of local associations. Although affiliated to national Mind we don't receive any funding from them.

At Havering Mind we are pro-active in supporting and educating people about mental health in our local community. We do this through:

- Providing advice and information
- Helping individuals learn how to manage their mental health
- Providing activities to create peer support
- Raising awareness and providing education to reduce the stigma around mental health

#### A Message from our Chief Executive:

I would like to take this opportunity to welcome you to our Friends of Havering Mind newsletter and invite you to support us in the further development of Havering Mind and what we offer going forward. As you will read, a number of our services are changing as of the 1st February and we will endeavour to keep everyone informed of these changes and developments.

As an organisation we are keen to ensure that our beneficiaries are at the centre of everything we do and we will be relaunching our stakeholder forum in April. These forums will provide opportunities to have an input into the development of new services and have a say on issues that affect mental health particularly within Havering and surrounding area. Further details of forums will be available on our website ([www.haveringmind.org.uk](http://www.haveringmind.org.uk)) in early March.

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I would like to take this opportunity to thank the people that have used our services, volunteers, staff and trustees for their contribution and achievements to the organisation thus far. Like many organisations we have experienced some difficult financial constraints and organisational changes over the past few years, however, with the dedication, support and commitment of our people and the wider community we continue towards our vision: 'We won't give up until everyone experiencing a mental health problem gets both support and respect'.

Vanessa Bennett, Chief Executive, Havering Mind

### Havering. Some statistics:

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Mental health problems are common as shown by the figures below, but help is available from organisations such as Havering Mind.

- 249,085—the population of Havering in 2016
- 33,550—the estimated number of adults aged 16+ who have considered suicide
- 46,207—the estimated number of adults aged 16+ who have at least one psychiatric disorder
- 9,300—the number of adults in Havering who have a diagnosis of depression
- 25,214—the number of people who provide unpaid care (approx. 11% of Havering residents)

Source: Havering Joint Strategic Needs Assessment 2015

### Projects News:

Our services funded by the London Borough of Havering will be changing from 31st January 2018. Services from 1st of February will include opportunities for social support and getting better connected to the community thus supporting people to feel included.

More information about the new services will be available in due course. Please see the Havering Mind website for updates: [www.haveringmind.org.uk](http://www.haveringmind.org.uk)

**REPS:** We regretfully inform you of the closure of the REPS Project which ended on 31st January 2018.

The project has supported hundreds of people during its lifetime and has ensured that the voice of people experiencing mental health distress and discrimination has been heard.

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The project has been a lifeline in advocating on behalf of people facing crisis in their mental health, housing, welfare benefits, poverty or any other of the problems we can all face during our lifetime.

**Carers Support:** The outcome of the London Borough of Havering procurement process has led to the award of a new contract for the support of adults with mental health needs to an organisation called Carers of Barking and Dagenham who will be expanding and providing Havering Carers services in the borough via a Havering Hub.

We would like to thank everyone who has been involved in supporting our carers over the years.

If you should require information or support going forward, please do not hesitate to contact us and we will offer support or signpost you to an appropriate service.

### Fundraising. Review of 2017:

2017 was another great year for fundraising with a record number of events held. These included:



- Our annual dog events, the Dog Walk and Dog Show, both of which were organised by our fantastic volunteer Pia Van Praagh.
- We expanded our successful Wings and Wheels Car and Bike Show by adding a new military vehicles zone.
- We also launched a new concert—Havering Live: The Icons of Music at Damyns Hall Aerodrome, a tribute to many of the most successful musicians of all time.
- We also held our Big Blue Run and the Havering Sci-Fi Convention.

We were also delighted to be one of the Mayor of Havering, Cllr Phillipa Crowder's charities of the year!

### Fundraising 2018:

Fundraising meetings:

Wednesday 21st February 12pm, Harrow Lodge House, Hornchurch.

Events confirmed for 2018:

- Quiz Night, date to be confirmed, Romford and Gidea Park Rugby Club
- Havering Tribute Festival, Saturday 21st July, Damyns Hall Aerodrome
- Wings and Wheels, Sunday 22nd July, Damyns Hall Aerodrome
- Bark in the Park Dog Walk April, date to be confirmed

To attend any of these events or to get involved in volunteering at them please contact:  
[Ciaran.white@haveringmind.org.uk](mailto:Ciaran.white@haveringmind.org.uk)



## Training Update:

Havering Mind now provide

# Mental Health First Aid (MHFA) Training

Educating and Preventing



We now offer a variety of training programmes. These include:

- Mental Health First Aid—a 2 day course which covers a variety of mental health related topics.
- Mental Health Awareness Training
- Mental Health and Young People Awareness Training

If you know of anyone who is interested in this training whether individuals, businesses, schools or any other organisations please contact us at: [training@haveringmind.org.uk](mailto:training@haveringmind.org.uk)

## Latest News from National Mind:



### December 2017 PIP ruling

In December 2017 the courts ruled that changes to Personal Independence Payments (PIP) discriminate against people with mental health problems.

### What does the ruling say?

The ruling says that the changes the Government made to PIP earlier this year are unlawful because:

- They unjustifiably discriminate against people with mental health problems
- The Government didn't consult on them
- The Government didn't have the right powers to make them

For full article from national Mind click <https://www.mind.org.uk/news-campaigns/news/>

The government have since stated that they would not appeal against the judgement and the Department for Work and Pensions have said that every person receiving PIP will have their claim reviewed and that no-one will have to go through an extra face-to-face assessment.



## Seasonal Affective Disorder. Beating the Winter Blues:

It's thought the winter blues, or Seasonal Affective Disorder (SAD), affects around 2 million people in the UK and more than 12 million people across northern Europe. It can affect people of any age, including children.

According to Sue Pavlovich of the Seasonal Affective Disorder Association (SADA), these 10 tips could help. "Everyone's affected differently by SAD, so what works for one person won't for another," she says. "But there's usually something that will help, so don't give up if the first remedy you try doesn't work. Just keep trying."

- **Keep active.** Walking is simple, free, and one of the easiest ways to get more active, lose weight and become healthier. You don't have to walk for hours. A brisk 10-minute daily walk has lots of benefits.
- **Go outdoors to get as much natural daylight as possible.** Go outdoors in natural daylight, especially at midday and on brighter days. Inside your home, choose pale colours that reflect light from outside, and sit near windows whenever you can.
- **Keep warm.** Keep warm with hot drinks and hot food. Wear warm clothes and shoes, and aim to keep your home between 18C and 21C (or 64F and 70F degrees).
- **Eat healthily.** A healthy diet will boost your mood, give you more energy and stop you putting on weight over winter.
- **See the light.** Some people find light therapy effective for seasonal depression. One way to get light therapy at home in winter is to sit in front of a light box for up to two hours a day.
- **Take up a new hobby.** Keeping your mind active with a new interest
- **See your friends and family.** Make an effort to keep in touch with people you care about and accept any invitations you get to social events, even if you only go for a little while.
- **Talk it through.** Talking treatments such as counselling, psychotherapy or cognitive behavioural therapy (CBT) can help you cope with symptoms. See your GP for information on what's available locally on the NHS and privately.
- **Join a support group.** Think about joining a support group
- **Seek help.** If your symptoms are so bad that you can't live a normal life, see your GP for medical help.



Source: NHS Choices. For the full article on the NHS Choices Website see: <https://www.nhs.uk/conditions/stress-anxiety-depression/dealing-with-winter-blues-sad/>

## Volunteer with Us:

Are you interested in supporting people to lead independent, fulfilling lives? Would you like to learn more about Mental Health? We offer a range of opportunities for you to use and develop your skills Including:

- A role as a Community Navigator for an isolated person
- Support and encouragement in group settings
- Organising events, activities and fundraising
- Supporting with organisation administration
- Becoming a Trustee



Whatever role you choose, you'll experience the rewarding feeling of being able to do something for someone else, develop your current skills, learn new ones and meet new people. You will also receive training and ongoing support.

If you are interested in volunteering or for further information please contact Havering Mind at: [volunteering@haveringmind.org.uk](mailto:volunteering@haveringmind.org.uk)

## Donating to Havering Mind / Leaving a Legacy:

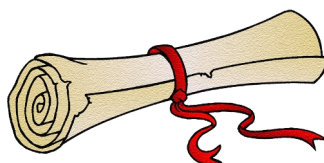
Did you know that there is a difference between national Mind and local Mind Associations? We don't receive any funding from national Mind so please make sure that your gift or donation is for Havering Mind.

There are a number of ways you can donate to Havering Mind including:

- By post
- By text
- Online through Just Giving

Please see our website at <http://www.haveringmind.org.uk/donate-to-us.asp> for further details.

Leaving a gift or legacy in your will is a good way to support Havering Mind and you can help provide local support in the future for those facing mental health problems.



Thank you to the staff, volunteers, organisations and individuals who have supported us and you.

### Our funders:

Big Lottery Fund

Impex Foundation

London Borough of Havering

Lloyds TSB Bank Foundation

Better coping strategies

Increased motivation

### Organisations that have supported us:

Barclays Romford

Carlton Baked Clarke Accountants

Damyns Hall Airdrome

Halifax Romford

Jaguar Grange Brentwood

KB Technology

Kingston smith Accountants

Lanes for Drains, London

Lollie and Ollie Day Nursery

London Green Points Scheme Havering

Mullis and Peake Solicitors

Nationwide Romford

Neopost

Royal Air Force Cadets Romford

Sytner Harold Wood

Tesco's Roneo Corner

Time FM

Social Inclusion

Improved Wellbeing

Better understanding of mental health

Physical Activity

Higher self esteem

Thank you

## Useful Contacts:

Mental Health Direct, NELFT

Tel: 0300 555 1000

Early Intervention in Psychosis (EIP) Service, NELFT

Tel: 0300 555 1091

Havering Community Recovery Team (CRT), NELFT

Tel: 0300 555 1093

Havering Talking Therapies

Tel: 0300 300 1554

Havering Young People's Mentoring Service

Tel: 01708 432321

Barking & Dagenham Carers

Tel: 020 8593 4422



## Contact Us:



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