



▲ Woking Mind art group visit Runnymede
▶ One of the many walks enjoyed by Woking Mind's walking group

Welcome to the first edition of Woking Mind's newsletter!

We're here to make sure that no-one in Woking has to face a mental health problem alone. People who have enduring mental health conditions can rely on Woking MIND in several important ways:

- Help to prevent their mental health problems from escalating
- Support them in partnership with primary and secondary mental health services
- Support their recovery process by



Julian Pooley, of Surrey History Centre, gives the art group an insight into Magna Carta at Runnymede as part of its project research

helping them to live happier, more fulfilling lives

- Promote good practice to aid better mental health
- Promote greater awareness of mental health issues across the wider community

Strength in partnership



Woking Mind has an established partnership with the Woking Mind Mental Health Resource Centre (CornerHouse) and SHIFA, the support group for Asian women locally.

Together, from our shared base in Maybury, under CornerHouse's lead, we currently deliver the Community Connections mental

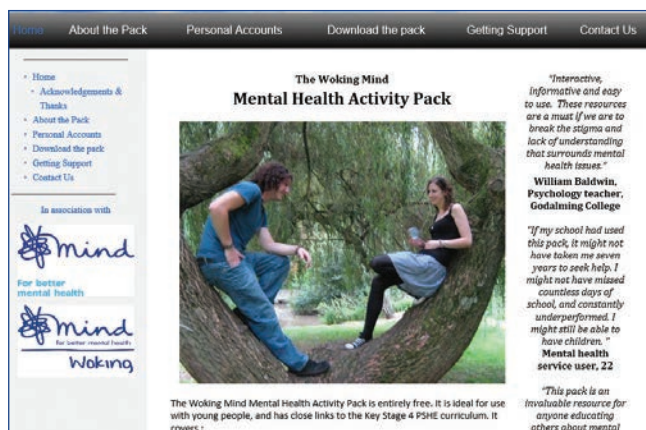


health support service contract for Woking Borough.

During 2014 and into 2015, we have further cemented this relationship by creating a new Joint Partnership Committee. This has enabled us to share ideas and generally to work

together where we can - for example, by submitting a joint response to the proposed Mental Health Strategy formulated by the Surrey Health and Wellbeing Board. We hope the result will achieve a streamlining of our efforts regarding volunteering, training and other opportunities as they arise.

Improving Mental Health Awareness



Raising mental health awareness in the workplace is seeing positive results due to a programme of mental health awareness training that Woking Mind kick-started in 2014.

We have been able to develop this programme because we are very fortunate to have the considerable expertise, both in mental health and training, from Jill Jarvis. Feedback from the training arranged for two major local employers was very encouraging, as was the positive

Woking Mind's 'Online Mental Health Activity Pack' (left), which is particularly intended for students in secondary schools. Its aim is to equip teachers who have no prior experience in this area with the necessary skills to deliver mental health awareness training to their pupils. Feedback from the pilot study is helping us, in association with other schools in the area, to devise lesson plans that we aim to make available to a wider group of schools during the coming year.



Woking Mind art group at work

response following a presentation on mental health issues delivered to more than 100 sixth form students at Tormead School, Guildford.

Subsequently, Tormead kindly agreed to participate in a pilot study in the use of

Artistic success

Our sincere thanks go to Woking Borough Council for funding that made it possible for us to run a special Art/Photography course in 2014. The group's work was used to produce a sell-out calendar for 2015 and a range of attractive greetings cards, raising further funds for Woking Mind.

Using some of the funds raised during the past year, a group has worked on a new project, based around this year's celebrations of the 800th anniversary of Magna Carta. It has included a visit to the Surrey History Centre and a talk on the great charter by SHC Head, Julian Pooley.

Their work was on display at the SHC during October and will be at the Woking Lightbox in November.



Happy 35th Woking Mind!

Support for Woking Mind is stronger than ever as we move on from our 35th anniversary.

Over the year since our 35th birthday gala fundraiser dinner at Woking's HG Wells Centre on 25 October 2014 we have been able to build on the financial boost achieved.

In addition to the sum raised then from ticket sales and a charity auction, we were able to announce that substantial funds collected by Gill Laing and others in memory of a friend were most kindly being donated to support our cause. Also, St Dunstan's Catholic Church presented us with a generous cheque from the proceeds of their 2014

Christmas Fair. Together, these raised a total of some £12,000 in all.

Woking Mind Chair Pauline Rogers (pictured above) says: "We remain hugely grateful to everyone who attended and supported us the evening of our gala dinner and to the donations we received throughout a year: it was a milestone for our charity."

Combined with our share of the profits from the Mind shop in Knaphill, operated by the national Mind charity, plus the income we receive from statutory authorities for providing mental health support services in Woking, we now have a stronger financial foundation on which to build for the future.

Annual General Meeting

Our 2015 AGM was again held at the Surrey History Centre in Woking and was attended by some 40 people. The Trustees' Annual Report and Accounts for the year ended 31 December 2014 were approved.

Chris Bedford (Vice-Chairman) and Suzette Jones were re-elected as Trustees of the charity, and Professor David Rye was re-elected as our President.

The meeting included an inspiring talk by Nick Harvey about his experiences of Woking Mind and The Minders team.

Long-serving Woking Mind volunteer and local artist Duncan Twigg, praised the achievements of the Art Group, a regular feature of our weekly drop in sessions, with reference to a display of some of their work.

Shirlyn Grover and Michael Bulmer from the Creative Writing Group shared in the reading of a poem titled 'Ode to Magna Carta'.

World Mental Health Day

This year, World Mental Health Day on 10 October took the theme of *Dignity in Mental Health*.

That same week, on Thursday 8 October, Woking Mind ran a

promotional stand in Mercia Walk, by the town square. World Mental Health Day was initiated by the World Health Organisation in 1992; last year the theme was *Living with Schizophrenia*.

Support in the community

Woking Mind and CornerHouse have been working with the Community Mental Health Recovery Service (CMHRS) to look at ways we can support patients who are close to discharge from primary mental healthcare. Our aim is to help reduce the number of patients who have to re-engage with CMHRS, by assisting them to integrate back into the local community.

Weekly Drop-In groups

Regular Drop-In groups on Monday and Tuesday mornings and an additional Wednesday Lift-Up group, form part of Woking Mind's weekly calendar. The groups offer a wide range of services, including art, creative writing, chess, scrabble, bingo, walking and day trips. Central to these groups is the social and befriending aspect, which, for many, remains the overriding reason for their continuing attendance.

Creative Writing Group

This group of service users, run by Woking Mind volunteer Shirlyn Grover, discusses various topics each week with the aim of engaging the group's creative side by helping members to produce unique work of their own. Recent topics included poems by John Keats and Dylan Thomas as well as paintings by Jack Vettriano and Samuel Palmer. The group has also discussed the need for a charter of our times.

Spreading the word

Woking Mind volunteer Shirlyn Grover, who runs the Creative Writing Group, put her love of literature to another good cause - World Book Night on 23 April. Shirlyn was one of many volunteers who supported a collaboration of publishers, distributors, libraries and booksellers and gave thousands of books away for free as part of an annual celebration of books and reading.

Woking Minders Football Club

As Woking Minders Football Club get into gear for the new season, they can look back on 2014/15 with pride.

The Minders finished in second place out of six behind The Croydon Eagles in a Surrey Community Football League, organised and supported by Woking Football Club.

However, the best was yet to come when in Spring



The Minders entered a 'wellbeing' six-a-side tournament run by Woking FC.

Teams from across the UK entered, including Hull City, Brighton & Hove Albion, Everton, QPR, West Sussex, Wales, as well as local teams. The Minders made it through to the final against Guildford, and after a close fought battle claimed the coveted cup!



Walking Group

Woking Mind's Walking Group has been picking up the pace. Led by volunteer Sylvia Steer, the group has been growing in popularity and enjoying the benefit of exercise and fresh air, no matter what the weather. It's success has demonstrated how walking can be a considerable benefit to mental health and general wellbeing.

Other Activities

Other activities that have proved popular with our members during 2015 have included:

- Runnymede to Windsor Boat Trip in May.
- Visit to Wisley RHS Gardens in July, organised by the 'Lift Up' Group;
- Runnymede picnic in July, including a talk about Magna Carta.
- Visit in August to the Surrey History Centre.
- Trip to Portsmouth harbour in September.

Fundraising

We are most grateful to people who have supported Woking Mind with fundraising efforts during 2015, including two local men, Richard Braid and Rob Jones, who between them ran the 2015 Surrey, Brighton and London marathons in our colours.

Meanwhile, Woking Mind is fortunate to have been chosen as one of five local charities selected by the Rotary Club of Woking to benefit from their 'Swimathon' event on Sunday 11 October. The two teams of swimmers entered by Woking Mind together completed 210 lengths of Woking Pool!

More Information

For more information on how you can help us to raise funds to further develop our work or if you want to learn more about Woking Mind please visit our website at www.wokingmind.org.uk. In particular, if you would like to:

- Find out more on how you can raise funds to develop our work further;
- Know more about opportunities for volunteering with us;

- Purchase Woking Mind greetings cards;
- Receive a copy of our Trustees' Annual Report and Accounts for 2014, including the Annual Review;
- Receive an electronic copy of this newsletter;

Please contact our General Manager, Carlton Spears, on 01483 766998 or e-mail: carlton@wokingmind.org.uk