



▶ Woking Mind Walking Group with volunteer Sylvia Steer (third right) enjoying some of the beautiful walks around Woking

Among Woking Mind's most popular activities are the short walks organised by its walking group, run every Tuesday throughout the year.

A 12-passenger minibus is available from about 10.30 at CornerHouse to take the group to scheduled locations, usually within 15 to 30 minutes driving time.

Woking Mind volunteer, John Shawyer explains that usually a few members of the group prefer to wait for the group to return at a café, where the walkers return to join them after completing their route. The minibus then returns them to Woking at around 12.00.

People from the Woking's Cygnet Health Care and their carers will often join the walk, possibly adding about six to eight people to the group.

"Members without transport of their own can tend to feel confined and, if living alone, may stay at home without social contact, so they value these walks," says John. "The group is a bit smaller in winter due to the cold but having said that, they are still well attended, which suggests that members really appreciate the benefits of the walks in spite of the weather."

Mental health help for young people

A Staines secondary school that is pioneering work on mental health care has welcomed support it received from Woking Mind in launching an app My TeenMind.

Magna Carta School, created the app as part of its comprehensive pre-emptive mental wellbeing programme, marking its success on 6 June with TeachMeet, an event that brought together stakeholders in education and/or mental health care.

Woking Mind's Vice-Chair Chris Bedford and new Trustee Carol Miller were among guests sharing ideas on mental health issues and support for young people.

Magna Carta's Head of Mental Health & Wellbeing



▶ (l-r) Students Jacob Knight and Molly Richards with Head of Mental Health & Wellbeing Clare Erasmus and Woking Mind Vice Chair Chris Bedford

Swimathon

Woking Mind has been able to buy new kit for Woking Minders, and to consolidate funding for a weekly training session with a qualified football coach thanks to volunteers who took part in a swimathon in October last year. Woking Mind entered two teams of four, having been chosen by the Rotary Club of Woking to benefit from the event as one of five charities nominated to have a 20% share of funds raised. As a result we received £2,500.

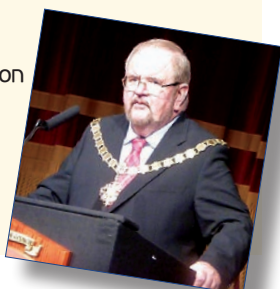
Mayor values the work of volunteers

Woking Mind was among local voluntary groups invited to a reception by the outgoing Mayor of Woking, Cllr Derek McCrum.

The first time that Woking Mind has been invited to this annual event, our charity was represented by Chairman Pauline Rogers and new Trustee Carol Miller at H.G. Wells Centre on 22 April when they also had an opportunity to meet the newly elected Mayor, Cllr Anne Murray.

Acknowledging the contribution by volunteers in Woking to help others within the community, Cllr McCrum also presented a number of awards, they include Woking's Eminent Citizen 2016 to Ms Jean Follett, and Young Peoples Civic Award Scheme to this year's winners.

He said: "During my Mayoral year, I have met many extraordinary people and groups who make a significant contribution to our community that make Woking a better place to live. I am therefore extremely proud that we can, as a community, honour these extraordinary people and give them the recognition they deserve. They are a true inspiration to us all."



Mental health help for young people

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Clare Erasmus says: "Woking Mind was fantastic. They loved the idea (of the app). We contacted Woking Mind because we needed to get mental health specialists to look at the (app) content that the students wanted to use. We also wanted to be able to draw on the information they already had on their website offering mental health advice to students. We felt that with the topic of mental health we needed to ensure that every bit of information was accurate and not misleading - Woking Mind was the right specialist for us to use."

The school was advised by Woking Mind General Manager Jill Jarvis, who says: "We were happy to help the school. The whole issue around young people is very big. Today they are under very different stresses such as social media."

Clare explains the app came about in response to students saying they did not know who to go to in the school and

where to get mental health support. The school discussed an idea of creating an app that could offer them help with students. Then, because Clare, in addition to her Mental Health and Wellbeing role, also heads up Magna Carta's Creative Media Department, set up a cross-curricular project to create an app with a Year Nine media class.

Gaia Tech worked free of charge on all the technical app building while the students designed the content and layout in a project that took five months to complete.

She adds: "This ensured the app had grassroots involvement from the target audience it was intended for. We are proud we have created the first Mental Health and Wellbeing app created by students for students."

The school aims to roll it out to the new Year 7 intake and their parents and to integrate it into its PSHE lessons for Key Stage Three.



▲ (l-r) Chris Bedford, Godalming Woolsack President Cath Lovell, with golfers: Janet Winsor, Bryan Sweet, Bob Andrews and Owen Winsor and Woolsack Chair of Membership Michael O'Sullivan

Mind-ful golfers

Rotary Club of Godalming Woolsack has donated £4,000, the great majority of money raised at its 2016 Golf Day, to Woking Mind. A subsequent report of the event in the Surrey Advertiser highlighted the work of Woking Mind, noting that it is the only branch of the charity Mind in Surrey. Woking Mind Vice Chair Chris Bedford, who attended the event and thanked the Club for the donation says: "We're very grateful to Godalming Woolsack Club for this incredibly generous donation."

Focusing on the future



Members of the Creative Writing Group at the AGM Rudolph Douglas (left) and Stephen Boyles (far right) with volunteer Shirlyn Grover and Woking Mind President David Rye (second right)

Woking Mind exciting new initiatives and an administrative re-organisation were welcomed by the charity's stakeholders in an overview of the last year delivered by Chairman Pauline Rogers at its Annual General Meeting.

In addition to the overview, the meeting at Surrey History Centre, Woking, received reports on the charity's financial accounts, activities and events, which were all given a positive response and approval.

With regard to the role of General Manager, Pauline said: "We were fortunate that at the beginning of the year Jill Jarvis agreed to step into this role pending new permanent appointments."

The Board of Trustees has been actively pursuing recruitment for a new part-time Services Manager as well

as a General Manager, defining their roles within a new business plan for the charity. Pauline also reported the co-opting of two new Trustees, Carl Rogers and Carol Miller, whose formal elections as Trustees were proposed at the meeting.

Carl, who has helped on a number of projects for Woking Mind over the past 10 years including a refresh of its website and coordinating production of marketing materials, brings his experience in marketing and as a change management professional with a leading market research firm.

He is currently the driving force behind the renewal of the charity's Business Plan with a particular focus on expanding core membership - in which the new Services Manager will play a key role - and generally

extending the reach of our services.

Carol, a PR and Communications Consultant and former Fleet Street journalist, has taken particular responsibility for the charity's newsletter Mind Matters, which she helped launch in 2015, and is giving communications support.

Pauline paid tribute to the contribution made by Suzette Jones, who has stood down as a Trustee, due to the demands of her job with the Diocese of Guildford. She also thanked the Surrey History Centre team, in particular Julian Pooley, Public Services and Engagement Manager, and Kate Jenner, Communities Officer, for their support and providing the meeting venue.

Supporting mental health in the workplace

Surrey businesses are welcoming support from Woking Mind to achieve better workplace mental health thanks to our new service.

This follows the launch of our online mental health activity pack, a unique resource to help reduce stress in schools. Our team is now receiving requests by local business for training and presentations on reducing stress in the workplace. As a result Woking Mind has launched a new service, headed up by independent health care professional Jill Jarvis, who stepped into the role of General Manager for Woking Mind at the beginning of this year.

"Companies have identified that they have a lot people under stress and that this affects their mental health," says Jill. "They are recognising the major impact it has on staff and the whole issue of mental health in the workplace.

As a result of a number of queries I've started providing training under the Woking Mind banner.

Among the companies that Woking Mind has helped are the World Wildlife Fund, Wilmot Dixon and the Historic Royal Palaces. "The service is very bespoke," explains Jill. "Often, an organisation contacts us about training on mental health awareness and then, after further discussion, you find that what they really need is help with their resilience and stress management."

Jill, whose 20 years in the NHS includes mental health clinical work, practice development and management, has also been a champion of best practice in nursing across the board. She was a regional Director of Nursing, Chair of the Royal College of Nursing's governing Council and most recently



Jill Jarvis Woking Mind's ground-breaking Online Activity Pack

Head of Professional Nursing at the Royal College of Nursing.

"I get a great satisfaction when I can see a clear line between the work I do and achieving an outcome for a person who needs help," says Jill. "I think the service that Woking Mind can now offer schools and businesses is a really positive step and I've been happy to help develop it."

Woking Mind's Activity Pack was developed by two Woking Mind volunteers, with assistance from Tormead School, Guildford, to refine it for use in the classroom. It is the first on-line mental health education pack that does not require teachers to have prior knowledge of mental health.

Sports inspiration

A new Woking Mind project, inspired by The Olympics, got underway as members, teamed-up with the Surrey History Centre for their Olympic Project, and visited the Hockey Museum in Woking.

Curator, Mike Smith guided members around the museum and gave them the opportunity to handle and photograph some of the museum's historic items.

The Hockey Museum, supported by England Hockey and the International Hockey Federation, aims to preserve, share and celebrate the rich heritage and history of the sport of hockey.

Long-standing Woking Mind Volunteer, Shirlyn Grover, who is leading the Olympic Project, says: "Our project is still a work in progress. The Hockey Museum visit was a wonderful opportunity for us as it has a vast collection of exhibits from vintage hockey sticks of all shapes and sizes to a really eclectic collection - badges, stamps, first-day covers, clothing and newspapers."

Surrey History Centre Public Services and Engagement Manager Julian Pooley and Learning and Communities



▲ A visit to the Hockey Museum inspires ideas for Woking Mind's Olympics Project

▼ Surrey History Centre's Julian Pooley (left) and Kate Jenner (second right) show the Woking Mind group some items on Surrey's sports history



Officer, Kate Jenner also gave the group a chance to see the some of the Centre's vast collection of sports clothing and sporting memorabilia.

"It was a great chance for Woking Mind members to explore their local history," says Kate. "We want people to get a rapport with the collections we have here at the History Centre and of course they can also add to the collections."

Julian adds: "Surrey has a very strong sporting history. Among the exhibits we were able to show the group that the first records of cricket and Baseball were both in Surrey."

A further extension of the Olympic Project will be a Woking Mind Bedser Walk, in memory of Woking's cricketing legends, Alec and Eric Bedser.

Minders end season with flair

The season ended on a high for Woking Minders who were runners up in the Community Wellbeing Tournament 2016,

The event brought together mental health teams from across the country and Minders marginally lost in the final to Everton, meanwhile, the team finished third in the Surrey Community League.

The appointment of qualified football coach Clive Biggins in February has made a big difference to the team says Nick Harvey, the club's representative who had been leading on coaching as well as playing on the team. He adds: "I'm really happy to pass over some of my work to Clive. Before I was having to do more or less everything and it

was very hard to relate to the team as a player when I was also trying to coach."

Clive, who also coaches for Fulham FC, has created a clear structure for the team, with weekly two-hour training sessions. "The guys are working really well together and I put that down to the good team work and we're looking ahead to a strong season and especially now that we have new kit," says Clive.

Clive, who also works for Reflex Woking, a charity for young people across the borough and for Feltham young



▲ Woking Minders celebrate success

offenders, says: "Football offers an opportunity to socialise, work in a team and helps to improve self-esteem. It also allows players to make their own decisions and builds up their confidence, as well as helping them to keep fit and improve technical skills."



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 or contact our General Manager, Jill Jarvis, on 01483 766998 or e-mail: jill@wokingmind.org.uk