



Herefordshire Disability United Network News

September 2023

Better Mental Health,



We welcome articles from individuals and organisations to promote their stories or interests.
Please contact the Editor..... details on the back page.

Editorial:

The event today entitled Better Mental Health, Less Mental Stress has evolved in an effort to bring together knowledge, and perhaps better working relationship between:

- The Public
- Social Care
- NHS
- Voluntary groups
- Charities which support mental well-being
- Carers and their families

Perhaps this real life story can help explain the need for better understanding.

A local gentleman, I will call him Alan, moved to the area with his wife in late 2021. They settled well, and registered with a GP surgery as most new residents do. After a couple of weeks, Alan wasn't feeling too good, (but couldn't place what was wrong) and went to the GP with his wife hoping to see a doctor. With no appointments available for face to face possible, they returned home.

Later that day, Alan went for a walk around the village, but did not return. His wife became worried, and spoke to neighbours who being concerned set about walking the village lanes to find him. Could Alan have fallen, had a medical episode, or just got lost?

Alan was "away" for around 48 hours, when he was found on foot on the way to Hereford very distressed, by the side of the main road. An ambulance was called and he was taken to Hereford Hospital. The family were notified.

Alan was treated for a mental health breakdown, and after a few days, it was necessary to move him, but where to? Not Stonebow, but a hospital that had room for him to recover. Hereford needed the bed for a physically ill patient. Alan was taken to Cheltenham, where again his case was discussed, as being in need, but not in a place where they were desperately in need of beds for "Sick patients".

Discussions took place with a suggestion **to move Alan to the Isle of Wight!!!**

Alan's wife was already finding it hard to get to Cheltenham, being a non-driver, but miles away, where she was unlikely to get to on her own on the Isle of Wight was ridiculous. Family might rally round, and were already visiting Alan as frequently as possible, but surely that was a bit too far. Eventually, Charlton House in Cheltenham offered a place, but not until much worry and concern was placed on everyone.

Strangely, I asked Alan this week, what was it that helped you most? Immediately he replied "Family". My reply was, "What if you haven't got family living near". Alan replied "I could never have coped".

So my plea, is for better working relationships between partners who offer Mental Health support and provision. I'm sure this one instant is common, but you just don't hear about it, until it touches your life.

That's my thought for the day

The Editor

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Are you feeling vulnerable?
Do you need to talk to
somebody now?



If you are experiencing
feelings of distress or
despair, including those
which could lead to suicide,
you can call
[the Samaritans](http://www.samaritans.org).

CALL FREE ON

116 123

Herefordshire Disability United (HDU) is an organisation that has developed to voice the concerns of disabled people, and to provide a platform where disability issues can be raised and policies developed.

HDU is run by people with disabilities for people with disabilities. It was started in January 2011, and has grown to be an acknowledged organisation representing service users, and their families fighting for a better future and understanding.

HDU take part in consultations to highlight issues that affect persons with disabilities.

Our networking is effective with representation via public sector officialdom, providers and the third sector, local and national businesses to improve their practices and policies.

We are a democratic, non sectarian, non party political organisation, stimulating discussion to improve outcomes for disabled people.

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Contact the editor on 07817
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Contact:
Herefordshire Disability United
welcomes any feedback on
Network News, or any of the
services it provides.

Disclaimer:
The views expressed in Network
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Herefordshire Disability United.

Binding Edge

Barbara's story

At a really low ebb.

No diagnosis of neurological problems so doctor told me to accept that there was nothing physical wrong with me or he would have to send me for psychotherapy. Desperate to get better I told him to arrange it, which surprised him.

He also told my family not to give me any sympathy and to tell me it was “all in the mind.”

Nearing the end of the psychotherapy I was a lot worse and got to envying people in wheelchairs as they could go out, and by then I could not and walking around was such a painful struggle.

Psychiatrist told me he could do no more for me, referred me back to the doctor and ordered a wheelchair. A van pulled up one day and dumped a manual wheelchair in the porch, no instructions how to use it or anything. I used bits of string on doors and a stick to push them open at first. Husband reluctantly accepted that I needed it. He made a little sort of concrete ramp to get the chair out of the front door but it was at a very steep angle and as a consequence I tried to go up it one day on a slight angle and ended up upside down under the wheelchair. I have suffered neck problems ever since.

I hated being seen in the wheelchair and my husband hated having to take it in the car, and was always embarrassed about pushing me and “making such a spectacle of ourselves”.

I felt like a member of a previously unseen “underclass”, nobody spoke to me anymore, just to the person pushing me, and I nearly died of embarrassment one day when a daughter of mine got frustrated at people stepping over my legs to get in front of the chair and shouted loudly, “**wheelchair coming through**”.

I didn't think that I could sink any lower, having to give up driving AND use a wheelchair, and be dependent on the “goodness” of others to take me out was quite humiliating. My social life was non-existent any more.

A chance encounter with a distant relative one day led to me getting a blue badge and from there a Social Services assessment etc. At last I had some help and for me to be able to go out without a family member, (no friends wanted to lift the wheelchair into their cars so I never went out with them).

Then I got an electric wheelchair and, oh joy of joys, the garden was accessible to me again as well.

Things were looking up, I no longer wanted to be ignored so I dressed well and always tried to speak to people first so that they knew I did have a brain and was not just “that poor thing in the wheelchair”, as I overheard myself described once.

All in the Mind!

I was persuaded to go to a meeting run by a group of disabled people and some professionals who wanted to see things change. I was reluctant to go at first as I did not think I would know how to talk to disabled people, as I didn't know any and did not consider myself disabled.

What a revelation!

I met like minded people and so began a very long association with voluntary groups making improvements to the lives of disabled people. I met many new friends and found my life was very full.

I still want to shout out that it's just my legs that don't work very well, but I still have a brain.

I still feel hurt when people say that they could have ended up in a wheelchair like me if they had not been determined to avoid it. Worse still were the people who thought I just needed to try harder. My doctor, whom I thought understood my condition, suggested that I might get rid of the chair if I went to a health farm for a couple of weeks.

Even my mother asked if I really needed to use the chair when she was organising a family gathering. I then found out that she had not told most of the family that we didn't see very often that I did use a wheelchair, as if it was something to be ashamed about.

Not ever having had a diagnosis is one of the problems as a lot of people can't see that there is much wrong with me and I always try to make the best of myself and just don't go out if I feel unwell.

.....

Barbara's story is one she wanted to share with everyone.

It demonstrates how family and friends can react when "You don't fit in their lifestyle", with little consideration, to how one needs to adjust when circumstances change. Its both a physical and mental adjustment.

However, people such as Barbara, and those who have grown up with different bodies to standard, need to be heard. Their experiences and strong attitude to living a good life, is essential. Being heard, by those who provide our services, by feeding back issues, and hopefully seeing appropriate improvements.

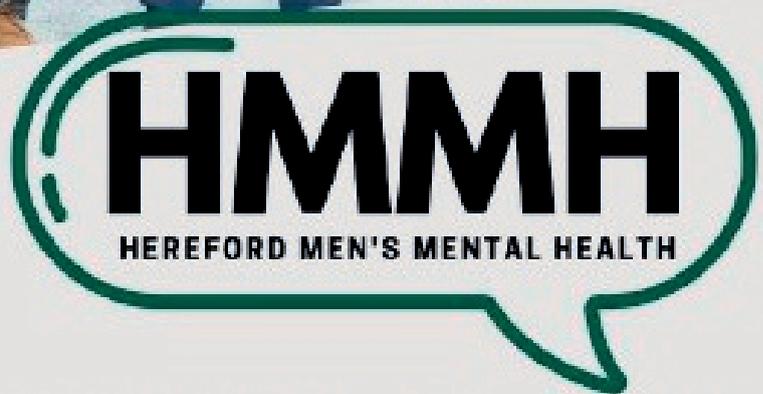


Binding Edge

Hereford Men's Mental Health group



#itsoktotalk



**A PLACE FOR MEN WITH MENTAL ILL HEALTH,
OR AT RISK OF MENTAL ILL HEALTH TO MEET
AND SUPPORT EACH OTHER**

**Meeting every 2nd & 4th Mondays
of each month, 5:30 - 7:30pm**

**United in the Community (UITC) Building,
Victoria Park, Hereford, HR1 1AW**



Refreshments



Support & Advice



Games & Activities



Outings & Events

Come and join us...

**It's relaxed, it's welcoming, it's free,
it's for men of all ages and we laugh.**

@HMMHgroup 07376 727280 HMMHgroup1@gmail.com

Carers of Herefordshire



CARERS OF HEREFORDSHIRE

- Are you an unpaid Carer living in Herefordshire?
- Do you look after an ill friend relative or neighbour?
- Or in receipt of Carers Allowance?

If you answered yes to any of these questions you are a Carer!

Join us for FREE!

Contact us on:

carersofherefordshire@outlook.com

Find us on our website:

www.carersofherefordshire.org



This is the recently formed carers group in Herefordshire. In fact its now a registered charity, which has been relaunched and doing a brilliant job.

They have many members, in all areas of the county, who are offered a variety of support and clubs to cater for a diversity of needs.

There are groups in:

- Bodenham
- Hereford,
- Ledbury,
- Leominster,
- Golden Valley
- Ross on Wye.
- The Crafty Carers
- Rejuvenate
- Neurodiverse Carers

There are weekly on-line Coffee Mornings, each Wednesday 10.30—Noon on Zoom.

Try the Crafty Carers Group, which meet every 3rd Friday at Hinton Community Centre from 10.30—12.30.

You don't need to book, but further details from:

carersofhereforshire@outlook.com or call: 07921 843171

It's a simple craft session, with coffee and cake. Bring your own craft to do, if you have a project to finish too.

Just come along with your person for whom you care, or come alone if you wish.

You will be most welcome at any of the groups.

Many Carers have been meeting up like this through their caring years, and then stay on, just to help or to continue the friendships they have built to get them through those difficult times.

**CARERS OF
HEREFORDSHIRE**

Carers Gardening Group

@ Hinton Community Centre

10:30-12:30

Every 3rd Thursday and 4th Friday of the month

Join us in the garden for a morning of gardening, learning new skills and chatting with a coffee and biscuit.

A testimony from Rita

I experienced the impact of mental distress throughout my childhood. This was because of the state of my mother's mental health.

My personal distress began when my parents split up a few months before my 16th birthday. There was more when my first child was born which resulted in me being unable to have more children. We adopted our second child who came with much of her own mental distress which had a large impact on the rest of our family and we had to go to extreme measures to get any support.

Then I developed a food intolerance, the symptoms of which I could see my GP was putting down to a mental health issue. I stopped going to the GP about it and had the good luck to find the cause by chance.

Just as I was regaining strength, having sorted out the food intolerance, I was diagnosed with the genetic condition my father had and registered partially sighted. I had previously been told that I would not have the condition.

The biggest impact of this was that I could no longer drive, no longer take my children to activities and on days out. Also, I couldn't go back to work.

If Access to Work existed then, no-one told me about it. In fact, no-one told me about anything that was available

I did get a liquid level indicator from the Rehabilitation Officer however, and a visit from a Social Worker, the point of which escaped me.

Organising life took up a great deal of time and there were considerable frustrations along the way. In due course, I was registered blind and, again, given no information. When I received a copy of the form, my husband looked through it and told me there was a question about whether or not I needed any psychological intervention. Apparently, I did not. But no-one asked me or even mentioned the possibility.

Looking back, what stands out to me is that no-one ever broached the subject of my mental health with me. No-one gave me any information. I had to search everything out for myself. It can be very difficult to find something when you don't know it exists.

The one advantage that I think I did have is that I knew that a good life was possible when you are vision impaired because my father had a good job and I met friends of his who also did. I was also lucky in that my family and friends (mostly) didn't treat me any differently. I know others who have families and friends who just don't understand and whose 'friends' have deserted them.

Some people, when told they have lost some sight or will lose some sight, are afraid to leave their homes and feel unable to do anything without help. Post Covid, there are some vision impaired people who have simply not got back out into the world.

Emotional turmoil as sight is lost

However, most things are possible with adjustments and sometimes it's other people who have to make those adjustments. Sometimes, they are not keen to do this even when legally obliged to do so and this is the situation most likely to cause me to have a meltdown.

I have had several courses of counselling, through the RNIB as there is nothing available through the NHS in Herefordshire with counsellors who have an understanding of the impact of vision impairment. The need for all been triggered by other people's reaction and attitude to someone with a different way of accessing information. Everyone dealing with people who are vision impaired should be aware of the emotional impact it can have. And to actually mention it now and again. A little acknowledgement can go a long way.

RITA

Rita says to write this article "I type quite quickly so the first draft is me 'thinking' on to the page". I then have it in my head and edit it into a second draft. Because I'm not yet set up with a screen reader on my desktop, I then copy it into a draft email which is later deleted and never sent anywhere. I then read the draft email content with VoiceOver and change anything I don't like on the Word document. I can still read very small amounts of text on my desktop which is set up to show large print in reverse colourway (white on black). Then I run the spellchecker, read through again in another draft email. If I'm happy, that's it. If not, around we go again."

Rita is a member of the Making it Real Board, who makes a difference

Info below from John Eden the CEO of Vision Links

Herefordshire Vision Links, previously known as Herefordshire Association for the Blind, is situated on Widemarsh Street in Hereford. It is staffed by a team of five, two of whom are fully sighted.

On entering Vision Links, you come into the Resource Centre which is full of gadgets and equipment designed to help people with a vision impairment get on with their lives independently. Here you will find advice, information and understanding as well as the equipment you might need from talking watches to magnifiers and lots more besides. Much can be done with the use of technology and one to one sessions can be booked to help you get to grips with it if you need help to use it.

There are various activities run by both staff and service users at Vision Links including coffee mornings, lunch club, book club, craft group, weaving group, cinema group plus occasional social get togethers such as food tasting sessions, annual BBQ and visits to exhibitions and places of interest. All these activities provide something of great importance to someone living with sight loss – the opportunity to talk to other people with a vision impairment.

Experiences and ideas can be swapped and advice sought informally and without having to try to explain anything as everyone knows what you are talking about.

Seeing others coping can give you the confidence to try something new for yourself.

The CLD Trust



THE CLD TRUST WHO ARE WE?

The CLD Trust is a local charity providing fully qualified mental health therapy for children, young people and families across Herefordshire – and we've been doing so since 1994. This could be various forms of counselling, CBT (Cognitive Behavioural Therapy) or Systemic Family Practice. Young people can still be referred by their GP but can now also self-refer via our website www.thecltrust.org and each year we get around 2000 referrals – always a challenge for us as we don't charge for our service.

We support children and young people (9-21) with anything from phobias and school worries to abuse and witnessing domestic violence, and we work as closely as we can with local communities and other organisations providing support.

Since 2015 we have also been delivering our early intervention and prevention programme Strong Young Minds for 10-26 year old young people.



www.strongyoungminds.org

This looks at the early stages of mental distress as well as promoting good mental health. We go into schools and communities working with young people themselves.

We have various roles in the team –

- mental health youth workers (providing support with activity focussed on mental wellbeing)
- personal advisers (providing low level mental health support and confidence building wherever a young person needs it)
- participation workers (supporting young people to drive campaigns in their own communities).
- A fully qualified counsellor who also co-ordinates the team

Strong Young Minds is now running an outreach programme, out and about taking their skills to support youth groups and activity around the county. We go and support the groups each week and are there for young people to talk to and to get involved with activity focused on good mental health.

So far we are in Colwall and Peterchurch and have helped the Hope Centre in Bromyard to set up a group.

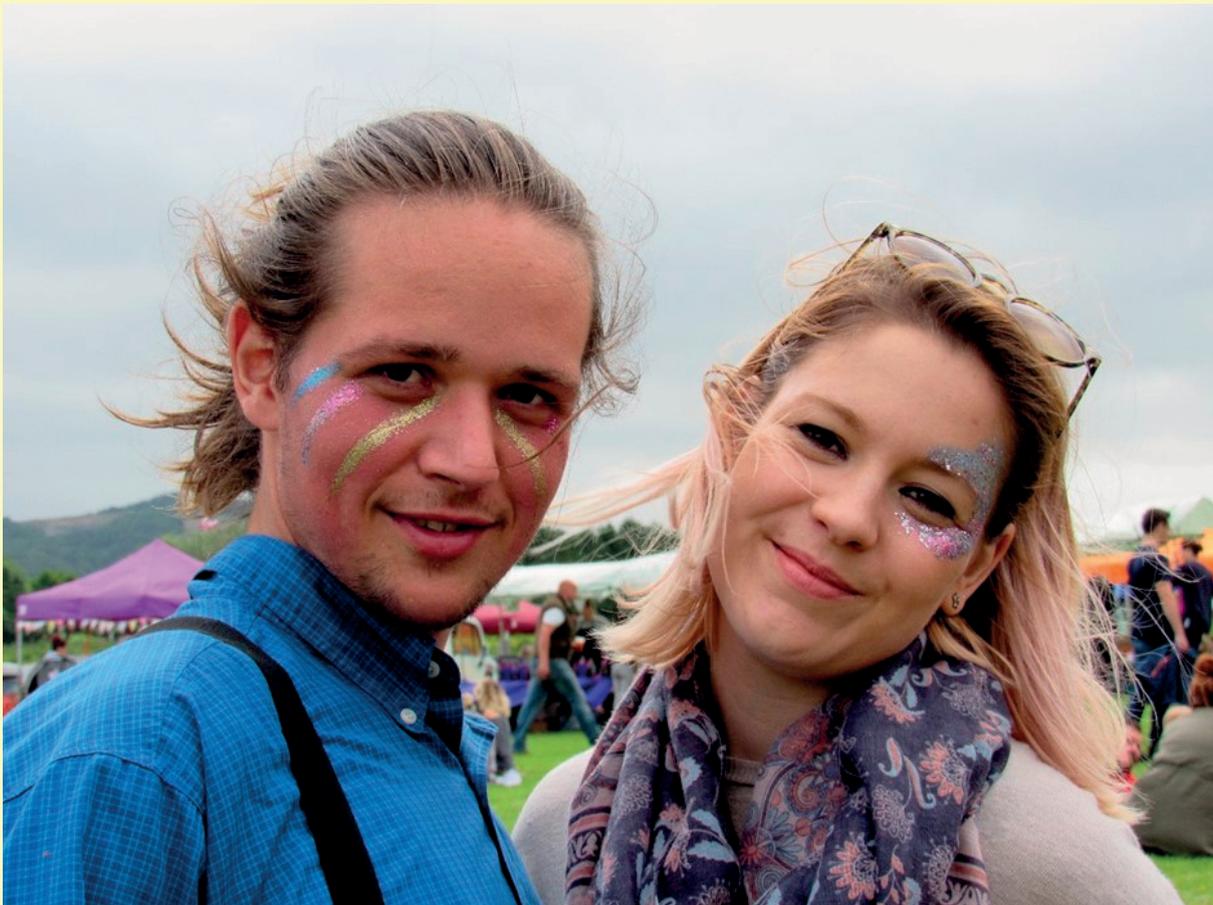
We'll shortly be working in Ross at The Basement and doing some sessions with Close House and will be making connections elsewhere.

Mental Health Therapy For Children

At the moment we are also providing therapeutic support for some adults, through a short-term contract with the NHS in Herefordshire, who have contributed funding support for children and young people for several years.

And we are involved in other aspects of work across the county, including upskilling our team on working with young people with autism. We already see quite a number of young people who are neurodiverse and we have always been keen to ensure we are as fully skilled and inclusive as we can be. We have two accessible counselling rooms and try our hardest to accommodate the needs of the people we support.

We're here for everyone.



If you would like to know more about The CLD Trust, whether it is our therapeutic work or our Strong Young Minds programme, take a look at our website.

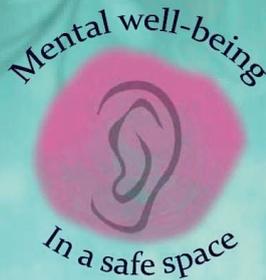
Or you can contact Alex Fitzpatrick

alex@thecldtrust.org for a chat.

The CLD Trust was originally set up as a Youth Counselling Trust, it now provides counselling and other talking therapies to children, young people and some adults.

Ross on Wye Mental Health Support Group

*"A broken crayon
can still draw
beautiful
pictures."*



*"Lets show the
world that no
matter what the world
throws at us,
We have got this."*

Mental Health Well-Being Support group

Open sessions:

Monday 9:30 - 11:30 Thursday 18:30 - 20:00

Friday 11:30 - 13:00

At St Mary's Church Hall, Ross-on-Wye

Contact Laura Pugh: 07802672278

Sponsored by:

Simon's Taxis and Nick
Maddy Coaches
01989 568629

Serenity and Healing
kellymathews83@outlook.com
07368922071

Nigel's Windows
brandonsalter17@gmail.com

Please take care of you.

In September 2021 I had a brainwave idea (at two o'clock in the morning whilst taking the dogs out for a wee - the best time to have a eureka moment).

Because as harsh as it sounds unless you have experienced mental health issues then you don't fully understand mental health.

So hence was born:

The "Ross On Wye Monday morning mental health support group".

There is now a group of 15/20 of us who sit in a square, drink coffee, eat chocolate biscuits and discuss our week whether it be good or bad.

We can talk about bipolar or the price of doughnuts In Sainsbury's.

It doesn't matter as we're around like minded people who know why we're there so

don't necessarily have to talk about our health.

And mainly it's to let us know that we are not alone.

The group is now held three times a week, every session is completely different and we're like one big family.

I have local funding so it costs nothing to run.

Apparently it's the begin of my world domination and I should start a franchise.

Joking aside it's not a bad idea.

We should have a group like this in towns and villages all over the country. And it's as good for me as it is good for everyone else

It's so very true. It's so good to talk.

Laura Gren

Money worries cause anxiety — The YES Solution



The free Herefordshire service promoting healthy minds and healthy homes Herefordshire residents can now benefit from a zero cost, confidential energy advice service offered by community interest company YES Energy Solutions.

Funded by Herefordshire Council, the service will support you through the fuel crisis, offering guidance that promotes positive financial, physical, and mental health.

YES' energy advisors will send you a free parcel upon enquiry, containing realistic, informative leaflets and energy saving freebies to help make initial savings of up to £500 on annual energy bills.

You can then choose the level of support to suit your individual needs and financial circumstances, with advisors on hand to offer personalised guidance such as: Income maximisation.

Referrals to mental health and social care services to help manage concerns such as debt, cost of living anxieties and isolation.

Referrals to home energy upgrade funding (subject to availability).

If you opt into the service, you can rest assured you are in safe hands, with our patient and friendly advisors prepared to support customer through the worrying effects of high fuel prices.

If you are interested in getting involved, please get in touch with YES Energy Solutions when you feel ready. The service is 100% free of charge and no commitment is required.

Call YES Energy Solutions on 0800 677 1432 or visit the website to find out more:
www.yesenergysolutions.co.uk/schemes/keep-herefordshire-warm/

A rural point of view

This info is from a resident over 65, of very sound mind but with profound disability, who is aware of her limited options which have decreased since Covid lockdowns.

Ann says: What I do now to maintain good mental health:

Getting ready for bed includes tidying up the room putting books away etc then sitting comfortably reading good books or looking at pictures (Delivered library services delivers up to 16 books every 6weeks). My choice includes poetry and illustrated books mostly travel, collections of post cards etc for 30-40minutes. Next, going over my day sorting out what went right what went wrong and why. Being thankful for everything, my meals, the folks who help me with my life style - Carers, my daughter. If the heating is going down, I do the following in bed with the light off .

10 deep breathes say the Lord's Prayer taking a deep breath at the beginning of each phrase tell myself I am going to sleep.

At the beginning of each day I tell myself this is going to be a good day(positive frame of mind).

When I start to have a fed up feeling, or thoughts I look out of the window at the clouds, wondering how they move, where they will go, where the wind will move them. I watch the light changing the view- I cheer up after about 5mins.

Many years ago I became a volunteer Tutor for the "Expert Patient Programme"-EPP. The syllabus was devised and written by Kate Lorig of Stanford University USA after research by her and her students. The only qualification for becoming a Tutor was to do the 6 week course, then show you were using it successfully to improve your management of your health conditions.

The original course syllabus proved very effective, I remember at a Tutors meeting being told that the syllabus was to be adapted for Mental Health. Euan McPherson was involved in setting up EPP in Herefordshire -I think he is still around working with SIL based in Leominster.

(Note from editor, Euan set up the Hereford Men's Mental Health Group).

Since the first Lock down none of the events that used to happen seem to have started up again, especially transport. I know there are plenty of adverse risks like finance availability of personnel to drive and help.

Problems are here to be explored, using EPP formula, to be solved.

Prevention of any disease be it physical or mental is cost effective.

The balance between active prevention and reactive treatment needs to be restored. COVID is not the deterrent it was and has now become part of the problem.

With disabled people of all ages, the powers that be, tend to treat us in isolation from our caring families.

(I am aware that the easiest option for families is to abdicate their Caring responsibilities to Local authority, NHS any charity etc).

This is bad practice for everyone especially the person with any lifelong condition be it disease or age related.

A rural point of view continued

Actions my daughter and I would like please that we feel would help me maintain my independence and give her more time to live her own life. [This applies to others too!](#)

Transport to an inclusive event like a lunch club with a few hands of whist, bingo, scrabble etc before or after a reasonably priced lunch.

To the Courtyard to see a short film-with subtitles and a modern loop system compatible with blue tooth hearing aids in the Studio, with the seating pushed back To be inclusive of all ages groups.

Trip out in a suitable vehicle with others to a very local area -Dinmore Hill Ross or Hereford by the river, each person bring a picnic.

Carers may be needed to help. Most Care Homes have their own vehicle or access to one suitable for powered wheelchairs.

YES I have compromised mobility and use an all terrain powered wheelchair and am identified as severe to profoundly deaf- with a lot of help from Action Deafness I can enjoy TV Radio and CD's.

I have Higher rate attendance allowance most of which is used to keep my disability car on the road -tax and insurance tyres fuel etc.

My Daughter bought it for me -with a loading ramp for my chair.

Being over 65 I don't qualify for a disability car. Being exempt from road tax would help also fixed price insurance at a reasonable rate, equal to cost of 'free' pensioners bus pass.

Ann Stoakes

The Samaritans

We're here for you

Whoever you are, whatever you're going through, we're here to listen.



CALL FREE ON 116 123
Don't wait until it feels too much
You don't have to face it alone



What happens when you get in touch?

A volunteer will answer

We are trained volunteers, ready to listen.

No judgement

You can talk to us about anything, whoever you are, whatever life's thrown at you.

No pressure

We'll just ask what's going on for you and help you talk it through.

Let it all out

If you get upset and find it hard to talk it's OK, we'll stay until you're ready.

It's your call

We won't make decisions for you, we'll give you space to find your own way through it.

Binding Edge

Where can I turn to next for help?

The following information has been given to me by a colleague, who has a middle aged daughter, and since late teens has been affected by mental health trauma.

I will refer to the daughter as X.

X was not correctly diagnosed for many years, therefore treatment was not given causing X to self medicate. This led to the inability to hold down jobs. After many years of volunteering, X did get a job and worked for a few years but found it too stressful. Some autistic tendencies seem to be apparent as well.

X has not been diagnosed with Autism, and for many her age, it wasn't considered, especially being female.

Over the years there had been numerous suicide attempts which led the colleague to look into help from further afield. The colleague was referred to the Anna Freud Centre and did a course which helped her to support X. The Anna Freud centre also gives advice for carers of people on the autistic spectrum.

(X is moving forward and learning skills to help her cope with life, but a suicidal attempt was made late 2022).

The Anna Freud Centre suggested specific reading before she enrolled on a course (via computer) held in London. It was the first time some progress was made, using this technique:

Check out this course and see what's available:

ABIT (Adaptive Mentalization Based Integrative Treatment) is an approach to helping people who have multiple needs, who often present with significant risks, and for whom using and accessing "conventional" forms of help, may be particularly challenging.

The AMBIT programme provides consultation, training and supervision to teams or whole-systems working with a range of age groups in, in a range of settings:

- Health
- Social care
- Youth provision
- Education and justice

The Editor

These are the details:

<https://www.annafreud.org/about-us/who-we-are/>

Phone: +44 (0)20 7794 2313

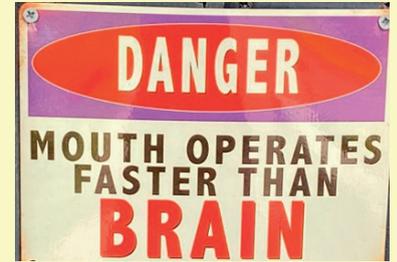
E: info@annafreud.org

Fred

A neighbour of mine (I'm calling him Fred), after suffering a "Shower Stroke" found he could not communicate as previously, due to the onset of Aphasia. He knew what he wanted to say, but the words were muddled.

Sometimes he found an alternative word with similar meaning, but mostly, the right word was lost, as was any sense in each sentence!

A friend posted this notice on Fred's gate, and Fred likes it



Fred, was so frustrated, could no longer drive, write, or do everyday things for himself.

At the time Fred lived in South Gloucestershire, where his GP suggested VitalMinds, a service they provide for various conditions including mental health changes.

This is what Vitalminds website says:

We all experience difficult times when we feel like we can't cope. These incidents can affect your everyday life and prevent you from leading a normal life. If you are suffering from depression, anxiety, post-traumatic stress disorder, excessive worry or low mood, then **VitaMinds** can help.

VitaMinds works in partnership with the NHS to offer a range of short-term Talking Therapies known as IAPT (Improving Access to Psychological Therapies) to adults 16-years and over, who live and are registered with a GP in Bristol, North Somerset and South Gloucestershire.

VitaMinds is a **FREE service** and you don't need to visit a GP to get help – the options for referring to the service are shown below.

Patients can self refer, by using a form online, when one can use a:

- Digital assistant
- On-line form
- By phone

The form has two sections, Clinical and Referral, which when complete, allow you to reach the most appropriate person/ section of help. It covers various mental health conditions, but not crisis.

Would this idea work in Herefordshire? Certainly Fred feels it would, because it was this which enabled him to gain some normality again.

For further info and ideas of the six week courses they run check out their website:

<https://www.vitalhealthgroup.co.uk/nhs-services/nhs-mental-health>

red moved to Herefordshire about two years ago, and is able to drive again.

But because of his way of speaking is unable to get a job.

He has both good and bad days, and embraces a renewed life, all because he was in the right county to provide appropriate support to improve his mental wellbeing, whilst he recovered from ill-health.

The Editor

The Safe Haven



The Safe Haven is open to anyone over the age of 18 experiencing a crisis or in need urgent support with mental health. The Safe Haven is a safe and friendly place that you can come and access mental health support and advice.

The Safe Haven Team are warm and welcoming and will provide empathy, support and safety to anyone experiencing high emotional distress and/or suicidal thoughts. They will offer you a safe space, a respectful listening ear and an exploration of coping strategies. As well as offering support, they will be able to refer and direct you to further services if you need them.

The Safe Haven telephone and email support service is available every evening, 7 days a week, from 5pm to 10pm. The Safe Haven phone line is 01432 372407 or you can also email the team at safehaven@herefordshire-mind.org.uk.

Herefordshire mind run a wide range of **Community Groups & Activities**, including art and music. You can find the details on our website. If you're interested, please call on 01432 271643 or email info@herefordshire-mind.org.uk.

Counselling Service. Thanks to our sponsors, Eveson Trust, Schuh Trust and others, we are able to provide a counselling service to anyone over the age of 18 living in Herefordshire who needs help managing their mental health. In partnership with Herefordshire and Ludlow College and others, we use counsellors who are qualified or working towards the Foundation Degree in Counselling (level 5). We have limited capacity, and every referral is assessed as we aim to ensure you receive the right kind of support but if we find that the service is not quite right for you at this time, we will help you access other suitable services. We will make a small charge for the service of £5 per session and the sessions will run for a minimum of 6 sessions to a maximum of 12 sessions subject to a review with your counsellor. You can find the details on our website. If you're interested, please call on 01432 271643 or email info@herefordshire-mind.org.uk.

Link Workers. Working within the neighbourhood mental health teams alongside clinical and other mental health services, Community Mental Health Link Workers can guide people with mental health problems through local voluntary and community services as well as local health, social care and other services and support them to:

- Manage their own health and wellbeing using tools and strategies that help them live well.
- Connect with specialist support services such as housing or money advice.
- Make connections in their local community with support groups and activities.
- Increase confidence and resilience by meeting new people and building friendships.
- Meet other people who have had similar experiences for mutual Peer support.

Mind Herefordshire

Over the last 12 months the peer support work that Herefordshire Mind is delivering across the community continues to grow Current Peer Support Groups and Activities across Herefordshire Mind:

- CENS (Complex Emotional Needs) Peer support 1-1 and groups
- Link worker Led Peer support groups
- Safe Haven Peer Support groups
- Early intervention Team – Family and Carer peer support.

We at Herefordshire Mind want to provide a voice for those with lived and living experience of Mental Health issue and provide a space where people can feel comfortable accepted and understood. Many of our staff team have living experience and our able to use that experience to share and support others.

The Community Support Team provides flexible, recovery focused support for people with mental health problems living in the community. Our support packages can be offered from between 1 hour per week to 24 hours per day and can include a sleep-in service. Our aim is to provide people with a support package that enables them to feel safe & supported so that they can move forward, set new goals, learn new skills and do things enable them to live a fuller, more satisfying & independent life. We can support people who already live in the community or who are making the transition from hospital or other rehabilitation/care provisions, back to their own accommodation where the current level of support may not be sufficient. For more information, please call Sarah Simpson on 01432 275380 or email sarah.simpson@herefordshire-mind.org.uk.

Housing in Mind provides accommodation for people who may require a little extra practical and emotional support to maintain and sustain a tenancy. We provide a range of bedsits or shared flats in Hereford and offer support on an appointment basis 7 days a week, with a night concierge service between 7pm-3am. It is expected that most people will use the service for no more than 2 years although we recognise that some people may need longer. The aim of our housing is to support people to gain the skills they need to live independently and maintain a tenancy, e.g. support with paperwork, budgeting, shopping, cooking, as well as emotional support, enhancing confidence, developing social networks and managing the physical and mental wellbeing. For more information contact us on 01432 271643 or email info@herefordshire-mind.org.uk

Mental Health Training We've delivered training to a wide variety of organisations within Herefordshire and beyond. Our track record locally – and our ability to draw upon national learning – means we bring local knowledge along with focused mental health expertise to the training we offer. We can come to your premises, or we may be able to host you at Heffernan House in Hereford if you have a group of 15 or less. We can also run sessions during evenings and weekends if that better suits the needs of you and your team. We offer both mental health awareness and workplace wellbeing training. For more information, please contact David Harding on 01432 372404 or email david.harding@herefordshire-mind.org.uk

Useful Contacts

HELP FOR FARMERS
 We are Farming Minds
 Kings Pitts Farm,
 Kingsthorpe, Hereford,
 Herefordshire, HR2 8AQ
HELPLINE 0808 802 0070
 Text 07786 203 130

MIND HEREFORDSHIRE
 The Safe Haven
 phone line is 01432 372407
 email the team
 at safehaven@herefordshire-mind.org.uk
AVAILABLE

7 days a week, from 5pm to 10pm.

CRUSE HELPLINE
 Our volunteers are trained in all types of
 bereavement and can help you make
 sense of how you're feeling right now.
 0808 808 1677
OFFICE HOURS
<https://www.cruse.org.uk/get-support/helpline/>

SHOUT CRISIS HELPLINE
 Text "SHOUT" to 85258 to contact
 the Shout Crisis Text Line,
 OR
 text "YM"

IF YOU ARE UNDER 19

Campaign Against Living Miserably
 (CALM) is leading a movement
 against suicide.
HELPLINE on 0800 58 58 58
 5pm to midnight,
 365 days a year.
CHATBOT ALSO ON
<https://www.thecalmzone.net/get-support#open-calmbot>

SAMARITANS

If you are experiencing feelings of
 distress or despair, including those
 which could lead to suicide, you can call
 the Samaritans.

CALL FREE ON 116 123

If you are worried that someone who calls
 you may be trying to steal your money, and
 not be a real bank employee, then stop
 talking to them,
 and put the phone down

Call 159 immediately
 It works on a landline and mobile,
 You don't need to go digital

<https://stopscamsuk.or.uk>

Network News is produced by Herefordshire Disability United,
 c/o 39 Lea Villa Residential Park, Lea, nr Ross-on-Wye, Herefordshire, HR9 7GP.
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