



for better mental health
South
Somerset

Community Newsletter

July
2017

SS Great Minds row their way to success!



Staff and volunteers from South Somerset Mind competed in the dragon boat competition at the annual Sherborne Castle County Fair on 28th May!



Participating in 3 head to head races, the crew rowed their way to an incredible 6th place out of 16 teams overall, winning 2 of their races, and raising at least **£325!**

A massive thank you and congratulations to all who took part, despite the soggy weather, a fantastic effort!

We will be at The Yeovil Show at Yeovil Showground on 15th/16th July, so if you are planning on attending, please come and visit our stand!

Monday 8th May saw our Charity Day at The Gateway Church Café in Yeovil raise at least **£580** for South Somerset Mind. A huge thanks to The Gateway and everyone involved!



DATES FOR YOUR DIARY!

Arts & Crafts Display
Weds 12th July
10am—1pm
The Quedam, Yeovil

Barclays Digital Eagles
Weds 19th July
11am—12pm
Community Drop In
Methodist Church,
Vicarage Street, Yeovil

Poetry Corner
Tues 1st Aug
2.30pm—4pm
Sienna Café,
10 High Street, Yeovil

Poetry Corner
Weds 30th Aug
10am—11am
Community Drop In
Methodist Church,
Vicarage Street, Yeovil

Fire Brigade Visit
Weds 20th Sep
Community Drop In
Methodist Church
Vicarage Street, Yeovil

Our Vanessa Project gardeners taking a well earned tea break using our newly purchased table and chairs!



COMMUNITY DAY DROP IN WEEKLY ACTIVITIES

	10am—11am	11am—12pm
1st Wednesday of each month	Arts & Crafts	Fundraising Meeting
2nd Wednesday of each month	Jewellery	Kamera Club (Photography group)
3rd Wednesday of each month	Container Gardening & House Plants	<i>Various activities</i>
4th Wednesday of each month	Crochet & Knitting	Kamera Club

Please send us your original work to go into your newsletter at glenn.northcott@southsomesetmindmind.co.uk



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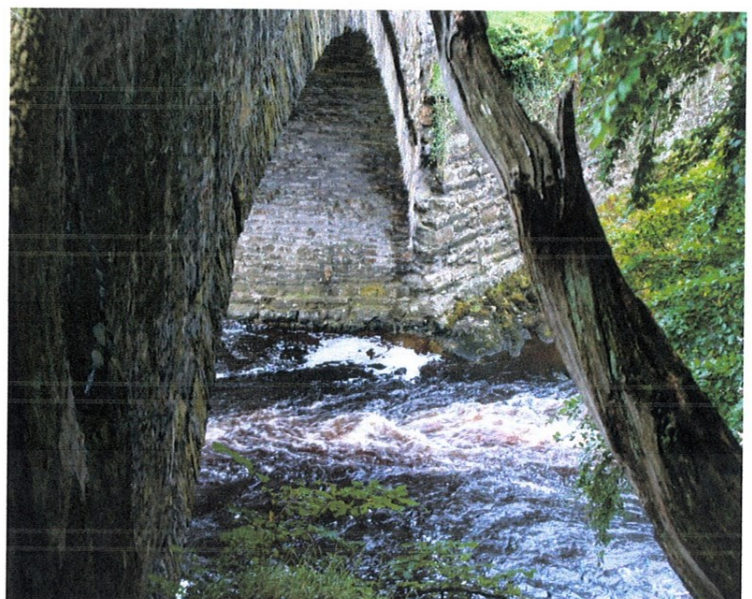
Registered in England 05868369.
Charity No. 1122029.

WHAT IS MENTAL HEALTH?

Its loads of things . Everyone is different . that's why people who haven't had it bad don't understand, there are different types .

Just because you can't see it doesn't mean it's not there.

You know the feeling you get when your stressed and nothing is going right ? Times that by 50 plus but some people can cope with it but some people cant. That's when you need help , its not easy , people ask for help in so many ways like taking drugs or drinking to self harming and more. its a way of coping . its a way to express your feelings witch a lot of people find it hard to say, people don't understand because they cant see it not like a broken leg and so on . you might feel ok one day or week but not the next it never goes away but you can learn to control it with help from family and friends , your doctor and mental health team , but you're constantly fighting a battle with yourself.



BY
Jennifer Cullen