

Wellbeing Column

Announcements

Spring 2018 edition

Join us for the Driving Challenge 2018

Sign up* and join us for the Driving Challenge at Henstridge Airfield on 30 June 2018 to raise money for South Somerset Mind. The event will start at 1000 and will finish at 1600 with a BBQ lunch and refreshments. Plenty of parking available. You will have the opportunity to test your driving skills on a number of different vehicles from tractors, foragers, forklift trucks, coaches, lorries, off-roading in 4x4s to driving a new Mini. Bring your families and friends along to cheer you on as you pit your wits and driving skills against other competitors for a chance to win a flight in a TB10 aircraft from the airfield that afternoon! Other prizes will include a tour of the Ariel Motor Company and a ride in one of their amazing cars, free entry for a family (up to 4) to the Haynes International Motor Museum or a ride in a 1927 Model T Replica. There will also be a raffle.



*As well as paying the entry fee, please also consider being sponsored through setting up a fundraising page on Virgin Money Giving or JustGiving to easily collect your sponsorship money for South Somerset Mind.



Ready to sign up? You'll need to go to:
<https://www.fullonsport.com/event/south-somerset-mind-driving-challenge/profile>



Pewter Workshop

The Vanessa Project embarked on a fantastic pewter workshop at Ninesprings park. A wonderful activity which had a positive impact on service users well-being and mood.



Our Vanessa Gardening Project meet every Tuesday at 11am at St Marks Church, Yeovil, BA22 8UX. If you'd like to join, please give us a call on 01935 474875.

Music for the Mind 2018

Music for the Mind 2018 has two goals: to raise much-needed funds and to raise awareness of the stigma that's sometimes associated with mental illness. Music for the Mind is a fundraising initiative that was first conceived in 2008 by Bristol based business man, Richard Lowe, as a Corporate and Social Responsibility for Hewlett Rand in memory of his brother, James who took his own life following a period of mental illness in 1998.

During 2018, twenty years following James's untimely suicide, Richard's ambition is to now create a longer-term legacy project from the Music for the Mind to support local Mind charities and to encourage others to get involved and organise their own Music for the Mind events. If you want to organise your own Music for the Mind event on behalf of South Somerset Mind please go to the following link:
<http://www.southsomersetmind.co.uk/music-for-the-mind.asp>



Upcoming Music for the Mind Events!

Friday 8th June:
Open Mic Night at the Quicksilver Mail, Yeovil. To enquire about performing please contact us via our Facebook page or call 01935 474875. Tickets £5 adv, £7 on the door available from YEOVIL MUSIC, WATERLOO GUITARS and THE SOUTH SOMERSET MIND OFFICE.

Saturday 15th September:
Charity Concert at Cedars Hall, Wells. Featuring: Georgia Box and Vocal Works Gospel Choir. + more acts TBA! Tickets £30 available from the box office on 01749 834483.



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Employer Symposium

There will be a symposium for employers on mental health ahead of the Music for the Mind concert at Wells on 15 Sep. More detail to follow. If any employer is willing to speak that would be good to give their perspective on how they deal with mental health issues amongst their employees!



Developing Corporate Partnerships

Our fundraising manager, David Fields, received a cheque of £1045.92 from Claire Rowsell of Protexin earlier this month. Protexin have been fundraising for us, whilst we have been providing our brand new mental health awareness and wellbeing training for the Protexin staff. This training has been very well received by all those in attendance. We look forward to strengthening our Corporate Partnership with Protexin and other local businesses.

If you or your organisation are interested in building a corporate partnership with us; or in our mental health awareness training packages, please contact at david.fields@southsomersetmind.co.uk



Thank You



Thank you to Somerton Town Council for your generous donation of £150. Pictured right: Our Community Fundraising Manager, David Fields with the Head of Somerton Council, Dean Ruddle.



Thank you to Sasha Clift and all involved at Cordero Lounge Frome for fundraising an amazing £896 for us through their cake sale, party for the kids, tombola and bungee jump.

Cordero Lounge have also organised a speed dating evening on April 19th in aid of South Somerset Mind. For further details please visit Cordero's Facebook page!



Thank you to Nicky Deady for raising £255 through running the Yeovil half marathon for us! Well done Nicky!

Thank you to Tiffany Lee and all at Frome College for their Fashion Show on 16 March.





Thank you to Beth Jackson for raising £240.30 for us through cutting all of your hair off!

Need help now?



MINDline: 01823 276892 (8pm-11pm only)
Samaritans: 116 123 (24 hours a day)
South Somerset Mind Office: 01935 474875 (9am-5pm)



 SouthSomersetMind
 SSomersetMind
Email: info@southsomersetmind.co.uk

Feeling suicidal?

Concerned about self-harm?

You can go to your local A&E or call 999 at any time of the day for help.