

Wellbeing Column

Winter 2018 edition

Announcements

Hardy Appeal

A Bridge Tea event was held at the Tithe Barn, Symonds-bury on 18 Jan in support of the Hardy Appeal which was launched last summer.

The appeal is seeking to raise funds to establish mental health services most notably in support of young people and farmers within the region.

36 people attended the event and raised a little over £1000.



10 years of our Vanessa Gardening Project!

Faces new and old gathered on 14th November 2017 to celebrate

10 years of our fantastic Vanessa Project. Braving the cold, everyone was treated to homemade cakes, hot drinks and a collection of photos of the project down the years.

The Vanessa Project meet up every Tuesday from 11am to 1pm at the allotments on Chelston Avenue, Yeovil.

If you would like to join our friendly allotment group, please call the South Somerset Mind office on 01935 474875.



New Community Fundraising Manager

We are excited to announce that we have appointed a new Community Fundraising manager. David Fields has joined us after retiring from a 36 year career in the Royal Navy. David is committed to helping people in our local communities suffering from poor mental health through a coordinated and effective campaign of local fundraising to support our excellent team here at SSM. Please contact him with any fundraising events you are planning and for further information on ideas and ways to raise funds for SSM.



A Boost for Youth Matters

We are delighted to announce that we have recently secured a grant from St James Place Charitable Foundation for £10,000. We plan to develop our services for young people with this. Our Youth Matters' young person's project is available to young people aged 14-18 in Frome, Yeovil & Chard. Individuals accessing this service will be provided with one-to-one targeted mental health support in a warm, safe environment. Group sessions are also available.

If you want to talk to someone or know a young person that might benefit from being supported by one of our experienced and friendly youth project experts, please call 01935 474875 or go to www.southsomersetmind.co.uk for

further information and to download a referral form.



Fundraising Volunteers Needed!

Do you have some spare time? Do you want to use that time for the benefit of others? If so, we have some exciting fundraising volunteer opportunities for you. In 2018, we plan to run a number of fundraising events which we would love you to get involved with. No experience necessary! Please call us on 01935 474875 or e-mail David at david.fields@southsomersetmind.co.uk

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Wellbeing Matters

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New Year, New Goals

What would you like to achieve in 2018? Now is a great time to think about ways in which you could improve your own wellbeing and resilience. Setting a goal can be a great way to help you to get started with this.

Many people find it useful to set themselves S.M.A.R.T goals in order to help with their behavioural change. Goal setting may help you to clarify your values, make decisions and importantly, monitor your progress. If you're unsure what to focus your goal on, try incorporating one or more elements of the five ways to wellbeing.



Five Ways to Wellbeing

S.M.A.R.T Goals

1. Think of your goal, it might be to lose weight, get fitter, eat less meat, get more fresh air, learn to drive.
2. Make sure your goal is **SPECIFIC**. What is it you want to achieve? How will you do this?
3. Consider whether your goal is **MEASURABLE**. How will you know that you have accomplished what it is you set out to do? Is there anything that can help you to achieve this goal?
4. Ask yourself if your goal is **ACHIEVABLE**. You might want to break your overall goal down into more smaller, manageable tasks. This will give you a 'mini' sense of achievement as you continue to strive towards reaching your end goal.
5. Consider whether your goal is **REALISTIC**. Are you able to work towards this goal? If something feels too big it may become overwhelming, so try to keep it realistic.
6. Finally, consider the **TIMESCALE** of your goal. Without a timescale, you will feel little sense of urgency to get working towards your goal. This is really important for getting you started and keeping you on track.



Thank You



We received a cheque for £1,284 from the head of Buckler's Mead Academy, Mrs Gorrod, with Mr Perkins whose wife Mandy, a teaching assistant at the Academy tragically took her own life in 2017. The money had been raised by the staff and students in a variety of ways including a sponsored "soak the teacher" and we will be maintaining a close relationship with the Academy .



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.