

## Who are we?

*“South Somerset Mind wants to work towards a society where individuals who have mental health problems are accepted and included. We aim to promote better mental health and have an holistic approach to well being and recovery. Where social inclusion is promoted through the development of enabling activities and life skills, which encourages individuals to pursue independence within mainstream society. We believe this is best achieved through the inclusion of service users in the design and operation of these activities”.*

### **South Somerset Mind 2008**

#### **Opening times**

10.00am – 3.30pm Mon – Thur

10.00am – 12.30pm Fri

**Visit our website**

[www.southsomersetmind.co.uk](http://www.southsomersetmind.co.uk)

## Quotes received from service users so far...

*“You rock!”*

*“The music made me feel happier!”*

*“The music gives people something to channel their energy into, it helps people express themselves”.*

*“The music was very therapeutic”!*

### **Contact details**

Marsha Miles – Deputy Manager  
[marsha@southsomersetmind.co.uk](mailto:marsha@southsomersetmind.co.uk)

Paul Chousmer – Project Worker  
[paul.chousmer@southsomersetmind.co.uk](mailto:paul.chousmer@southsomersetmind.co.uk)

# SOUTH SOMERSET MIND

## growing Minds



Lankelly  
chase

mind  
For better  
mental health

The Markwick Centre  
Dampier Stree  
Yeovil  
Somerset BA21 4EN

Registered Charity No: 291197

## Reason for project

South Somerset Mind has received funding for a 3-year project, which started in the spring of 2007 and will finish in the spring of 2010, the funding was secured under the Free and Quiet Minds part of Lankelly Chase funding strategy...

“Men and women entering the psychiatric system lose much of what they previously might have taken for granted. Those who find themselves in secure hospitals or medium secure psychiatric units, particularly women, often have only limited access to alternative forms of therapy, exercise, arts activities or other activities which may improve their health or the conditions in which they find themselves. The Foundation seeks to work with charities focusing on people confined in secure hospitals or medium secure psychiatric units.” -

**Lankelly Chase 2006.**

## Project information

The band visit **Rowan Place, the acute inpatient ward at Holly Court, Yeovil** on a monthly basis and play for the service users currently on the wards. There is also time spent helping service users to play instruments and write their own lyrics which will help them explore music as a therapy in their recovery from mental health issues.



**Maddy –  
Multi-instrumentalist**



**Paul –  
Vocals and Guitar**



**Chris –  
Bass Guitar**



**Alistair –  
Vocals and Guitar**

Instruments have been purchased which are used by the musicians and by the service users.



## Drop in Jam Sessions

**Service users and volunteers who are interested in having a chance to play their own instruments can join the group on \*Tuesdays between 2pm and 3pm at South Somerset Mind (\*For a full timetable go to [www.southsomersetmind.co.uk](http://www.southsomersetmind.co.uk))**



If you have an interest in Growing Minds and would like to join in please speak to **Marsha Miles or Paul Chousmer** (contact details on the back of this leaflet) who will take your contact details, you will be kept informed of the progress of the project so that you can join in.

***The project will be evaluated and a report produced which will be available at the end of year 3.***