

Minds Mission

South Somerset Mind Mission Statement

“South Somerset Mind works towards a society where individuals who have mental health problems are accepted and included. We actively promoted better mental health through all our projects and services and have a holistic approach to wellbeing and recovery”.

Minds National and Local Aims

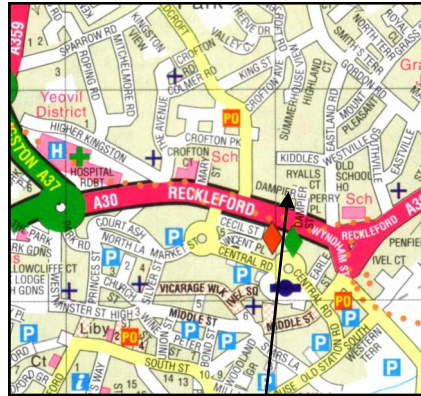
Advancing the views needs and ambitions of people with mental health problems

Challenging discrimination and promoting inclusion

Influencing policy through campaigning and education

Inspiring the development of quality services which reflect expressed need and diversity

Achieving equal rights through campaigning and education



WE ARE HERE

A translation of this leaflet is available upon request

**The Markwick Centre
Dampier Street
Yeovil
Somerset
BA21 4EN**

Telephone 01935 474875
info@southsomersetmind.co.uk
www.southsomersetmind.co.uk

South Somerset Mind is committed to and compliant with the standards set through Quality Management in Mind and holds Level 1 in QMIM.



South Somerset Mind

CARER'S Project

***FINDING YOUR
OWN WAY AS A CARER***



Charity No: 1122029 Company No: 05868369

South Somerset Mind are pleased to offer

More information

More about Mind

- Free workshops for carers of people with mental health difficulties, one session a week for 6 weeks on a Monday afternoon from 2 pm to 4.30pm
- Support groups will run on Tuesday afternoons from 2pm till 4pm and dates will be identified at the commencement of each workshop.

These workshops will explore:

- Being a carer and taking care of yourself
- Caring for someone living with mental health difficulties
- Exploring coping strategies
- Caring and communicating with others

Choose **one series of workshops** from the following dates:

Workshop one:

27th February - 2nd April 2012

Workshop Two:

16th April - 28th May 2012

- To book a place or to find out more please contact the team on 01935 474875



ADVICE, GUIDANCE AND SUPPORT

.. Advocacy, signposting, self management.

TRAINING

..Mental health awareness, Mental health first aid, Aspergers Syndrome, Personality Disorders

HEALTHY LIFESTYLE ACTIVITIES

...therapeutic gardening, conservation, walking, aromatherapy

VOLUNTEERING

Administration, supported employment service, mentoring, mental health championing

CAMPAIGNING AND USER INVOLVMENT GROUPS

Mind action groups and User Forum, Time to Change campaigning events