

Manchester Mental Health

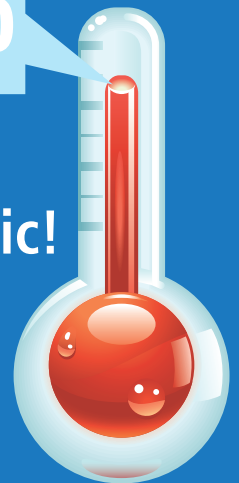
matters

Budding photographers take advantage of new day services



6,130
members

Fantastic!



**Trust Support Worker
completes massive
Mongolian challenge**
Page 2

**Snowdon Seven need your
wellbeing pledges!**
Page 2

Why I became a Governor
Page 4

**Next members' event
announced!**
Page 4

www.mhsc.nhs.uk/ft



Jess Williams Foundation Trust Project Director

Welcome from Jessica Williams

Hello and welcome to the early autumn edition of our newsletter. I hope you have enjoyed your summer so far and have experienced more gorgeous sunny days than rainy ones!

In terms of our Foundation Trust application we are still waiting for confirmation from the Department of Health that we can move through to the final stage and are optimistic that this will come soon. Ideally, we would like to start our elections to the Council of Governors in the autumn and so we are still really keen to hear from anyone who wants to stand. This edition features another local Governor explaining why he took up the challenge.

I really hope you can come along to our next Foundation Trust Members' Day on Tuesday 11th October 2011 at the Wythenshawe Forum. Feel free to bring friends and family and try a few different exercises – the reason it is called the TRY- athlon! Those of you who came to the last one in September 2010 will know that we don't take ourselves too seriously and that the main object is to improve our health and well being by having fun. We are staying with the dance theme following the success of last year and showcasing local dancers again but for 2011, we will be having a mass participation Zumba dance! See the article on page 4 for more details and I look forward to seeing you there in your comfy clothes.

**Jessica Williams,
Foundation Trust Project Director**

Snowdon Seven set wellbeing challenge

Seven Trust staff are climbing the second highest mountain in Britain - and setting staff and the general public a challenge of their own.

Instead of asking for financial sponsorship, the Snowdon Seven are urging people to match their efforts by making a wellbeing pledge. The pledges have to fit in to the Ways to Wellbeing; Connect, Be Active, Take Notice, Learn, Give, Nutrition and Nature.

David Marsden, Head of Occupational Therapy, is one of the group.

"Now I've turned 40 I need to look a bit more carefully at my health and wellbeing," he said. "Walking up Snowdon seemed a good starting point. Where I live in West Yorkshire, I'm rarely walking on the flat so I'm hoping this will be good preparation for the trip. I pledge to take



notice of what happens on the trip in words and pictures so I can report back."

The group are taking on the challenge on 10 September and want as many people as possible to make a well being pledge. Your pledge could be anything as long as it fits in with the Ways to Wellbeing. For example, eating more fruit (Nutrition) or trying harder to stay in touch with a friend (Connect).

You can pledge on Twitter by Tweeting your pledge and writing #SnowdonPledge afterward, by e-mailing your pledge to snowdonseven@mhsc.nhs.uk or by using the online pledge form at www.mhsc.nhs.uk/pledge-form. You can also pledge using the I Can Doo It Facebook application at www.icandooit.com.

Trust Support Worker completes massive Mongolian challenge



Trust support worker Nick Draper (pictured second from left) has just completed one of the toughest endurance races on the planet - from England to Mongolia.

Nick, 37, participated in the 10,000 mile Mongol Rally with four friends to raise £20,000 for the Breakthrough Breast Cancer charity.

Nick, who works at the SAFIRE Unit at Park House, described the charity as being 'very close to our hearts'. He said: "All five of us have experience of women we love battling the disease and two of us lost our mums to it, so we have a very personal connection to our fundraising."

The five travelled from Goodwood Racecourse in Sussex to Ulaanbaatar, the capital of Mongolia, in an ambulance they have named Sheila. The rally

started on 23 July and the team arrived in Ulaanbaatar on 12 August, coming fifth.

Nick explains: "Sheila is a 7-seat patient transport ambulance donated by Reliance Care Services based in Bristol. She was named by a close friend of the team who donated a large sum to Breakthrough and got to name the vehicle. Sheila was the name of the lady's mother who died from cancer in 2008."

The ambulance was donated to a Mongolian charity when the team arrived.

"We hope Sheila will enjoy a very long and productive life in Mongolia benefitting people in real need," said Nick, who lives in Chadderton near Oldham.

The group's fundraising efforts continue following the trip and they welcome any support.

"We were lucky enough to secure a personal liaison at Breakthrough Breast Cancer who guided our fundraising efforts," said Nick. "At this point in time, our fundraising has been entirely based online and we've raised a quite amazing amount of money through word of mouth alone."

If you would like to support the group then please go to their Justgiving page at <http://www.justgiving.com/mongolia5>.

The group also have their own website at <http://mongolia5.com/>

Budding photographers take advantage of improved day services

Service users have been put in the picture about the increased range of day services now available through the Trust at a recent photography taster session. The afternoon was one of a number of sessions being put on to show people what sort of activities are on offer as part of the Trust's improvements to day services.

The Trust's Recovery Pathways Photographer Simon Jones, based at Studio One, briefly talked the attendees through the use of the new digital cameras before the group spent 20 minutes taking pictures

of plants and flowers in the sunshine (picture right).

"The positive thing is that people will be learning new skills and looking to the future," said Simon, who also supports an independent camera club which has been set up by service users.

"These new activities will hopefully get people inspired and help them to find new creative abilities. The group was really positive about it and really gave it a go."

Taster sessions in art, computer use, textiles and more were also on offer.



Different strokes for service user artists



Home is where the art is for a group of service users setting up an independent group in Wythenshawe. The budding artists currently attend the weekly Studio One group run by the Trust at St Andrew's Church and are striking out on their own after their course ended.

Paul, 50, has been attending the classes every Wednesday for three years and credits them with improving his health to such an extent that he is now studying photography. Six years ago it was a different story when he was diagnosed as having bi-polar disorder, two years after that he became severely depressed, his health deteriorated and he was eventually admitted to hospital. Attending the Studio One art classes was a turning point and his health has now improved to the extent that he is taking a photography degree, which he hopes to finish next year. He gives the art group a lot of the credit for the progress he has made.

"I put down a lot of it to coming here and I like the people, they're very friendly," he said. "Before coming here I had never done any painting but it really helps and I know that I have improved. My family have noticed a big difference in my mood."

Susan, 60 said: "It's a good way of using my spare time because it's so rewarding at the end of it for your mind, your confidence, all sorts."

The new group, called the Art Pad, will meet next door to the church where Studio One holds classes.

Matthew Worden, Team Leader for the Trust's Recovery Pathways Service in the North and South of Manchester said: "I wish the Arts Pad all the best in their efforts to establish their own group. Studio One is all about encouraging people to look after their mental wellbeing through learning and supporting each other.

"Studio One will continue to support and work with the group whilst they get themselves established but I think they will outgrow that support and do great things."

TRY-athlon!

Rhythm in Mind, our first ever member's event in September last year, was a resounding success. Hundreds of people turning up to Gorton Monastery to watch and take part in different dancing styles, cycling to create a healthy fruit smoothie, making some arts and crafts in the Childrens Corner or helping in a large piece of art for the hospital walls. All visitors also received tips on wellbeing and healthy living. This year we wanted to carry on the theme of physical activity but with a slightly different twist. We have come up with our TRY-athlon. The details are below:

Date: Tuesday 11 October 2011

Time: 12pm to 4pm

Venue: Wythenshawe Forum, Forum Square, Manchester, M22 5RT

The event is a chance for all our members to meet up, try different exercises including rowing machines, Nordic Walking, static cycling and much more. There will be dance exhibitions and we also hope you will join in with a mass participation Zumba dance! Attendees will also be given a week's free gym



pass to any Manchester City Council gym so that you can find an activity that you like and keep it up. And don't worry if you don't want to get involved with the activities as there is plenty more to keep you occupied including a healthy free lunch, Wii exercise and lots of interactive health and wellbeing stalls.

Invitations and more details will be sent out closer to the time so keep an eye out and the date free!

Bite recipe – Summer Broadbean & Olive Pate

Ingredients (serves 2 to 3)

- 200g broad beans
- 1 clove of garlic
- 100g of low fat cream cheese
- 25g chopped red/spring onion
- 25g black or green olives
- 1 tablespoon light mayonnaise
- 1 teaspoon olive oil
- A few drops of lemon juice
- Black pepper to taste

Method

- Place garlic, olive oil, lemon juice and onion into a food mixer, blend for one minute
- Add beans and blend for 1 minute, add remaining ingredients and blend until well mixed
- Serve with salad and warm pitta bread

Storage info: will keep up to 2 days in the fridge

Bite is a partnership between the Trust and HARP which promotes opportunities in growing and cooking food to demonstrate the positive impact on mental health. To find out more go to www.harp-project.org.

Why I became a Governor, Mark Crossley, Derbyshire Healthcare Foundation Trust

“ I decided to stand as a governor, having had anxiety and depression, to make a contribution and speak up for my members and to represent them at Council of Governor level. I have faced lots of adversity and discrimination in many fields so I feel able to relate well to my members.

When putting yourself forward to stand as a Governor, you will find the application process is straight forward but it helps to be patient when waiting for the results. I was fully supported along the way by the electoral people and Trust staff.

So what are you waiting for? Apply and you can serve your community too! **”**



Mark Crossley Foundation Trust Governor

Contact us:

Post: Manchester Mental Health and Social Care Trust Foundation Trust Membership Office, Chorlton House, 70 Manchester Road, Chorlton Cum Hardy, Manchester M21 9UN.

Telephone: 0161 277 1222

E-mail: ftmembership@mhsc.nhs.uk

Website: www.mhsc.nhs.uk/ft