We hope everyone is doing as well as they can with the ongoing weirdness of living through a global pandemic. It is clear that there is still some way to go before things start to feel anything like ‘normal’ again and we, like everyone else, are still making sense of how this affects what we do. Many people feel anxious about changes to lockdown restrictions and continued uncertainty about what the future looks like. Covid-19 is a life-changing event that affects everyone, and we all have questions to which there aren’t necessarily answers.

The main question we’re being asked is

When will Healthy Minds’ services re-open?

Our services are still running as much as possible, with staff continuing to work from home for the time being. Whilst there has been some easing of lockdown restrictions in many aspects, the priority for us is to consider what is safe and responsible for people who come to us for support, as well as staff and
volunteers. Our premises remain closed for now but the team has been as busy as ever.

We are looking at some outdoor activities, like our allotments and walking groups, becoming available during August / September, when we are confident that this can be done safely. There will have to be restrictions on numbers and people will need to book places on these activities. We’ll announce arrangements once the details are worked out.

We are not yet considering indoor activities, like drop-ins, support groups and visitors to our premises, including Safespace. These will continue to be available by telephone, text and online for the foreseeable future.

In the meantime, our teams have been developing new workshops that will be delivered online. Safespace is available every evening and the Time Out team has opened text / telephone support for children and young people. Volunteers have been offering telephone befriending, and this is developing into a new peer support service that will be up and running soon. A new text messaging service is about to be launched, giving another way to get in touch – particularly important for people who don’t have internet access. We are continuing to find new ways to extend support for the people of Calderdale, and welcome ideas and feedback about this.

My thanks go to the Healthy Minds team for keeping going in tough circumstances: staff, volunteers and trustees have been pouring time and energy into doing as much as we can rather than brooding over what we can’t. This goes for the other local organisations with which we work, including Calderdale Council, Clinical Commissioning Group and VSI Alliance. Thanks too to people and groups who have given their support to Healthy Minds: Hebden WI, staff at Covea Insurance, and individuals have been raising funds in all sorts of ways, for which we are always honoured and grateful.

It’s working together – protecting and supporting each other - that will get us
through this and, as I hope the above shows, there is plenty of that about in Calderdale.

Jonny Richardson Glenn, Chief Officer

---

**My Experience Of Volunteering During Lockdown**

**By Danielle**

During this time, we have all had to take a step back from everyday life, and reflect on what things are important to us. This has meant that my time spent volunteering has changed a lot, as I usually have a busy week helping out in different activities and at the beginning of lockdown this all stopped which meant the ways in which I volunteer had to be adapted.

Volunteering during lockdown has given me the chance to reflect on what I have learnt so far and what I am looking forward to in the future. I have not been a part of healthy minds for long before lockdown began, and so during this time I have been given the chance to be included in some planning opportunities behind the scenes.

I have been volunteering in co-production meetings with the Time Out project and although we can’t be together to have discussions in person, we have been having group meetings over Zoom. This has given me an insight into how much planning goes into projects that are offered to schools and the variety of different topics that are offered to young people. I have really enjoyed the discussions and ideas we have come up with and how we are going to implement them in the future.
I have also been attending to the allotment, making sure that the plants are watered and have been weeding to make sure the place is tidy whilst ongoing projects are happening. Once lockdown is over, we will be able to resume the outdoor activities on-site and get back to pottering around the allotment. I have been very grateful for all the volunteering opportunities I have been given and I’m looking forward to what the future will bring.

Allotment

Volunteers have been grafting on the allotment in Todmorden to make a space to grow and connect. Their hard work and commitment has made an overgrown piece of land become a sanctuary for people to access. Thank you to all our amazing volunteers for making this happen!! During lockdown the allotment has been thriving thanks to Sofie, Dean and Craig. A big thanks goes to Maeve and John who have also helped enormously throughout lockdown! (also Angela our Healthy Minds driving force, volunteer Danielle with a little bit of help and enthusiasm from me, Kim, Time Out team! )

Landscaping is well under way with a meandering bark path way leading to the raised beds planted with kale, courgettes ( 'coor jets!' ) and a few strawberries almost ready to eat.
A small sanctuary under the branches to sit on tree trunk stools in a circle is so inviting - the whole space shouts out love, peace and joy!! (or is that just me when I arrive on site??)

Flowers and berries are starting to take root by the willow archway entrance to this magical allotment.

Thank you to everyone who is working hard on the allotment to make it so beautiful. If anyone lives locally - do take a moment to wander through and sit for a while and take in the quiet, or come and join us to weed and water until your hearts content!

Go well!

Halifax Recovery & Support

Our first workshop facilitated via zoom video calling was an experience I won't
forget any time soon. Healthy Minds volunteer Penni and I, co-produced a ‘Mind Mapping for Wellbeing’ workshop as a way to support good mental health and wellbeing during lockdown. We have both used mind mapping in the past for health and professional reasons and found it a really useful tool. As well as many other benefits such as improving memory and grounding, mind mapping is a creative way to develop new understandings and create new ideas about a particular subject and also requires no artistic skills. Unfortunately, the technology gods were not on our side when it came to the day of delivering the workshop via video link (or could have been due to my inexperience!) and the workshop did not go ahead on zoom. Fortunately, Penni and I had created a paper based copy of the workshop to post out to those who did not have access to the internet so all was not lost. Below are some of the excellent contributions from Penni and a participant.

By Penni (Healthy Minds Volunteer)
I first used mind mapping when I took voluntary redundancy in 2005 and I have used it on and off over the years since. I volunteered to help with the workshop and I found collaborating reignited my use of this tool.

I did a couple of mind maps as trials for the workshop. The first one I did was about recognising how I was still connecting with hobbies, activities or relationships that were important to me. This mind map was completely different to any I had done before. I do take time to process and then the idea came to make it like a landscape. Hill walking was something I used to enjoy prior to lockdown, the landscape in my mind map, is a valley and a stream. The right hand side of the stream is normal life; the left hand side is how I recognise that I am still engaging with “normal” life in a different way. I was really taken aback by this mind map because it is very creative which I have always said I’m not. I am always surprised by where this process takes me and the creativity it brings out in me.
Feedback from a workshop participant

“I received the mind mapping workshop in a paper based format through the post. This exercise was a warm up exercise ‘take a line for a walk’ – drawing something that makes you feel good/happy, using only one line, without taking your pen off the paper. I'm not usually one for drawing, but this exercise made me think about contour & shading as well as how I would get from one part of the drawing to the other. Useful tool for focus and staying present.”

If you would like to have a go at Mind Mapping for Wellbeing you can request to join the (rearranged) workshop via zoom or we can send you a paper based workshop through the post.

Our next Mind Mapping for Wellbeing will take place on 10th August - 2.00-3.15pm. For more details, contact nicola@healthymindscalderdale.co.uk
News from Time Out

During this time we recognise that there are still children and young people in Calderdale who need support in this time of uncertainty.
In order to try and support some of these young people we are piloting a new help line.

The idea is that the Listening Line will give young people the opportunity to get some simple advice and guidance about how to keep busy and reduce their anxiety about the current situation and looking ahead at returning into education.
The Listening Line is *not* counselling, nor is it for young people who are in crisis and who need a more in-depth assessment and intervention. We are hopeful that this additional service will act as prevention and reduce the need for more intensive support at a later date.

We have a clear referral pathway to follow for any concerns. We are working alongside the Open Minds Partnership (CAMHS) First Point of Contact to ensure that any mental health concerns are addressed, and will signpost/refer to other services where appropriate.

If you have any questions about this please contact [tara@healthymindscalderdale.co.uk](mailto:tara@healthymindscalderdale.co.uk) or [peter@healthymindscalderdale.co.uk](mailto:peter@healthymindscalderdale.co.uk)

Alex has been busy working on our website - take a look at what else we have been up to: [http://www.timeoutcalderdale.co.uk/](http://www.timeoutcalderdale.co.uk/)
Kindness - Naomi Shihab Rye

Before you know what kindness really is
you must lose things,
feel the future dissolve in a moment
like salt in a weakened broth.
What you held in your hand,
what you counted and carefully saved,
all this must go so you know
how desolate the landscape can be
between the regions of kindness.
How you ride and ride
thinking the bus will never stop,
the passengers eating maize and chicken
will stare out the window forever.

Before you learn the tender gravity of kindness,
you must travel where the Indian in a white poncho
lies dead by the side of the road.
You must see how this could be you,
how he too was someone
who journeyed through the night with plans
and the simple breath that kept him alive.

Before you know kindness as the deepest thing inside,
you must know sorrow as the other deepest thing.
You must wake up with sorrow.
You must speak to it till your voice
catches the thread of all sorrows
and you see the size of the cloth.

Then it is only kindness that makes sense any more,
only kindness that ties your shoes
and sends you out into the day to mail letters and purchase bread,
only kindness that raises its head
from the crowd of the world to say
It is I you have been looking for,
and then goes with you everywhere
like a shadow or a friend.

Kindness - Naomi Shihab Rye
Here’s a poem about kindness that I love. My dear friend, Ann, typed it out for me and sent me it in the post one time.

Hope you like this poem as much as I do.
With best wishes,

Wendy

By Carolyn,
Todmorden Healthy Minds Group Member
I was sat here thinking about the next display I'm going to make for Todmorden Health Centre, and I thought who has been here for me the last few years like Tracy with her tissues, Deborah with her cakes, oh I mean strawberries, so my decision was easy, it's to promote "Healthy minds". They do so much, and not enough words can describe how well they do their jobs, with all their different groups from chats, to craft groups and without you realising each group helps you recognise how your mind works with grief, anxiety, depression, how to cope and deal with it and how to hopefully come out the other side. Not sure if my words make sense, but I know what I want to say, I just have trouble getting them down. So here is a sneak preview of what I'm doing, I've got so many more ideas so watch this space.
Art & Crafts Workshop

Recently Nicky and Maddy co-facilitated a ‘Crafting for Wellbeing’ group via Zoom. This was attended by Healthy Minds service users from across all areas so it gave a great opportunity for service users who would not normally cross paths, a chance to meet each other and share their passion for crafting!

We began with introductions and a warm up to help us get ‘in the zone’, taking deep breaths and relaxing our bodies. Next came an arty warm up, with Maddy naming everyday items that we had to draw in 30 seconds one after the other! This provided much laughter between us as we doodled away, holding up our
(often dodgy!) sketches for each other to see.

Next we got down to the craft of making planters from empty milk bottles. Some participants chose to transform their bottles into faces using paint, marker pens, string, material…even earrings! It was amazing to see how each bottle, normally chucked in a recycling bin, take on a new purposeful life and character too!

As we concentrated on making our creations, it brought a new dimension to meeting online, it took the pressure and intensity away that we have often felt of being exposed on a computer screen and gave us the opportunity to be playful and forget about the pressures going on in the outside world and in our heads for a short while.

Feedback from one of the participants “It was a really nice session, I laughed a lot”.

The dates for our next workshops are:
3rd & 17th August
7th & 23rd September

(Paper versions are available for those who can’t access Zoom)

Email Nicky@healthymindscalderdale.co.uk to book your place.
I have been invited to write a blog on my experience of being a key worker during the pandemic….as I do so, it may be worth taking a moment to set the scene for you in which I have found myself working for the past three months….The office I would usually spend 40 minutes commuting to has now become a 40 second trip by foot to a cosy corner in my front room. The camping table and chair, at this time, normally expecting to be thrown in the back of the car for an impromptu trip to The Lakes, have been seconded as office furniture. In place of a barbecued brekkie now sits my laptop, propped upon an old Collins edition of ‘Chronicles the 20th Century’, which could never have predicted what was to come next. Colleagues I once sat next to in the office have been replaced by two goldfish (Harry and Hermione in case you were wondering!)

So, as I sit in my makeshift office today, I realise this is the first time I have truly reflected on the past three months. Being considered a key worker at Healthy Minds during this time undoubtedly brings a sense of pride, feeling able to ‘do my bit’ and offer support to others in navigating their way through the uncertainty. This has not been without its challenges, the main one being I myself am navigating my own way through the uncertainty too!
In the early days of lockdown when we all told we must “stay at home”, for me, there was a real sense of loss of control, a feeling of the unknown. I have very much been ‘in the moment’ since and busily swapping hats from being an employee, teacher to my children, mum…sometimes wearing my hats all at once when I’m working and a pair of little eyes peek over the glass window of the door to show me a piece of home-schooling work!

What has helped me greatly is keeping in contact with my colleagues regularly via telephone and video calls to ‘check in’ with one another and discuss new and inventive ways we can continue to support people the best way we can. Workshops and support groups have now taken the form of telephone check ins, online Zoom groups and posting/emailing resources.

Being a key worker over this time has also meant being flexible to meet the changing demands of the organisation, with some of my hours being used for the Safespace line. All of these adaptations (as well as being a self-confessed technophobe!) has given me the much needed push to learn new skills and embrace change which I am looking at really positively! Also, by immersing myself in other projects in Healthy Minds and linking up remotely with my colleagues, I ironically feel I have got to know some of them better than I would have done seeing them in the office.

As I support people from home in all of these new channels and I listen to peoples stories about how they are struggling and coping in various ways due to the impact of Covid-19, here lies the danger of being a key worker at this time, the feeling of not ‘doing enough’ for those I support. I remind myself of the importance to practice for myself what I share often in peer support groups and workshops “to focus on the things I can control not on the ones I can’t” and to consider my own well-being. I am inspired daily by those people I support, who may have been already seeking support for their mental health prior to the pandemic and how they are still finding the strength to reach out for support and speaking about their fears and hopes.
for the future.

I do miss the face to face interaction with my colleagues, the unexpected visitors that come to the office seeking assistance and I miss the peer support groups being able to meet together, the verbal sharing of experiences and physical camaraderie and company the space offers. I read an article recently referring to this time as being a ‘rona-coaster’, that made a lot of sense to me! We are all on the ride together. I hope it’s not too long before we can all meet up again in some capacity, until then…hopefully see you on Zoom!
By Rob (Healthy Minds Volunteer)

During the lockdown I found myself having a lot more time on my hands and my wife also likes to draw (she's much better than I am if I'm honest) so we had a couple of drawing competitions and posted our drawings on Facebook, which my wife of course won hands down, but given that I've not drawn anything since I was a child nearly 40 years ago I don't think my efforts are too bad. My
job has been very challenging since the outbreak of Covid-19 and drawing has really helped me relax and take my mind off work. Who knows, maybe one day I might beat my wife at the drawing competition but I won't be giving up my day job that's for sure. It's nice to be able to lose myself in something that I find calming and fulfilling.

Last year we were chosen as 'Charity Of The Year' by the wonderful Hebden Bridge WI. Through their annual Rag Market and collections at their monthly meetings they managed to raise an incredible £1500 for Healthy Minds!

We would like to take this opportunity to say a great big THANK YOU to all who have been involved at Hebden Bridge WI - we really value your support and your donation will help us to continue providing our services to support the people of Calderdale.
Although our offices remain closed for the time being we still have lots of support on offer.

**HEALTHY MINDS SUPPORT TIMES**

For general enquires call 01422 345154 Mon-Fri 10am – 4pm

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Monday</strong></td>
<td></td>
<td>Halifax drop-in 10am – 1pm: telephone contact Nicola 07985 750592 Email nicola@healthyminds Calderdale.co.uk</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Upper Valley drop-in 10.30am – 12.30pm: telephone Jonny 07845 014930 email jmorrison@healthyminds Calderdale.co.uk</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Halifax Zoom social group 12.00pm – 1.00pm: email louise@healthyminds Calderdale.co.uk</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Safespace</strong> 6.30pm – 10.30pm: telephone / online only. Call 01422 345154 / Facebook Safespace Calderdale / email safespace@healthyminds Calderdale.co.uk. Your call may not be answered immediately but you will get a call back.</td>
</tr>
</tbody>
</table>

| **Tuesday** |               | **Safespace** 6.30pm – 10.30pm: telephone / online only. Call 01422 345154 / Facebook Safespace Calderdale / email safespace@healthyminds Calderdale.co.uk. Your call may not be answered immediately but you will get a call back. |

| **Wednesday** |               | Upper Valley video Group 10.30 - 12.00pm: email Lou at lou@healthyminds Calderdale.co.uk to join. |

| **Todmorden drop-in** | 1 - 3pm: telephone Deborah 07388 990232 email deborah@healthyminds Calderdale.co.uk |
| **Young People's (10-19 years) Listening Line** | 1-4pm: telephone Time Out 01422 345154 |

| **Thursday** |               | **Safespace** 6.30pm – 10.30pm: telephone / online only. Call 01422 345154 / Facebook Safespace Calderdale / email safespace@healthyminds Calderdale.co.uk. Your call may not be answered immediately but you will get a call back. |

| **Friday** |               | Upper Valley drop-in 1-3pm: telephone Christine 07388 990228 or email Christine@healthyminds Calderdale.co.uk |
| **Safespace** | 6.30pm – 10.30pm: telephone / online only. Call 01422 345154 / Facebook Safespace Calderdale / email safespace@healthyminds Calderdale.co.uk. Your call may not be answered immediately but you will get a call back. |

| **Saturday & Sunday** |               | **Safespace** 6.30pm – 10.30pm: telephone / online only. Call 01422 345154 / Facebook Safespace Calderdale / email safespace@healthyminds Calderdale.co.uk. Your call may not be answered immediately but you will get a call back. |

Although our offices remain closed for the time being we still have a lot of support on offer.
Healthy Minds is the operating name for Calderdale Wellbeing, a limited company registered in England & Wales.
Registered Office: 1 King Street, Halifax HX1 1SR
Company No: 6828871, Charity Reg: 1132316

Copyright © Calderdale Wellbeing 2020 All rights reserved.

Our mailing address is:
info@healthymindscalderdale.co.uk