

## Message from the Chairman

The Summer months have been one of transition and new opportunities for Carrick Mind. I was appointed as the Chair for Carrick Mind in light of the structural changes that were required due to Yana Spencer and Ruth Morris moving on from their respective posts with us. May I take this opportunity to thank both Yana and Ruth for their fantastic contribution to Carrick Mind during their time with us.

Our previous Chair Jon Gladstone stepped down as Chair of Trustees and was appointed as CEO on a part time basis and during the ongoing transition we successfully appointed Jo Boulton to the post of Co-ordinator. I'd like to wish both Jon and Jo all the best in their new roles with us. My fellow trustees and I are excited to have both Jon and Jo on board and we look forward to the months ahead as we move forward in what will be both challenging and interesting times for Charitable Organisations.

These are exciting times for Carrick Mind albeit with the usual challenges of sourcing funding, continuing to provide a high quality support to our client base and developing strategic partnerships with a small yet dynamic team of passionate staff and volunteers.

If you have picked up the newsletter to have read of what we are doing then thank you. Please pass it onto to a friend for them to have a read so we can keep raising awareness of Mental Health..

Steve Roberts  
Chairman



## Message from the Chief Executive

I recently attended the Mind CEO Conference in Cardiff. It reinforced for me what a proud and effective federation of Local Mind Associations there is. Carrick Mind is proud to be one of those 145 Local Mind Associations. In the last year alone, the 145 local Minds reached more than 380,000 people across localities in England and Wales and facilitated a million hours of volunteering in our communities.

Conference asked if that is enough. We know that 1 in 4 people will experience a mental health problem at any one time. There are 57 million people in England and Wales. This means we are only reaching 2%. One of the clear messages from the Conference is that Mind wants to support more people.

Carrick Mind has taken this message on board and we are looking to expand our services by looking to attract more people to our support groups, work in collaboration with Falmouth University and supporting more people with our one to one befriending service.

Christmas can be a challenging time for our stress levels and it's even harder for those of us with mental ill-health. So many things that are part of our routines and we take for granted become disrupted by the change of pace in our lives.

The festive period provides us with an ideal opportunity to talk to, visit or engage with the people around us. Face-to-face communication has been shown to improve our mental and physical wellbeing as this interaction produces the hormone, oxytocin, which can benefit our immune system, heart health and cognitive function. So perhaps catch up with a friend or relative. You never know it may do you the world of good.

Peace and happiness at Christmas and for 2016

Jon Gladstone  
Chief Executive

## Message from the Project Coordinator

My name is Jo and I am delighted to introduce myself as the new project co-ordinator for Carrick Mind!

This is a very exciting opportunity and I am looking forward to working with such a great local mental health service!

I have worked in mental health for 12 years in the Carrick area and since joining Mind I have met lots of familiar faces along with some new ones, I really enjoy working in my local community.

I previously worked in the NHS as part of the community mental health services and my last position was Recovery Lead for Carrick. This also included the day to day running of Anchor and Stepping Stones resource centres, supervising volunteers and helping to develop the new health and wellbeing programmes in Cornwall.

I am particularly interested in healthy eating and the links between food and mood. I developed healthy eating groups/workshops at Anchor where clients could cook and eat nutritious food together. This really helped boost confidence in the kitchen as well as teach how food could be healthy, affordable and quick! I also embraced the Wellness Recovery Action Planning as a great tool to help self management for any mental health issue.

Born in Sheffield, I have lived in Cornwall for nearly 31 years and live in Falmouth with my family and labradoodle puppy (Betsy). I go running twice a week, do lots of dog walking and relax with a good TV series. I love vintage fashion and do a bit of buying and selling on the internet.



I would like to thank everyone for making me feel so welcome and look forward to meeting everyone I have not yet met.

Jo Boulton  
Project Co-ordinator



Betsy the labradoodle

## Are we really what we eat? Absolutely!

Can food really affect my mental health?

Many people are seeking to take control of their mental health using self-help, and to find approaches they can use alongside, or even instead of, prescribed medication. One self-help strategy is to make changes to what we eat, and there is a growing interest in how food and nutrition can affect emotional and mental health. Positive responses from individuals who have made changes to their diet confirm the importance of food and nutrition for maintaining or improving their emotional and mental health.

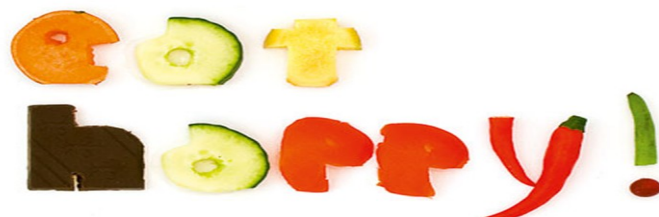
So how does food affect mood? There are many explanations for the cause-and-effect relationship between food and mood.

The following are some examples:

- ◆ Fluctuations in blood sugar levels are associated with changes in mood and energy, and are affected by what we eat.
- ◆ Brain chemicals (neurotransmitters, such as serotonin, dopamine and acetylcholine) influence the way we think, feel and behave. They can be affected by what we've eaten.
- ◆ There can be abnormal reactions to artificial chemicals in foods, such as artificial colourings and flavourings.
- ◆ There are reactions that can be due to the deficiency of an enzyme needed to digest a food. Lactase, for instance, is needed to digest lactose (milk sugar); without it, a milk intolerance can build up.
- ◆ People can become hypersensitive to foods. This can cause what are known as delayed or hidden food allergies or sensitivities.
- ◆ Low levels of vitamins, minerals and essential fatty acids can affect mental health, with some symptoms associated with particular nutritional deficiencies. For example, links have been demonstrated between low levels of certain B-vitamins and symptoms of schizophrenia, low levels of the mineral zinc and eating disorders, and low levels of omega-3 oils and depression.

(Extract taken from the Mind Guide to food and mood booklet)

The final message must be one of balance; gradually replacing unhealthy eating habits with healthier choices will help stand ourselves in good stead to face life's difficulties. and help tackle mental health problems head on.





# Regular Social Group Activities

## Truro Social Group

Tuesdays – 10am to 12pm  
Carrick Sports Hall, Hendra,  
Truro, TR1 3TP

## Falmouth Social Group

Thursdays – 10.30am to  
12.30pm  
St. Mary's Hall, Killigrew  
Street, Falmouth., TR11 3PR

These groups meet every week and provide a safe haven for those living with mental health issues to meet in a welcoming and supportive space.



## 18-30 Social and Wellbeing group

Wednesdays –  
10.30am to 12.30pm

This group meets every Wednesday, sometimes in a designated venue and



sometimes out and about. If you would like to know more about the activities program, please ring 01872 222469 or email [enquiries@carrickmind.org.uk](mailto:enquiries@carrickmind.org.uk)

## Christmas Opening Times for Social Groups

The social groups in Truro and Falmouth will be running as normal over the Christmas period. There will be a social group in Truro on 22nd December and 29th December 2015 and in Falmouth on Thursday 24th December and Thursday 31st December 2015.

The Allotment project last session this year will be held on Tuesday 15th December 2015 and then running again from Tuesday 5th January 2016.



## Groups Update



## Allotment project

As we come to the end of 2015, we can look back at the successes we have had during the year...productive raised beds with group members regularly taking produce home; winning awards at the Allotment Summer Show; work on the polytunnel almost complete; seeds sown and garlic and onions sprouting for our consumption in 2016.

Things are slowing down now and we have had to cancel some Tuesday sessions because of bad weather. We have a core of four regular members and also a few people on our list who, for various reasons, have not yet joined us at the allotment.

We are now waiting for a spell (or even a day) of settled sunny weather so that we can fit the polythene cover to the polytunnel. This will give us a pleasant, warm working environment for the winter days and will also increase our range of plants and extend our growing season. I am planning to have a formal opening ceremony when the polytunnel is in use, possibly inviting a representative from Santander bank (donation of £1000) and a relative of the person who left us a legacy.

Once again, I wish to thank the two volunteers, Caroline Hickman and Berni Snow (the latter is Asda Penryn's Community Champion) both of whom interact fantastically with the group members.

Tony McGarr

Pumpkin grown at the allotment project



## Happy New Year from Carrick Mind News for 2016

The Falmouth Social Group will now be meeting on the first Thursday of every month at The Palacio Lounge in Falmouth at 10.30am. This starts from the 7<sup>th</sup> January.

The Truro Social Group will be meeting on the first Tuesday of every month at The Cathedral Café in Truro at 10.00am. This starts from the 5<sup>th</sup> January.

All other Social Group Sessions will be in their usual venues at the usual time for the rest of the month.



**Good news** - The 18-30 group will be starting up again in early 2016.

Please remember these groups can only be attended by a person that has completed the referral process.



## Voluntary Opportunities

In addition to the befriending role we also recruit volunteers to serve as Trustees, support administration, IT, events management, marketing and fundraising. We are always pleased to hear from anyone interested in becoming a volunteer.

## Other news

Carrick Mind is launching a support group based at Falmouth University to start early 2016. For further information, please contact [enquiries@carrickmind.org.uk](mailto:enquiries@carrickmind.org.uk)

Carrick Mind were deeply saddened to hear that Keith Jacobs had passed away. We would like to express our sincere condolences to the family and friends of Keith Jacobs.

## Donations

Thank you for all the donations. The money will help to run Carrick Mind's one to one befriending scheme and social groups and will really make a difference to the lives of those living with mental health issues. Thank you.

Hine Downing Financial Services £50

Truro Methodist church £100.50

Suzanne Gibson £50

Falmouth Marine Band £100

## Carrick Mind

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[www.carrickmind.org.uk](http://www.carrickmind.org.uk)



### Emergency out of hours help:

CMHT – 01872 221000 (Daytime)  
CMHT – 0845 230 3902 (Out of Hours)  
GP service Out of Hours – 0845 200 0227  
NHS Direct – 111  
Samaritans – 01872 277 277 or 08457 90 90 90 – 24 hours  
- (email [trurosamaritans@btconnect.com](mailto:trurosamaritans@btconnect.com))  
Nightlink – 0800 8000 305 5pm – Midnight 7 days a week

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If you no longer require a copy of this newsletter, could you please advise us by email [enquiries@carrickmind.org.uk](mailto:enquiries@carrickmind.org.uk) or phone us on **01872 222469**

