

# Mental Health and Wellbeing News for Great Yarmouth and Waveney Mind. Issue 1, March 2017.



**We are proud to present the first edition of Great Yarmouth and Waveney Mind's bi-monthly newsletter, bringing you Mental Health and Wellbeing news.**

Welcome to our March Advice and Information Service newsletter! Included below, you will find a range of information and news relating to mental health and wellbeing in the Great Yarmouth and Waveney area. We aim to keep you updated with the latest information relating to mental health, changes to services, and upcoming events.

A message from Louise Jordan-Hall – Chair of the Board of Trustees

I am delighted to support the launch of our new e newsletter for stakeholders and others. This is the result of a good deal of discussion and hard work and I am so pleased with the fact we are now able to keep everyone up to date with what we do at GYW Mind. We have had a busy year, culminating in Philip our new CEO joining us in November. So it's all systems go and we welcome feedback from our users and partners on how we develop services from now onwards. There will be a slot for trustees to keep you updated on developments, so watch this space. I look forward to working more with you all in 2017.

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## Great Yarmouth and Waveney Mind has appointed a new CEO

"It is with great pleasure that following a robust recruitment process I can announce that Phillip Eke is joining GYW Mind as our new CEO on 21 November.

Phillip has extensive experience in health services, both NHS and the private sector, and his current role includes running two private hospitals. His background is finance and governance as well as having experience of community and resettlement services for people with mental health and learning disabilities. So he brings a range of strategic and operational skills to us.

He is looking forward to settling in Norfolk and working with you to develop GYW Mind further so that our services reach more people in our communities.

I hope you will join me in welcoming him to the area."

With best regards

## Service News



### Young People In Mind (YPIM)

In October 2016 Paul Leaper and Shayne Buchholz very kindly raised £663.00 by organising and completing a 36 hour pool marathon.

Thank you both for your support and contribution.

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### Black , Minority and Ethnic Groups (BME)

Another mindfulness workshop is being planned for some time this year. In addition, we will be having a New Year Eve social event sometime at the end of February.

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### Upcoming activities and events

This is just a selection of the upcoming events and activities planned for this year...

#### Depression Workshop

Wednesday 29th March

10am – 12pm

Learn skills and strategies to help manage your depression.

18+

#### Introduction to Mindfulness Workshop

Tuesday 18th April

10am – 12pm

Mindfulness is a technique that can help you manage your mental health

18+

To book a place on any of the above courses please contact us at reception on 01493 842 129 or email [reception@gywmind.org.uk](mailto:reception@gywmind.org.uk)

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### Wellbeing

Two of our Wellbeing staff were invited to teach a Workplace Stress Taster at Aviva in Norwich for the Legal department. Following the successful taster session they were invited to the London Head office of Aviva to put on two sessions and they will be going to the Aviva office in York to put on more sessions there.



**gyw mind**  
The leader  
in mental health

# Community Roots

**Five ways to wellbeing**

**Connect** ...  
The garden is a great place to connect with others, share ideas and experiences, and learn from each other.

**Queen Annes Rd, Southtown, Great Yarmouth**

To find out more contact:  
Joe or Oz at Mind  
01493 842129  
joe.crabb@gywmind.org.uk  
oz.osborne@gywmind.org.uk

Two Accessible Heated Classrooms  
Toilet Block  
Wildlife Pond  
Wild Flower Meadows and Orchard  
Flower Garden and Veg Patches  
Tea, Coffee, Kitchen Facilities  
Commercial Growing Space  
Gardening Reference Library

**gyw mind**  
Great Yarmouth  
Wildflower Meadows and Orchard

## Community Roots

Community Roots is a community gardening project which is **FREE** and **open to all** – get active and join us for a session:

Wednesdays 10am – 3pm – Conservation and gardening with the Green Light Trust (Wildhaven) with a **free** campfire lunch.

Thursdays 10am – 3pm – Green woodworking drop in and various eight week courses on offer. For an up to date course list please visit [projectwildhaven.com](http://projectwildhaven.com).

Fridays 10am – 3pm – Community gardening group with volunteers to offer guidance and advice.

## Carers

We have various activities and event planned for 2017, including trips to the Theatre Royal, local museums, Somerleyton Hall and a boat trip. We will also be running a Carers Craft group in Lowestoft. A full guide to all the Carers activities is in production and will be available soon.

## Donors

A very big thank you to all of our very generous donators including Birds Eye Employees Charities Fund, and the Burlington Palm Hotel which donated £134.55 from their guests over Christmas.

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### Legal Information

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