

Course Service Posters

mind | Bassetlaw
 For better mental health
 Please contact Tel 01909 476075
 for more information

Sustain Wellbeing, Prevention, Involvement, Community Values, Relaxation
 Social Inclusion, Volunteering Opportunities, Advice Clinic, Coffee Mornings

Crisis Planning

Wednesday
 21st November
 2018

1.30pm
 to
 3.30pm
 £1.50 per
 session

Living Well Programme, Fundraising and Promotions, Photography, Cooking

mind | Bassetlaw
 For better mental health
 Please contact Tel 01909 476075
 for more information

Sustain Wellbeing, Prevention, Involvement, Community Values, Relaxation
 Social Inclusion, Volunteering Opportunities, Advice Clinic, Coffee Mornings

Creative Crafts

Tuesday
 11th September
 Till
 2nd October
 2018

1.00pm
 Till
 3.00pm
 £1.50 per
 session

Living Well Programme, Fundraising and Promotions, Photography, Cooking

mind | Bassetlaw
 For better mental health
 Please contact Tel 01909 476075
 for more information

Sustain Wellbeing, Prevention, Involvement, Community Values, Relaxation
 Social Inclusion, Volunteering Opportunities, Advice Clinic, Coffee Mornings

Sugar Crafts

Starting
 Tuesday
 9th October
 2018
 For 10 weeks

1.00pm
 Till
 12.00 noon
 £1.50 per
 session

Living Well Programme, Fundraising and Promotions, Photography, Cooking

mind | Bassetlaw
 For better mental health
 Please contact Tel 01909 476075
 for more information

Sustain Wellbeing, Prevention, Involvement, Community Values, Relaxation
 Social Inclusion, Volunteering Opportunities, Advice Clinic, Coffee Mornings

Managing Stress

Wednesday
 10th October
 2018

1.30pm
 to
 3.00pm
 £1.50 per
 session

Living Well Programme, Fundraising and Promotions, Photography, Cooking

mind | Bassetlaw
 For better mental health
 Please contact Tel 01909 476075
 for more information

Sustain Wellbeing, Prevention, Involvement, Community Values, Relaxation
 Social Inclusion, Volunteering Opportunities, Advice Clinic, Coffee Mornings

Mindfulness

October
 2018

0.00pm
 to
 0.00pm
 £1.50 per
 session

Living Well Programme, Fundraising and Promotions, Photography, Cooking

mind | Bassetlaw
 For better mental health
 Please contact Tel 01909 476075
 for more information

Sustain Wellbeing, Prevention, Involvement, Community Values, Relaxation
 Social Inclusion, Volunteering Opportunities, Advice Clinic, Coffee Mornings

Seasonal Crafts

13th November
 Till
 4th December
 2018

1.30pm
 to
 3.30pm
 £1.50 per
 session

Living Well Programme, Fundraising and Promotions, Photography, Cooking

mind | Bassetlaw
 For better mental health

Photography

Learn how to take professional photographs
 and develop existing skills

1st Wednesday of each Month
 10.00am–12.00 noon
 at
 6 Hardy Street,
 Worksop

There will be a charge of £1.50 per session payable.
 Non-members attending will need to complete a self-referral form
**For more information please contact
 Nicola Rea Tel: 01909 476075**

mind | Bassetlaw
 For better mental health
 Please contact Tel 01909 476075
 for more information

Sustain Wellbeing, Prevention, Involvement, Community Values, Relaxation
 Social Inclusion, Volunteering Opportunities, Advice Clinic, Coffee Mornings

Understanding Medication

Wednesday
 25th July
 2018
 £1.50 per person

1.00pm
 Till
 3.00pm

Living Well Programme, Fundraising and Promotions, Photography, Cooking



**Central Notts Mind
14 St John Street
Mansfield
Notts
NG18 1QJ**



Tel: (01623) 658044

administrator@centralnottsmind.org



We were successful in getting £36k worth of funding from National Mind for an 18-month project “Get Set to Go”.



The Get Set to Go programme aims to improve the quality of life of anyone with a mental health problem through access to sport and physical activity in the local community. With support from Sport England and the National Lottery, this national programme seeks to help overcome the barriers someone with a mental health issue may face when wanting to become more physically active.

PARTICIPATING IN SPORT AND PHYSICAL ACTIVITY IS ASSOCIATED WITH THE FOLLOWING BENEFITS:

- Improved mental health and wellbeing
- Reduction in stress, anxiety and depression
- Improved confidence, motivation and self-esteem
- Weight loss
- Improved social life, meeting new people and having some fun!



MensSana Training Arm

Training Programme



Bespoke Training is available on request, commissions have included:

- Listening Skills
- Self Esteem
- Dementia and Associated Mental Health Needs
- Stress Awareness
- Wellbeing at Work

Contact Us

If you are interested, would like further details or to arrange a course please contact;

Haley Berry - Community Engagement Officer

Bassetlaw Mind
6 Hardy Street, Worksop
Notts, S80 1EH

hello@bassetlawmind.org.uk

01909 476075

Commissioned by Bassetlaw Clinical
Commissioning Group and Bassetlaw District Council



Mental Health Community First Responders

This is a 90 minute course to provide information and support on:

- Promoting good mental health - The wellbeing scale, what shifts the balance of wellbeing, the importance of good mental health
- Tackling mental health stigma - Explore media portrayals and negative responses, changes in the way people are treated, positive images of mental health
- Early intervention and support - Recognise common symptoms of mental health, how to listen, respond to and support someone and best practice
- Local services - Help within your community
- 5 Principles of Understanding Mental Health Training
 - This is a 3 hour intensive training course that will equip you with a detailed understanding of:
 - Wellbeing - The wellbeing scale, wellbeing toolkit, the importance of good mental health and how to keep ourselves well
 - Mental health conditions - A detailed look at the symptoms and treatment options of stress and anxiety, depression, schizophrenia and bi-polar
 - Person centered care - Understanding the complex care team, who is involved (carers, peer support, self help, professional teams, local services)
 - Importance of trust - Confidentiality and the exceptions, safeguarding, honesty, limitations and capacity
 - Road to recovery - Living with, relapse, support mechanisms, prevention and the recovery star



Gary Levers is carrying out a life long ambition to do a wing walk, to support him
 follow....<https://mydonate.bt.com/fundraisers/garylevers1>



Ruth Pashley is running in aid of Mind to support her
 follow....<https://mydonate.bt.com/fundraisers/ruthpashley1>



MP Ben Bradley is running the Mansfield 10K, to support him
 follow....<https://mydonate.bt.com/events/centralnottsmindcom/468265>

Team Everest are climbing in aid of Mind, to support them
 follow....<https://www.justgiving.com/companyteams/TeamEverest18>

Live fundraising activities



Miles for Mind is virtual challenge, to take part follow.... <https://www.milesformind.org.uk/>



UK outdoor retailer, **Mountain Warehouse**, has designed a range of 5 canvas tote bags, where 100% of the profits from each bag sold will go to local charities around their stores across the UK and Republic of Ireland. Mind in Notts have been chosen [by the Mansfield Store, for further details follow.... https://www.mountainwarehouse.com/community/charity/mountain-warehouse-charity-bags/](https://www.mountainwarehouse.com/community/charity/mountain-warehouse-charity-bags/)



Jack McKinnell is taking part in the Manchester Half Marathon, to support him
 follow....<https://www.justgiving.com/crowdfunding/jacks-manchester-half-marathon-for-bassetlaw-mind>