

12 Aug 2021

Write Mind

International Youth Day edition

Youth voice to shape mental health services

Young people will be given more say on how their mental health services are run across the district. Mind in Bradford is working with Bradford Youth Service to ensure that 'youth voice' plays a vital role in the delivery of Youth In Mind (YIM) programmes.

This includes developing a team of young inspectors who will audit YIM services and make recommendations for improvements. They will also join up with other youth voice work across the district and represent the partnership in different forums, activities and groups.

YIM is a partnership of organisations across Bradford and Craven which support young people from age eight to 25. Mind in Bradford became the new lead provider in April and has appointed a

new service manager, Charlotte Talbot.

Over three months, the partnership supported 1,337 children and young people, received 518 new referrals and delivered 3,754 face-to-face support sessions.

Mind in Bradford service director Helen Ioannou said they were working closely with national Mind to ensure services were meeting the needs of children and young people, adding: "It's crucial to have a youth voice in developing services and our aim is to embed this approach across the culture of the Youth In Mind partnership."

National Mind is calling on people to back a campaign for Government investment in a network of early mental health support hubs. Go to the Mind website to find out how to contact your local MP or follow #FundtheHubs.

Services reach more people

Mind in Bradford has seen demand for support rocket during the COVID-19 pandemic, and the team of staff and volunteers has responded by helping more people than ever before.

The number of people they helped from March 2020 to April 2021 was up 30% on the previous year.

In this time, they supported more than 3,300 people at over 23,000 attendances across services, including over 8,700 calls to helpline Guide-Line, nearly 3,000 sessions of crisis support at The Sanctuary and nearly 4,700 attendances at wellbeing groups.

Mind in Bradford is now asking people to fundraise, so that their vital services can continue to support more people. One way to fundraise is

by taking part in 600 Mile September, which involves walking, running or cycling 600 miles as a team of four or more during September.

Fundraising and Development Officer Lydia said: "Demand for our support has massively increased this past year, which shows that the mental health of people in our communities has been negatively affected by the pandemic."

"We want to be there to support people in exactly the way they need to be supported as we continue to feel the impact of the pandemic. But we can only do this with the help of the community."

"By fundraising for Mind in Bradford you will help us to continue to Be There For Bradford."

To find out more information and to register, visit www.mindinbradford.org.uk/600mile.





Supporting our youth

Client and volunteer Ian Lamb caught up with Service Director Helen Ioannou about how Mind in Bradford support children and young adults across the district.

When did the support for youth begin at Mind in Bradford?

We are now involved with two schemes aimed at youth within Bradford. We launched Know Your Mind back in October 2020 and this year, in April, we began a partnership with Youth in Mind.

What is the difference between the two schemes?

Know Your Mind is a Mind in Bradford project and is aimed in and around the centre of Bradford where we offer one-to-one support and therapeutic groups. Youth in Mind is a contract we won which enables us to reach out to young people across Bradford, in partnership with vital services such as Barnardos. Both schemes are greatly important as we now have more than one supportive network.

Why did Mind in Bradford feel the need to get involved with supporting the youth of Bradford?

It came about as a way of being a preventative organisation. We know through working with adults with mental health issues that, for a lot of people, their mental health issues began

in early life, so we feel it's crucial to provide that help and support where it's needed. Bradford also has one of the youngest populations within the UK so it makes sense for us to be there with plenty of support.

What kind of pressures are our youth facing and how has the pandemic affected them?

So much pressure, such as school, exams and fitting in. The pandemic has increased the pressures as more of our youth have had to deal with isolation, feeling lonely, and are perhaps cut off from their friends due to having to shield.

For people with school phobia or unlearned social skills it has exacerbated their anxieties with the confusion and fear of the unknown. But there are positives too because there are those who have preferred joining in groups that are held online.

Has this network within Mind in Bradford helped to ease the pressures and caseload at CAMHS?

Yes, we are helping and we've been recognised for it too. CAMHS (Children &

Adolescent Mental Health Services) are under so much pressure with so many young people needing help and support so we at Mind in Bradford have worked in partnership with CAMHS to give more than just that one option. This is either through Know Your Mind, Youth in Mind and also through evening one-to-one support which people as young as 11 years old can access through their GP.

Is there a vision for the next five years?

Yes, we need to aim at increasing our accessibility and reaching out to as many children and young adults as we can across our district. Everyone should be able to access our help, support and guidance and people from all communities are welcome here at Mind in Bradford.



"I can communicate and be respected, heard and listened to."
Know Your Mind client

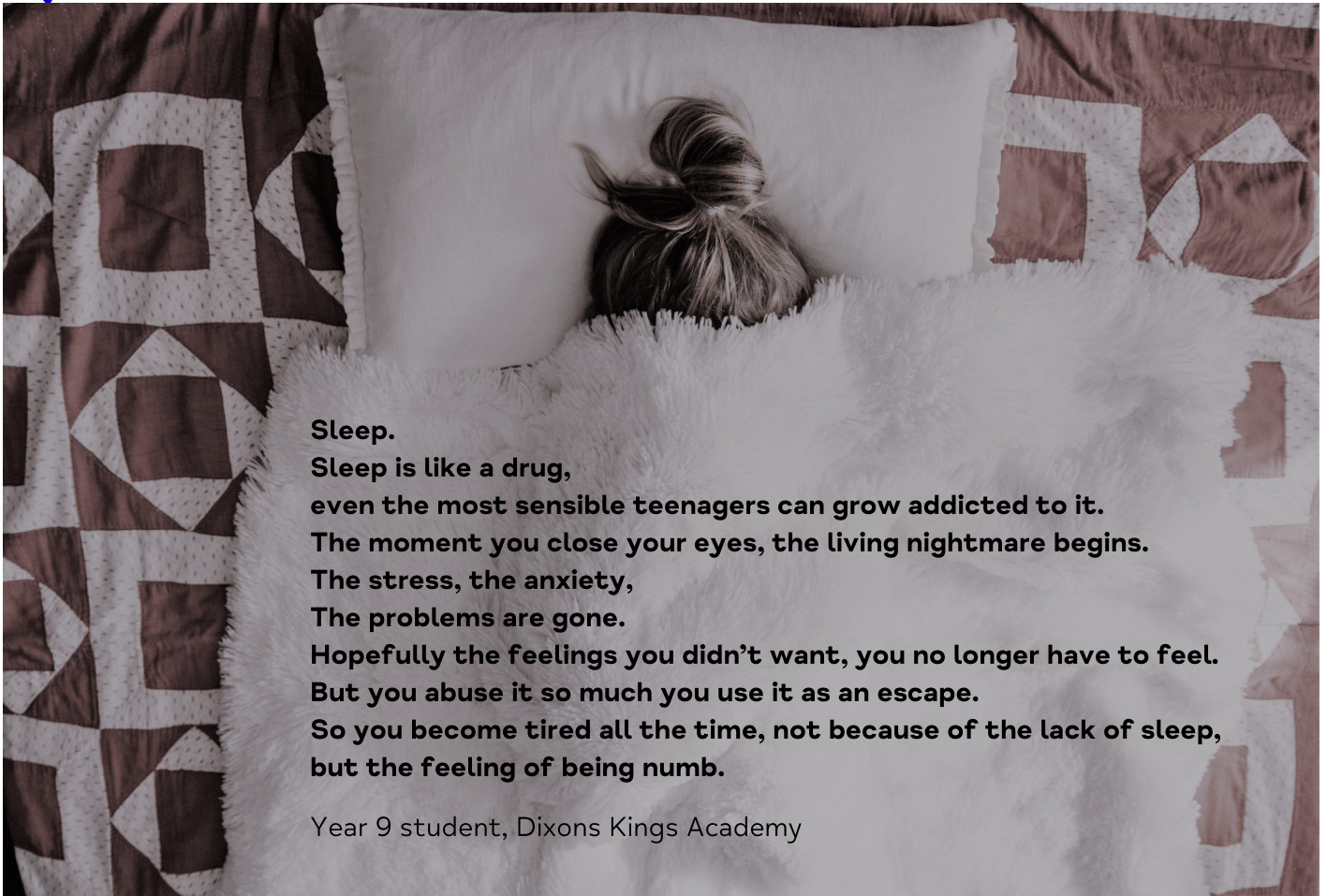
Where to get help

Know Your Mind: our children and young people's service offers a range of wellbeing groups and 1:1 sessions. These are open to young people aged 8-19 (and up to 25 with additional needs or disabilities) who live in the Bradford central area. Referral and self-referral is via our website.

Guide-Line: anyone of any age can call our free telephone helpline 08001 884 884, open 12pm-12am every day of the year. You can also talk to the Guide-Line team online via live chat, open 3pm-8pm every day, accessed via our website.

1:1 Support: anyone aged 11 or over can access our 1:1 support. Further details on our website.

First Response: in times of mental health crisis, anyone of any age should call First Response on 0800 952 1181. If you are aged 16+ you may be referred to our safe space, the **Sanctuary**.



Sleep.

Sleep is like a drug,
even the most sensible teenagers can grow addicted to it.
The moment you close your eyes, the living nightmare begins.
The stress, the anxiety,
The problems are gone.
Hopefully the feelings you didn't want, you no longer have to feel.
But you abuse it so much you use it as an escape.
So you become tired all the time, not because of the lack of sleep,
but the feeling of being numb.

Year 9 student, Dixons Kings Academy

Look after yourself!

Mental Health is very important in my point of view because it plays a vital role when it comes to making decisions daily.

If you are in the right state in mind, you will make the right decisions. That's why I make sure I look after my mental health, I have a good night's sleep and I take good nutrition to help my brain when I get angry.

I take deep breaths to relax and I do not make any decisions when I am angry because decisions made while you are angry will not be the right decisions.

I always discuss my mental health with my parents and teachers and there is so much help available on the government websites and from our local council in the city centre.

Last year, Prince William and Kate Middleton visited Bradford to create mental health awareness and stress the importance of mental health.

Our teachers are always reminding us to look after our mental health and there is plenty of help available in school.

Look after yourself, ask for help, make good decisions.

Aqsa Rashad Ayub, Year 7, Dixons Kings Academy

TIME TO REFLECT

My mental health changed during the pandemic as everyone was restricted and no-one could really see each other as much.

I missed my friends a lot and the majority of my college lessons were online. I wasn't able to see my friends as often as I would have liked to.

Having conversations over text and FaceTime made life during the pandemic a lot easier.

Music became a bigger part of my life as it was a way to escape from the world. I also watched a lot of TV series as well.

I also started to be more artistic and creative during the pandemic as I had more time on my hands - I mainly did sketching and photography.

Football is a sport which I love and watching it on TV, especially in 2020, was great as I could still do something I love even during the pandemic.

The pandemic made me appreciate so much more in life and not to take things for granted.

It helped me to reflect on everything that is in my life and also made me realise what I want to achieve when the world goes back to normal.

It gave me the opportunity to really think about what the future could hold for me.

The pandemic got me motivated to work out more and also take on challenges with my friends. Just talking to someone made the days fly by.

The lockdowns and the pandemic also made me realise that life is too short so you have to live every day to the fullest.

Dhriti Ahir



Who's who Kirsty Wilson

What's your job title?

Hello! My name is Kirsty and I am one of the Children's and Young People's Community Wellbeing Workers within the Know Your Mind team here at Mind in Bradford.

What did you do previously?

Previous to working on the Know Your Mind team, I worked with children in schools, colleges providing one-to-one learning and emotional wellbeing support. Back in 2017 I was involved in the Department of Health and Social Care's children's and young people's Mental Health Take Over Day, in which I ran a workshop for professionals and young people around my experience of CAMHS (Child &

Adolescent Mental Health Services). The takeover day led to the development of the government green paper: *Transforming Children's & Young People's Mental Health Provision*. Following this, I continued to use my lived experience to design and set up the Our Minds Our Future campaign, a youth-led project that campaigns for a human rights-based approach to mental health provision and the support we receive.

Why did you want to work at Mind in Bradford?

I had heard from others how great Mind in Bradford was, and I wanted to continue using my own lived experience of mental health to support other young people.

What do you enjoy most about your role?

I enjoy providing one-to-one support and running group

workshops in schools. Most of all, I enjoy seeing young people grow in confidence and achieving their goals!

What do you like to do outside work?

Outside of work, I like going for long walks, running and going to the gym. I also enjoy journaling in which I use a mixture of writing, collaging and painting.



Emotions in lockdown

By a Mind in Bradford client

The first lockdown wasn't fun
But I had my family then, we were still as one.
My foolish actions tore us apart,
It broke my life, my soul, and my heart.
My wife and kids want me no more,
It really hurt me to the core.
I look through eyes that are wet and hazy
Whilst the monsters in my head run crazy.
Then restrictions began to lift,
But my ship of hope was still adrift.
I try to get back in life's race
But I am surrounded by strangers with a mask on their face.
I stand alone amongst humanity,
And try so very hard to retain my sanity.

My head's a mess, it's all in a jumble,
But I must not let go, but I started to crumble.
Then just as I thought I couldn't cope,
I met some people who gave me hope.
We walk and talk and have some fun,
They make me feel like I am someone.
I talk to them whilst my eyes glisten,
But they say to me: "It's okay, Alan, we are here to listen".
They never judge or put me down,
They make me smile and remove my frown.
Now lockdown two has been and gone
And I am glad I have these friends I can lean upon.
Given where I was this time last year,
I can look to the future with a little less fear.
I can, and I will put all this behind me.
However the monsters remain
Just to remind me.

We are looking for more volunteers to help support people who are feeling isolated and lonely. For more details, please visit our website and head to Get Involved, then Community Companions.

Are you interested in writing for Write Mind? Our next edition will be published on October 10 to mark World Mental Health Day. To submit articles, send them to communications@mindinbradford.org.uk by 20 September 2021. The Views expressed in this newsletter are personal ones held by clients, volunteers and staff and do not necessarily represent the views of Mind in Bradford.

This newsletter is produced Mind in Bradford, your local Mind mental health charity. If you're struggling with your mental health, call our free helpline Guide-Line on 08801 884 884 12pm-12am or chat to our team online through our website www.mindinbradford.org.uk between 3pm-8pm. For urgent help, call First Response on 0800 952 1181. You may be referred to our safe space The Sanctuary, which opens 6pm-1am.