

12 Aug 2022

Write Mind

International Youth Day edition

This edition marks International Youth Day and focuses on children and young people's mental health. Read about how we're supporting more people aged 7+ and see creative submissions from local young people.

New all-age Safe Spaces service to support those in crisis

Safe Spaces offers same-day support for people who need urgent help with their emotional and mental wellbeing.

The service is run by the mental health charities The Cellar Trust and Mind in Bradford and replaces former safer space services Sanctuary, Haven and the children's overnight service.

The first location to open as part of the launch is the Bradford Hub at Mind in Bradford which opened on 1 July.

Safe Spaces Programme Director Heather Butcher said: "We're so pleased to now be able to offer one-to-one support for all-ages including adults, young people and children aged seven and over from our Bradford Hub."

The new crisis alternatives service for Bradford District and Craven will aim to reach more people than ever before with increased opening hours from 12pm to 2:30am every day.

The children's overnight service opened at the beginning of August in a discreet location in the district and a second hub will be opening in Keighley in October. The crisis cafes will form the final part of the service and are also due to start in October throughout the district.

To access one-to-one help from Safe Spaces, call the NHS First Response helpline on 0800 952 1181

and ask for 'Safe Spaces'.

Lines are open 24 hours a day for people who live in Bradford District and Craven.

We're helping more young people!

Mind in Bradford supported more young people than ever before in the year April 2021 - March 2022, new figures show.

The charity's children and young people's service, Know Your Mind, gave one-to-one support to 274 people aged eight-19-years-old - over four times as many as in the previous year.

A further 634 young people received mental health awareness sessions in groups.

The service has seen a positive impact on the young people it's supported with over 80% achieving the goals they set with our wellbeing practitioners.

One client said: "Six months ago, I would never have thought I could be hopeful about the future."

For more information visit mindinbradford.org.uk.



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 mind in Bradford
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Creative Corner

Bipolar and routine

By Cerys Jones

Wake up, coffee, read the news app. Shower, take the kids to school, clean the house.

These are some of the little things that can become a routine. Sometimes people are unaware they are even following a routine, for example, making coffee the same way each morning or washing their body in a certain order in the shower.

However, for people with chronic mental illness or neurodivergence, routine can be a lifeline.

In 2018, I was given a diagnosis of bipolar disorder while I attended university.

While not a necessarily unexpected diagnosis, I began to analyse my thoughts and actions in ways I never had before. I started keeping a mood diary every day - something which I tried to commit to to better understand my fluctuations in mood.

I started to think about the things that make me happy or bring me comfort even when I am suffering at the hands of turbulent mood changes.

One thing that really stuck out to me was the fact that I felt so overwhelmed, confused, stressed and pressured in a way I never had before.

I found myself struggling to wake up at the same time every day, not exercising as much as I did as an

early teen, crying over when I was going to find time to go to the supermarket among lectures, seminars and course deadlines.

I started to consider what I had at home and school that I hadn't managed to bring to university. It was the strict routine I followed whilst in compulsory childhood education.

Just before my final year, I realised I couldn't approach university life the same way my peers did. I was on a high dosage of quetiapine, of which the biggest side effect is feeling sedate or tired. My housemates could go out and not return until the early hours and make their 9am seminar the next morning but I simply couldn't sustain this.

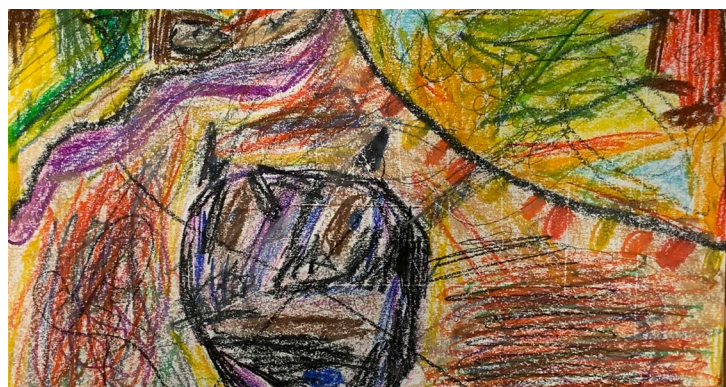
This was therefore my starting point: take my medication at exactly 8:40pm every night, be in bed by 9pm, make my seminar the next morning.

This was the start of my routine - the things that keep me stable, less anxious, and fulfilled even when my moods are unexpected and turbulent.

My bipolar will never be gone, but instead of resenting that fact, I work with it day in day out to be the best version of me that I can be, even if that means being tucked up in bed by 9pm.

Thoughts and Feelings

By the young people at Fagley Primary School





Mayor on mental health

Struggling with mental health doesn't discriminate as the new town mayor of Keighley, Luke Maunsell, has found out. Mind in Bradford client Ian Lamb interviewed him to find out more about his journey to recovery.

Congratulations on being elected as not only a

town mayor but Keighley's youngest ever town mayor! How does that feel and what would you like to achieve?

It's brilliant and it means everything to me. I'd been training as a teacher but I also wanted to make a difference and so being in this position is enabling me to stand up for the town and raise money for much-valued charities as well as encouraging young people to engage more.

I read the interview you did for Keighley News. How did it feel opening yourself up and talking about such a difficult time in your life?

It actually felt refreshing. I'd been pushed to the edge so having come out the other end and being in a position where I could talk about it, I found it to be a good experience.

I'm speaking up. People, and especially the young, should be encouraged to speak up and get the guidance and support they need. People need to know that it isn't just about 'manning up' or 'snapping out of it', that people do need help and support and there is help and support out there.

When did you first start experiencing mental health distress?

Roughly about three to four years ago. It wasn't a quick thing either, it was more of a gradual thing. I'd been feeling low which snowballed. I'd be quiet and just not say anything. It built up then I broke down.

I actually broke down at work. While walking home, I felt so depressed that I contemplated walking out in front of a moving truck. I knew then that I needed to get help but I didn't fully know how to or where to go.

What was your recovery process like?

It was a very long process. It was a good 18 months for me to be in a position where I felt I could function again.

I took antidepressants and I also went down the therapy route. Once I started feeling more able to function, I took up exercising and especially walking. And of course, I quit my job and now here I am, in a much better place.

How did you find your family and friends?

Most were helpful but there were a few not so helpful and that's because they didn't understand it - a

great big reason as to why we really do need to talk about it more.

By talking about it, we can educate people which in turn creates an understanding. I have an aunt who was brilliant and I feel very fortunate to have that support because it was my aunt who strongly encouraged me to go for counselling.

My closest friends were vital to my recovery. They'd keep saying positive things to me which really helped and even those friends who didn't understand, I don't resent them for it.

It is hard to know what to say or how to say the right thing and this is why people and groups such as Mind in Bradford become a much-needed place for people to go and get that help and understanding.

What have you discovered about young people and their mental health needs?

It's a worrying time. Young people have a lot to cope with as it is with exam pressures, growing up and body image as well as peer pressure so it is a tricky time for them.

Having schools more educated around mental health issues could be a good place to start where they can offer that support, that structure where young people can feel safe. Having more youth groups which also have knowledge about mental health issues and maybe even support groups that are specifically for mental health issues and worries.

"All people can do, and especially the young, is to be the best they can. It's OK to make mistakes and to not worry so much when things don't turn out as they may have hoped."

How do you plan on pushing mental health while you're in office?

By getting a lot more information out there about the various groups and wellbeing services that are on offer across Keighley and Bradford and letting people know that there are places to go and that people are there and are trained to listen and help.

It's about more talk and less stigma. I feel it's my mission to strongly encourage this as well as doing what I can for and with charities.



Who's Who? Ryan Walsh

What's your role at Mind in Bradford?

My role is programme manager for Youth in Mind. I work with service managers across the providers in the programme to ensure that projects we subcontract and commission are meeting the needs of children and young people in the district.

What have you done previously?

I've worked in the VCS for the last five years mostly working with LGBTQ+ and neurodivergent people. I've done a lot of advocacy work for these communities with the NHS, social services, local government and the Home Office. I previously worked in contract management for the Help to Buy: ISA and MGS Schemes.

Why did you want to work at Mind in Bradford?

I was ready for a new challenge and this role offers me good networking opportunities across the district with lots of different stakeholders in schools, the NHS and local government. I'm also passionate about getting support to disadvantaged communities in the district, which I now have an opportunity to do. I'm from Bradford and understand some of the challenges intimately.



What do you enjoy most about your role?

The culture at Mind in Bradford (MiB) is something I'm really proud to contribute towards. There is a transparency, openness and honesty from senior leadership, which I really value. Also my passion for equality, diversity and inclusion is something that is shared throughout the organisation and colleagues are actively making changes to make MiB a more accessible place to visit and work for all people.

What do you like to do outside work?

I really enjoy being outside, I have a whippet called Stella and like to get out for long walks and camping trips with her whenever I can. I also enjoy spending time in my "garden" growing plants, herbs and vegetables. I've recently harvested some garlic!



600 Mile September Challenge!

Coming soon...

"Mind in Bradford is such a great cause and the challenge itself is already promoting better mental health among employees, encouraging people to get away from their desks and motivating them to do more exercise."

- Broughton, fundraisers

600 Mile September is back!

600 Mile September is back for 2022! Gather your team of four or more people, complete 600 miles between you during September and gather sponsorship online. It's up to you how you do your miles - you could walk, run, cycle, swim, row or do something completely different.

Take part to raise awareness and vital funds for your local mental health charity.

Scan the QR code to sign up!

Or visit: mindinbradford.org.uk/support-us/600mile.



This newsletter is produced by clients and volunteers and does not necessarily represent the views of Mind in Bradford. You can contribute by emailing communications@mindinbradford.org.uk.

To talk to us about your mental health, call Guide-Line free on 08801 884 884 12pm-12am or chat online at www.mindinbradford.org.uk 12pm-12am. For urgent help, call First Response on 0800 952 1181. You may be referred to our crisis service Safe Spaces, open 12pm-2:30am.