Are you feeling connected, part of something, supported? Do you have friends or family who you can talk to? Are your days full and your life busy? Are you looking forward to a bustling festive season, with parties and family time? Do you ever feel lonely? Would it surprise you to hear someone say yes to the first few questions, but still admit to feeling lonely?

It seems that there can be different ways to be lonely. Maybe it’s social isolation, through being disabled or ill, or having a low income. Maybe it’s a change in circumstances, such as unemployment, a relationship ending or moving house. Maybe it’s mental ill health making someone withdraw from people. Maybe someone has a full and busy life, but still feels lonely when they’re in a crowd.

The more I read about loneliness, the more I think someone feeling lonely has to start by thinking what it is they’re lacking. If loneliness or isolation means that someone feels that they don’t have the connections with other people that they need, there is help available. If you have no one to talk with about how you feel, would a support group be a good place to start? If you lack contact with people, would you like to know about a befriending scheme? If you feel like you could get out, but don’t know what to do or where to start, would a social group be your sort of thing? If you feel like your loneliness is a symptom of something more, could counselling help you sort out how to move forward? These are just some of the things that Leeds Mind offers, and around Leeds there are more groups for different communities or issues, some of which we have listed on our website.

There are links on the next page to these sites and more. If you aren’t online, you can always drop in at your local library and ask them to help you. If you don’t know where your nearest library is, give their Enquiry Service a call and they will tell you: ☎️ 0113 247 6016.

I hope some of the details here and in the rest of the newsletter might give you some ideas for helping yourself to find things to do or someone to contact to find out more. If you just want to get Christmas and the rest of the festive season out of the way, how about planning something for early in the new year, such as trying a new group or class? I find that planning what I want to do helps me feel motivated and reminds me I’m looking after myself. Plus it’s nice having things to look forward to.

Gillian, newsletter volunteer

By the way, the newsletter now has its own email address! So if you want to send something to us, or have an idea for a feature, or just to send some feedback, the address is: 📧 wellbeingnewsletter@leedsmind.org.uk

Post and telephone messages are also welcome, of course!
As I mentioned on the front page, there are lots of groups, organisations, courses... well all sorts of things out there to do with wellbeing. Much of the information is on the internet, but I always try to find a phone number too.

<table>
<thead>
<tr>
<th>Leeds Mind Wellbeing Service</th>
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<tbody>
<tr>
<td>Counselling, befriending, social groups, peer support groups and courses, and more. See or call . Website also includes a link to this newsletter, so very handy if you lose yours!</td>
<td><img src="www.leedsmind.org.uk/wellbeing/" alt="Link" />  0113 305 5802</td>
</tr>
<tr>
<td>Also on the Leeds Mind website there is a link to a list of other groups that run around Leeds. It might be helpful if you or someone you know is looking for something in a certain area of the city or for a particular issue, age or ethnic group</td>
<td><img src="www.leedsmind.org.uk/other-services/" alt="Link" /> and click on Drop In &amp; Outreach Budget.</td>
</tr>
</tbody>
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<table>
<thead>
<tr>
<th>Mind</th>
<th></th>
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<tbody>
<tr>
<td>The national website has a leaflet about loneliness, with tips to help yourself. You can order leaflets online or by phone, or this one is available to print for free</td>
<td><img src="www.mind.org.uk/help/diagnoses_and_conditions/loneliness" alt="Link" />  0300 123 3393</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Older People's Information</th>
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</thead>
<tbody>
<tr>
<td>For information for older people, there is a booklet on the website which is aimed at professionals, but has lots of contact information and resources, as well as ideas.</td>
<td><img src="www.olderpeopleleeds.info" alt="Link" />  <img src="www.opforum.org.uk/" alt="Link" />  0113 244 1697</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Leeds Directory</th>
<th></th>
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</thead>
<tbody>
<tr>
<td>Online resource aimed at helping people live independently, which also has a huge list of places and organisations offering activities, groups, events, and lots more. Worth a look.</td>
<td><img src="www.leedsdirectory.org" alt="Link" />  0113 391 8333</td>
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<table>
<thead>
<tr>
<th>Local Council</th>
<th></th>
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<tbody>
<tr>
<td>The council did have a database with all sorts community groups and activities listed, but the online version isn’t available at the moment. They told me that the Enquiry Express the library runs can help you find local services.</td>
<td><img src="enquiry.express@leeds.gov.uk" alt="Link" />  0113 247 6016</td>
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</table>

<table>
<thead>
<tr>
<th>UK Online Centres</th>
<th></th>
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<tbody>
<tr>
<td>There is so much information available on the internet that it really is worth having a go. If you would like to find out more about a free or low cost computer course then the UK Online Centres helpline on can direct you to your nearest UK online centre.</td>
<td><img src="www.ukonlinecentres.com/" alt="Link" />  0800 77 1234</td>
</tr>
</tbody>
</table>

Alternatively you can text ‘online’ and your postcode to 80809. Texts cost 25p + your standard network charge.
Peer Support Group Work: groups, courses and workshops

What is Peer Support Group Work?

Our self-help group work courses and workshops provide you with an opportunity to develop your understanding of yourself and your mental health needs and to discover new ways of coping with the difficulties experienced in life. They are participatory and you will be encouraged to share experiences and learn from others. We believe that individuals are experts in their own distress and encourage people to draw on their own strengths and experiences in order to take control of their lives and increase their confidence and self-esteem in a safe, supportive environment.

Introduction to Group Work Skills

This two hour workshop introduces new group members to the skills which help get the best out of peer support group work, and gives useful information for what to expect from the courses below. Attendance is essential for those who wish to attend the courses listed below.

Upcoming Courses, Workshops and Groups

Activities are held at Clarence House unless otherwise stated. We have a suggested donation of £5 waged/£2.50 unwaged for each sessions of a course or workshop and £3 waged/£1.50 unwaged for support groups. These are not compulsory, and do not affect your eligibility to access Peer Support.

The following details give the name of the workshops or course and some information about where and when it is. If you would like to know more about what’s covered and the sort of things that might be

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Peer Support Group work programme December 2012 - February 2013

Introduction to Group Work Skills

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon 14 January</td>
<td>1.00-3.00pm</td>
<td></td>
</tr>
<tr>
<td>Thurs 7 February</td>
<td>10.30-12.30pm</td>
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Courses

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
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<tbody>
<tr>
<td>Assertiveness skills (6 wks)</td>
<td>Weds 09 Jan</td>
<td>10.30-1.00pm</td>
</tr>
<tr>
<td>Self Esteem Building (6 wks)</td>
<td>Weds 20 Feb</td>
<td>10.30-1.00pm</td>
</tr>
<tr>
<td>Mindfulness and meditation (5 wks)</td>
<td>Wed 16 January</td>
<td>10:30-12:30pm</td>
</tr>
<tr>
<td>Opening the Heart (6wks)</td>
<td>Wed 27 Feb</td>
<td>10.30-12.30pm</td>
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Workshops

<table>
<thead>
<tr>
<th>Course</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Relaxation skills</td>
<td>Mon 10 Dec</td>
<td>10.30-2.30pm</td>
</tr>
<tr>
<td>Healing and the Heart</td>
<td>Thurs 13 Dec</td>
<td>10.30-2.30pm</td>
</tr>
<tr>
<td>Managing Anxiety</td>
<td>Tues 18 Dec</td>
<td>10.30-2.30pm</td>
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</table>

Support Groups

<table>
<thead>
<tr>
<th>Group</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday Group</td>
<td>Tuesdays</td>
<td>12.30-2.30pm</td>
<td>Inkwell</td>
</tr>
<tr>
<td>Wednesday Afternoon Group</td>
<td>Wednesdays</td>
<td>1.00-3.00pm</td>
<td>Clarence House</td>
</tr>
<tr>
<td>Wednesday Evening Group</td>
<td>Wednesdays</td>
<td>6.30-8.30pm</td>
<td>Inkwell</td>
</tr>
</tbody>
</table>

(more information on next page)
Peer Support Group Work: groups, courses and workshops continued

Self Help Support Groups

Self-help support groups are a supportive space in which individuals experiencing self-defined emotional distress can explore difficulties and successes at their own pace and receive and give mutual support from and to other group members. These are ongoing groups which you can join at any time, but there may be waiting lists, depending on the size of the group. Please call the office for more details about places and how to join these groups.

Places on courses are limited and MUST be reserved in advance.

Venues:
Clarence House, see contact information
Inkwell,
31 Potternewton Lane,
Chapel Allerton,
LS7 3LW

For information on any of these courses, workshops or support groups, please contact the Wellbeing Service:
Leeds Mind Wellbeing,
Clarence House,
11 Clarence Road, Leeds,
LS18 4LB
Tel: 0113 305 5802
Email: wellbeing@leedsmind.org.uk

Leeds Mind Social Groups

Social groups run by the Wellbeing Service at Leeds Mind are only open to people who are already accessing Leeds Mind’s services. For more information generally, office numbers are 0113 3055 802 or 0113 3055 824, otherwise see numbers listed with some group details.

<table>
<thead>
<tr>
<th>Group</th>
<th>Details</th>
<th>Contact</th>
<th>Information/News</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women’s Group</td>
<td>Mondays 1-3pm at BHS Café, Kirkstall</td>
<td>Sue Smith ☎ 0113 305 5802</td>
<td>Open to all female Leeds Mind clients, this group meets for coffee and chat.</td>
</tr>
<tr>
<td>Spirituality Group</td>
<td>Mondays 1-3pm at Clarence House</td>
<td>Contact Wellbeing office</td>
<td>Open to all Leeds Mind. Group talks about different range of topics under spirituality heading.</td>
</tr>
<tr>
<td>Tuesday Club</td>
<td>Every Tuesday, 1pm, various locations, usually West Yorkshire Playhouse</td>
<td>Contact Wellbeing office</td>
<td>Open to all Leeds Mind clients, run by members, this group sometimes meets for coffee and sometimes has social outings.</td>
</tr>
<tr>
<td>Men’s Group</td>
<td>Usually meet Wednesdays at 4.30, but see details below</td>
<td>Paul Raisbeck, Wellbeing Keyworker ☎ 07590 046 525 or 0113 305 5824</td>
<td>Men’s group activities are open to all male Leeds Mind clients. Contact Paul for a chat about the group and its activities</td>
</tr>
<tr>
<td>Wednesday 28th November</td>
<td></td>
<td>4.30pm Obediah Brooke pub, Cleckheaton</td>
<td>6pm Aakash Asian buffet</td>
</tr>
</tbody>
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Continues on next page
### Leeds Mind Social Groups continued

<table>
<thead>
<tr>
<th>Group</th>
<th>Details</th>
<th>Contact</th>
<th>Information/News</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Open Mic</strong></td>
<td>Last Wednesday of month, so next date Wednesday 28th November 8pm at the Victoria Public House, Great George Street, LS13BB</td>
<td>📞 <a href="mailto:sue.smith@leedsmind.org.uk">sue.smith@leedsmind.org.uk</a></td>
<td>If anyone would like to try out the new Open Mic which now runs at the Vic every Wednesday, a few of us will be there on the last Wednesday of each month from 8pm. The group who run the night are a friendly bunch &amp; would be pleased to see any of our open mic-ers. They run it differently - everyone sits in a circle &amp; take turns to perform round the group. All welcome to give it a try.</td>
</tr>
<tr>
<td><strong>Signing Group</strong></td>
<td>Fridays from 1pm at West Yorkshire Playhouse Cafe</td>
<td>📞 0113 305 5802</td>
<td>Open to all Leeds Mind clients, this group meets to learn and practice sign language.</td>
</tr>
<tr>
<td><strong>Satellite Group</strong></td>
<td>Days and times vary</td>
<td>📞 Douggie on   07846 207 138</td>
<td>This group meets at different times and places, and has varied activities, such as theatre trips.</td>
</tr>
</tbody>
</table>

### Leeds Mind News & Events

#### Recruitment & Selection Training

We are looking for **service users and volunteers** to be involved in **Recruitment for the Leeds Mind**.

We have arranged a 1 day training on **Wednesday 12th December at De Lacey House 9.30am- 4.30pm**

(with a possible half day follow up in the New Year on Interviewing Techniques)

If anyone wants to find out more or book a place please contact Janet Baker: 📞 janet.baker@leedsmind.org.uk 📞 0113 305 5800

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#### Leeds Mind Christmas Party

We would like to invite you to celebrate the festive season by joining us on the 19th December 2012 at:

**St Chad's Parish Hall**

**Headingley**

**Leeds, LS26 5JT**

**Directions:** Just next to the BP Garage and opposite Woodies Pub, Headingley

By bus, use the No. 2, 6, or 97 from town.

**11.00 - 12.30** Welcome, Drinks & a Mince Pie

Help us celebrate 40 years

• What can we do better or differently

• More or Less of?

• Could we try something new

**12.30 - 1.30** Lunch

**1.30 - 3.00** Party Time!

• Music, Games, Crafts & More.....

Please RSVP to Gemma Green on 0213 3055 800 or Email gemma.green@leedsmind.org.uk By Wednesday 5th December 2012.... 
Thank you!

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*Wellbeing in Mind  December 2012*
Leeds Mind News & Events continued

Leeds Mind employment service, **Workplace Leeds**, specialises in providing employment and job retention support to individuals recovering from mental health problems. They have recently launched a blog.

A recent entry raised the question: “Should I tell my employer/potential employer about my mental health condition?”. Hmm, not sure of the answer to that one.

If you want to find out more, or leave a comment, have a look at [workplaceleeds.wordpress.com](http://workplaceleeds.wordpress.com)

The creative folks at Inkwell have been super busy in November. Anyone who was there for their bonfire night celebration on 3rd November will have seen the burning of a Viking-style longboat - see photo. There are loads of pics on their Facebook page: [www.facebook.com/Inkwellarts](http://www.facebook.com/Inkwellarts)

They have also launched a **Saturday Craft Café**, which runs each weekend:

- **Morning workshops** – 10.30am – 12.30pm
- **Afternoon workshops** – 1.30-3.30pm

**Café open** 10am - 4pm

They hope to offer an exciting range of crafts every week. These will be posted on their Facebook updates and on the blog so it will be easy to keep an eye on what will be available.

There is no entrance fee so everyone is welcome to come along and enjoy the food and refreshments on sale. Crafts are priced according to each project and we have friendly and helpful volunteers to help assist you with your sessions.

See their Facebook page - as above, or their webpage: [www.inkwellarts.org.uk](http://www.inkwellarts.org.uk)

Or there’s always the phone: ☎ 0113 307 0108

*Inkwell’s address in on page 4 of this newsletter*
Other Groups & Things to do

Been inspired by some of things in *Wellbeing in Mind* but still haven’t found a group or course that you fancy? There are lots of things going on around the city, so here are some ideas of what’s on or where to look for more information and ideas.

**Swimming Lessons**

Leeds Mind Wellbeing Service is hoping to set up a group for people to learn to swim. We are looking to apply for a grant with Leeds City Council for swimming lessons.

We’re just making a note of names and phone numbers at the moment – no firm commitment! If you are interested please get in touch with:

Iona, Wellbeing keyworker:

📧 iona.heaton@leedsmind.org.uk

Or text or leave a message on ☎ 0759 004 6522,

**Be Confident, Be Relaxed**

Learn to value yourself, challenge negative thinking, communicate assertively and practice a number of different relaxation techniques to deal with the stresses of everyday life.

Oblong is currently running a course on Thursday afternoons, but there will be new courses in January and April.

To find out more, contact Duncan on ☎ 0113 245 9610, or email ✉ patmoss@hotmail.co.uk

Oblong is based at Woodhouse Community Centre, 197 Woodhouse Street, Leeds LS6 2NY

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**Leeds Mind Services over Christmas and New Year**

We must be early with the newsletter compared to last year, because there are no finalised details of when the different bits of Leeds Mind will be closed for the Christmas and New Year holidays.

Please ask your worker or contact at the service you use to find out when they’ll be available nearer the time.

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**Hearing Voices Support Group (Leeds)**

Hearing Voices groups are typically, a number of people who share the experience of hearing voices coming together to help and support each other. The purpose of hearing voices groups is to offer a safe haven where people feel accepted and comfortable. They also have an aim of offering an opportunity for people to accept and 'live with their voices', in a way that gives some control and helps them to regain some power over their lives.

There is a regular group (facilitated by volunteers) running in Leeds at:

Starbucks Albion Street, LS1 6AA

(Opposite Boots and NEXT)

Every Wednesday from 5pm to 6.30pm

**Please note this is a change commencing November 2012** (used to be a different day)

For further information or a chat about the group contact Sarah or Sally on:

📧 HVG.Leeds@googlemail.com

☎ 0792 913 5319

In association with the Hearing Voices Network

🌐 www.hearing-voices.org
## Things to do continued & Resources

### A helping hand from Royal Mail this Christmas

Whoever you write to, every penny counts, especially over the festive period. If you receive Pension Credit, Employment and Support Allowance, Incapacity Benefit or Unemployability Supplement, you can buy up to 36 stamps in either books of 6 or 12 at their Christmas 2011 prices (proof of benefit will be required).

**The offer is available from 6 November until Christmas Eve (24th December).**

Stamps can be purchased from any Post Office®.

Vouchers were delivered in October, but if you haven’t received one call

**Royal Mail Customer Services on ☏ 08456 016 248, or see**


Vouchers can be ordered up until the 18 December 2012

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### Information about benefit changes

Leeds City Council has produced a helpful summary booklet of changes to welfare benefits, which is useful for both people who use services and workers. The link for the online version is


If you are unable to get the leaflet online, call into one of the One Stop Centres, or telephone the council’s Council Tax and Benefits number:

[ ☏ 0113 222 4404](tel:01132224404)

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### Campaign Against Living Miserably

Have you heard of the Campaign Against Living Miserably? CALM was set up to reduce the high suicide rate amongst men under 35, currently the single biggest killer of young men in the UK. It is a campaign and charity targeting young men with a helpline, magazine and online community, but CALM listens to anyone who needs help or support.

CALM publishes the CALMzine, a bi-monthly magazine distributed across Topman stores. You can also find it online. CALM also have a lively website full of articles to fire you up, make you think, and stories about the exploits of CALM and its supporters.

[www.thecalmzone.net/](http://www.thecalmzone.net/)

CALM promotes and delivers a free, confidential, anonymous helpline and website targeted at young men, though CALM will listen to anybody who needs advice or support, regardless of age, gender or geographic location.

[ ☏ 0800 58 58 58](tel:0800585858)

Lines are open 7 days a week, 5pm to midnight
Adult Social Care Launch Event: Better Lives for people in Leeds

Whether you’re someone who uses social care services, a member of staff or a local business or voluntary sector leader, you have the potential to make a positive difference to your own life and the lives of others.

Better Lives for People in Leeds is Adult Social Care’s commitment to unlocking that potential. It’s about people being released from dependency and having more say in how they live their lives. Against a backdrop of major financial challenge, it’s time to think differently: to break down boundaries between organisations and people, and support ideas that help communities to thrive.

When: 14th December 2012 – 9.30am till 12pm
Where: Leeds City Museum

- Find out more about the future of adult social care in Leeds.
- Hear from local councillors, social care and health leaders.
- Ask speakers questions and have your say.

Just some of the themes we’ll be covering:
- New ways that local people can directly influence services.
- How social care and health care are joining up.
- Boosting social enterprise and encouraging ideas.

How to book – or find out more
Email us: hos.trauma.administration@leeds.gov.uk
Call us: 0113 224 3521
Join the discussion on Twitter: #betterlivesleeds
We would like you to be able to fully participate in this event. If you have any additional requirements or queries, please call us on the numbers above.

Charity Christmas Bazaar
Festive Family Fun
Saturday 8th December 10am-2pm
St Joseph’s Church Hall, Westgate, Wetherby
Craft stalls, home baking, gifts, music & mulled wine
Featuring carols by The Wendell Singers
And an very special guest arriving at 1pm

All proceeds go to St Vincent Support Centre, a place of help, hope and opportunity for people facing poverty. The support provided by their projects in Leeds includes debt management, counselling, education, personal development opportunities and emergency help for families.

They also recycle donated furniture, electrical appliances, clothing and household items, either directly to disadvantaged families, or via their community shops.

To find out more about what they offer in Leeds, contact: 0113 248 4126 or kim.goulden@stvincents-svp.org.uk

Christmas Sing Song
Healing Voices, the singing group run by the Arts and Minds network, is holding an old-fashioned Christmas Sing Song.

Tuesday 11th December
2-4pm
Swarthmore Centre, Woodhouse Square, Leeds LS3 1AD

We’ll be singing carols and festive songs, so come and join in.

Everyone welcome!

Christmas nibbles will be available.
Useful Numbers for the Christmas Period

GP surgeries will be closed 25 and 26 December, and 1 January, but may be shut or close early on Mondays 24 and 31 December. If your surgery is shut you can still telephone them and the answering machine message will tell you what to do.

Dentist Telephone your usual Dental Surgery, the answering machine message will tell you what to do. If you do not have a Dentist phone NHS Direct (see right)

Pharmacies If you have a common ailment it’s often easier to visit a pharmacy than your GP. They will have an emergency rota over the holiday period. The full list will be online nearer Christmas, so check

- www.nhsleeds.nhs.uk

NHS Direct For health advice and reassurance, 24 hours a day, 365 days a year. If you have any health concerns, don’t sit and worry - give them a call

☎ 0845 4647

Or see their website 🌐 www.nhsdirect.nhs.uk

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- www.nhsleeds.nhs.uk

Out of Hours Emergency Duty Team, Social Services Available out of hours IN EMERGENCY. Not solely for mental health referrals. Covers all aspects of Social Care statutory obligations.

☎ 0113 240 9536

Opening Hours: 5pm - 8am and Weekends and Bank holidays

Dial House A place of sanctuary for anyone needing time out from a difficult situation or who may feel unsafe. Open from 6pm - 2 am Friday to Monday. Dial House has a family room so parents in crisis can bring their children. Also provides a taxi service.

☎ 0113 260 9328

Samaritans Someone to listen if you are distressed, service available 24 hours a day, every day.

☎ 08457 90 90 90

- Also an email service jo@samaritans.org

Connect Helpline Connect is a telephone helpline open 6pm -10.30pm every night of the year for people living in Leeds. The service provides emotional support and information for people in distress.

☎ 0808 800 1212

HOW TO SEND THINGS IN FOR THE NEWSLETTER

We produce 'Wellbeing in Mind' on a bi-monthly basis. The newsletter is written and compiled by one of our volunteers. If you have anything you would like to put in the newsletter, Gillian can be contacted on 0113 305 5802 on a Friday. Alternatively you can email the address below.

HOW TO GET YOUR NEWSLETTER

We are not able to send the newsletter by post but they will be available from Clarence House and DeLacey House, and our workers will also carry copies to give to their clients.

We are compiling an email distribution list so if you would like to receive the newsletter by email please send an email to wellbeingnewsletter@leedsmind.org.uk