Have you looked out of the window today?

Does the view inspire you to go outside? I promised myself that I would get out and about a bit more now the days are lengthening, and spring has arrived. It’s not easy.

The front page I wrote for the last newsletter (yes, I forgot to put my name on it, apologies) was about ‘10 steps to happiness’. These sorts of lists often encourage us to get outdoors for a walk, or plant something and nurture it, benefiting us with either exercise and fresh air or the chance to appreciate nature.

So the theme for this issue is about going outdoors and doing positive things. It’s that time of year when courses and groups are heading out to gardens and for walks. Maybe you are looking at your own garden, balcony or window and thinking about growing something to improve your view, or putting up a bird feeder to encourage the wildlife.

Maybe you would like to go for a walk, but don’t know where to start or what to visit. Or maybe you’d like to join a walking group, and have some company while you exercise. There are lots of things going on, some of which are in this newsletter. Another good place to find things is the community notice board at your local library or supermarket, or some GP surgeries have details of local walking groups or healthy living projects.

If you find something good that we don’t know about, we’d love to hear from you.

Gillian Schofield, newsletter volunteer

An Eeyore state of mind

Finding good things in the world isn’t always easy. I was on a Wellbeing course recently, and heard something that resonated with me: sometimes it feels like there is no such thing as nice. You might know what it’s like. I go to the bus stop to come to Mind, and the shelter has been vandalised again. I get on the bus and no one will move their bag so I can sit down, so I end up right at the back of the bus on a seat with muddy footprints... need I go on?

By this time my mood is in my boots, and I really do believe that the whole world is horrible.

I decided to look for something good or nice each day. Some days I really have to work hard, true. Today, however, I watched a carer helping a woman with learning difficulties onto the bus. The carer was so lovely and gentle in how she talked to her charge, and it made me smile. On the bus yesterday I spent 5 minutes playing peepo with a toddler in a pushchair. That made him smile, which made me smile, which made him smile even more.

There is such a thing as nice, I reminded myself. I just have to find it.

Gillian (again)
What is Peer Support Group Work?

We believe individuals are experts in their own distress, so Peer Support offer group work activities to provide you with opportunities to develop your understanding of yourself and your mental health and to discover new ways of coping with difficulty. You will be encouraged to participate, share your experiences and learn from those of others. In doing so we hope you will be more able to take control of your life and your own wellbeing.

Upcoming Courses, Workshops and Groups

Activities are held at Clarence House unless otherwise stated, and are free of charge, although we welcome donations to help us keep the Project running. Places are limited and MUST be reserved in advance. The following details give the name of the workshops and courses and some information about where and when they are. If you would like to know more about what's covered and the sort of things that might be discussed, please get in touch with the Wellbeing Service (details on next page).

Introduction to Group Work Skills

Attendance required for courses and support groups

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Thurs 16 May</td>
<td>10:30am-12:30pm</td>
</tr>
<tr>
<td>Mon 10 June</td>
<td>1.00-3.00pm</td>
</tr>
</tbody>
</table>

Courses

We encourage you to attend these courses in the order shown to help you build on the skills learned in each course, though this is not compulsory.

Skills for Wellbeing

1. Confidence Building
   - 19 April to 17 May
2. Assertiveness Skills
   - 07 June to 12 July
3. Self Esteem Building
   - 13 September to 18 October

Skills for Wellbeing

1. Confidence Building
   - 19 April to 17 May
2. Assertiveness Skills
   - 07 June to 12 July
3. Self Esteem Building
   - 13 September to 18 October

Mindfulness

1. Mindfulness and Meditation
   - 17 April to 15 May
2. Opening the Heart
   - 12 June to 17 July

Wellbeing Workshops

1. Managing Anxiety
   - 17 April
2. Building Resilience
   - 01 May
3. Healing and the Heart
   - 16 May (Thursday 10:30am to 2:30pm)

Peer Support Groups

These ongoing groups meet weekly to share experiences, coping strategies, and mutual support. They are a safe space to help you use the skills and resources learned in courses and workshops to maintain your wellbeing.

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Tuesday</td>
<td>12:30-2:30pm (Inkwell)</td>
</tr>
<tr>
<td>Wednesday</td>
<td>6:00-8:00pm (Inkwell)</td>
</tr>
<tr>
<td>Wednesday</td>
<td>1:00-3:00pm (Clarence)</td>
</tr>
<tr>
<td>Thursday</td>
<td>10:30am-12:30pm (Clarence)</td>
</tr>
</tbody>
</table>
## Peer Support Group Work: groups, courses and workshops

**Venues:**

<table>
<thead>
<tr>
<th>Clarence House</th>
<th>Inkwell</th>
</tr>
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<tbody>
<tr>
<td>11 Clarence Road</td>
<td></td>
</tr>
<tr>
<td>Leeds</td>
<td></td>
</tr>
<tr>
<td>LS18 4LB</td>
<td>Chapel Allerton</td>
</tr>
<tr>
<td>LS7 3LW</td>
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<table>
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<tr>
<th>De Lacey House</th>
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<tr>
<td>Abbey Road</td>
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<tr>
<td>Kirkstall</td>
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<tr>
<td>LS5 3HS</td>
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</tbody>
</table>

For information on any of these courses, workshops or support groups, please contact the Wellbeing Service:

Leeds Mind Wellbeing

📞 0113 305 5802

✉️ wellbeing@leedsmind.org.uk

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## 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, contact ☎️ 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</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Women’s Group</strong></td>
<td>Mondays 1-3pm at BHS Café, Kirkstall</td>
<td>Iona Heaton ☎️ 0113 305 5824</td>
<td>Open to all female Leeds Mind clients, this group meets for coffee and chat.</td>
</tr>
<tr>
<td><strong>Spirituality Group</strong></td>
<td>Mondays afternoons at Clarence House</td>
<td>Contact Eddie ☎️ 0113 278 6746</td>
<td>Open to all Leeds Mind. Group talks about different range of topics under spirituality heading.</td>
</tr>
<tr>
<td><strong>Cinema Group</strong></td>
<td>Monday afternoons, times vary, cinema in The Light, city centre</td>
<td>Members usually meet up at the Satellite Group on Friday at 2pm at West Yorkshire Playhouse, then propose which film to see the following week, and they have a vote to pick the film. If people can’t attend in person they can phone and vote. To find out more, give Dougie a ring on ☎️ 0784 620 7138</td>
<td></td>
</tr>
<tr>
<td><strong>Tuesday Club</strong></td>
<td>Every Tuesday, 1pm, various locations, usually West Yorkshire Playhouse Café</td>
<td>Iona Heaton ☎️ 0113 305 5824</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><strong>Men’s Group</strong></td>
<td>Usually meet Wednesdays at 4.30pm, for a drink then 6pm for a meal - schedule on next page</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>
</tbody>
</table>
## Leeds Mind Social Groups

<table>
<thead>
<tr>
<th>Event</th>
<th>Details</th>
<th>Contact</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Open Mic</strong></td>
<td>Last Wednesday of month, so next date Wednesday 27th February 8pm at the Victoria Public House, Great George Street, LS13BB</td>
<td>sue.smith@leeds mind.org.uk</td>
<td>If anyone would like to try out the 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>Craft Cafe</strong></td>
<td>Thursdays from 3-5pm, Inkwell (address on page 3)</td>
<td>0113 307 0108 inkwell@leeds mind.org.uk</td>
<td>The Craft Cafe is one of Inkwell’s most popular services and attracts people from both the local community and wider surrounding areas. It welcome peoples of all ages, abilities and backgrounds providing a fully inclusive craft session every Thursday afternoon. There are a wide variety of craft activities available, and there is always a friendly team of volunteers on hand to help. It costs £3 for entrance, which covers the crafts, refreshments from the café are extra.</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>Contact Dougie 0784 620 7138</td>
<td>This group meets at different times and places, and has varied activities, such as theatre trips. They’re off to the Barbara Hepworth art gallery in Wakefield in April, and hope to be out and about more now that it’s Spring. Contact Dougie for more info.</td>
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</tbody>
</table>

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### Men’s Group - schedule April, May, June

<table>
<thead>
<tr>
<th>Date</th>
<th>Location 1</th>
<th>Time 1</th>
<th>Location 2</th>
<th>Time 2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wed 24 April</td>
<td>4.30pm Sir Titus Salt pub, Bradford</td>
<td>6pm Kashmir restaurant</td>
<td></td>
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</tr>
<tr>
<td>Tues 7 May</td>
<td>4.30pm Obediah Brooke pub, Cleckheaton</td>
<td>6pm Aakash Indian buffet</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thurs 23 May</td>
<td>4.30pm Butcher’s Arms pub, Pudsey</td>
<td>6pm Wetherby Whaler</td>
<td></td>
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</tr>
<tr>
<td>Wed 12 June</td>
<td>4.30pm Old Cock pub, Otley</td>
<td>Royal Saffron Indian restaurant</td>
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</tbody>
</table>
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.

The Community Alternatives Team (CAT) is run by Leeds City Council’s adult social care mental health day and community support services. CAT work entirely in the community, supporting people to take up educational, sport and recreational activities in mainstream facilities.

If you would like to find out more about activities such as golf, swimming, & gym-based exercise, as well as lots of other things, contact the CAT team, or visit one of the mental health service drop-in sessions - see below:

**CAT** – locations around city - ☎️ 0113 214 5030

**Lovell Park Centre**, Wintoun Street, LS7 1DA.
1-3pm every 3rd Tuesday of the month

**Stocks Hill Centre**, Chapel Lane, LS12 2DJ.
1-3pm every 2nd Tuesday of the month

**The Vale Centre**, Church Street, LS10 2AP.
1pm to 3pm, every 2nd Thursday of the month

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**Active Women Sessions**

**Scott Hall Leisure Centre**
After Easter Holidays – week commencing 15th April 2013
Tuesday & Friday 9.30 – 10.30am

**Fearnville Leisure Centre**
New Sessions starting 15th April 2013
Monday 10 – 11am

Come and enjoy fun sports sessions and meet new people in a relaxed fun environment.

As part of the Active Women offer if you are on a low income or in receipt of benefits then you will be able to apply for a 3 month off-peak bodvline card for just £5

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**Roundhay Park**

23rd February 2013

**Launch Date**

Every last Saturday of the Month
2pm - 4pm

FREE TENNIS

ALL AGES AND ABILITIES WELCOME

- All equipment will be provided
- 2 Professional Coaches and 2 Assistants
- Smaller nets will be used for younger children
- 2 courts for adult beginner/Improve/older juniors
- If full book junior spots!

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**louis street community garden**

**garden group:** wednesdays 10.30-12.30

6th March - 5th June

Learn how to grow an edible and ornamental garden

- Growing from seed
- Planting herbs for the kitchen
- Composting and Healthy Soil
- Growing in containers
- Wildlife gardening

- Feel Good Factor, 53 Louis Street, Chapeltown
- All ages and abilities welcome
- Free

For more information call 0113 350 4200
Things to do continued

The Green Gym at Inkwell is a gardening group that meets every Tuesday from 10am to 3pm. You can just turn up and join in, or contact Inkwell for more information.

Inkwell, 31 Potternewton Lane
Chapel Allerton, Leeds LS7 3LW
☎ 0113 3070108
✉ inkwell@leedsmind.org.uk

There are quite a few walking groups already organised in the Leeds area, and we’ve included some contact details on the next page. If you don’t think you’re ready for a group, but would like to get out and walk a bit more, why not ask a friend to join you for a walk in Leeds city centre?

There’s the Owl Trail, which has a map of locations featuring the golden owls that are on Leeds coat of arms. You’ve probably noticed at least one owl statue or symbol on a building in town, so why not follow the map around the 25 locations, and get a walk at the same time? You can pick up a copy of the trail map in the Central Library on the Headrow, or download it from www.leedsowltrail.com
Things To Do continued

Active groups from the **Feel Good Factor**, based in Chapeltown but with activities around the city. If you would like to get a copy of their what’s on guide, email

office@fgfleeds.org

Our weekly walking groups are a fantastic way to take regular exercise, it is sociable and enjoyable. A great way to start improving your health, get out in the fresh air and meet new people. Call us to for the planned walking routes.

**Monday - 10.15 - 11.30am**
Potternewton Strollers Meets at St Martins Practice, Chapeltown Road.
Walks have included; Roundhay Park, Golden Acre Park and the Leeds Canal.

**Monday - 9.45 - 11.30am**
Belle Isle & Hunslet Strollers Meets at Belle Isle Family Centre, Belle Isle Road.
Walks have included: Middleton Park, Potternewton Park and Temple Newsam.

**Walk it in Leeds**
List of routes in city centre, and maps to download

www.leeds.gov.uk/residents/Pages/walkitleeds.aspx

Look out for 25 signs in town, with maps

Online only

**Walk It urban route planner**
Search for routes in cities around the UK

walkit.com/cities/leeds/

Contact group on

0797 6744 358

**West Leeds Walking Group**
Week day groups that meet for walks between 1 and 4 miles

www.walkingforhealth.org.uk/ and search for Leeds

Contact group on

0113 2863656

**Leeds Health Walks**
Scheduled walks of 4 miles

http://lhwalks.wix.com/front-page

Contact group on

0113 2863656

A weekly women’s only aerobics and yoga class great for the mind and body. Get healthier, get fitter at this exercise class tailored to your needs and abilities. Take advantage of our great value offer

Every Tuesday - term time only
1.30 - 2.30pm
At The Studio, Harehills Primary School
Cost: £1.50 per session
Contact: Esther 0113 350 4200

Make a splash at the women’s only swimming session! Any level swimmer welcome to join.

Please be aware that there is no swimming teaching available at this session. Places are limited so please call the office to book your place.

**Wednesdays 10 - 11am**
At Quarry House
Cost: £2 per session
Contact: Esther 0113 350 4200
SSAFA is a charity that provides practical support and assistance to servicemen and women, veterans, and the families of both, every single day of the year.

They run Forcesline, a free and 100% confidential helpline that is completely independent of the military chain of command. It provides a supportive, listening and signposting service for serving personnel and their families, as well as former members of the Armed Forces. 📞 0800 731 4880, Mon-Fri 10.30am to 7.30pm

See 🏘️ www.ssafa.org.uk/ for more information

The Sunday and Daily Express featured a story in April about the number of complaints patients have made regarding GP surgery receptionists:

“Patient watchdogs have now called on the UK’s 10,000 surgeries to assess and improve how they deal with the public as part of the NHS shake-up, which has handed spending power to doctors. Surgeries that fail to deliver a "service with a smile" may find patients deserting them and destabilising their funding base, they warned. “

If you would like to find out about your rights as a patient, or how to make a complaint, or how to have your say about local NHS services, have a look at the Patients Association website:

 נוספים

- 🏘️ www.patients-association.com

Or contact their helpline

- 📞 helpline@patients-association.com

- 📞 0845 608 4455
“Let the beauty we love be what we do”

Exploring identity, belonging & community in Leeds Mind Peer Support

Steve Hart, Peer Support (Mindfulness)

Many hundreds of years ago the great Islamic sufi mystic and fervent ecstatic poet Jallaludin Rumi wrote

“Today like every day, we wake up empty and frightened. Let us go to the study but instead of reaching for a text; let us reach for a musical instrument. Let the beauty we love be what we do.”

Rumi knew a lot about communities – he participated in and helped shape Islamic communities. He knew the downside and brilliance of community life – the limitations and the interconnectivity; the disharmony and the coherence; separation and beauty. I think that all communities have these aspects to them because human beings are all those things.

I want to pen some ideas about how I view our community of Leeds Mind Peer Support and explore some ideas relating to identity and belonging. (It would be great if workers and people who are helping organise other communities could write into the newsletter about their vision and experiences).

In Peer Support, we deliver a course called “Opening the Heart”, which follows the introductory course “Mindfulness and Meditation”. The course is devoted to the exploration of loving kindness meditation and participants are asked to visualise, in stages, themselves, a friend, a person we are indifferent about and a difficult person and send loving kindness to each. Then we bring together all four “categories” of people and “equalise” a sense of kindness and then universalise that kindness to the immediate community, the city, the UK and the world.

Gradually, our projective tendencies of seeing these people as friend, neutral person and difficult person are worked with so that we come closer to dropping our stories (over-idealisation, aversion etc.) and embrace a reality that such people are simply people – people who suffer and who want happiness. This encourages a sense in our mindfulness community of interconnectivity, empathetic happiness and compassion.

In the final week we explore such loving kindness as expressed within our peer support community and radiate kindness to other communities within Leeds Mind.

I personally believe that participation in communities holds keys for our unfolding and fulfilment. We all, deep down, want to belong and cultivate a positive sense of identity. I think now is a good time to talk about what it means to participate in a community because there are lots of connections being made within the Mind communities and with the amazing Touchstone people as we come closer to a merger.

In contemporary society there are lots of social and economic factors that erode a sense of participation, contribution, belonging and positive identity. However, in the mental health scene there are lots of opportunities for us to come into closer relationship with participation, contribution, belonging and positive identity. Coming up against say psychosis or depression can help us navigate towards a sense of life purpose and connectivity with others; as we challenge our negative conditioning and move into deeper positive relationship with our peers.

With respect to belonging say it is naturally empathetic to be with others who manage daily distress; In the peer support community taking time and sharing in a round of participants' contributions can be enormously empowering as individuals share perspectives, experiences and troubleshoot difficulties orientating us towards healing and recovery. So our identity can be expressed in terms of moving into relationship with healing rather than labels, stereotyping and stigma.
We can also learn intrinsic soundness in community life and its relatedness to identity. Instead of choosing narrow conformity or individualism, we could choose to assent to Mind's values and cultivate our individuality within a network of community. So we fully bring to the table who we are and what our ideals and aspirations are, but we also trust that others are doing the same. Everyone is doing their best with what they have and everyone brings gifts, qualities, insights, and perspectives.

We can promote 'I'm Ok You're OK' dynamics and trust the essential person in each contributor and participant. Such kindness (we agree to work with kindness in peer support) can hold and transform negative shadow and power dynamics – especially through patience and deep communication. We start to realise the magic of our community being a valuable interdependent compassionate contribution to society – interdependency transcending dependency and individualistic independence. An important nexus of individuality supporting community and community nurturing that emerging sense of individuality.

I believe that belonging helps us overcome isolation. My own personal experience is that being involved in Peer Support has meant I have encountered lots of interesting people and made lots of valuable meaningful and good friendships. Having a structure that we all work with in peer support – the guidelines – promotes safety and inclusiveness. I think belonging relates to coherence i.e. that we are working out what it means to move towards recovery. Belonging in peer support community helps evoke such resonance between ourselves as we work this out.

Ownership also helps express belonging. Whereas there is structure and vision coming from paid workers, vision is not restricted to them (as much as it is welcome from them; and they are participants too). The Peer support steering group helps us collectively navigate our way through the decision making process relating to the project and community.

I hope some of this is useful. I've touched on some ideas around belonging and identity in the peer support community. I hope to see some of you on courses and workshops – details of these can be found elsewhere in the newsletter or on the Leeds Mind website.

Let the beauty we love be what we do.

If you would like to participate in a type of this community interface please come along to our Mindfulness Based Conversation retreat workshop at Clarence House on Sat 18 May at 11am. Cost: donation and bring lunch. Some food will be provided. Please contact Peer Support to book on the retreat.

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.

If you would like to receive the newsletter by email please send a message to

wellbeingnewsletter@leedsmind.org.uk