

Mind Havant and East Hants



Adult Wellbeing
Monthly
August '22





The Adult Wellbeing Team at Havant & East Hants Mind & Covid- 19

Covid-19 may be one of the biggest challenges we have faced, both as a society and on an individual basis in many years. Here at Havant and East Hants Mind we have done our best to meet the challenges presented to us and continued to run our service throughout the lockdown period.

We continue to offer telephone services, including assessments, progress reviews and check in calls, as well as some face-to-face assessments. Our office hours have remained the same (9:00-16:30) as has our main contact number- 023 9249 8916.

We have converted our workshops into webcam-friendly versions using online meeting software. We also will be offering some face-to-face as appropriate.

Here at Havant and East Hants Mind we are now running weekly Virtual Peer Support Groups via Zoom, including mindfulness activities and coffee and chat. In recent news, our Havant Mindful Walking Group and Art Group have started back up face to face. If these groups are of interest to you please call 023 9249 8916 and leave a voicemail.

We are delighted to announce that both our Children and Young People's Safe Haven and Adult Safe Haven are back open for face-to-face client support. We understand that the current situation may cause a rise in mental health crisis whilst isolation or illness prevents you from leaving your home, which is why we will continue to support you, with our Freephone numbers for both services remaining active.

If you find yourself in a self-defined crisis and believe you would benefit from additional support outside of our office hours, please contact our Adult Safe Haven Service - 030 0303 1560. This service is open 365 days a year from 6pm-10pm. Other services include Samaritans- 116 123, your GP, 111 and the 24/7 free texting service SHOUT- 85258.

If you have any ideas upon what the service could do to further support our clients, please give the office a ring on 023 9249 8916. Equally if you have any feedback, please let us know!

Information correct as of September 2022



The 5 Ways to Wellbeing

Just like we have 5 fruit and vegetables to look after our physical health, there are also 5 ways to look after our mental wellbeing; Connect, Be Active, Take Notice, Keep Learning and Give. Each of these five components will be included within this newsletter.

Good mental wellbeing does not mean that you will never experience situations you find difficult, but it does mean that you might have resilience to better cope when things get challenging.

Connect



Give



Keep learning



Be active



Take notice





The official re-launch of the Petersfield Arts and Crafts group was a huge success thanks to the efforts of our staff and volunteers.

If you are interested in attending or supporting this or other groups in your area, please see the following pages for details.

Connect



Be active



Give



Keep learning





An example of just some of the wonderful artwork created by the members of our Art & Craft groups.

If you'd like for something you've created while attending these groups to be included in future newsletters, let one of our staff or volunteers know!

Take notice



Be active



Connect





Petersfield Art Group

The Petersfield Art Group, hosted by Havant and East Hants Mind, takes place each Wednesday at 10:30am to 12:00pm.

To attend this group a referral is required. If you would like to find out more about the group or getting a referral please contact us on 02392 498916.

www.easthantsmind.org
Registered charity no. 1116301

 **Mind** Havant and East Hants



Volunteer with us

Could you volunteer for Havant and East Hants Mind in Petersfield?

We are looking for people passionate about mental health and willing to join our team to support our wellbeing and peer to peer services.

If you would like to find out more, please call us on 02392 498916 or email @volunteering@easthantsmind.org

www.easthantsmind.org
Registered charity no. 1116301

 **Mind** Havant and East Hants



The Arts & Craft groups aren't the only ones we're running. Many of you will already be aware of our brand new Healthy & Affordable Cooking group. At time of writing we are half-way through the first instance of this new peer support group and the results are looking delicious! For the first session we prepared the easy, but filling and nutritious ratatouille you can see below. If you're interested in trying this recipe out for yourself at home, see the next page for details.

The focus of this group is on providing practical budgeting advice and useful, balanced recipes to take home. All the food and equipment needed for each session is provided, and you will be able to take home whatever you make to enjoy yourself later, or share with your family or friends.

Due to the nature of this group we can only run it for a limited number of clients at once, but do let us know if you would be interested in attending and you can be added to the waiting list.

Be active



Keep learning



Connect





Easy Ratatouille

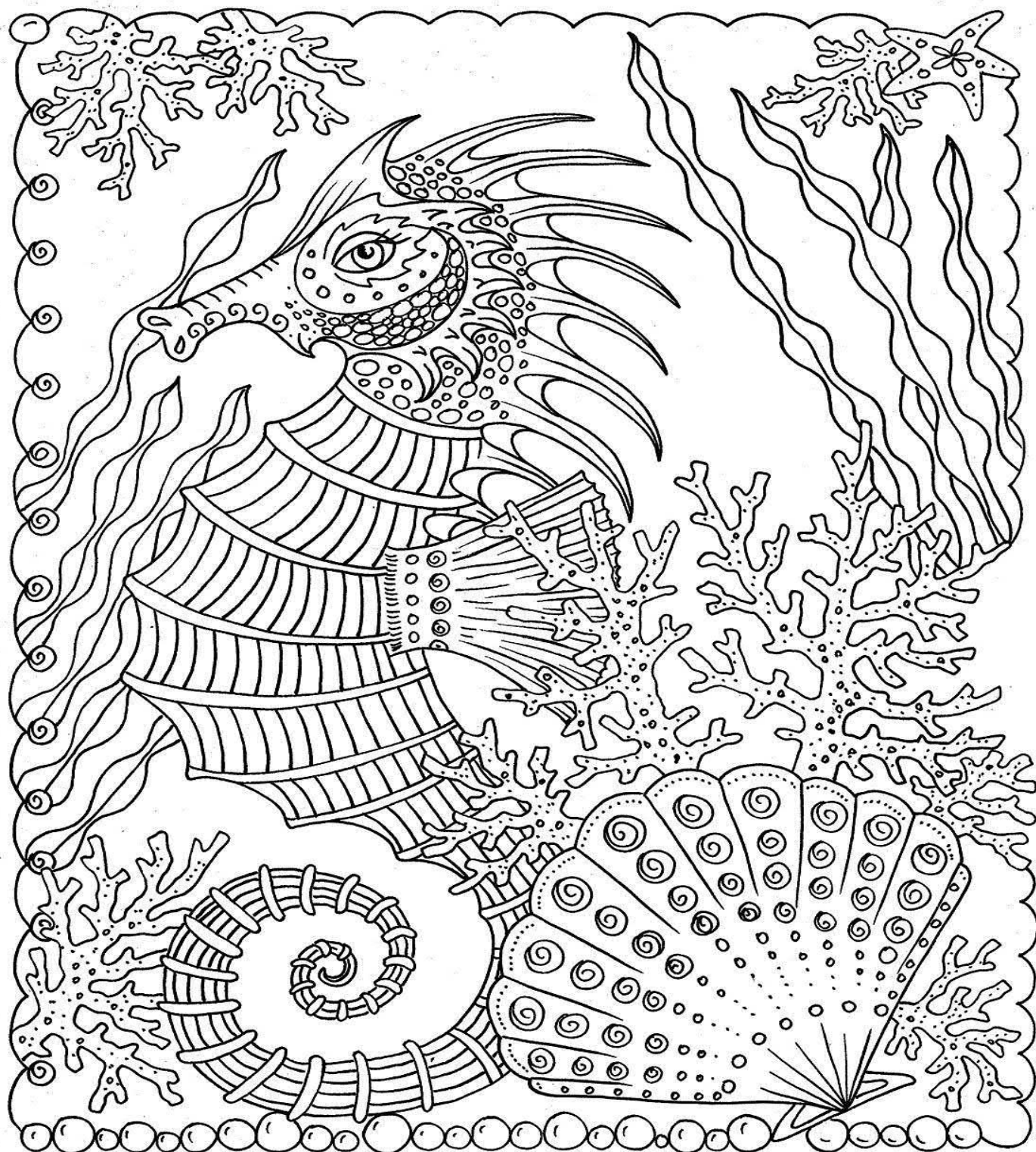
Ingredients

- 2 aubergines
- 3 medium courgettes
- 2 red peppers
- 2 tbsp olive oil
- 1 large onion , finely diced
- 3 garlic cloves , crushed
- 2 x 400g cans chopped tomatoes
- 1 tsp dried oregano , basil or Italian mixed
- herbs
- small bunch basil , chopped, plus a few leaves
- to serve
- 1 tbsp red wine vinegar
- 1-2 tbsp sugar



Method

- Dice the aubergine, courgette and pepper into 3cm chunks.
- Heat the olive oil in a large casserole or deep frying pan over a medium
- heat.
- Fry the onion for 10 mins until soft and translucent.
- Add the chopped veg, turn the heat to high and fry for another 10 mins until softened.
- Stir the garlic into the pan, and toss everything together, frying for 1 min more.
- Tip in the chopped tomatoes, plus half a can of water (200ml), the dried herbs and the chopped basil.
- Simmer for 20 minutes on a medium heat, stirring occasionally, until the veg is tender and the tomatoes are thick and coating the veg.
- Season and add the vinegar and sugar to balance the sweet and acidity of the tomatoes.
- Scatter with the basil leaves, and serve with rustic bread, or pasta.





We are looking for Volunteers

Can you give a minimum of 4 hours a week to help other people?

Havant and East Hants Mind are looking for people to play a valuable role in helping to inspire and support people with mental health issues, and to help break the associated stigma and isolation.

We currently have the following vacancies in the Adult Wellbeing Team:

Volunteer Administrators

Volunteer Peer Supporters (lived experience of mental health illnesses essential)

For more information about volunteering in Havant and also in East Hampshire please contact the Volunteer Coordinator by emailing volunteering@easthantsmind.org

www.easthantsmind.org
Registered charity no. 1116301



Mind Havant and East Hants



Adults' Safe Haven

Open 365 days a year, 6pm-10pm

Call or drop in. No appointment needed.

Freephone 0300 303 1550
(Line only monitored during opening hours)

Located at The Hub, Leigh Park,
Dunsbury Way, Havant, PO9 5EW

Covid regulations

- Please wear a mask to the Safe Haven
- Answer screening questions upon entering
- Adhere to one-way system
- Adhere to social distancing measures
- Our staff will also be wearing masks

 **Mind** | Havant and
East Hants

Contact Us

Havant and East Hants Mind
Leigh Park Community Centre
Dunsbury way, Havant,
Hampshire, PO95BG
02392498916