



Newsletter: Issue June 2018

Quick Contacts:

Samaritans -
116 123
(Freephone)

Inclusion
Centre Drug &
Alcohol
Services -
023 9245 1500

Citizens Advice
(CA) -
023 9271 7700

Medical Non-
Emergencies/
Out of Hours
Advice - 111

Police Non-
Emergencies -
101

Child line -
0800 1111

SupportLine -
01708 765200

If you think of
any other
useful contacts
please let us
know.

Service update

Since Easter's issue we have been busy for **Mental Health Awareness** week, having over 50 conversations and providing information and advice to over 150 people. Thank you to all who spoke to us last week as part of our #MentalHealthAwarenessWeek activities and thank you to our Volunteers who were also involved.

A big thank you also to our venues: Bordon Library, Meridian Centre Havant, Petersfield Train Station through collaboration with South Western Railway, Havant and South Downs College and Waterloo Town Centre.

We also had someone running for us at the London Marathon: Vanessa Edworthy, Welfare Manager at Alton College took on the 26 mile race around London on Sunday 22 April. Vanessa raised over £900, which will be split between two charities, HEH Mind and PAPYRUS (a charity focusing on prevention on young peoples suicide).

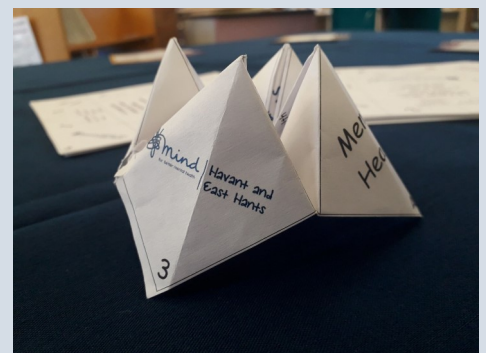
A massive thank you to Vanessa for fundraising and for raising awareness of Havant and East Hants Mind.



Hayling Billy 5

Places for this event are now full and we are excited to have a number of runners raising awareness and funds for HEH Mind.

If you would like to see our staff, volunteers and fundraisers sweating as they attempt 5 miles then come along to the Hayling Billy Nature Trail, West Town, PO11 0EH at 7.15pm on Wednesday 13 June.



Opening Times: Mon-Thu 9:00-4:30pm, Fri 9:00-4:00pm

<http://www.easthantsmind.org>
Email: wellbeing@easthantsmind.org

 facebook.com/havantandeasthantsmind/

 <https://twitter.com/easthantsmind>

Self referral form now
available on the Havant
and East Hants Mind
website!

Wellbeing Centre, The Hub,
39 Park Parade, Havant,
PO9 5AA
023 9249 8916

If you would like to receive the newsletter in another format please let us know.



"I have been coming to Active Mind for 4 years now. I enjoy playing table tennis as it relaxes me and calms me down. I feel like table tennis lifts my mood as it takes my mind off of other things. Everyone at Active Mind is very friendly and I enjoy helping others. I feel other people would benefit from coming to active mind like I have because it can reduce stress, anxiety and depression."

Richard, Active Mind member

Active Mind is on weekly at the Horizon Leisure Centre in Havant. You do not need to be a member of the Leisure Centre and the session is free. For further details please call 02392 498916.

Relationship between Physical Activity and Mental Health

The relationship between physical activity and mental health has been widely investigated, with research indicating huge benefits. Evidence suggests increases in blood circulation to the brain through exercise can positively affect mental health symptoms. Feel-good chemicals (endorphins) are released during exercise, boost mood and reduce anxiety.

Exercise releases chemicals which it is suggested function in the same way as antidepressants, and so taking part in exercise has shown to reduce symptoms of anxiety, depression, and low mood, whilst improving self-esteem, sleep and ability to process and retain information.

Exercise can also help to prevent social withdrawal and isolation due to the direct relationship between exercise and connection with other people whilst exercising.

Structured group exercise programmes can be effective for people with a mental illness, focusing on the gradual increase of moderate-intensity activity throughout the day. In particular aerobic exercise has shown to reduce anxiety and depression including activities such as jogging, swimming, cycling, walking, gardening, yoga and dancing.



East Hants Passport to Leisure



East Hampshire District Council and Places for People are offering a card that allows the holder to take part in some activities at Alton Sports Centre, Taro Leisure Centre and Mill Chase Leisure Centre at a reduced price.

The activities included

in the scheme and the cost will be displayed in the leisure centres. These are reviewed every year but will always include casual swimming and casual gym sessions.

Anyone who lives in East Hampshire District and falls into at least one of the eligibility categories can apply for a card.

The card is free but you will need to provide a passport sized photograph.

Mill Chase Leisure Centre, Mill Chase Road, Bordon, Hampshire, GU35 0ER

Eligibility

You will be eligible if you receive:

Income Support

Jobseeker's Allowance (income related)

Pension Credit (Income element, not savings element)

Housing Benefit

Universal Credit

Council Tax Benefit

Employment Support Allowance

You must provide a notification letter dated within the last 12 months.

If you receive:

Working tax credit and child tax credit and NHS tax credit exemption certificate

You must provide an award notice from HM Revenue & Customs dated within last 12 months and in-date NHS Tax Credit Exemption Certificate.

How to apply

Fill in the application form and send with your photo, proof of residency (e.g. Council Tax bill) and eligibility documents to one of the following:

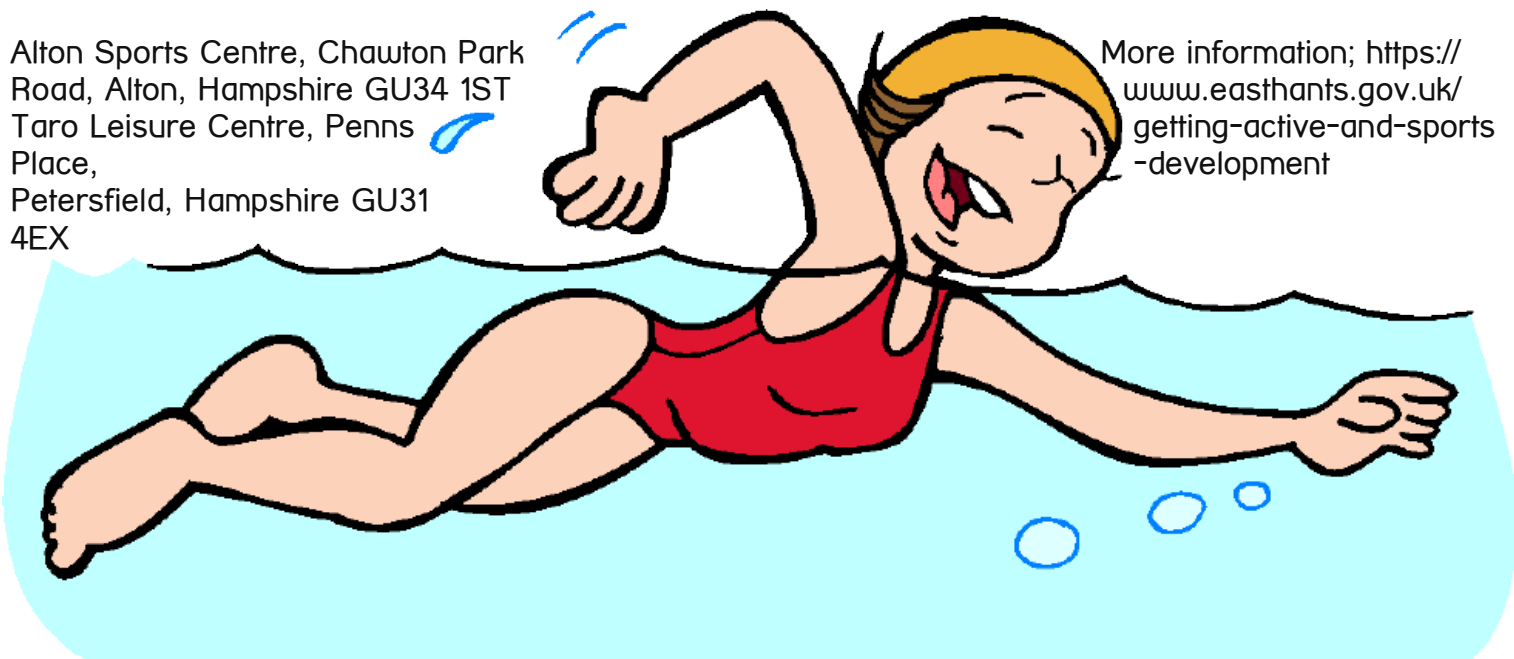
Alton Sports Centre, Chawton Park Road, Alton, Hampshire GU34 1ST
Taro Leisure Centre, Penns Place, Petersfield, Hampshire GU31 4EX

If you are a:

Full-time student aged 18 or over

You must provide a letter from your college or university confirming full-time attendance (Student ID/NUS cards will not be accepted as proof).

More information; <https://www.easthants.gov.uk/getting-active-and-sports-development>



Upcoming groups at Mind

Look out for upcoming groups such as the Men's Group, Carer's Group and Waterlooville peer support group.

5 Tips for: Using sunscreen safely

Sunscreens will not protect us completely from sun damage on their own. However, they can be useful for protecting the parts of skin we can't shade or cover. This is why Cancer Research recommend using sunscreens together with shade or clothing to avoid getting too much UV exposure.

Cancer Research recommend buying sunscreens with a:

- **Sun Protection Factor (SPF) of at least 15 (UVB protection)**
- **High star rating with at least 4 stars (UVA protection)**

UVA protection can also be indicated by the letters 'UVA' in a circle which indicates that it meets the EU standard.

Tips for using sunscreen properly - no sunscreen will give the protection it claims unless you apply it as directed:

1. **Make sure you put enough sunscreen on** - people often apply much less than they need to. When your risk of burning is high, ensure that all exposed skin is thoroughly covered in sunscreen. As a guide for an adult this means: Around 2 teaspoonfuls of sunscreen if you're just covering your head, arms and neck. Around 2 and a half tablespoonfuls if you're covering your entire body, for example while wearing a swimming costume
2. **Reapply sunscreen regularly including 'once a day' and 'water resistant' products.** Some products are designed to stay on better than others, but beware of sunscreen rubbing, sweating or washing off. It's especially important to reapply after towelling dry. And reapplying helps avoid missing bits of skin.
3. **Use sunscreen together with shade and clothing** to avoid getting caught out by sunburn.
4. **Don't be tempted to spend longer in the sun** than you would without sunscreen.
5. **Don't store sunscreens in very hot places and don't forget to check the expiry date** - extreme heat can ruin their protective chemicals. Most sunscreens have a shelf life of 2-3 years, shown on the label by a symbol of a pot with the letter M and a number - this is the number of months the sunscreen will last once it's been opened. Check your sunscreen has not expired before you use it.



Information from: <http://www.cancerresearchuk.org/about-cancer/causes-of-cancer/sun-uv-and-cancer/ways-to-enjoy-the-sun-safely>

Little reminders for journeys and going out for the day

By car:

- Remember to check oil and windscreen wash
- Check tyres
- Ensure you have water and food if a long journey
- Plan your journey
- Charge your Sat-Nav or phone before a long journey

By bike:

- Check tyres - take a puncture kit
- Take plenty of water and food
- Take sunscreen, sunglasses, a hat and rain coat so you're ready for any weather
- Plan your journey

By foot or public transport:

- Take plenty of water and food
- Take sunscreen, sunglasses, hat and coat and umbrella
- Plan your journey - check timetables especially over holidays
- Wear comfortable shoes

For all days out ensure you have emergency contact numbers and break down service information.



A Personal Journey - Jeremy's Story

1. How has Mind been useful?

Having the recovery courses and I also attend badminton which is socially helpful for meeting new people and talking with people. It also helps emotionally because if I feel miserable it can help to cheer me up.

2. What groups do you attend?

I attend Active Mind every Friday at Havant Leisure. I have also attended a couple of workshops, Anxiety Management and Understanding Depression

3. How did you hear about Mind?

I heard about Mind through Parkway and self-referred as I was interested in the Mindfulness group.

4. Do you access any other support services or other activities?

I am currently working with the Recovery College and have a voluntary role, completing clerical work for Queen Alexandra Hospital. I also have a Care Co-ordinator from Parkway and Support Worker from Guinness Housing. I see them 3 times a week and get on well with them, they are really helpful.

5. What else would you like to access with Mind?

I would like to attend the Walking Group and Peer Support Coffee Morning on a Saturday.

Puzzle page - Spot the Difference?

There are six differences in the bottom image. Can you spot them?



There are 5 differences to the bottom image. Can you spot them?



What's on - Summer events - Havant and East Hants

Kite Surfing Armada, Hayling Island Seafront - The Kitesurfing Armada is a unique kitesurfing festival held on Hayling Island, on 22-24 June 2018 for one fantastic weekend of kiting, music, fundraising and record breaking. This event is the biggest kitesurfing and live music event of the year. To date the event has broken 5 GUINNESS WORLD RECORDS™ and raised over £160,000 for charity. The festival is free to attend, with just a charity donation on the door.

Father's Day at Stansted Park, Rowlands Castle
Sunday 17th June - This Father's Day all Fathers receive free entry into Standsted house. Plus there will be classic cars, ale and live music for all to enjoy.

Ongoing events all through June and July at Butser Ancient Farm, Charlton, Waterlooville - usual entry fee

<https://www.visit-hampshire.co.uk/whats-on/searchresults?sr=1&poly=1153&rd=on&stay=2018-06-13&end=2018-08-31>

Film Night - The Greatest Showman 29th June
7pm Leigh Park Community Centre £5 ticket includes a drink

Petersfield Farmers Market, The Square in Petersfield 1st July and 5th August

Film on a Farm:

Lock, Stock and Two Smoking Barrels - Friday 6th July 2018 at Manor Fram, Droxford

La La Land - Saturday 7th July 2018 at Manor Farm, Droxford

£15 adults, £8 children, £38 family (2 adult, 2 children), £13.50 group discount (with 10+ people)

Visit <http://www.filmonafarm.co.uk/venues> for more info on venues and films

Film on a Farm is an Outdoor Cinema experience created by a fourth generation farmer from Hampshire with a love of film and the great outdoors.

Petersfield Arts and Crafts Society exhibition, Festival Hall, Petersfield, 22-27th August

Live at the Bandstand, The Common, Portsmouth 2018 has live music every weekend from 26 May - 12 August.

Waterlooville Classic Motor Show - Waterlooville precinct turns into a classic car forecourt for the day as local owners show off their beautiful

vehicles - Harley Davidsons, classic motorbikes and American cars, plus lots more!
Saturday 2 July, 10am - 3pm,
Waterlooville Town Centre

Springwood Community Summer Fair - Fun Fair, craft activities, games, dog agility display, and the all-important ice-creams! Springwood Community Centre, Sunday 10th July, 2 - 4.30pm.

Havant Family Fun Day - Free event held at Havant Park! There will be something for everyone, from face painting, to food stalls to bouncy castles and music. Join in the fun on Saturday 16 July, between 11am and 4pm

South Downs Show and Hampshire Wood Fair - The South Downs show is held at Queen Elizabeth Country Park. There's lots on the programme, from shopping and food areas, to wood carving demonstrations, falcons, ferrets and face-painting!
Saturday August 20 - Sunday August 21st, 10am - 5pm. Tickets - Adult £7.50, Under 16's £3.50, OAP £6, Family (2 adults, 2 children - £20), Under 5's go free.

Waterlooville Summer Fete - Support the Waterlooville community and join in with the fun at Waterlooville Summer Fete! There will be singing and performances (courtesy of local groups and choirs), bungee jumping (not for the faint hearted!) and a host of other fun activities. Sunday August 21st, 11am - 3pm, Jubilee Park.

Petersfield Summer Festival - Featuring live music, family fun, car show, petting zoo and loads more... Even better, it's free to enter! Held in Petersfield town centre and market square. Bank Holiday Weekend - Saturday 27th, Sunday 28th and Monday 29th August.





Want to make a difference in a rewarding role?

Could you spare a minimum of 4 hours a week supporting others?

If so, we would like to hear from you!

We have a number of Volunteer vacancies at Havant and East Hants Mind's Wellbeing Centre in Havant.

Roles include welcoming visitors to the Centre, liaising with Wellbeing Staff and general administrative duties

If you are interested in volunteering and would like further details, please contact Carla Casselton on 023 92 498916 or email: carlac@easthantsmind.org



Hobbies - trying something new

Crochet

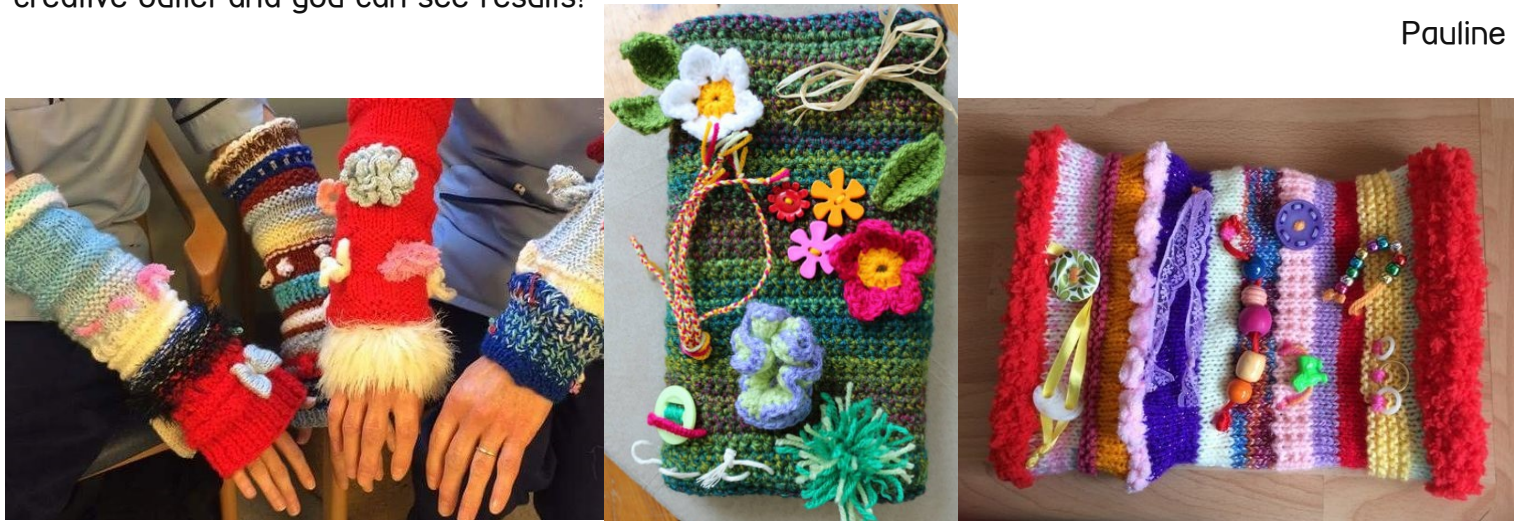
"I started crocheting earlier this year as a way of occupying mind and hands to improve manual dexterity and concentration. One lady from the craft group I attend has been teaching me how to crochet. I started off by knitting but not being able to get to grips with that, crochet is now my thing and after a few attempts at crocheting squares which became triangles, I am now crocheting a twiddlemuff.

Now, seeming to have succeeded in double stitch the twiddle muff is making good progress. What is a twiddlemuff? It is a knitted or crocheted cuff that goes on an Alzheimer's patients' forearm and has buttons and buckles attached to it for the patient to manipulate as occupation.

The idea is to send the completed twiddlemuff to QA hospital, Cosham, and it is going fine at the moment. It is really good to have a definite project to work for.

I find crochet absorbing and am lucky to belong to a supportive craft group that makes items for good causes in this country and abroad. The group helps to give my week structure and provides good social contacts as the ladies who attend are very friendly and helpful. Crochet gives me a creative outlet and you can see results!

Pauline



Where to find groups and resources?

Craft group for crochet and knitting - Tuesdays
10:30-12pm Methodist Church, Petersfield Rd

Knit and Natter, Wednesdays, Bloomies Café,
Park Parade

10 women who knit everything from decorations for the high street to hats and jackets for premature babies. And now, they're busy knitting blankets for elderly people at The Rowans Hospice who they recently raised £350 for.

THEY knit and they natter - it's as simple as that. But what's not simple, are the creations each of the aptly-named group's members make, not for themselves, but for the wider community in Havant.

Petersfield knit and natter - 7pm 13th June and
11th July Hernes Farm, Moggs Mead, Petersfield
GU31 4PY
Phone: 01730 265874 for more info

Denmead Knit & Bitch - Weekly knitting group for all abilities at The Forest of Bere Pub, Denmead.
Wednesdays 10.00am - 12.00noon
Learners welcome. Tea & coffee & chat.
Phone: 023 9225 2110
Email: al_ange@btinternet.com

Youtube - <https://www.youtube.com/watch?v=nplsh-o9AM0> or search Bella Coco for more videos including beginners tutorials.

Facebook users are encouraged to search for a group called "Beginners Crochet and Knitting". The members are a very welcoming bunch from all around the world and are happy to invite in anyone who is a beginner, or more advanced.

There are many books on crochet and knitting and sometimes they find their way to charity shops or can be borrowed from the local library. Charity shops are also a great place to find cheap knitting needles, wool, crochet hooks, patterns and related supplies.

Hobbies - Reading

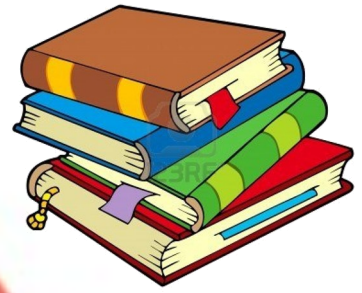
Reading stories does so much more for us than 'add knowledge.'

1. It helps you de-stress, improve focus, sleep better and can relax you better than listening to music or taking a walk, which can greatly eliminate triggers of modern stress.
2. A lifetime of reading can keep your brain agile.
3. At least an hour of book reading per day might keep Alzheimer's at bay.
4. It helps you sleep better. Computer or phone screens might have the opposite effect in helping you get quality sleep. Reading a good old-fashioned paper book as a part of your night time routine is a great way to get yourself ready for sleep.
5. It makes you more empathetic - which can help improve your relationships. While nonfiction is its own form of art, reading fictional stories can enrich our lives in ways beyond injecting historical factoids into our brains or exposing us to the latest science. In reading fiction, we have a rare and wonderful excuse to escape into a world we've created in our imagination, which can be one of the best exercises the human mind has to offer.

Where to get books?

There are a number of places to look out for books, including:

- **Charity shops** - These are often full of very good quality books at reasonable prices, and best of all, donating the books back to the shop benefits the charity once you've finished reading them.
- **Libraries** - Local libraries are full of books to borrow.
- **Book swaps** - Many community centres have shelves of books that can be swapped.
- **Car boot sales** - These can be great sources of cheap books, and the walking can help you to stay active.
- **Friends and family** - Most people have books and friends and family are happy for you to borrow their books.
- **Recycling centres** - There is usually a section of the recycling centre where some items can be bought, including books.
- **Shops** - Most supermarkets and of course book shops have a wide selection of books for sale these days. Even pound shops sell books.
- **Online** - there's a huge selection of new or used books on well known internet sites. They get delivered to your home too.



Photography walkshop info for Petersfield and Waterloo

In the last newsletter we wrote about a photography walkshop that was starting in the Petersfield area. At the end of June a new photography walkshop is starting, at The Parkway Centre, Havant. You must be working with Parkway to be eligible to take part. To get involved, please discuss this with your Care Co-ordinator or Team Member.

There is also a photography exhibition at Petersfield Hospital on 14th June.



You said, We did:

You said: You would like to have a break in between our workshop sessions

We did: The workshop timings have now been changed to allow for a break in the middle of the session

You said: You would like workshop sessions on the following topics: Obsessive Compulsive Disorder, Psychosis (and hearing voices), bipolar disorder and Personality Disorders

We did : The Wellbeing team are currently working on putting these sessions together. They will be on offer to our service users in the very near future

Recipes - Summer dishes



Beanie Burgers with salsa

Easy to make and tastier than ready made versions

Cooking and prep. time: 20 mins

Serves 2

Ingredients:

1 x 400g flageolet or haricot

beans - rinsed and drained

1 medium egg white

½ tablespoon medium curry powder

Salt and ground black pepper

4 spring onions chopped

75g carrot peeled and grated coarsely

Cooking spray or oil

2 tomatoes diced into small cubes

Method:

1. Tip the beans into a food processor, adding the egg white, curry powder and seasoning. Pulse until mixed,

but stop before it becomes a smooth paste

2. Stir in half the spring onions and all of the grated carrot and mix
3. Use damp hands to shape the mixture into 4 burgers
4. Lightly coat a non-stick frying pan with cooking spray or oil and fry the burgers for 5 minutes each side over a medium heat
5. While the burgers are cooking, mix the diced tomatoes with the rest of the spring onions and seasoning
6. Serve the salsa spooned over the hot burgers

Serves 1

Ingredients:

50g mini pasta shapes e.g. conchigliette

1 x 80g can tuna in spring water or brine drained and flaked

For the dressing:

½ teaspoon medium curry powder

Salt and pepper

60g low fat plain yoghurt

½ red or yellow pepper deseeded and diced

75g cucumber diced

Method

1. Add the pasta to a pan of boiling water and cook for 4-5 minutes until tender
2. Meanwhile, make the dressing by mixing the curry powder and seasoning into the yoghurt, then stir in the diced pepper and cucumber
3. Drain the pasta into a sieve and rinse in cold water. Shake dry then stir into the dressing, followed by the flaked tuna



Curried Tuna Pasta Salad

Easy to make, great for a quick snack or taking for lunch

Cooking and preparation time: 7 minutes

You can make the salad your own by adding any ingredients you like, using chicken or salmon etc. if you prefer.



Recipes - summer drinks

Mango and Passion Fruit Fool

Serves 2

Takes 5 minutes!

Ingredients:

1 Large ripe mango

1 150g pot 0% fat Greek yoghurt

2 Passion fruits

Peel the mango using a vegetable peeler then

chop the flesh away from the central stone. Blend to a puree in a food processor or using a hand held blender
Mix in the yoghurt until smooth then stir in the seeds and juice of one passion fruit. Divide between two glasses. Spoon the seeds and juice of the second passion fruit on top of the fools before serving.

Please submit any other recipes you have found, made or enjoyed, and that you would be happy to share with readers of the newsletter. Your recipes could be seen in the next issue!

Recipes - summer puddings

Summer Pudding

This is a great recipe using only a few ingredients, and cheap too as you can use leftovers rather than buying the ingredients.

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Quantity: 4-5 servings

Ingredients:

675g soft fruit, a mixture of red and black currants or other summer fruits
3-4 tablespoons water
Sugar or golden syrup, to sweeten
225-300g stale bread

Method:

1. Put the washed fruit into a saucepan with the water (use 4 tablespoons of water if the fruit is very firm) and sugar or syrup to sweeten. Cook only until the fruit is soft, do not allow to become a pulp.
2. Cut the bread into thin slices and line a 500-900ml tin with most of the bread - saving enough for the top. Fill with the fruit and some of the juice.
3. Cover with remaining bread and put a plate and light weight on top of the pudding and leave to stand for 12 hours. Turn the pudding out carefully and serve with remaining juice and custard.

Eaton Mess

Another very quick to prepare recipe that can be tailored to individual tastes.

Preparation Time: 10 minutes

Ingredients:

Any combination of the following:

- Fruit
- Meringue
- Sponge cake, brownie pieces or cookies
- Profiteroles
- Toffee, chocolate or raspberry sauce
- Sweets, chocolate or other candy
- Ice cream, whipped or squirty cream, jelly
- Almost any other sweet food.

Method:

1. As the name suggests, you simply combine all your chosen ingredients into one bowl or dish and you're ready to enjoy this desert.

Your imagination is the limit and the combinations of ingredients used will give you a flavour that you know you will enjoy.

If you are making this desert for more than one person, one fun way to do this is to bring all the ingredients to the table and let everyone help themselves, or make up one large bowlful in a trifle dish and everyone gets a portion.

What better way is there to cool down after a hot sunny summer day?

Recipes - summer drinks (continued)



Strawberry Colada Smoothie

Makes: 2 servings

Ingredients

8 oz fresh strawberries, chilled,
1 ripe banana, peeled and frozen
1 1/2 cups frozen pineapple
1 (5.3 oz) container coconut Greek yogurt
1 1/4 - 1 1/2 cups unsweetened coconut milk beverage (the kind found in the dairy aisle)*

Instructions

Pulse strawberries in a food processor until well pureed.
To a blender add banana, pineapple,

coconut Greek yogurt and 1 1/4 cups coconut milk. Pulse until well blended, adding an additional 1/4 cup coconut milk as needed.

Spoon pineapple mixture into glasses filling about 1/3 full then add a spoonful or two of the strawberry mixture, swirl lightly with a butter knife then repeat twice more. Serve immediately.

Alternately, all ingredients can be blended together in a blender instead of processing strawberries separately.

*Light canned coconut milk can also be substitute just blend 1:1 with water.



**citizens
advice**

"A few years ago I was in a lot of debt with a phone bill, I didn't know what to do and it was making my

mental health worse. I went to Citizens Advice in Waterlooville and they helped me by speaking to the phone company and reducing the debt. I was so grateful to them because it really helped me."

-Jeremy

Citizens Advice Waterlooville

Waterlooville Library
The Precinct
Waterlooville
PO7 7DT

We are open every Monday and Thursday 10.00-14.00 on the 2nd floor in the Reference Library.

We do not open on bank holidays.

Citizens Advice Havant

Leigh Park Community Centre
Dunsbury Way
Leigh Park
Havant
Hampshire
PO9 5BG

We are open Monday 10:00-13:00, Tuesday and Wednesday 10:00-15:00 and Friday 10:00-13:00 for a drop in service.

Citizens Advice Petersfield

Petersfield Library
2nd Floor
27 The Square
PETERSFIELD
Hampshire
GU32 3HH

We are open Monday, Tuesday and Thursday 09:30-16:00, and Wednesday 09:30-18:30. We are not open on bank holidays. No appointment is necessary - please just drop in.

Citizens Advice Alton

17 Market Square
Alton
Hampshire
GU34 1HD

We are open Monday-Thursday 09.30 -16.00. We are not open on bank holidays. No appointment is necessary - please just drop in.

Citizens Advice Whitehill & Bordon

Forest Community Centre
Pinehill Road
Bordon
Hampshire
GU35 0BS

We are open Monday, Tuesday, Wednesday and Friday 09.30-14.00. We are not open on bank holidays. No appointment is necessary - please just drop in.

Tel: 0344 4111306 for advice.

Suggestions

We hope you have enjoyed reading this newsletter, and we suggest you take one thing you have read and try it for yourself.

Remember: actions create reactions

If you have any suggestions/ideas, or stories/experience you'd like to share for the newsletter please fill out the form below, cut it out and drop into the provided suggestion box located in Reception at the Hub, or email us at wellbeing@easthantsmind.org, by post to the address on the front of the newsletter, or telephone; 023 9249 8916. Thank you so much.
