

Issue 44

New Edition

2016

Like Minds



Magazine for users, their carers and providers of
mental health services in the East Riding of
Yorkshire and Hull

*Post
script*

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WELCOME TO POST SCRIPT

Dear Readers,

The Like Minds team welcomes you to this Post Script edition. No one was available to continue, so the last revised edition no 43, was published in 2011.

Over the years the Like Minds newsletter has been exchanged regularly with other Mental Health Service Users' newsletters in Britain and Adelaide, S Australia. We arranged to print each others' articles and from Australia, photocopy their "Currents" and later put it on the internet, so it is with our Archive material. Feedback from one Bridlington lady who also likes dolls was that she enjoyed Brigitte's "A little bit of care."

There have been many changes in the past five years, so we have tried to update the information in Post Script to accompany the other 43 issues which still have useful articles as well as entertaining stories and anecdotes, and ideas for practical courses which you may like to ask your support worker to provide.

As a "thank you" for receiving Like Minds in Miranda House, Hull, one Like Minds Volunteer was going to put all the editions up on FaceBook. But there was a snag:

To protect young people, Facebook is not accessible on the public pcs in local libraries in the East Riding though it is accessible in the Hull Libraries to members. However, at the time of LM being published if E.R. Library members have their own computers, Facebook is accessible through the daily unlimited use of their wi-fi facility available in all E.R. libraries.

Where to find Like Minds

We felt Like Minds could be more easily accessible if we recorded it digitally for use on computers in the Library or at home. Please see next page for details.

Acknowledgements

Our thanks to Gwyn and Sarah, and also to Margaret and Mary Rose for editing and scanning the archive editions. Thanks too go to the many volunteers and professional workers at the East Riding Theatre, Hull & East Yorkshire Mind, the NHS, East Riding of Yorkshire Council, Hull City Council and the Carers' Support staff in the East Riding and Hull.

Best wishes,

Genny M. & Terry

Founder members of the Like Minds team

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N.B. In compiling this updated version of Like Minds, the team has endeavoured to be as accurate as we could.

However due to changes to funding some services may no longer be available.

Disclaimer: The opinions expressed in this publication are the views of the individual concerned and not necessarily those of the Like Minds team.

Where to find Like Minds

Hull & EY Mind has a copy of the Post Script edition. Please ask in their Reception office in Wellington House, Beverley Rd, Hull. It is also in the Old Parcels Office on Bridlington Station. On their website: www.mindhhey.co.uk and their pages on Facebook & Twitter. Please see the following page for H&EY Mind contact details.

Like Minds' ER library catalogue no is: 616.89

The Complete Story is on usb memory sticks in the following branch libraries: Bridlington Central, Driffield, Goole, Hornsea and Withernsea. In the Treasure House in Champney Rd in Beverley: the Lending and Reference Library each has a usb memory stick. In the Archives, the Complete Story is on a cd available to view in their Audio Visual Room, just ask at their entrance desk.

ER Long Stay mobile Libraries

With regard to the ERYC Long Stay Mobile Libraries, there are different rules to the branch libraries. We learnt the digitally recorded Like Minds Complete Story on a cd can be borrowed but not the usb memory stick from the Long Stay Mobile Libraries.

There is a complete set of all the paper editions of Like Minds in the Goole Reference Library and in the Beverley Archives Dept: they also have a cd of all the Issues which can be viewed in the Audio Visual Room. Please ask at the desk in the Archives Dept which is situated on the ground floor of Treasure House in Champney Road.

Like Minds' Hull Central Library catalogue no is: 362.202542

It is available in the Lending & Reference Departments to library members.

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Emergency Contacts

If you are in crisis and need to speak to someone urgently you can contact one of the numbers below: There are 2 options:

If registered with an **E. Yorkshire doctor ring: 01482 344564** If registered with a **Hull doctor ring: 01482 336161**

Other Useful Numbers

NHS 111 - government funded medical help line is a free call from BT landlines & public kiosks. However it is only available in KC landlines in homes, whatever the contract. It is NOT available from KC public kiosks.

To enable ringing 111 for Vodafone mobile phones if one puts: ##002# It clears all call bars. We do not know if this is applicable to other mobile phone companies.

116 123 - Samaritans free national number

It is available on all BT landline & public kiosks.

On their website they urge people to phone if they have worries or are lonely, before they feel suicidal. All calls are confidential.

Sadly this number is also unavailable from KC public kiosks but is free on KC landlines in homes, whatever the contract.

01482 323456 (Hull) 01262 400400 (Bridlington) calls local rate

News from Hull & EY Mind
Wellington House, 108 Beverley Rd, Hull, HU3 1XA

Shortly before his retirement from H&EY Mind, Greg Aitken arranged for Hull & EY Mind to move a little further up the Beverley Road from Trafalgar House, on the opposite side of the road, to Wellington House. I was delighted to attend the official opening by Val Wood and afterwards pleased to take part in the various activities provided on the day.



Entrance is on the left



Val cutting the ribbon

Having worked for 15 years with H&EY Mind, Greg Aitken retired and the Like Minds team wish him a happy retirement and welcome the new Chief Executive Officer, David Smith.

Like Minds visited the H&EY Mind website : www.mindhey.co.uk and noted some information on other pages in this issue. More can be obtained through visiting their website, Facebook: <https://www.facebook.com/MindHEY>

Twitter: <https://twitter.com/MindHEY>

by email: info@mindhey.co.uk Their office telephone no is: 01482 240200.

Their **Information line is: 01482 240133. Please note: if you cannot get through immediately it might be because someone else is being attended to.**

On their website it says:

“We are Hull & East Yorkshire Mind, the mental health charity.

We’re here to make sure anyone with a mental health problem has somewhere to turn for advice and support.”



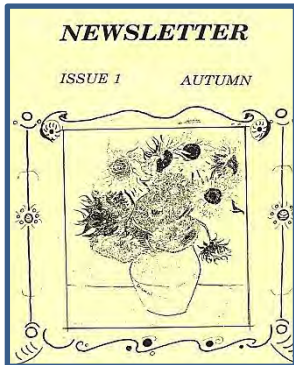
There was a competition to name the meeting rooms. Here are 3 examples

At the time of this Post Script edition is published, H&EY Mind has various groups in Hull and throughout the East Riding.

For information in your area, it is advisable to contact either the information line above or, for Bridlington, the Old Parcels office in the Railway Station, : 01262 400000

Explanations of the cover illustrations for Like Minds (formerly The Newsletter)

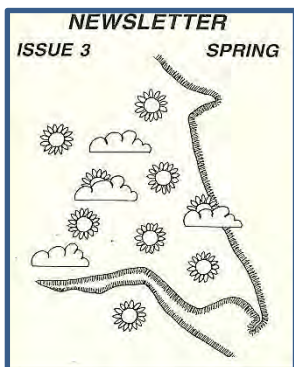
For many of them Terry created visual puns.



Issue No. 1: a version of Van Gogh's Sunflowers.



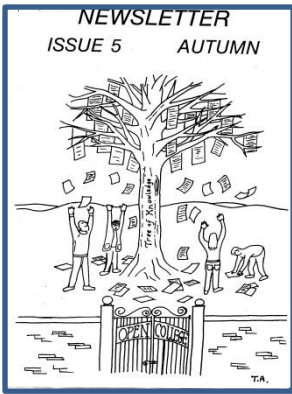
No.2: A Christmas issue.



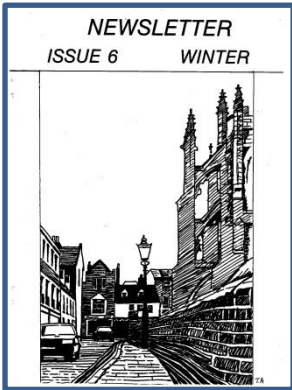
No.3: A map of the East Riding of Yorkshire showing spring flowers representing the sun.



No.4: Terry portrayed the sun as wearing sunglasses and sweating onto the man below who thus needs an umbrella.



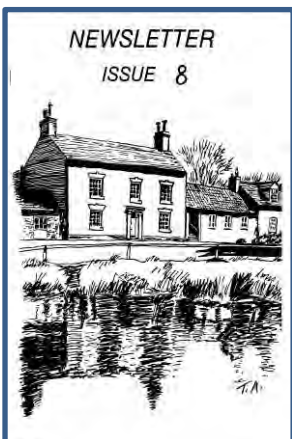
No.5: Published in autumn when many colleges and the Open University start new programmes in learning. Terry illustrated the Tree of Knowledge which is shedding leaves of books for the students to read.



No.6: This Beverley street is called Hengate, with St. Mary's Church on the right.



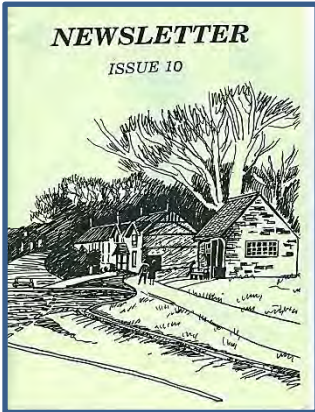
No.7: A lone busker above the harbour at Bridlington.



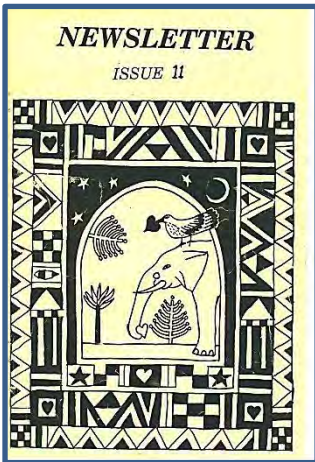
No.8: Beside the small pond at Bishop Burton.



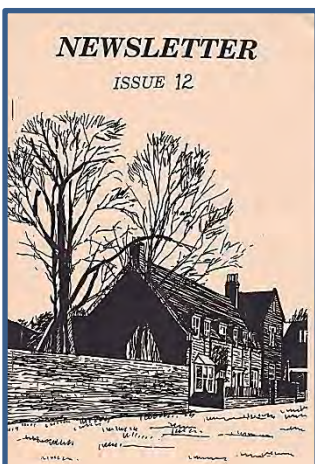
No.9: Silhouette of Beverley Minster in winter.



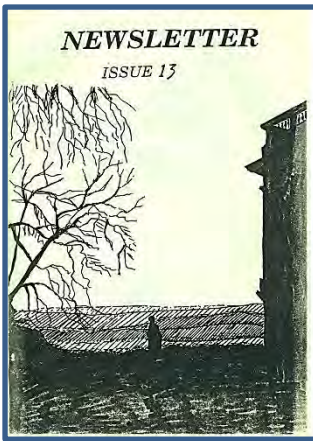
No.10: The Altisidora pub and in the foreground, the bus shelter in Bishop Burton village.



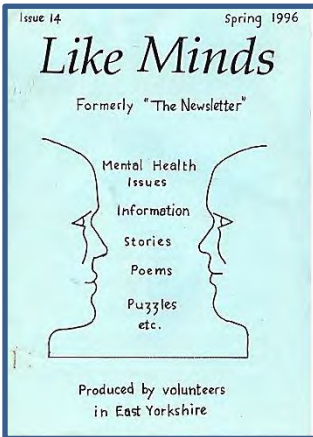
No.11: Taken from a greetings card design.



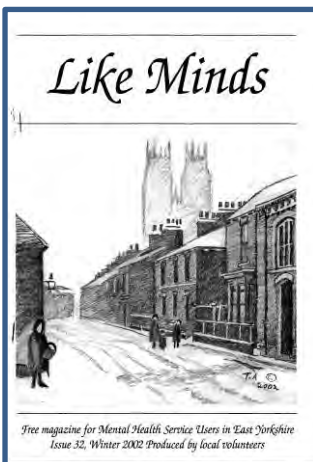
No.12: The School House in Bishop Burton in winter.



No.13: Northern College (near Barnsley) from an original photo.



Nos. 14 – 31: The newsletter team elected to call The Newsletter “Like Minds”- the idea being derived from the expression “like minded”. The logo on the cover was adapted from a sociology exam question and originally looked like either two people conversing or a vase.



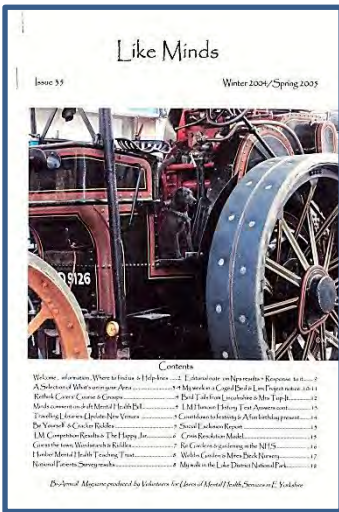
No.32: Terry drew Minster Moorgate in Beverley with the former Minster Infants’ School which is now a private house.



No.33: Walkington pond near Beverley, from an original photo.



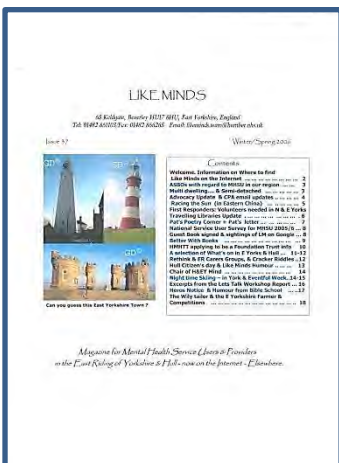
No.34: Genny took a photo of Rosedale Community Centre, which then had an acute unit, in Hedon.



No.35: A detail of a traction engine with a black dog sitting on the driver's seat taken during the annual Traction Engine Parade in Driffield main street.



No.36: The whale bone arch and wooden benches on top of the cliff in Whitby on a very wet day.



No.37: 2 views of Withernsea and by accident the red and white lighthouse at Plymouth was included.



No.38: View from Genny's bedroom window on 26 December 2005 and 4 scenes from Beverley Christmas Market, 2005.



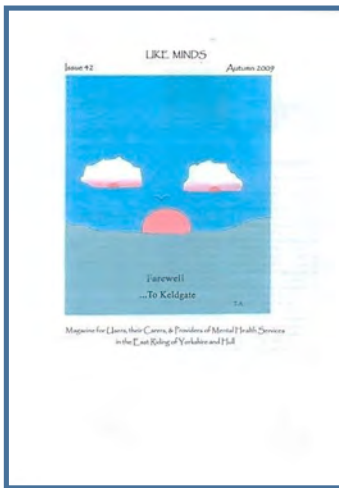
No.39: Burton Agnes Hall Gatehouse.



No.40: Gwyn's picture of Buttermere in the Lake District.

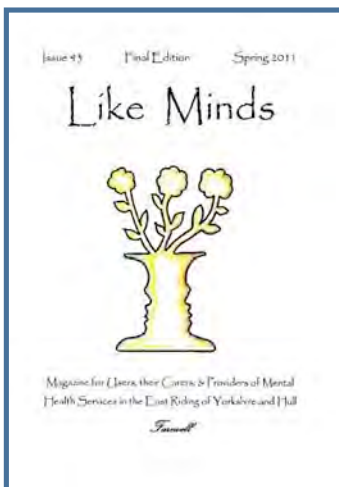


No.41: Architectural picture of Bridlington Spa Theatre complex + 3 illustrations for 3 articles.

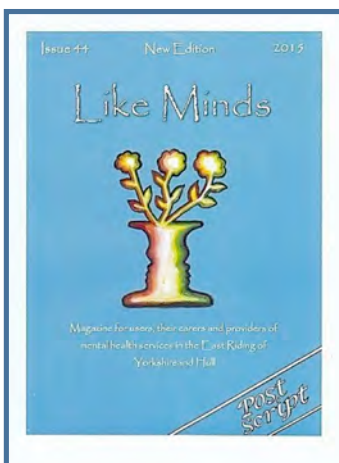


No.42: Farewell – To Keldgate. LM team lost their HQ of many years as the Beverley CMHT closed down its Resource Centre.

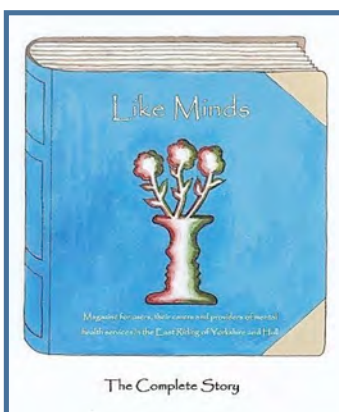
A pun is a play on words. Terry created a play on pictures, hence visual puns. He created an ambiguous drawing: it looks like clouds and the sun setting, but could also be interpreted as a face with the eyes in the clouds, a bird for a nose and the setting sun as someone sticking out their tongue.



No. 43: The Farewell issue. In this illustration Terry conveyed the idea of two minds (portrayed by the two faces) together producing something beautiful (depicted by the flowers).



No. 44: The new edition. This is a “post script” issue designed to provide updates on information in previous issues and also new material.



The Like Minds digital versions cover illustration: Terry depicted a book to convey the idea of the history of Like Minds as a story. For Contents see below:

Archive Editions:

Newsletters 1-13 Like Minds 14-43
18a CBT with reference to p9 in 18
20a Currents- an Australian newsletter
in conjunction with My Journey: 20 p3-4

New Edition:

Post Script: Issue 44,
2016
Contains updated
information

ERT: 10 Lord Roberts Road, Beverley, HU17 9BA



©ERT

Front view of the ER Theatre

East Riding Theatre in Beverley is a very new theatre which officially opened on December 12th 2014 with an adaptation of Charles Dickens' A Christmas Carol.

The Theatre has a varied programme of comedians, musicians and plays & at the time of writing the accomplished flamenco guitarist Juan Martin came in January & the tickets were sold out very quickly, so the staff hope he will return in the not too distant future. In April the Premier of Judea from 2-17th and Charlie Bicknell in Cabaret on the 18th.

Most of the Staff members are all Volunteers & the performers & professional lighting staff are paid. As with any organisation, the ERT needs more volunteers: at the moment to greet people who come to the theatre and in the Bar which serves bottled drinks and is open just before each performance.

The ERT is a listed building: it was originally a Baptist Church and has changed hands and its uses several times. The Box Office & the Bar are housed in a light and airy room that was originally the church meeting room.

The ERT has opened a café here for drinks before a performance and hopes to open longer hours in December 2015. The Auditorium is in the main part of the Church.

There are 2 places for wheelchairs and 189 seats, which were all sponsored very quickly, with the sponsors names on the back of each seat.

A local artist has created a large mural in the Bar & theatrical illustrations for the toilets - characters from Shakespeare's A Midsummer Night's Dream: Bottom for the Gents & Titania for the Ladies: perhaps the Disabled Toilet will get a picture too in future.....

For further information go to: www.eastridingtheatre.co.uk

Box Office open: Monday- Friday 2-4pm Saturday 10-12 noon



The Theatre Auditorium ©ERT



The Bar & the Box Office ©ERT

Text & photographs provided by Tom, a Trustee of ERT.



East Riding College at Flemingate, Beverley

The E.R. College has campuses in Beverley, Hull & Bridlington. In August 2015, the College in Beverley moved and is now situated south of the railway line in the new shopping precinct in Flemingate.

The only free course available at present is Adult English Skills Development on Tuesday evenings from 5-7pm. New students can enrol in the class-room.

This course is also available in St Mary's Walk, Bridlington.

The E.R.C website is: www.eastridingcollege.ac.uk

For more information ring: 0345 120 0044

Email: info@eastridingcollege.ac.uk Tweet: @ercollege

Facebook: www.facebook.com/eastridingcollege

Text: Text "ercask" followed by your message to 88020 and the College will get back to you.

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IDEAS TO SAVE MONEY

On a card in a shop displayed: Whenever I try to make ends meet, Someone shortens the ends!

I asked people for some ideas to save money. Here are all our ideas:

Rita: "Turn off the electricity at the wall, not the appliance as anything on 'standby' you pay for.

Sally: "Dribble few drops of water in nearly finished plastic tube of toothpaste to use up residual."

Cut off the end of the plastic toothpaste tube to scrape insides, amazing how much is there.

When defrosting the fridge use a clean bowl and use the ionised water collected in a steam iron.

Oranges eat flesh, put peel in freezer: easier to grate. Rest if dried out ok for fire lighting.

Freeze fruit on lids of 1k margarine or ice cream tubs in polythene bags: takes up less room.

Pearl: new soap lasts longer if first stored in an airing cupboard.

Andrew: buy second hand clothes.

Isabelle: sew on set of buttons on coats bought second hand

Sidney: On cold winter nights put plugs in sinks and baths: stops cold entering.

Brian: Reduce cost of drying towels: after a shower/bath rub down your body with a flannel first.

Gain more points at supermarket: top up your pay as you go mobile phone whilst paying for groceries.

Some mobile phone companies offer free texts if top up on certain days of the week.

Buy own brand goods – Radio Times

Plan cheaper evenings out get friends to each bring a plate of food – Yorkshire Post

Genny M.

Health Initiatives in East Riding of Yorkshire Libraries

Health comes high on the agenda in East Riding of Yorkshire libraries and we are constantly developing our offer to meet the needs of our residents and to be hubs in our communities.

The Reading Well – Books on Prescription scheme is a national library scheme offering self-help books recommended by health professionals. Books are available for anyone to borrow from their local library branch or mobile library and they may also be recommended by health care providers such as GP's, H&EY Mind and Health Trainers.

The scheme launched in June 2013 with a list of step-by-step, self-help titles for common mental health conditions such as anxiety, depression, worry, stress and panic....

Mood Boosting Books & Reading Groups

...Another part of the Reading Well scheme is Mood Boosting books, which are in all East Riding libraries and from the mobile library service.

It is a national promotion of uplifting titles, including novels, poetry and non-fiction... recommended by readers from around the country.

Reading itself can reduce stress by 68% while reading for as little as 6 minutes is sufficient to reduce stress levels by 60%, slowing the heartbeat, easing muscle tension and altering the state of mind. Linking the powerful therapeutic benefits of reading with the social activity of a reading group promotes well-being and helps reduce isolation. The library service runs reading groups in many locations throughout the East Riding.

If after borrowing the literature provided in the Library, more information and support is required, people are invited to contact their own Doctor or if they have one, their mental health support worker.

Beverley Library is based in the Treasure House, Champney Rd. Tel: 01482 392750

**Opening hours: Monday, Wednesday & Friday 9.30am - 5.00pm
Tuesday & Thursday 9.30am - 8.00pm
Saturday 9.00 am - 4.00 pm**

Knitting groups

Knitting groups were established in East Riding libraries because of the proven health benefits of knitting which has therapeutic qualities similar to meditation. Research has found that rhythmic, repetitive acts such as knitting help prevent and manage stress, pain and depression. All of this enhances the quality of life for people living with long-term health conditions and helps support adults in attaining or maintaining physical and mental wellbeing.

The knitting groups have proved very effective at bringing together people of different age groups, social groups and abilities and are popular and lively events. **Please note: Booking is essential.**

N.B. One of the LM editors regularly attends her local knitting group & derived much pleasure socializing as well as improving her knitting skills. Last week a competent male knitter joined us enriching his and our skills. The library provides free tea and coffee and in my group members take it in turns to provide the biscuits.

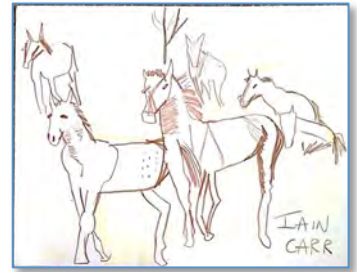
East Riding Long Stay Mobile Libraries

On the following page is a list of the village venues. These long stay mobile libraries differ from the mobile libraries as each long stay mobile library has computers linked to the internet 2 are available to members of the library for public access to use including accessing family ancestry and the librarians use the other computers for work, such as locating requested books that are out on loan.

For further information please ring: 01482 392738 in office hours.

LONG STAY MOBILE LIBRARY SERVICE - VENUES IN THE EAST RIDING

Beeford Community Centre, Main Street, YO25 8AY	Friday	1.00pm- 6.30pm	01482 392709
Bubwith Vicarage Close, off Brighton Road, YO8 6LL	Tuesday	1.00pm- 6.00pm	01482 392585
Gilberdyke Memorial Hall, Clementhorpe Road, HU15 2UB	Wednesday	9.30am- 6.30pm	01482 392580
Holme on Spalding Moor Car Park, High Street, YO43 4EN (Village Hall)	Thursday	9.30am- 6.30pm	01482 392578
Hutton Cranswick Primary School, The Green, YO25 9PD	Monday	9.30am- 6.30pm	01482 392575
Keyingham Ship Inn Car Park, Saltaugh Road, HU12 9RD	Tuesday	9.30am- 6.30pm	01482 392576
Kilham Millside, YO25 4SR (near Primary School)	Wednesday	1.00pm- 6.30pm	01482 392798
Little Weighton Village Hall, Potterdale Drive, HU20 3US	Friday	9.30am- 2.00pm	01482 392583
Nafferton Westgate, YO25 4LJ (opposite All Saints' Church)	Monday	1.00pm- 6.30pm	01482 392714
Patrington Car Park, High Street, HU12 0RG (St Patricks Church)	Friday	9.30am- 6.30pm	01482 392579
Rawcliffe The Green, DN14 8QF (near Manor Farm)	Thursday	9.30am- 1.30pm	01482 392582
Skidby Primary School, Main Street, HU16 5TX	Friday	2.30pm- 6.30pm	01482 392584
Skirlaugh Council Offices, Main Street, HU11 5HN	Wednesday	9.30am-6.30pm	01482 392577
Sproatley Memorial Institute, Main Road, HU11 4GA	Monday	2.30pm- 6.30pm	01482 392588
Thorngumbald Amenity Land Car Park, Main Road, HU12 9LN (opposite Leicester Cottage)	Monday	9.30am- 2.00pm	01482 392581
Walkington 21 East End, HU17 8RX (adjacent to Village Hall)	Thursday	2.30pm-6.30pm	01482 392589
Wilberfoss Community Centre, Main Street, YO41 5NN	Tuesday	1.00pm-6.30pm	01482 392748



Monday Art Group Treasure House, Beverley

In one form or another this Art Group has been in existence for more than two decades with at least two of the members having been with the group from the beginning. Over the years it has drifted around various venues in Beverley from draughty church halls to its present illustrious and hopefully long term home of the Education Room at Beverley Art Gallery and Treasure House.

Although the venue and the membership may have changed over the years what has been constant is the enthusiasm and creative talent that all of its members have brought and still bring to the group. Another constant is the potential and power that art, art making and creativity brings to those who have attended the group, all of whom have had some experience of mental health difficulties and find the creative space beneficial.

The aim of the group is to offer a calm, safe and creative environment where members are able to both relax and express themselves with the complete support of those around them, as the facilitator of the group and as an Art Psychotherapist I am always moved by the care, support and encouragement that is generated each session and by the extensive and diverse range of creativity and skills that the members bring to the group.

Thanks to the support and generosity of the Gallery and Treasure House staff, the group now seems to have a long term home, a place where the importance of the group and its members is recognised and valued. Thanks also to the support of the Curator of the gallery the members of the group are regularly invited to exhibit their work alongside the main exhibitions in the gallery, a rare opportunity that is very much valued and appreciated.

The group meets every Monday in the Education Room at The Treasure House in Beverley at 1.00 pm, there is no formal registration and anyone who would like to discover and explore their creativity or develop their artistic talents is welcome to come along and meet the group and myself.

The group will start again on Monday 11th January 2016, so you can begin the new year finding new skills and new friends. Come along and ask for Peter or you can call me on 07939159475.

Peter Brown

Where to find the Treasure House

The Treasure House is the modern building with tall rounded tower in Champney Road, Beverley, opposite the East Riding of Yorkshire Council offices. The Art Group usually meets in the Education Room on the first floor, adjacent to the café and Art Gallery. There is a lift in addition to the stairs.



East Riding Carers' Support Service

We offer support to Adult Carers of Adults living in the East Riding and are based at: 18 Wednesday Market, Beverley, HU17 0DJ

Telephone: 0800 917 6844 or 01482 396500

Our office hours are:

telephones 9.00 am - 4.30 pm Monday to Thursday

9.00 am - 4.00 pm Friday

Carers Centre opening hours are:

9.30 am - 4.30 pm Monday to Thursday

9.30 am - 4.00 pm Friday

Information can be obtained either by calling into the office, over the telephone or by email - ERCarers@eastriding.gov.uk

We have a support worker on duty each day who can offer advice/information and support or home visits can be arranged.

FOR Information about the E.Riding Libraries support for the E. Riding Carers' Support Service. PLEASE SEE FOLLOWING PAGE

EAST RIDING YOUNG CARERS & SIBLING SUPPORT

For more information for E.R. Under 18 Young Carers please ring: **01482 565560**

The Team is based at:

Children's Participation and Rights Team

Anlaby Children's Centre

First Lane

Anlaby

HU10 6UE

Information about E. Riding Libraries support for E. Riding Carers' Support Service

A companion list of books recommended by people during or after treatment for cancer has also been released in partnership with Macmillan Cancer Support.

East Riding Libraries offer Memory Lane sessions for older people – helping to combat isolation and loneliness. The sessions give people the chance to meet as a group, share their rich stories and experience and make valuable connections with other people. Staff leading the sessions have received training in reminiscence work and make use of a variety of resources including memory boxes, photographs and books...

Libraries also offer reminiscence sessions specifically for people with dementia and their carers. Aside from the therapeutic benefits of reminiscence for people with dementia the sessions provide an opportunity for carers and those with dementia to meet others in a similar situation and to enjoy reminiscing together.

East Riding libraries work with the Carers Support Service to offer Prepare to Care sessions which take place monthly in a specific branch library moving to a different branch after 3 months. The aim of these sessions is for support workers to reach carers new to the support service and to provide a place for registered carers to access further information and support.

Libraries are also working with the Carers Support Service to provide Carers Information Sessions. These sessions last for 4 weeks and provide carers with advice and information to assist them in their caring roles. Each session is themed and includes sessions on support services such as the Carers' Support Service, Lifeline and the Alzheimer's Society, health and wellbeing, money and benefits advice and community services such as libraries, ERVAS and Connect to Support.

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CLASSROOM HOWLERS

An octopus is a person who hopes for the best.

Jesus was born because Mary had an immaculate contraption.

Holy Acrimony is another name for marriage.

Clowns tie their trousers with string which, when it is pulled, shows a hair-raising scene.

Big flies were Hoovering all around the room.

Romeo and Juliet tell each other how much they are in love in the Baloney Scene.

An oboe is an American tramp.

Trigonometry is when a lady marries 3 men at the same time.

Masculine of heroine is kipper.

Parsimony is money left by a father.

A monologue is a conversation between 2 people, such as husband and wife.

An aristocrat is a man who does somersaults on the stage.

A scout obeys all to whom obedience is due and respects all duly constipated authorities.

Mussolini is a sort of material used for ladies' stockings.

(Taken from the Mail Online)

-----oOo-----

Humorous Classified Ads

Dog for sale: eats anything and is fond of children.

Man wanted to work in dynamite factory. Must be willing to travel.

Dinner Special: Turkey £5.35; Chicken or Beef £5.25; Children £3.00.

3 – year old teacher needed for pre-school. Experience preferred.

For sale: antique desk, suitable for lady with thick legs and large drawers.

Now is your chance to have your ears pierced and get an extra pair to take home too.

We do not tear your clothing with machinery. We do it carefully by hand.

Vacation Special: have your home exterminated. Get rid of aunts. Zap does the job in 24 hours.

RETHINK CARERS' GROUPS

Suite 1, 117-119 Walkergate Beverley HU17 9BP.
Office Carer Line 01482 679723 (Mon to Fri 10 am to 4 pm).

BEVERLEY:

The Group meets on the fourth Tuesday in the month from 7.00 to 9.00 pm. Members of the Group are all caring for relatives with severe mental illness and meet to enjoy mutual support, social activities and to listen to guest speakers. For venue & Group Programmes, please contact the office telephone number 01482 679723.

HULL:

Details and contact details for the Hull Rethink Carers Support Group are the same as the Beverley except meeting on the second Thursday in the month between 2.00- 4.00 pm and the Hull Group welcomes Carers from East Riding.

For further information on Rethink, Email: info@rethink.org see below and:



www.rethink.org



www.facebook.com/RethinkCharity



www.twitter.com/Rethink_

Sent by email, 30 September 2015

Hello Genny,

It was nice to meet you today and as promised I have attached a logo for Rethink and below is a summary of our service in addition to the information you already have regarding the groups.

“Rethink Mental Illness Service realises that mental illness touches many people and at times Carers can feel unsure of what to do and where to go. The Rethink Mental Illness Hull and East Yorkshire Carers’ Service is here to listen and support you to manage your caring role.

We provide:

- Information about Carers’ rights and the assessment process,
- Emotional support and coping strategies,
- Access to Carer support groups,
- Information about the illness, treatments and medication,
- Information on local services and resources that empower Carers to make informed choices,
- Support Carers to have a voice in the care and treatment of those they care for,
- Empower Carers to be involved in the planning and development of mental health services, and
- Attendance at ward rounds or CPA reviews.

We can help you if you are an adult carer (over 18), supporter, or friend of someone with a mental illness and you live in Hull or the East Riding of Yorkshire.”

Kind regards,

Sophie

Senior Mental Health Worker

Rethink Mental Illness Hull & East Yorkshire Carers Service

Tel: 01482 679723



north bank forum

Who we are

nbf (North Bank Forum) is a voluntary and community sector umbrella organisation based in Hull and operating across Yorkshire and the Humber.

Our member organisations include provider and user groups working in health and social care. Our vision is for people in communities to have the services they need to ensure their health and social well-being and our mission is to inform, support and influence the development of services to reflect the needs of their users.

We work with individuals, service users and carers, statutory and private bodies, the voluntary and community sector and commissioners.

Contact us: our office is open Monday-Friday 9am-4.30pm. Tel: 01482 499030

Email: admin@nbforum.org.uk Website: www.northbankforum.org.uk

Twitter: @northbankforum

We are based at: Goodwin Community College, 63-71 Anlaby Road Hull, HU3 2LL

For more information about the Forum, to contribute information for updates or to join please e-mail Ali: Ali@nbforum.org.uk

---o0o---

S.E.E.D. Update :

Support and

Empathy for people with

Eating

Disorders

Do you, or a friend or relative suffer from Anorexia, Bulimia or Compulsive Eating? Join us at our Support Group where you are able to share your problems with people who really understand!

Don't suffer in isolation - we are here to help. Make that call now: Marge 01482 718130

Email: hello@seedeatingdisorders.org.uk

S.E.E.D holds meetings 1st Wednesday in the month 7-9 pm for Sufferers and Carers and 2nd Tuesday in the month 7-9pm for Sufferers only. Ask Marge for venue

Website: www.seedeatingdisorders.org.uk

Welcome to Cloverleaf Advocacy Services

**Hesslewood Hall, Ferriby Rd,
Hessle HU13 0LH, E. Yorkshire
Tel Nos: 01482 880160 or 01724 854952**

There are many reasons why people need help to get their voices heard.

We support people across the North of England to speak up.

We help people to:

- express their views
- secure their rights
- represent themselves and get the help they need

We will work with you as an equal partner.

We can support you whether you are at home, in hospital or in a residential or nursing home. We also support people in medium and low security psychiatric units.

Our services are free and confidential (we are a registered charity). Cloverleaf Advocacy services are independent from health and social care providers, the NHS, social services, residential homes and hospitals.

We have been awarded the Quality Performance Mark (QPM) for one to one advocacy services.

Editor's Note: The Cloverleaf office was in Swanland. Now it's in Hessle (contrary to information found on some web sites).

---o0o---

Like Minds Humour

English notices from around the world

In a Hong Kong dentists' advertisement: teeth extracted by the latest Methodists.

In a Norwegian bar: ladies are requested not to have children in the bar.

In a Rome laundry: ladies, leave your clothes here and spend the afternoon having a good time.

Taken from the parish magazine in a Kentish village.

ReNew Services in Hull

Because of funding, ReNew was set up to support Hull residents only over the age of 18yrs, who for whatever reason suffer with substance mis-use, legal highs, alcohol & prescription drugs so they can receive free confidential advice & support.

From the Early Help Team at the Octagon Pod 6, Contact tel: 0800 161 5700 Email: EarlyHelp@hullrenew.org.uk

The ReNew Octagon Centre hours are:

Mon, Weds, Thurs & Fri 9 am- 5pm. Tues 9am-8pm.

There are Support groups but you need to contact the staff at the Octagon.

Volunteering: please contact Gav Ledner at the Octagon & he will get back to you.

To receive the help you need you can access it through your doctor or refer yourself through the Octagon.

As well as the Octagon, the Renew teams have offices in Gypseyville, a multi purpose centre 728-730 Hessle Rd & 74 Goodhart Rd Bransholme HU7 4 EF

The Counsellors at Renew do work with other professional workers such as doctors &/ or the community mental health teams.

There is a frequent bus service Stage Coach No 1 which stops near the Octagon.

Hi Mrs Moules

My name is Rich Burgess and I am Senior Practitioner for the ReNew Outreach and Early engagement service. So here is a brief overview if this helps.

ReNew Hull is Hulls' integrated alcohol and drugs service who will work with anyone over 18 experiencing issues with alcohol or other substance use. Our Early Intervention and Outreach Service are specialised in dealing with low level alcohol or substance use, offering advice and prevention interventions before these issues become more serious. Working alongside the other Health Provision Services in the city, we aim to advise and educate the general public on the links between alcohol, substance use and poor physical and mental health.

CONTACT US: Tel: 0800 161 5700 or 01482 616231

Email: EarlyHelp@hullrenew.org.uk

Best regards

Rich

Rich Burgess (Senior Practitioner – Prevention and Engagement)

ReNew: Community & Long Term in Treatment

LifelineProject
helping drug users since 1971

Reducing harm, promoting recovery, challenging inequalities

HERE TO HELP..... IN ROSMEAD STREET, HULL



St John's Community Church

Here to help those people who need it, on Tuesdays and games session of cards and dominoes on Wednesday afternoons for local residents and members of the Church. At other times during the week the Community Church is available for local groups to hold their regular meetings for a nominal fee.

“Many members of the Church & local Community are all here to help” - So spoke Martyn, the current minister of St John's Community Church, Rosmead St in East Hull.

I hadn't been to the church since 2009, so returned and spent 2 pleasant Tuesdays in February and March, 2015.

I learnt that this Community church provides a cooked breakfast free of charge every Tuesday morning, for those in need of it, though of course, any donations towards the cost are welcomed. At lunch time one week they provided sandwiches and hot drinks & another time soup, cottage pie and a choice of dessert: treacle sponge & custard or apple pie and custard. People who come enjoy the friendship of this group and if they have any concerns worrying them, are invited over a hot drink, to talk about them.

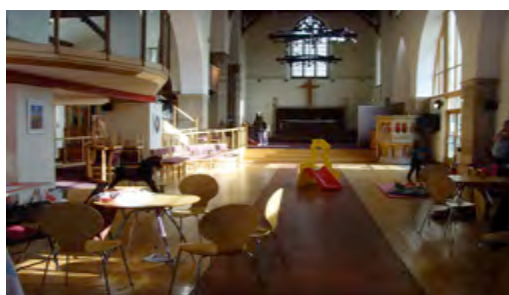
During the morning there are various people available to talk to in confidence, whether family issues, or debt worries or if there are neighbourhood worries, could talk to a member of Hull City Council & or to the Police, who come regularly too.

One church member has a computer and comes most weeks, so available to help anyone learn how to access the Internet, create emails or search for jobs as there is an internet connection available in the Church.

The second week I was there, in the morning, Karen came and shared with us some family photographs and poems her mother had written and encouraged about 6 of us who were sitting round the table, to use her super cartridge paper pads and select a pencil from her pack of drawing pencils, and coloured pencils to do a picture featuring a beautiful tall vase with attractive floral decoration. In the afternoon more active young people and their children played table tennis at one end of the church whilst some other children played happily with a mini slide and a rocking horse. Nearer the café, on a table, a group enjoyed playing Bingo: several players won prizes.

Parents with young children are welcomed as there is a Soft play area for their toddlers to play as well as lots of toys to share with other children in the main part of the church. The parents are expected to be responsible for their own childrens' welfare.

As stated in the original article, the church has a few rules: no antisocial behaviour, no drugs, smoking or alcohol can be used on church premises.



View inside St John's Community Church

St John's Church Community Garden in Rosmead Street, Hull.

In 2014, Angeline and Mike started up a Communal garden and prepared 2 large plots and 15 children aged between 2-14 years regularly get involved: the toddlers every Tuesday and the school-aged children in half term and school holidays. Angeline explained they have long term planting such as beans and peas, tomatoes, potatoes, sweetcorn and pumpkins and shorter term plants such as radishes. The children are involved with the planting, watering and harvesting and the grown vegetables are used in the church kitchen in meals and preserves.

Taking up the whole length of the church, they have a row of apple trees, their branches supported on wires in espalier and opposite is an impressive brick pizza oven. Beside the fence bordering the path, they have a small herb garden.

Hopefully, at a later date, the children will be able to cook their produce in the church kitchen.

Someone donated a huge tractor tyre and they hope to pierce holes in the sides to enable them to grow strawberries.

Next year, the Community Church wants to create a Communal Garden and Allotments for the Community in and around Rosmead Street.

We aim to provide a shed for garden tools, but need donations. Consequently if anyone of necessity has had to give up gardening, this Church would be grateful to receive their garden tools and also of course, seeds would be welcomed, thank you.



Apple trees grown espalier alongside the church.



Brick-built pizza oven.



Herb garden.



Four volunteers, and strawberries & a cherry tree planted in a donated tractor tyre.



Next door to St. John's Community Church is a Social Services building where 2 raised beds have been erected in the garden. It is hoped at a later date for their project to join up with the Community Church Allotments.

The Hull Carers' Information and Support Service

Who we are and what we do:

The Carers' Information and Support Service is here for any member of the public, health or social care professional who wants to know more about unpaid caring & support available. Service provision: Free of charge advice, information to anyone supporting a family member, friend or neighbour who is either; ill, frail, disabled has a mental health or substance misuse problem. It does not matter at what level you are providing support or if the person you care for has a diagnosis. You may be sharing your caring role with others, anyone involved is able to access our support. We are the Main provider of Carer Assessments providing information on your entitlements and community services available to you and person/s you care for. We support around balancing commitments, taking a step back from caring or becoming more involved depending on what you would like to achieve.

Providing services to those across Hull/registered with Hull G.P.

Opening Hours: Monday – Friday 9am – 5pm.

Telephone: 01482 22 22 20 **Fax:** 01482 609613

Address: Carers' Information & Support Service,
30 King Edward Street Hull. HU1 3SS



Email: chcp.carersinfo@nhs.net



Website: www.carerscentrehull.org.uk



Facebook: www.facebook.com/cisshull



Twitter: @CISSHull

Services We Provide:

- Personalised Carer Assessment & Support Plan
- Carer Grants
- Information on Welfare Benefits
- Emotional Support & access to Talking Therapy
- Support Courses
- Peer Support Groups
- Befriending and Bereavement Support
- GP Carer Registration
- Sitting Service
- Employment and Volunteering advice
- Information and advice on services across the community in regards to supporting the person you care for.

Expert Patient Programme is provided by the Hull Carers' Service.

The Expert Patients Programme is a free self-management course for people who have long term health conditions, run by volunteer tutors who are managing their own conditions.

Anyone aged 18+ with a long term condition. Topics discussed over the six week period, each session lasts up to 2 & ½ hours (1 session per week).

Sessions include:

- Dealing with pain and extreme tiredness (fatigue)
- Goal setting / Action planning
- Dealing with emotions and using your mind
- Coping with feelings of depression, anger and frustration
- Relaxation techniques and exercises
- Communicating with family, friends and healthcare professionals
- Problem solving
- Better breathing
- Healthy eating and nutrition
- Planning for the future
- Managing your symptoms and medication

The programme is designed to give you, the patient, more power and control of your own health condition. Previous participants are highly positive about the effects the programme makes to their daily lives. They are supplied with ways to help themselves, giving them confidence and a real sense of optimism for the future.

People with different conditions share many of the same problems. The social aspect of the course is a key to many of the participant's success.

Information provided by Beverley, who is the Outreach Development Advice Worker, City Health Care Partnership CIC, Adult Services.



HULL YOUNG CARERS & SIBLING SUPPORT SERVICE

Barnardos provides this service for Young Carers & their Siblings who are under 18 years of age, **living in Hull only.**

For more information, ring 01430 810022 between 9am-5pm Monday to Friday or email: siblings@barnardos.org.uk Their website: www.barnardos.org.uk

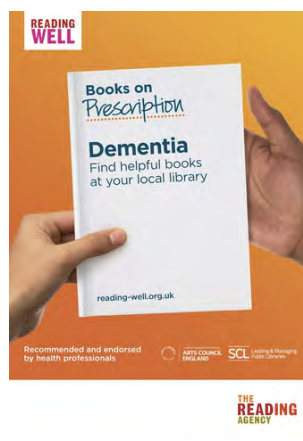
UPDATE RE HULL CITY LIBRARIES.

READING WELL BOOKS on PRESCRIPTION

Reading Well Books on Prescription is a project endorsed and supported by health professionals who have actively provided suggestions for books to uplift one's mood. Book materials are available in all Hull City Library branches in the Reading Well section. The Reading Agency developed the scheme with the Society of Chief Librarians to enable people receiving Mental Health Services & their Carers countrywide to learn more about mental illnesses.

Throughout Hull Libraries there is no payment for loaning books but charges do apply for multimedia materials such as CDs and DVDs (please ask a member of staff). It is essential to belong to Hull libraries before borrowing any items.

Sometimes books can be recommended by support workers such as a doctor or a CPN (community psychiatric nurse). If you have any queries once the books have been read then it is advisable to consult your doctor or support worker if you need more information or explanations.



In Hull Central Library Reading Well books are shelved before the general medical books. Each Library has it's own area.

Hull Central Library: Tel : 01482 210000

Monday & Tuesday : 9.30am -5 pm

Friday 9.30am-1 pm

Wednesday 1pm- 7.30pm [Learning Centre closes 5 pm] Saturday 10am-4pm

Thursday 9.30am- 7.30pm [Learning Centre closes 5pm]

Accessing free internet in Hull libraries

Providing you are a member of the Hull Libraries, you may access a computer free of charge for one hour on one of their computers. However, if you are a member there is unlimited use if you have your own equipment, such as a lap top, tablet or iPad. Special plugs are available to allow you to charge your items so the battery does not fail; access is with their free wi-fi via your library ticket and a pin number.

Book Groups:

There are several book groups throughout Hull, ask at your local library.

Contact details for the Hull libraries are on the Scared of Mice page below.

SCARED OF MICE

For people who have no or little knowledge of computers you can book a one-to-one session at one of the Hull Libraries listed below so that a member of the library staff or a trained volunteer will sit and go through the basics with you.

A Session will last an hour, it's friendly and informal and lead by the learner so you will feel at ease and progress at your own pace.

From then further session can be booked or library staff can help with finding more formal courses. Scared of Mice is held at a number of Hull Libraries. These courses are free and available to all library members.

If you are not a member of Hull Libraries, you need proof of where you live, such as a utility bill. Website: www.hullcc.gov.uk/libraries

After my experiences of asking the Hull City Council website where to find Scared of Mice venues, the page I was given was "getting rid of rodents!" Consequently it is more practical for more information to contact your local library. **Places are limited, booking is essential.**

A branch library may be in a multipurpose centre

Central : Central Library, Albion St, HU1 3TF

Tel: 01482 210000 Email: Lending.Library@hcandl.co.uk

East:

1) Freedom Centre Library, Tel: 01482 710 100

Email: PresontonRoadLibrary@hcandl.co.uk

2) Holderness Rd & Customer Service Centre Tel: 01482 318830 Email: holdernessroad.library@hcandl.co.uk

3) Ings Library & Customer Sedrvce Centre, Ings Centre Savoy Rd HU8 0TY

Tel: 01482 331 250 Email: IngsRoadLibrary@hcandl.co.uk

4) Longhill Library, Longhill Health Care Centre, 162 Shannon Road, HU8 9RW,

Tel: 01482 331 530 Email: Longhill.Library@hcandl.co.uk

5) Waudby Library in the Waudby Centre, Hemswell Avenue, HU9 5LD

Tel: 01482 331 264 Email: Waudby.Library@hcandl.co.uk

North :

1) Greenwood Avenue Library, Greenwood Avenue, HU6 9RU

Tel 01482 331 257 Email: Greenwood.Library@hcandl.co.uk

2) Bransholme Library, Goodhart Rd, HU7 4EF

Tel: 01482 331234 Email: Bransholme.Library@hcandl.co.uk

West : 1) Avenues Library, Chanterlands Avenue, HU5 5UN

Tel: 01482 331 280 Email: Avenues.Library@hcandl.co.uk

2) Fred Moore Library,

Tel: 01482 331 239 Email: FredMoore.Library@hcandl.co.uk

3) Gipsyville Library, Gipsyville Multipurpose Centre, North Rd, Hessle Rd, HU4 6JA

Tel: 01482 616 973 Email: Gipsyville.Library@hcandl.co.uk

4) Western Library, Boulevard, Hessle Rd, HU3 3ED

Tel: 01482 320 399 Email: Western.Library@hcandl.co.uk

One further central library, does not provide Scared of Mice, but should not be omitted as it is the

Hull History Centre, Worship Street, HU2 8BG. It is advisable to ring before setting out as limited opening hours.

Tel: 01482 317 500 Email: hullhistorycentre@hcandl.co.uk

My reason

The reason I cut? To stay alive,
The only way I can survive to take this blade upon my
skin and release the badness from within.
To see it bleed, to watch it flow
Its then I feel, and then I know
This wound I have caused another scar,
A sign I have gone too far.
I need to find another way,
Something to get me through the day.
No longer do I want the shame,
I can't afford to play this game.
So take away the need to harm,
And help me find the inner calm.

Reprinted with permission from Sarah © SD

ALTERNATIVES TO SELF HARM

The LM newsletter team compiled the list below from the articles we received which we hoped would help those Readers who might need alternatives to self-harming. Locally, computer use is free of charge in the East Riding Libraries (and their Long Stay mobile Libraries). It is advisable to join the library as members only have to sign the declaration to abide by the ERY Library rules once and thereafter only need their library card. Visitors however have to sign the declaration every time they wish to use the computers. Membership of the Library is free of charge: please ask your local library. For Beverley (where you will find all 44 Issues) see p15 & Rural Long Stay mobile libraries p16.

In Hull Libraries access to their computers is free but only available to their members. Membership is free of charge. Please contact your local library. Hull libraries are listed on page 29 after "Scared of Mice."

Need to feel hurt: Use Elastic **Band &/or Ice Cubes** - try wearing an elastic band around your wrist: snap it against your wrist. Hold an ice cube in your hand (or several cubes if they are small) until your hand starts hurting. If you need more pain than this provides, you could try squeezing the ice cubes in your hand.

Need to control: **5/4/3/2/1 [Or if 5 too many, start with 1/2/3/4/5]**. Try naming 5 things you can see, 4 things you can hear, 3 things you can smell, 2 things you can touch and 1 thing you like about yourself.

Need to see blood or burns: **Marker Pens and Food Colouring** Use a red marker pen or felt tip pen and draw a mark where you would usually cut. If you do small, angry cuts, do the same with the pen. If you need something you can add food colouring to the mark you have just made to represent the blood or burns.

Read a Book - Listen to books on tapes or on cds. If you can find a good book that you can really get into and really enjoy then it might take away the intensity of your urges.

Keep a Diary (Journal) include writing how you feel in there..

Music: listening to music can sometimes help... get up and dance along to it or sit and cry... listen to whichever sort of music feels good for you at the time.

Stay in a Public Place The website author does not self harm unless alone. The urges to self harm don't go, but by being where other people are in a public place, helps not to self harm staying in a public place.

Treat yourself For every hour that you don't harm yourself, treat yourself to something. One member of the team said I treat myself to chocolate....

When Sad, melancholic, depressed or unhappy you could try the following.

- Relax in a warm bath
- Curl up under a big warm duvet with a hot drink and a good book
- Put on some calming, relaxing music; rub baby oil or moisturiser where you have cut before.

Angry, restless or frustrated

- Rip up an old piece of clothing Crunch up soft drinks cans
- Try and tear up a thick cardboard box ; Rip up as many pages of an old newspaper in one go
- Use a pillow or cushion: clench a fist to punch it or bash it against a wall.
- Do some exercise/Go for a walk? Whilst on a walk, break up any sticks you find along the way.
- Do some housework- if at night so not to disturb others -such as clean out a cupboard

Needing to focus on something: Play a game on the computer that requires concentration

- Start off at one web page, follow links to other sites and see how far away from the original topic you can get such as go from depression sites to sites on positive things.

If the ideas listed above haven't helped, you might like to try some or all of the distractions listed below:

- Spin yourself round on the spot until you get dizzy; Pop bubblewrap; Hug a soft toy
- Buy a colouring book and some colour pencils: colour in some of the pictures; Look into learning yoga or meditation
- Get creative - try writing poetry or a story or drawing or painting how you feel
- Go through magazines & catalogues: cut out all the words & pictures that make you feel good.
- Take your imagination on a journey to a favourite place
- Create a safe place for yourself - somewhere you can go when you are feeling bad
- Make a list of all the things that are good about yourself
- Make a list of affirmations for yourself and read them aloud to yourself
- Buy yourself a special plant and take extra special care of it (or buy a packet of seeds and plant them to take care of)
- Do something for someone - go shopping for them, take their dog for a walk etc
- Do something for yourself - spend some time doing what *you* want to do
- Join a Self Harm mailing list or the Self Harm newsgroup.

Editors' note: If local men and women are in Crisis, there are some helplines on page 4. Also if you already receive a service from a mental health team, there will be a contact number on your Care Plan. For anyone else you need to ring your Doctor.

Since this article was first written there have been many changes so Sarah researched in 2015 and found: www.selfinjurysupport.org.uk which is quite a good site. (formerly Bristol Crisis Service for Women), PO Box 3240, Bristol BS2 2EF. National Mind site also has information:

<http://www.mind.org.uk/information-support/types-of-mental-health-problems/self-harm>

Support for people who are abused in the home:

1) HULL

To help those who suffer domestic violence, in Hull support can be found through the **Hull Domestic Abuse Partnership (DAP)** - When I contacted them in 2015, to check help line, they said they help about 200 Hull people every month. **For Hull, DAP: 01482 318759**. With this number they said: if you are dialing locally the telephone number will not appear on your bill. However, if you use a mobile phone the number would show up on your statement and in your dialled numbers if you do not delete it. If DAP ring you it will not show up on your phone. In an emergency for **Hull Police ring: 999**. **If you wish to report historical incidents of domestic violence, please ring the 101 police number.**

2) EAST RIDING

In the East Riding, support is provided by DVAP: Domestic Violence and Abuse Partnership in their leaflet, it says to help you remain safely in your home or to move to safe accommodation they suggest contacting their confidential helpline during office hours:

Their confidential helpline is: **01482 396330**, ring in office hours: **9-5pm**.

There is also a DVAP Operational Team : **01482 396368**.

However as this service is not 24 hrs, if in immediate danger ring the police: 999.

Unlike Hull: these numbers will appear on BT phone bills.

Email: DVAP@eastriding.gov.uk

If you wish to report domestic abuse that is non urgent, please ring the 101 police number.

NB With regard to the East Riding, if English is not your first language & you require a translation of their information, please ring in office hours: **01482 393939**

3) N.E. LINCOLNSHIRE

In N.E. Lincolnshire there is support for men and women experiencing domestic violence.

Contact: 01472 575757.

Amended & updated from the original article published in Like Minds 41, 2008.

What is an advance statement?

An advance statement is a written statement that sets down your preferences, wishes, beliefs and values regarding your future care.

The aim is to provide a guide to anyone who might have to make decisions in your best interest if you have lost the capacity to make decisions or = to communicate them.

What does an advance statement cover?

An advance statement can cover any aspect of your future health or social care. This could include:

- how you want any religious or spiritual beliefs you hold to be reflected in your care
- where you would like to be cared for - for example, at home or in a hospital, a nursing home, or a hospice
- how you like to do things - for example, if you prefer a shower instead of a bath, or like to sleep with the light on
- concerns about practical issues - for example, who will look after your dog if you become ill

You can make sure people know about your wishes by talking about them. By writing your advance statement down, you can help to make things clear to your family, carers and anybody involved in your care.

Is an advance statement the same as an advance decision?

No. An advance decision (also known as a living will, or advance decision to refuse treatment) is a decision you can make now to refuse specific treatments in the future.

An advance decision is legally binding, as long as it meets the necessary criteria for it to be considered valid and applicable. Read more about = [advance decisions to refuse treatment](#).

Who makes an advance statement?

You write an advance statement yourself, as long as you have the mental capacity to make these statements. You can write it with support from relatives, carers, or health and social care professionals.

Mental capacity is the ability to make decisions. Sometimes, people do not have mental capacity. This can be for a number of reasons, including illness.

Visit GOV.uk to find out about [creating a lasting power of attorney](#), and the Mental Capacity Act.

Is an advance statement legally binding?

No, an advance statement is not legally binding, but anyone who is making decisions about your care must take it into account.

An [advance decision](#) is legally binding.

How does an advance statement help?

An advance statement lets everyone involved in your care know about your wishes, feelings and preferences if you are not able to tell them.

Does it need to be signed and witnessed?

You don't have to sign an advance statement, but your signature makes it clear that it is your wishes that have been written down.

Who should see it?

You have the final say in who sees it. Keep it somewhere safe, and tell people where it is, in case they need to find it in the future. You can keep a copy in your medical notes.

Terry found this information on the Internet:

<http://www.nhs.uk/Planners/end-of-life-care/Pages/advance-statement.aspx>

Why not become a member of the Humber NHS Foundation Trust?

The Humber NHS Foundation Trust has always invited people receiving their Services to empower themselves by joining their Trust. I went on their website and noted the following details. These days they also give members access to quite a long list of businesses where they can receive discounts.

Become a member of our Trust: have a say, get involved, make a difference.

Members

Being a member of our Foundation Trust gives you opportunities to become involved and have a say in how our services are developed.

Membership is free and you can be involved as much or as little as you like..

If you would like to become a member of Humber NHS Foundation Trust the contact details are below as we have insufficient room to print the online form found on their website..

As a member you can:

- receive our Humber People members' magazine 3 times a year; to view the latest edition of Humber People is on the Humber Trust website..
- take part in events and attend Council of Governors and the Annual Members' Meetings

- voice your opinion and help to influence the development of services in your local area

- have the opportunity to vote in elections for Governors in the 3 public constituencies

- stand for election to become a Governor and represent members of our Trust

- claim discounts in the local area and on www.nhsdiscounts.com • receive top tips and advice to keep you and your family healthy

- become a volunteer for the Foundation Trust

Membership contact details:

Membership Office Humber NHS Foundation Trust
Willerby Hill
Beverley Road
Willerby HU10 6ED

Tel: 01482 389132

Email: HNF-TR.members@nhs.net