

## How Hull and East Yorkshire Mind helps to change lives...

96% of people we supported last year said they had improved mental health

Gary has a diagnosis of Asperger's syndrome and was referred to us for support with his anxiety. He has made good progress and he has re-built his life and is learning to manage his mental health and is feeling more robust than before.

Doug experiences high levels of anxiety and finds it very difficult to even walk to the top of the street without feeling anxious and panicked. With support from staff he has visited the local park on a couple of occasions. He agrees that this felt good to just be in a different environment.

1093 people joined us to get support over the last year

We helped 35 people move into work in the last year

We dealt with over 2100 queries on our information line

Thomas, an ex-offender, was referred after being released into the community from prison. He was experiencing low mood and anxiety and struggling to cope with necessary life skills. He has now started to deal with things in a more positive way, he has remained drug free and has not re-offended. He has become involved in fundraising activities for us and he has found this very enjoyable and found this to have a positive impact on his confidence.

We helped 60 people move on to learning

Brenda was often feeling suicidal. Her suicidal thoughts have decreased and she is now in a position to look at other areas of her life with our support.

Quarterly Newsletter, Summer 2016

## A Little Piece Of...



### How together, we are helping make change happen

Hello from Hull and East Yorkshire Mind.

We're back with some updates about what we have been doing and events coming up- including our 40<sup>th</sup> Anniversary reunion event, and our upcoming Hollywood-style ball.

We hope you enjoy reading what's inside!



This year is Hull and East Yorkshire Mind's 40<sup>th</sup> Anniversary. We held a reunion event for staff, volunteers and people who have used our services. It was great to catch up with people who have been involved over our 40 year history!



Founding Chair Tim Durkin cut our celebration cake



People told us they are 'standing up for mental health'



It was great to see so many people attend our reunion event

Thank you to everyone who has supported us over the last 40 years!

Mental Health Awareness Week 2016

A big thank you to everyone who helped us with mental health awareness week this year- we gave out 1,000 cards with information about relationships- the theme of the week- across Hull and East Yorkshire. Plus, lots of people supported us with fundraising- from the Yorkshire 3 Peaks sponsored walk, to Choppers Bar donating their takings, and donations in supermarkets.



The Wellies Explorer Scout Unit helped us to raise awareness at St Stephens Shopping Centre

**HULL AND EAST YORKSHIRE MIND PRESENTS OUR 40th Anniversary Ball**

HULL AND EAST YORKSHIRE MIND IS PROUD TO ANNOUNCE A FEATURE PRESENTATION IN OUR 40TH ANNIVERSARY CELEBRATION YEAR... THE HOLLYWOOD BALL. AN EVENING OF TASTE AND GLAMOUR AT THE ROYAL MERCURE HOTEL... ENJOY A FANTASTIC 3 COURSE MENU AND WINE. WHILST REVELLING IN SONGS FROM THE MOVIES FROM RUTH HAKES... ENTERTAINMENT FROM THE ROARING GIRLS... THE AMAZING SCIENCE BUSKERS... AND ALL CAPTURED BY OUR RED CARPET PHOTOGRAPHER... AND RAFFLE WITH STAR PRIZES

**THE SHOW BEGINS AT 7:30PM, FRIDAY 24TH JUNE**

TICKETS ARE £40 PER PERSON, INCLUDING WINE ON THE TABLE

TO BOOK, PLEASE EMAIL: [FUNDRAISING@HEYMIND.ORG.UK](mailto:fundraising@heyhound.org.uk) OR CALL 01482 240200

Events Coming Soon!

We hope you can make it to our 40<sup>th</sup> Anniversary Ball- help us to raise money for the next 40 years at the same time as having fun! All the info is above, but please do get in touch if you have any questions, or to book tickets- [fundraising@heyhound.org.uk](mailto:fundraising@heyhound.org.uk)

If that's not your cup of tea, there is lots more happening too- whether you want to attend an event, volunteer to raise awareness or help us fundraise there is lots to do!

Sunday, 26<sup>th</sup> June- we have a team running the Humber Bridge half marathon, and we're looking for volunteers to support them with a cheer point, or at our stand at the event.

Friday, 15<sup>th</sup> July- we are raising awareness about mental health at Tescos in St Stephens shopping centre. Let us know if you can come and help out!

How to keep in touch:  
Email: [info@heyhound.org.uk](mailto:info@heyhound.org.uk)  
Call us on 01482 240200  
Our website has just been redesigned, so why not take a look?  
[www.heyhound.org.uk](http://www.heyhound.org.uk)  
We send a regular email newsletter- let us know if you would like to receive it  
Facebook: HEY Mind @MindHEY

Saturday, 16<sup>th</sup> July- it's Hull Pride and we'll be having a stall. We're looking for volunteers to come and join the fun!

Friday, 22<sup>nd</sup> July, 10.30am- Coffee morning at the Unitarian Church, Park Street, Hull- come along for a cuppa, or can you donate a tombola prize?

Thurs, 28<sup>th</sup> July, 7.30pm- Comedy night at Kardomah 94, tickets £5- all profits donated to Hull and East Yorkshire Mind.