

## Tackling the barriers for mental health services in the BME community

Hull and East Yorkshire Mind is holding a BME (black and minority ethnic) outreach event for professionals, volunteers or community members. The aim is to discuss the barriers people from these backgrounds may face when accessing services. The event will feature speakers from Hull and East Yorkshire Mind, MESMAC and ReNew, as well as offering the opportunity for others to get involved in the discussion. If you are interested in attending, the event will take place 26th September 2016, at 10.00am – 3.00pm (venue TBC). Please email our students, who are running the event, Amy and Jasmine, at [think.barriers@gmail.com](mailto:think.barriers@gmail.com) to express your interest.

## Events Coming Soon!

On Saturday, 10<sup>th</sup> September, join with us to light a candle for World Suicide Prevention Day.

- To show your support for suicide prevention
- To remember a lost loved one
- And for the survivors of suicide

All Saints Church, Hessle, 7.30pm  
Everyone welcome- of all faiths or none  
Or light a candle in your window at 8pm  
RSVP [info@heymind.org.uk](mailto:info@heymind.org.uk)  
01482 240200

Light a Candle with us for  
World Suicide Prevention Day,  
10<sup>th</sup> September 2016



Friday, 23<sup>rd</sup> Sept- We'll be at Tescos in Hornsea raising awareness about mental health and doing some fundraising. We're still looking for volunteers, so let us know if you can come along!

Thurs, 22<sup>nd</sup> Sept- Comedy night at Kardomah94, tickets £5. Get in touch for more information.

8<sup>th</sup> & 9<sup>th</sup> October- We'll be fundraising in Tesco's stores alongside Mind. We're still looking for volunteers, so let us know if you can help out!

PLUS- look out for our stands across the area raising awareness of mental health for World Suicide Prevention Day on 10<sup>th</sup> Sept, and World Mental Health Day on 10<sup>th</sup> October.

A Little Piece Of...  
Quarterly Newsletter, Autumn 2015



How together, we are helping  
make change happen

Take our October challenge- 5 ways to mental wellbeing.  
See more inside...  
#heychallenge

Connect  
Be Active  
Take Notice  
Keep Learning  
Give

Reaching out for mental health across the East Riding and Hull



With thanks to funding from East Riding Council, we're now able to reach more people with information about mental health. At Driffield Show we gave out 74 information packs, 80 information cards and 55 people signed up for our newsletter. We also raised just over £100 to help finance the internet connection for a new computer hub based at Inspire House for residents and people who use our services. Ellie the Hull & East Yorkshire Mind mascot made appearances throughout the day and helped create interest for better mental health. Thank you to everyone who came and said hello!

Welcome to our new volunteers!

Hull and East Yorkshire Mind is proud to welcome 13 new volunteers following their successful training. Our volunteers will be providing invaluable support to the organisation and to those using our services. From Mentors and Befrienders to Young Person's Group facilitators, our new recruits are sure to make a big impact. Welcome on-board. If you feel inspired to get involved, develop and enrich your skills and gain experience in the Mental Health sector – we may have just the right opportunity for you. We are currently recruiting Befrienders and Mentors as well as an Out of Hours Receptionist. For an application form and any further information please contact [volunteering@heyhound.org.uk](mailto:volunteering@heyhound.org.uk)

Will you take part in Hull and East Yorkshire Mind's October challenge- #heychallenge?

This October, to coincide with World Mental Health Day, we are challenging Hull and East Yorkshire to improve their mental wellbeing with the '5 Ways to Wellbeing'.

The challenge is simple- complete something from each of the 5 ways to wellbeing during the month of October.

We're looking for individuals, community groups, businesses and others to sign up to the challenge.

Let us know if you're taking part and we'll send you more information and keep you updated during the month.

And don't forget to let us and others know about your challenge on social media- tag us and complete the #heychallenge.

Contact us at: [info@heyhound.org.uk](mailto:info@heyhound.org.uk)

Implementing the Five Year Forward View for Mental Health

We are delighted to report that at an event on 15<sup>th</sup> September chaired by Hull and East Yorkshire Mind Humber NHS Foundation Trust, HEY NHS, Hull CCG, East Riding CCG, East Riding of Yorkshire Council and Hull City Council all confirmed their commitment to delivering the recommendations from the report and showed a genuine willingness to work together to improve mental health services. Particular attention was given to waiting times, access to services, supported housing and employment where improvements are expected to come into place over the coming year <https://www.england.nhs.uk/mentalhealth/taskforce/>

Connect

Connect with people around you- workmates, friends, neighbours, family

Be Active

Try a walk or run. Swimming, gardening- anything you enjoy

Take Notice

Be curious and notice the world around you; savour the moment

Keep Learning

Try something new. Give yourself a challenge

Give

Do something nice for a friend or stranger. Smile. Say thank you. Look out as well as in.

How to keep in touch:

Email:

[info@heyhound.org.uk](mailto:info@heyhound.org.uk)

Call us on 01482 240200

[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: @MindHEY

Twitter: @MindHEY

Instagram: @hey.mind

Turn over to see what events we have coming up!