

Touchstone - Kirklees Advocacy & Peer Brokerage Services

Provides statutory and non statutory Independent advocacy for Kirklees, includes Mental Health, Mental Capacity, Health Complaints and general advocacy, supporting people to understand their rights and have their voice heard. Group advocacy opportunities are developed and include "Meeting of Minds" peer-led forum. We also deliver brokerage support for people to use their mental health personal budgets (and/or their own funds) to create personalised support packages. to maintain independence and recovery.

Tel: 01924 460211 E mail: advocacy@touchstonesupport.org.uk Website: www.touchstonesupport.org.uk

Richmond Fellowship - Kirklees Employment Service

Our employment service supports people to find meaningful paid employment, volunteering opportunities, education or training, encouraging the development of a sense of independence, purpose and fulfilment. Our service is available to adults in the Kirklees area who are experiencing mental ill health, an autistic spectrum condition, or other hidden impairments such as ADHD, dyslexia, dyspraxia or early onset dementia.

Tel: 01484 434866 Email: info.kirkleesES@richmondfellowship.org.uk Website: www.richmondfellowship.org.uk/yorkshire

Hoot Creative Arts

Hoot offers high quality creative activities with professional community artists for people experiencing issues with their mental health or wanting to maintain their wellbeing. We also offer a specialist programme of creative activities for people with dementia. Hoot delivers sessions in Huddersfield, Dewsbury and Batley.

Tel: 01484 516224 Email: info@hootmusic.co.uk Website: www.hootcreativearts.co.uk

Community Links - CLEAR Service

The Community Links Engagement and Recovery Service (CLEAR) is commissioned to provide support for people in Kirklees with a range of mental health needs, including dementia to reach their goals and aspirations. The CLEAR service supports self-help and promotes choice, wellbeing, recovery and inclusion.

Tel: 01484 519097 or 01924 438383

Email: clear.huddersfield@commlinks.co.uk or clear.dewsbury@commlinks.co.uk Website: www.commlinks.co.uk

WomenCentre - Women's Mental Health & Wellbeing Service

Safe women-only spaces in both North and South Kirklees, offering drop-in sessions, counselling, therapeutic 1:1 support and self help groups in the following areas: confidence building, mothers apart from children, refugee & migration support, LBTQ, relationships, eating distress, post natal support, quitting smoking, music/movement therapy, and walking and nature wisdom. We recognise life experiences and skills as assets and offer other opportunities to 'give back' and get more involved.

Tel: 01484 450866 & 07590 445846 Email: wmh@womenscentre.org.uk Website: womenscentre.org.uk

Cloverleaf Advocacy – Carers Count Service

We support carers whose loved ones have mental health needs, or are using drugs/alcohol or both. We provide 1:1 emotional support, carers groups, short carer breaks, and information and advice. We also provide advocacy support to help carers speak up for themselves.

Tel: 0300 012 0231 Email: info@carerscount.org.uk Website: www.carerscount.org.uk

Support to Recovery (S2R) - The Great Outdoors Project

Opportunities for adults to engage in activities connected to the natural environment, such as allotments, conservation tasks, bushcraft, bee keeping, along with seasonal activities. Delivered in small group settings to improve emotional and physical well-being, reduce anxiety and promote social connections. Our activities take place at our venue in Huddersfield and various locations across the North and South Kirklees, You will have the opportunity to contribute your ideas and skills to help us shape the service in the future.

Tel: 01484 539531 Email: contact@s2r.org.uk Website: www.s2r.org.uk

Your Voice in Kirklees



Want to get involved in this newsletter? Come along to the Newsletter Group and add your voice

email avoicainkirklees@gmail.com



Overcoming Loneliness

Anxiety, communication difficulties and my addiction all contributed to me feeling very lonely at times. Addicts often become withdrawn and emotionally distant. We don't really build relationships, we damage them. We often then lose support of family and friends. My existence centred around alcohol rather than human connections and relationships so I was left isolated.

When I eventually stopped drinking I had no confidence to make connections. I thought "who would want to spend time with me"? I had a speech impediment and an anxiety disorder. There was also the worry that if I tried too hard to connect/mix I could end up having another breakdown or start drinking again!

While thinking about and reading up on the subject I learned that:-

Loneliness is a feeling not a fact.

Loneliness is the discrepancy between the number and quality of relationships we desire and those we actually have

There is a difference between "loneliness" and "being alone"

Being lonely doesn't make me a loser.

The key to overcoming loneliness is to make more human connections which leave me feeling seen, heard and valued.



I found myself going to safe places, places where I felt it was ok to be me i.e. mental health and addiction recovery services. At least I was making positive human connections!! I met service users who I connected with and staff who weren't wanting to fix me but enabled and empowered me by helping me realize that I had assets and then supported me to use them. To date I'm still struggling to connect with people outside of these "safe places" but am working on it!!

I'm keen to find out :

When have you experienced loneliness and what do you do to feel more connected to people?

What could you do in response to the issue of loneliness in your community?

What do people in Kirklees already do in response to the issue of loneliness?

What could people in Kirklees do in response to the issue of loneliness with a little bit of help from formal services like the council?

What are the things that formal services like the council should stop doing which would create more space for people in Kirklees to do more to in response to the issue of loneliness?

It would be great to hear some of your thoughts in time for our next edition,

Jon M.

Winter Sports Wordsearch

Biathlon

Ice Hockey

Bobsled

Luge

Skiing

Speedskating

G	S	L	O	S	S	U	S	B	D	S	N	D	U
N	K	N	O	S	K	I	J	U	M	P	I	N	G
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Figure Skating

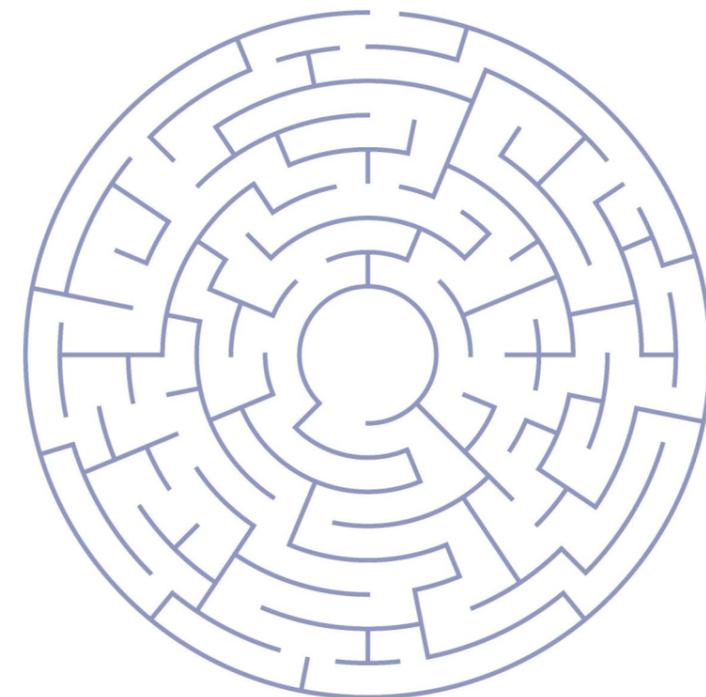
Skeleton

Snowboard

Ski Jumping

Curling

Amazing Maze



Snowman

Carrot nose, scarf, sticks & stones,
Proud he stands, built of snow.
A frozen sentinel of the garden,
Staring out with frosted gaze.



As days pass, weather turns mild,
He begins to droop and look tired.
Under the glare of shining sun,
Pieces fall and he feels glum.

The more he melts, panic rises,
Hopelessness leads to desperate cries.
Falling apart and fading fast,
No help in sight, his mood has crashed.

Overnight, a fresh fall had appeared,
Excited sounds now reached his ears.
Hands reaching out to gather the snow,
Rebuilding him, back to being whole.

Martin F.



Ghost Dancers

Taking a trip to see the Blackpool Illuminations at Christmas is a tradition in many families, but what goes on when the lights go out? Twin sisters Helen and Anne Lodge are Ballroom Dancing Champions and have spent many happy hours in the nation's entertainment capital. However, there is a darker side to the resort, and Helen and Anne have seen this first hand.



The Grand Theatre

The first ghost seen in the Grand Theatre is Thomas Sergenson. Sergenson was the first owner of the theatre when it opened in 1894. He is said to wander the theatre keeping a close eye on the current employees.

Up on the balcony is Charlie, a cheeky ghost who is well known for playing tricks on staff and public alike. It is said that Charlie jumped to his death from the balcony after being spurned by an actress. Helen has seen the form of a man there herself, and a pantomime director felt a repeated tapping on his shoulder when sitting in that section; when he turned there was no one there...

The Winter Gardens

The Empress Ballroom: requisitioned in the First World War – along with the rest of the Winter Gardens - the Ballroom is host to a mischievous young boy. This young lad enjoys playing with the seats, flipping up full rows at a time. Helen says: "I've seen all the seats down in there, and if you look away for a second and look back they're all up. You couldn't do them all so fast."

The Spanish Suite: there are a number of strange sights and sounds here, including ghostly footsteps that chase the staff as they try to lock the doors late at night. The spirit of a man who fell to his death while tending to the clouds that hang from the ceiling is also often seen.

The Opera House Theatre: opened in 1878, this theatre has a lot of activity! The most often seen seems to be the former projectionist who hangs around his old place of work to make sure things are running smoothly.

Blackpool Pleasure Beach

The Ghost Train: the most famous ghost in the Pleasure Beach is undoubtedly Cloggy, a former operator on the Ghost Train who died in the 1970s. Staff and visitors have heard his heavy clogs walking around the attraction on numerous occasions.



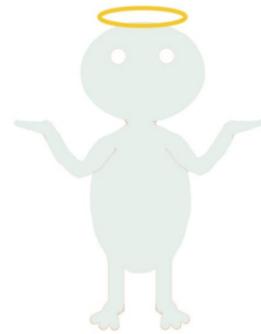
The Apple and Parrot Pub (formerly The Star): although not as well known as Cloggy, the bar is possibly the most haunted part of the park. A ghost resembling Karl Marx is seen in the cellar, the ghost of a woman walks through one of the walls, and another woman is heard singing. Shadow people are said to move through the entire building.

The Tower Ballroom

The Tower hosts two of its most famous former entertainers. Both the clown Charlie Cairolli and organist Reginald Dixon have been seen numerous times throughout the Ballroom.

You Say You Want A Resolution...

It's that time of year when we take stock of our lives and realise that the resolutions we made last year are often a distant memory. We all have things in our lives we would like to change, but what are the keys to making those changes stick?



Plan Ahead and Choose Carefully: don't make your resolution on NYE, as this will mean your mindset on that day will influence your decision; think about which issues affect you most throughout the year.

Keep It Simple and Be Realistic: focus on only one or two things. If you try to change too much in one go you're likely to fail— don't aim too high or choose things that are practically impossible.

Outline Your Plan: decide how you'll deal with the temptation of staying on the sofa when it's time for the gym, or having cake, before it happens. Practice positive thinking and self-talk focussing on your goals.

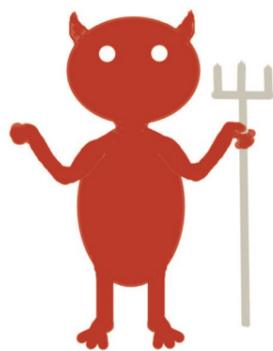
Do it in Bite-Sized Chunks, Track Your Progress and Reward Yourself: keep track of each goal reached and mark short term goals you achieve - there's no harm in a treat to celebrate milestones.

Don't Beat Yourself Up and Keep Trying: forgive yourself for the odd slip and do the best you can— if you slip up in February, don't think it isn't worth continuing – there's no law that says you have to make changes in January.

Stick To It: it takes three to four weeks for a new activity to become a habit, and up to six months for it to become embedded in your personality. Change takes time, but it's worth it.

Talk About It: people will support you. You might find a friend has the same resolution and you can support each other.

Remember that you're in charge! Others can advise and support you, but only you can make the changes. You're in control.



Christine W. with thanks to gaiam.com and psychcentral.com

The Art of a Healthy Mind

You have creative potential, yes, you who is reading this! Now I have your attention, an ever increasing number of us are going through mental health issues in one way or another as the media and many sources are revealing. They're encouraging more of us to open up, talk about things and seek help, rather than suffering in silence.

Now for the point of this article, let's talk about how engaging with creative arts can help to really boost our mental health in a strong and positive way.

Whether its creative writing, arts & crafts, singing groups or a host of other activities, these are all extremely useful in helping to feed our motivation, boost confidence, connect with like-minded people and form new friendships. Alongside these benefits, satisfaction with what you create and pride in your work are also common things to experience.

After doing a few sessions of one or more of these activities, you should start to feel the benefits from the skills and talents you've

discovered and apply them to everyday life. It will certainly begin to make a difference and should help you begin to see things from a more positive perspective.



I wrote this article because, based on personal experience of feeling unmotivated, isolated and disconnected myself, by joining one of these groups, I have discovered my skills and talents, feel more sociable and positive about life and the future. But don't just take my word for it though, take that first step to improving not just your mental health, but your life overall. Refer yourself or have someone do it on your behalf to an organisation or group of interest that will

be listed in this newsletter, accompanied with information on what they do and some testimonials from their service users. Unleash your creative force!



Martin F.