



Your Voice in Kirklees

# NEWSLETTER

Autumn 2021 Interactive Edition

## WORKING BETTER TOGETHER





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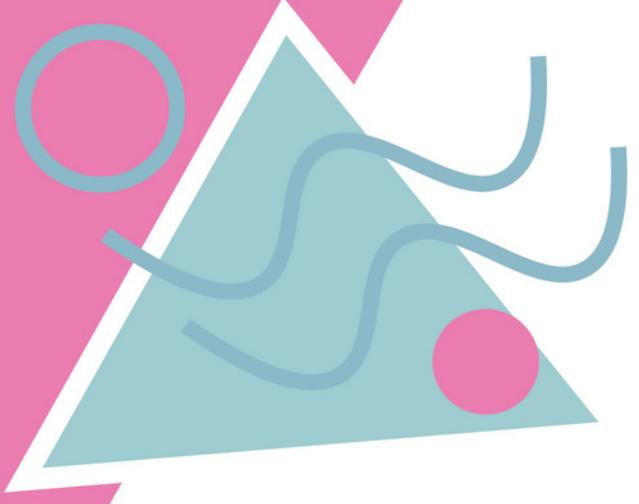


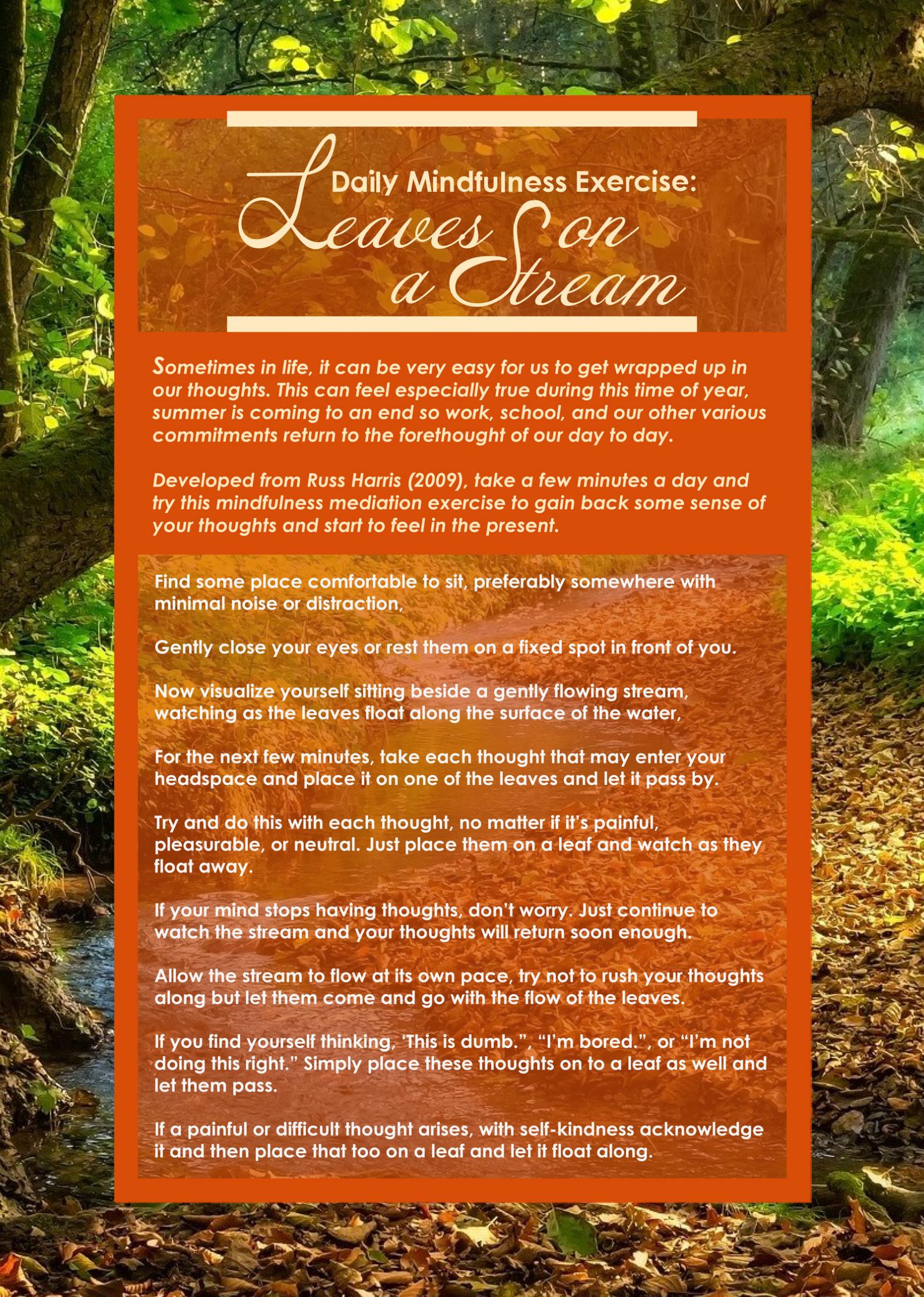
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## Daily Mindfulness Exercise: *Leaves on a Stream*

*Sometimes in life, it can be very easy for us to get wrapped up in our thoughts. This can feel especially true during this time of year, summer is coming to an end so work, school, and our other various commitments return to the forethought of our day to day.*

*Developed from Russ Harris (2009), take a few minutes a day and try this mindfulness meditation exercise to gain back some sense of your thoughts and start to feel in the present.*

Find some place comfortable to sit, preferably somewhere with minimal noise or distraction,

Gently close your eyes or rest them on a fixed spot in front of you.

Now visualize yourself sitting beside a gently flowing stream, watching as the leaves float along the surface of the water,

For the next few minutes, take each thought that may enter your headspace and place it on one of the leaves and let it pass by.

Try and do this with each thought, no matter if it's painful, pleasurable, or neutral. Just place them on a leaf and watch as they float away.

If your mind stops having thoughts, don't worry. Just continue to watch the stream and your thoughts will return soon enough.

Allow the stream to flow at its own pace, try not to rush your thoughts along but let them come and go with the flow of the leaves.

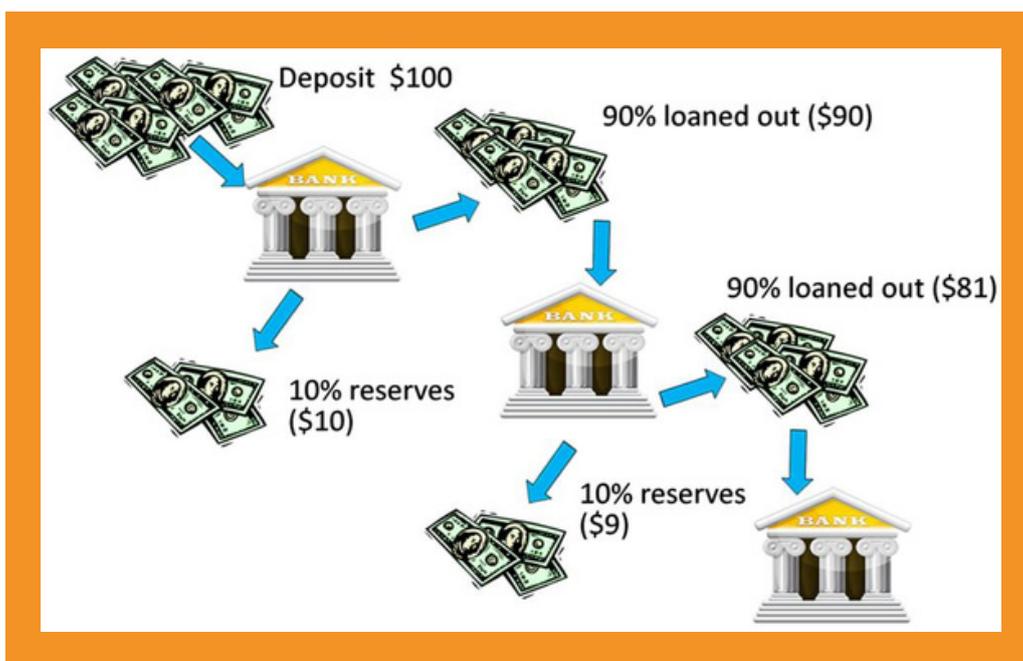
If you find yourself thinking, "This is dumb.", "I'm bored.", or "I'm not doing this right." Simply place these thoughts on to a leaf as well and let them pass.

If a painful or difficult thought arises, with self-kindness acknowledge it and then place that too on a leaf and let it float along.

Within this article I am going to do an overview of finance today and where it could possibly go in days to come. Please note, this is not financial advice. This is also not tax or investment advice. This is only my opinion and you should always do your own due diligence and research.

Taking a look at the concept of money that is 1000s of years old, in the last 200 years we have got used to using fiat (cash) as we use it to pay for services and products. From the innovation of technology, bank cards were 1st issued by Barclays in 1967 with a wider spread use in the 90s. Today with further advance in tech wireless payments on cards and phones is possible. So what does the future hold?

To see the possibilities of the future we must understand the present, taking a look at CeFi (centralized finance). As we all know if you put \$100 in the bank you will get 0.1% or less in interest while 90% of your \$100 is being loaned out to people (at 2.8%) or other banks to gain yield.



CeFi is wonderful when it comes to peace of mind, instead of worrying that someone is going to steal the \$100 you put under your mattress, you know that a bank has custody of your funds. But what about inflation? 10 years ago you could do more with \$100 than today and fiat is losing buying power every year. What about a recession or market crash like the housing market crash of 2008?

Inflation has been around for decades and it has been common to see the purchasing of gold as a hedge against inflation. It may be a hedge but it has its limitations. With limited utility, difficult to store, and not optimal for cross border payments just to name a few.

*So can technology once again shine a light on the future of finance?*

Well, yes. In 2008 after the housing market crash and due to this event a named user Satoshi Nakamoto created a new digital decentralised system called the blockchain.

Without going in depth, blockchain technology is an open source decentralised network of computers that secures financial transactions using cryptography. Because it is decentralised, anyone can join the network and be rewarded for their input through mining. Also, since it is open source, everyone can see all the transactions made from day one. It is difficult to talk about blockchain technology and not mention Bitcoin and other cryptocurrencies, so here is a rundown of blockchain technology adaptation through generations:





**1st Gen blockchain: Bitcoin is a good store of value, hedge against inflation, and personal custody of funds but has its limitations with scalability.**



**2nd Gen blockchain: Ethereum has smart contracts that enables DeFi (decentralized finance), DEX (decentralized exchange), and NFTs (non-fungible token). However it can be expensive to use when paying fees.**



**3rd Gen blockchain: Cardano introduces interoperability, meaning it can communicate with other blockchains, DeFi, and CeFi.**

Crypto can be used to earn 3, 5, 10% yield on your \$100, borrow and lend with no questions asked, bank the unbanked, and so much more. There are over 11,000 crypto coins and tokens with their own tokenomics and use case for more information on them, please see [coinmarketcap.com](https://coinmarketcap.com).

Today blockchain tech as a use case is infrastructure. Whether it's the Cardano foundation working with governments in the continent of Africa to support the progress of education, or Chainlink providing oracles as a bridge for real world information to be passed to blockchains. This infrastructure is key in the future of finance. To put this into perspective take a look at the early 90s, the infrastructure being the internet. 20 years later we can shop, communicate, and learn using this core infrastructure. Innovation drives innovation.

With the evidence I have found, I believe that blockchain technology is going to shape the future of finance one way or another. With 80% of centralised banks around the world looking into or working on CBDC (central bank digital currency) technology and payment platforms like PayPal offering crypto, it's clear to see that it is here to stay.



# Peer Support Service



**Are you feeling anxious?**

**Are you feeling isolated?**

**Do you want to try something new?**

**We can help you to:**

- Meet other people
- Join new activities
- Boost your confidence
- Get in touch with services and support

**We are also looking for Volunteers with lived experience to help us!**

**Contact us:**



**01924 460211**



**peersupport@touchstonesupport.org.uk**



**www.touchstonesupport.org.uk**



**Kirklees  
COUNCIL**

# Thank You

To 'L' my partner  
who has been my best  
friend, my lifeline and my  
rock throughout this time

From 'H'

I would like to thank all the  
wonderful people that work  
so hard to make these  
Newsletters possible

Karl Jackson-Lander



Thank you to the newsletter  
team for all your hard work

From 'SB'

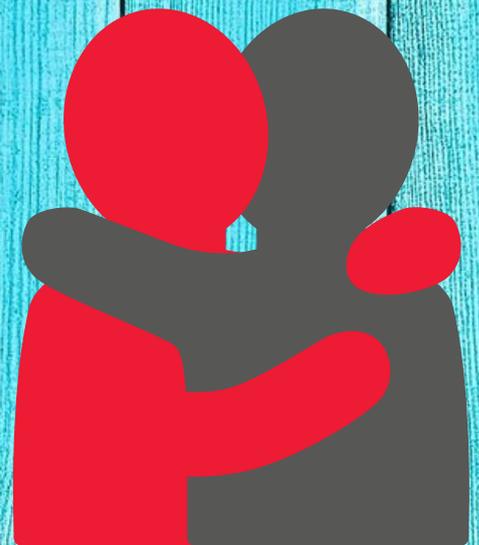
A big thank you to everyone who contributed  
to the consultation for Mental Health  
Employment Service contract re-tender. We  
had a great response and lots of useful  
suggestions which have informed the new  
specification.

The current contract comes to an end at 31  
March 2022, so we will be tendering for the  
new contract in autumn.

Jan Ibbotson, Contract Manager (Mental  
Health, Kirklees Council)

Thank you to Karl for leading  
our group meetings and  
providing a welcoming and  
comfortable environment for  
the newsletter team to share  
our ideas, work together and  
support our community.

YVIK Newsletter Team



Being a carer for someone with Mental Health Problems, can be quite challenging at times.

When it's your own son who you love, it can be twice as difficult.

There is no rhyme or reason to an illness of the mind and the twists and turns it takes every day.

All you can do sometimes is to be a listening ear and a comforting presence.

It can become quite stressful when you do not think you are able to help the sufferer, as you can often see their pain but can't reach them as they are hidden from sight.

The outdoors can be a great help, so we try to get out most days.

It's quite amazing to see the changes that brings to both of us.

Having a project is another way of helping your charge and the garden is somewhere when I can see him visibly relax and enjoy planting seeds and watching them grow.

It is especially important for him to see his friends and as the lockdown eases, as they can unlock the pain from within and help him to cope much better.

Looking after myself is just as important and to be able to unload to others can be very cathartic.

Lifelines like the Carers Count and the Mental Health groups are invaluable and meeting up with my friends can give me a break from my caring role.

I look forward to taking time out and enjoying other people's company.

When I see a glimpse of a smile cross his face, I know that somewhere inside there is a light at the end of the tunnel.



# PLATFORM 1 CHARITY TO EXPAND INTO THE DEWSBURY AREA

## THIS MENTAL HEALTH AND CRISIS SUPPORT CHARITY IS AIMING TO EXPAND TO A DEWSBURY BASE



**Platform 1** originated in Huddersfield as a crisis and mental health charity set up to support men who have complex needs, aid in their recovery, and provide them a safe and judgement-free space.

The charity is now looking to branch out and expand their efforts to a Dewsbury base. According to an article in the [Dewsbury Reporter](#), project manager Bob Morse had this to say regarding reasons for the expansion: "We have a lot of members who come from Dewsbury. There does seem to be a lack of what we do in North Kirklees and we want to fill that gap." The article also mentions that the Platform 1 team have also enlisted help from Dewsbury MP Mark Eastwood to aid their expansion into the area.

## PLATFORM 1

*Platform 1 aims to "help individuals develop interpersonal and practical skills to aid their recovery, reconnect with family friends and the wider community and find employment. Our services provide choices and opportunities for individuals to create meaningful and sustainable change."*

*Platform 1 is currently based at Huddersfield railway Station*

*St George's Square,  
Huddersfield HD1 1JF  
For Crisis Support - Call  
0800 066 28 28*

*<https://platform-1.co.uk/>*



# ***Workshop Feedback***

At Richmond Fellowship, we value the feedback from our clients so we can understand the effect the workshops are having on them and what their experience was like.

Clients that attended our workshops had this to say:

**"I found that the conversation was very open so people could contribute if they wanted to but they also were not pressured to do anything they didn't want to."**

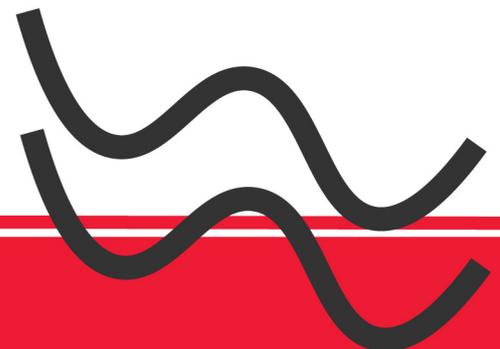
**"I found it useful and enjoyable"**

**"Don't knock it til you try it."**

**"It's different for everyone."**

**"I thoroughly enjoyed sitting in on the workshop as a potential future volunteer."**

**"Life is not pointless.  
There is a meaning."**





# ***Workshop Feedback***

**"We can all feel much better if we just spend a little time doing some small changes."**

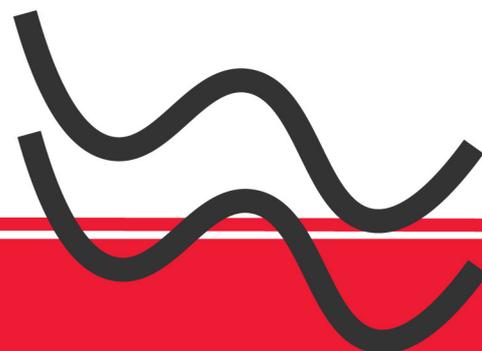
**"Help those in need, it is worth it."**

**"For me, well, as long as I can help one individual, near or far, then my life has a purpose."**

**"Really friendly staff, I would definitely do another course."**

**"There are no such things as mistakes - only learning opportunities!"**

**"Fun workshop with plenty to learn."**





# World Mental Health day 2021



## Mental Health in an Unequal World

According to World Federation For Mental Health, 75% to 95% of people with mental disorders in low and middle-income countries are unable to access mental health services. The lack of access to mental health services for these communities results in many people not having opportunities to get the treatment they need.

This year's World Mental Health Day (10th October) campaign theme is 'Mental Health in an Unequal World'. Professor Gabriel Ivbijaro MBE JP, WFMH Secretary General stated: "The 2021 World Mental Health Day campaign provides an opportunity for us to come together and act together to highlight how inequality can be addressed to ensure people are able to enjoy good mental health." WFMH is encouraging researchers to come forward and share knowledge and ideas to tackle this issue.

The World Mental Health Foundation is the leading mental health research charity within the UK, "championing good mental health for all." For more information on mental health and ways to support their research, visit the website at <https://www.mentalhealth.org.uk/campaigns/world-mental-health-day>.

RECOVERY



## Lantern Building Day



In preparation for the World Mental Health Day Lantern Parade taking place on 6th October, Clear and Handmade Parade will be hosting a FREE lantern building session.



**Thursday 30<sup>th</sup> September**

**1pm-6pm**

**Located at BRIGANTIA, Dewsbury**

Please email

[karl.jackson-lander@richmondfellowship.org.uk](mailto:karl.jackson-lander@richmondfellowship.org.uk)

for more details on how to sign up and get involved!

WORKING

TOGETHER



INVOLVEMENT

# Lantern Parade Event

**In celebration of World Mental Health Day 2021 some of the Working Together Better partnership services in Kirklees are partnering with Handmade Parade to host a community Lantern Parade event.**



**Wednesday 6<sup>th</sup> October 2021**

**5-7.30pm**

**Crows Nest Park, Dewsbury**

(located in front of the café area)

Stalls, music and activities between  
5-6.15pm

Lantern Parade walk around the park  
6.15-7.15pm



**The global theme for this year is ‘mental health in an unequal world’ and we encourage you to wear green (the colour of WMHD) and bring your own handheld lanterns or ‘lights’ to join in the parade.**

**Join us for what is expected to be an exciting, fun filled evening!**

# Talking Saves Lives

Content warning: **This article contains sensitive material including mentions of Suicide**

**We live in a sceptical world**, where people continue to doubt what they can't immediately see. This is one of the reasons why talking about mental health can be so difficult. Even though the subject is at its most prevalent, many people still suffer in silence, and I for one am determined to do something about this. This is one of the main reasons why I've written a book about my continued battle with Anxiety and Depression. The effects of my Depression have been crippling and have led to two suicide attempts. My severe anxiety prevents me from leaving the house unaccompanied, on good days I can make it to the end of the street and back, but never around the corner, where I can't see the potential threats that may await me.

My mental health issues go back to childhood and the living hell I endured at high school. For years I was treated as a human punch bag, this, although not very pleasant, I learnt to handle. It was the relentless name calling and emotional abuse that took its toll. The lunch-times were the worst, consisting of me trying to find places to hide long enough to have my packed lunch in peace. When I failed to achieve this goal, my sandwiches were often tipped out in front of me, I was forced onto my hands and knees and made to eat them off the floor, dirt and all! The bullies took high delight in ridiculing me at any available opportunity. Any self-confidence I once had, was soon knocked out of me. I entered adulthood with zero self-esteem and severe body image issues. In many respects this vulnerability has stayed with me over the years.

Thankfully there's been some periods of respite. After leaving school, I was lucky enough to get a job working for the NHS, a job I stayed in for 14 years. The staff here were brilliant, they recognised my nervousness and took me under their wing. Right from the start I was well liked and respected, after the previous five years of cruelty, this was something I never thought possible. Gradually over time I was able to regain some of my self-belief, I no longer felt worthless.



# Talking Saves Lives

Sadly in 2010 things took a downward spiral. At the time I was working for a mental health charity running drop-in sessions for people who ironically displayed very similar symptoms to what I do today. Anyway, less than a year into the job tragedy struck, in the unexpected death of my father. Despite somehow lasting a further six months, it's very difficult to help others when you're struggling so badly yourself. After having a brief spell off work, I returned to what I knew best, which was the learning disability sector. I got a job in a small home, where the residents had challenging behaviours. At the time I had no idea the extent of these challenging behaviours. What followed was some of the most horrendous shifts imaginable. I lasted less than three weeks, but this was long enough to seriously impact on my health.

On my very first day one of the residents spat in my face, kicked me in the shin, before telling me he wished I was dead. Shortly after this, I was locked in the kitchen for my own protection. Whilst in there, what sounded like World War three was breaking out in the rest of the home. I was hearing a torrent of piercing screams and obscenities, furniture and chairs were being thrown around. At one point I heard an earth-shattering crash, which turned out to be the television smashing against the wall! Towards the end of my first week, I found myself with a resident between me and the exit. This immediately put me in a vulnerable position, and he took full advantage, slamming me into his bookshelf before setting upon me. It took three members of staff to prize him off. Physically I was fortunate only to receive a bruise and a few scratches, but after the incident I was a nervous wreck.

I left and got yet another job in care. This one was in a day centre, very similar to what I'd done before, I even knew some of the service users. This should have been an easy job for me, but in the end, I didn't even last the morning. Suddenly, I couldn't be a carer anymore. I'd lost all my trust in people, everyone seemed like a potential threat, I was convinced I was going to get attacked. The fact that there was a door code for the safety of the members, was also a big issue. Suddenly I was back to being locked in again and I felt trapped, like the walls were coming in on me and that there were far too many people for such a small space. My chest began to tighten, and I couldn't breathe. It was a strange sensation, I could see staff members talking to me, but they seemed very distant. By now my heart felt like it was beating out of my chest, and I was gasping for air. I didn't care how ridiculous I must have looked; I was just desperate to escape. I frantically attempted to open the door, but I hadn't been given the code yet! I've never felt so small, I've never felt so afraid, I was certain I was going to die. This was the first time I had a panic attack.

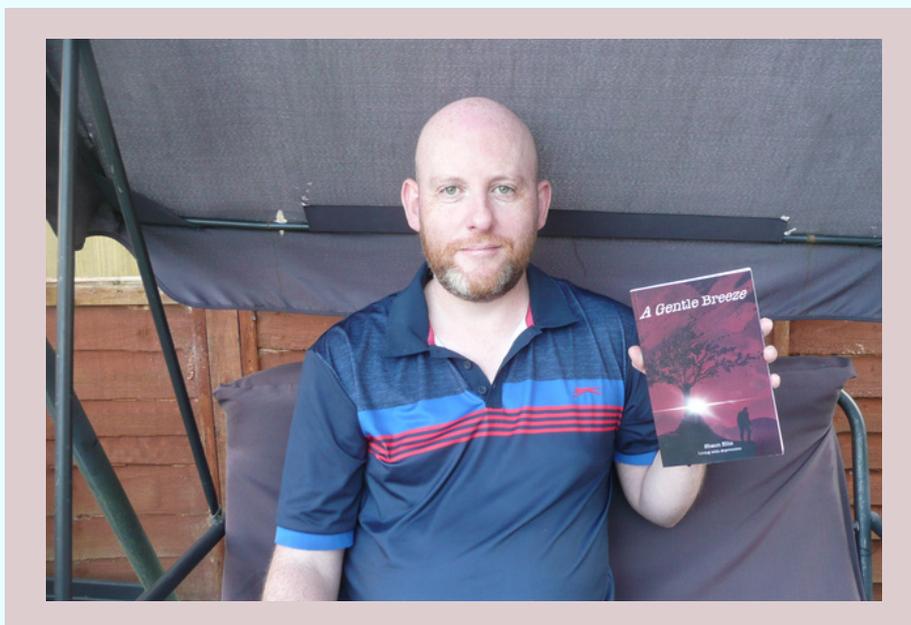
# Talking Saves Lives

Over the years my panic attacks became more frequent and much more random. Taking place in shops and supermarkets, on public transport and many other social situations. They led to an unhealthy avoidance behaviour and long periods of self-isolation. In 2015 feeling utterly despondent, I finally reached breaking point. I was in an extremely dark place and convinced myself that the world would be a better place without me in it. This was the time of my first suicide attempt. It wasn't until after this that I confided everything in a counsellor, and she made me get the help and treatment that I desperately needed.

In writing my book, first and foremost, I want to reach out to people like myself, I want to offer them reassurance that they're not alone or in any way abnormal for the way they're thinking. I need them to stop feeling ashamed like I did. I want to do my bit to encourage more people to come forward and seek help in the early stages of their Depression, before they get to the stage that I did. In my book, I challenge some of the stigmas still surrounding the subject. Stigmas that can act as a barrier to people asking for help. I aim to help people understand what it's like to have a long-term mental health illness and change their perceptions for the better. I hope that this in turn will make coming forward and talking, a hell of a lot easier for the sufferer. My book 'A Gentle Breeze' is available on Amazon books.

<https://www.amazon.co.uk/Gentle-Breeze-Living-depression-ebook/dp/B098P6GS3V>

*By Shaun Ellis*



# Autumn Forage Wordsearch



**SLOE**

**HAZELNUT**

**SQUASH**

**PUMPKIN**

**ELDERBERRY**

**TURNIP**

**BLACKBERRY**

**CRABAPPLE**

**CHESTNUT**

**PLUMS**

# Autumn Quiz

- 1) What are hedgehogs' spines or quills made from?**
- 2) What is Autumn known as in North America?**
- 3) The Oktoberfest is held annually in which German city?**
- 4) Which tree has catkins in spring and nuts in Autumn?**
- 5) What name was Autumn known as before the 1500s?**
- 6) What vegetables were carved into Jack O' Lanterns before pumpkins?**
- 7) Squirrels collect and bury nuts throughout Autumn, but what percentage do they forget about?**
- 8) Which seaside town hosts the annual Illuminations?**

# Quiz Answers

**1) What are hedgehogs' spines or quills made from?**

***Keratin***

**2) What is Autumn known as in North America?**

***Fall***

**3) The Oktoberfest is held annually in which German city?**

***Munich***

**4) Which tree has catkins in spring and nuts in Autumn?**

***Hazel***

**5) What name was Autumn known as before the 1500s?**

***Harvest***

**6) What vegetables were carved into Jack O' Lanterns before pumpkins?**

***Turnips***

**7) Squirrels collect and bury nuts throughout Autumn, but what percentage do they forget about?**

***25%***

**8) Which seaside town hosts the annual Illuminations?**

***Blackpool***

# HAVE YOUR SAY!

**Your Voice in Kirklees** are seeking contributors for our quarterly mental health newsletter.

It could be:

- Art
- Poetry
- Stories
- Articles
- Puzzles
- Photos
- Crafts

Plus lots more, we just want to hear from you!

Our aim is to create a platform where anyone in the Kirklees community can share their experiences with mental health as well as highlighting partner services and other organisations that strive to make Kirklees a happy and healthy place to be!

## Want to get involved even more?

We have a voluntary newsletter committee that meets once a week over Zoom to discuss and design each of our fantastic quarterly newsletters. A friendly group, composed of individuals who are on their own personal journey with mental health. All are welcome!

For more information or to send in a submission, contact our newsletter co-ordinator at:



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