

Thank You!

We'd like to thank the following people for fundraising for us over the last few months—we really appreciate your time and effort.

- Kevin Hughes
- Stephen and Kerry Goddard
- Sharon McMahon

We'd like to sincerely thank Rochdale Boroughwide Housing for their continued support during this last year. We will report more in the next newsletter about the progress made.

Want to fundraise for us? Please ring Paula on 01706 752338 for a chat. We'll help with your fundraising journey!

A day in the life of..... Paula Hall

My name is Paula and my official job title is "Information and Engagement Co-ordinator". I work full time here at Rochdale and District Mind and if you've ever visited our offices, I sit in an office at the side of reception.

I really enjoy my role as it varies from day to day. My general day consists of opening and responding to e-mails, receiving any calls on the Information line, updating our website and our online Wellbeing directory (www.wellbeingrochdale.info) I also attend various events around the Borough and do presentations to professionals to let them know about our services.

Of course our work revolves around our service users and their needs.

For a lot of people hearing the words 'mental health' is overwhelming and I'm here to help you with this. I will try to help you understand the problem by giving you information in booklets or verbal form, and then help you with the way forward whether this is by referring to our services, or help with signposting to other more relevant organisations.

Our Information line is open Monday to Thursday 9.30am till 4.30pm, and Fridays from 9.30am till 3.30pm. e-mail info@rochdalemind.org.uk or sign up to our website to get info as it comes out. We love to hear from you!



Male Survivors of Sexual Abuse

A group for Survivors by Survivors

Empowerment, Surviving and Thriving

A 12 Week programme where you will have the opportunity to talk in a safe place and not be judged.

Contact Jeanette
Open Mind team
01706 752 352

For more information:
jeanette@rochdalemind.org.uk
Registered charity no. 519916



mind | Rochdale and District
for better mental health

To access the 'Female Survivors and Male Survivors of Childhood Sexual Abuse' Groups, please refer yourself to our service by telephoning our Information line on 01706 752338.



Female Survivors of Childhood Sexual Abuse

A group for 'Survivors by Survivors'

Empowerment, Surviving and Thriving

A 12 week programme where you will have the opportunity to talk in a safe place and not be judged.

Contact Jeanette
Open Mind Team
01706 752 352

For more information:
jeanette@rochdalemind.org.uk
Registered charity no. 519916



mind | Rochdale and District
for better mental health

Mental health Quiz... What do you know? (Answers at bottom of page)

Q1: How many people in the UK will experience a mental health issue every year? 1 in 4 or 1 in 8 or 1 in 2?

Q2 : What proportion of people with mental health issues experience stigma? 10% or 50% or 90%

Q3: What proportion of people with severe mental health issues have been victims of a crime in any one year?
12% or 28% or 45%

Q4: Which of these UK Prime Ministers experienced mental health problems?
Margaret Thatcher or Winston Churchill or Gordon Brown?

Q5 : What proportion of people in work believe that stress has contributed to their illness?
1 in 3 or 2 in 3 or 1 in 5

Celebrating National Refugee Week 2018

On the 19th June at Touchstones we celebrated National Refugee Week 2018. The event provided an opportunity for asylum seekers and refugees to gain advice and information from a range of statutory and voluntary organisations.

Information was provided by Rochdale Borough Council, Open Arms Walking Group, Touchstones, Healthwatch Rochdale, Voices for All and Living Well.

35 people attended the event and it is hoped that this will become an annual event with the aim of bringing together a greater number of asylum seekers and refugees living across the Rochdale Borough.

We thank everyone for being part of our day.

Mind in Greater Manchester.

Rochdale and District Mind are in partnership with four other local Minds, working together to ensure people experience better mental health and support people with their mental health to live well and feel valued in their communities and at work. We support everyone to develop potential by empowering individuals. We believe no one should have to face a mental health problem alone.

Mind in Salford : www.mindinsalford.org.uk

Stockport and District Mind : www.stockportmind.org.uk

Manchester Mind : www.manchestermind.org

Tameside, Oldham and Glossop Mind : www.togmind.org



www.gmmind.org.uk



V4
06/18

Men's Support & Wellbeing Group

Do you have concerns about your wellbeing?

Would you like to meet new people, connect in a safe and relaxed atmosphere over a cup of tea and a chat.

Our Support Group offers men a chance to take part in a variety of activities, share good ideas and experiences about their mental health and wellbeing



Come and join the group which meets on Wednesday's from 10.30am -12.30pm At St Ann's Church Belfield, Milnrow Road Belfield Rochdale OL16 5BT

For more information contact Paul Ridings/Uzma Firdos on

01706 752 340



Answers:
Q1 1 in 4.
Q2 90%
Q3 45%
Q4 Winston Churchill
Q5 2 in 3