

# LOCAL STUFF

## Wiltshire | MIND

Wiltshire Mind is a local independent Mental Health Charity based in Melksham and provides County-wide services. We are a voluntary organisation affiliated to Mind, working towards a better life for people diagnosed (or not), labelled and treated as mentally ill.

Wiltshire Mind runs the following core services and other projects:

**Six Peer Support Groups** (drop-in) at Chippenham, Devizes, Malmesbury, Trowbridge, Salisbury and Melksham | an **Evening Group** and **2 Carers Groups** (in conjunction with Carer's Support Wiltshire). We also provide a professional **1:1 Counselling Service** based at our Head Office location in Melksham and in Trowbridge. In addition we provide a **Polish (speaking) Counselling Service** in Trowbridge; as well as **Mental Health Awareness training, Stress/Anxiety sessions and Mindfulness sessions** to support local businesses and of course individuals.

We also have a wonderful Charity Shop in Melksham which provides volunteering opportunities for the local community including those suffering from mental health issues.

All welcome.

For details of local groups with activities: **group walks, gardening, internet access, dance sessions & more: [office@wiltshiremind.co.uk](mailto:office@wiltshiremind.co.uk) | 01225 706532**

**<http://www.wiltshiremind.co.uk>**



## Splitz

Splitz Support Service is a registered charity delivering support services to women and young people experiencing the trauma of domestic abuse and sexual violence.

Based in Wiltshire, however we also deliver services across South West England.

We have a range of services in Wiltshire:

***Domestic abuse outreach / IDVA***

***Sexual violence support***

***Perpetrator programmes***

***Mentoring & befriending service***

***Building Bridges***

***<https://www.splitz.org> | 01225 775276***

## Revival | Wiltshire

Revival – Wiltshire RASAC offers free, confidential counselling and support to male and female survivors who have been raped, sexually abused or sexually exploited. It doesn't matter when or where. No one should suffer in silence. We are here to help survivors make sense of what's happened to them and begin to make life changing choices for themselves.

***01225 751 568 | <http://www.revival-wiltshirerasac.org.uk>***

## Relate

Counselling, support and information for all relationships.

We're the UK's largest provider of relationship support, and last year we helped over two million people of all ages, backgrounds, sexual orientations and gender identities to strengthen their relationships. Find out more about what we do and how we can help you here.

***[www.relate.org.uk](http://www.relate.org.uk) // National contact number: 0300 100 1234 //***

***Salisbury: 01302 380900 // Mid-Wiltshire 0300 003 1781***

## **Papyrus**

PAPYRUS is the national charity dedicated to the prevention of young suicide.

We exist to reduce the number of young people who take their own lives by shattering the stigma around suicide and equipping young people and their communities with the skills to recognise and respond to suicidal behaviour.

### **HOPELINE UK**

If you are a young person at risk of suicide or are worried about a young person at risk of suicide:

Call: **0800 068 4141**

Text: **07786209697** or

Email: **pat@papyrus-uk.org**

Opening hours:

**10:00 - 22:00 weekdays | 14:00 - 22:00 weekends | 14:00 - 22:00 bank holidays**

## **RASAC Wiltshire**

Specialist counselling service for men and women who were sexually abused in childhood or adolescence. Free of charge for those registered with a GP in North and West Wiltshire and Devizes only.

**[www.revival-wiltshirerasac.org.uk](http://www.revival-wiltshirerasac.org.uk) | 01225 751 568**

## **Alabare**

Mental health day service for Wiltshire to aid with personal recovery and increase social inclusion.

**[www.alabare.co.uk](http://www.alabare.co.uk) | 01722 331800**

## Cruse Bereavement Care

Bereavement support and counselling.

Cruse Bereavement Care is the leading national charity for bereaved people in England, Wales and Northern Ireland. We offer support, advice and information to children, young people and adults when someone dies and work to enhance society's care of bereaved people.

Cruse offers face-to-face, telephone, email and website support. We have a Freephone national helpline and local services, and a website ([hopeagain.org.uk](http://hopeagain.org.uk)) specifically for children and young people. Our services are provided by our network of 5,000 trained volunteers and are confidential and free. Cruse also provides training and consultancy for external organisations and for those who may encounter bereaved people in the course of their work.

Website: [www.cruse.org.uk](http://www.cruse.org.uk)

**National contact number** (Freephone): 0808 808 1677

**South Wiltshire (Salisbury, Amesbury, Tidworth):** 01722 411938

**Website:** [www.crusesalisbury.org](http://www.crusesalisbury.org)

**Mid-Wiltshire (Chippenham, Trowbridge, Devizes, Warminster, Malksham):** 01761 417250

**Website:** [www.crusebath.org](http://www.crusebath.org)

**North Wiltshire (Royal Wootton Bassett, Purton, Cricklade, Marlborough, Swindon):** 01793 619 933

## Developing Health and Independence

Developing Health and Independence (formerly known as the Drugs and Homeless Initiative) is a local charity that was set up in 1999 to help people out of the cycle of homelessness, social isolation and drug or alcohol abuse. Our aim is to offer people a wide range of services that help them gain control of their lives again and live independently. During that time DHI have helped thousands of people to build a better future. We work in Bath and North East Somerset, South Gloucestershire, Swindon, Wiltshire, and Somerset.

**01225 478 730 | [info@dhibath.org.uk](mailto:info@dhibath.org.uk)**

## **IMPACT | Swindon & Wiltshire Active Recovery Service**

Integrated drug and alcohol recovery service offering support and information.

We're dedicated to promoting wellbeing and recovery from addiction when you feel ready to take those steps.

Swindon & Wiltshire Active Recovery Service (IMPACT) is a free, confidential service for anyone who is concerned about their own or someone else's substance use. Our team of specialist workers are skilled in helping people decide what changes they want to make, whether you need intensive support or just some brief advice, we will support you.

We provide evening sessions for those who cannot attend during the working day and can offer online tools to make accessing support as easy as possible.

***<http://www.wellbeing.turning-point.co.uk/Swindon-and-Wiltshire> | 0345 603 6993***  
***[IMPACTreferrals@turning-point.co.uk](mailto:IMPACTreferrals@turning-point.co.uk)***

## **ADHD Wiltshire**

The group is aimed at adults with ADHD (traits), as well as carers/parents of kids with ADHD or anyone else who has an interest in ADD/ADHD. Come late, leave early, no worries, Free to attend,

***<http://adhdwiltshire.co.uk> | 07832 193362 (log this no on your phone ;)***

## **Motiv8**

Motiv8 is a substance misuse service for young people aged 11-18 in Wiltshire.

We see young people in and around Wiltshire, in their communities and at schools, colleges and home visits. Working in partnership with other services is key to the treatment process for young people; our aim is to develop good working relationships with all children's and young people's services. We deliver groups, workshops and training for professionals.

Services offered include:

***Brief interventions | Individual sessions | Outreach | Groups | Harm reduction information and advice | Signposting to other services | Workshops and training for professionals | Workshops and training for young people***

We welcome referrals from all agencies, services, parents, self-referrals, schools and colleges with an easy referral process. Please download the online referral form if you'd like to make a referral.

**0800 1696136 | [info@dhimotiv8.org.uk](mailto:info@dhimotiv8.org.uk)**

## **Wiltshire LGBT**

Wiltshire LGBT Youth Support Groups are held in various safe places spread across Wiltshire for young lesbian, gay and bisexual, transgender, pansexual and questioning ++ people, aged 13-19.

**07920 450618 | [Shelley.Frost@wiltshire.gov.uk](mailto:Shelley.Frost@wiltshire.gov.uk)**

# Connecting with Nature Offers New Approach to Mental Health

A report published in February 2016 shows that taking part in nature-based activities helps people who are suffering from mental ill-health and can contribute to a reduction in levels of anxiety, stress and depression.

The report, 'A review of nature-based interventions for mental health care' [also called Ecotherapy or Nature Therapy ] suggests making greater use of green care to help people suffering from mental ill-health. The new review was commissioned by Natural England from the University of Essex and Mind, the UK's leading mental health charity.

## Green Time: Nature Therapy for ADHD Children & Adults

'Children with ADHD who play regularly in green play settings have milder symptoms than children who play in built outdoor and indoor settings. This is true for all income groups and for both boys and girls. Interestingly, for hyperactive children, the apparent advantage of green spaces is true only for relatively open green settings.

Conclusions: These and previous findings collectively suggest that it is time for randomised clinical trials testing the impacts of regular exposure to greenspace as a treatment for ADHD.'

***From 2011 study 'Could Exposure to Everyday Green Spaces Help Treat ADHD? Evidence from Children's Play Settings'***

***[<http://onlinelibrary.wiley.com/doi/10.1111/j.1758-0854.2011.01052.x/full>]***

## Ecotherapy

The name given to a wide range of treatment programmes which aim to improve your mental and physical wellbeing through doing outdoor activities in nature. Connecting with nature in this way can have lots of positive health benefits.

***[www.mind.org](http://www.mind.org)***

# Walking Meditation in Bath

*'The miracle is not to walk on water. The miracle is to walk on the green earth, dwelling deeply in the present moment and feeling truly alive.'* - Thich Nhat Hanh

Meditation isn't always about sitting still in silence. By integrating a meditative state with the simple act of walking, we may amplify the benefits of both. Rather than treating meditation as something separate from living, walking meditation encourages us to bring our practice out into the world, where it can breathe. To walk the earth with a mindful awareness is to be fully present in our lives – and to embody that presence for the benefit of all.

We begin with ten minutes or so of going through the basic practice, followed by half an hour of walking meditation. Ideally this is mostly silent, but in practice that's not always how it works out, and that's okay! Afterwards we may discuss the session and what we got from it.

Meditation should be accessible to everyone, so I strive to make sure that anyone interested can join my sessions – regardless of their financial position. The suggested price is £5 per hour session, but you can pay what you like – even if that means paying nothing at all – and nobody is going to make you feel bad about it!

<https://www.meetup.com/Walking-Meditation-in-Bath>

## Get Wiltshire Walking

Get Wiltshire Walking " is a Public Health funded project which aims to ensure every community within the county has access to a FREE weekly led walk.

Walking is the lowest risk of all physical activities yet produces massive benefits to physical fitness and mental wellbeing. Providing you are independently mobile and able to meet the physical demands of the walk everyone is welcome

Currently there are 26 weekly led walks in 18 locations throughout the county, there is no limit to the number of walks you may attend. Each walk has its regular starting venue on the same day and time every week. We try to vary the routes each week.

**Strider walks** are almost continuous and last between 60 and 90 minutes across variable terrain and may contain some gradients. **Stroller walks** last between 45 -60 minutes with regular pauses and are on variable terrain. **Starter Walks** last around 30 minutes and are on flat stable terrain with frequent pauses.

After the walk many groups have coffee and chat together. Unfortunately we cannot permit dogs

<https://www.walkingforhealth.org.uk/walkfinder/get-wiltshire-walking>



## **Green Spaces near you...**

### **Drew Pond | Local Nature Reserve, Devizes**

Drews Pond Wood Local Nature Reserve has loads of things to see and discover, with a network of pathways through woodland that has plenty of different trees to spot, including mighty oaks and tall pines.

There is quite a bit of history to see along the way too, such as an old graveyard and a stretch that used to be a drover's road. There is a lovely pond that is usually brimming with ducks and other wildfowl.

***<https://www.dayoutwiththekids.co.uk/drews-pond-wood-local-nature-reserve>***

### **Hope Nature Centre | Trowbridge, Wiltshire**

The Hope Nature Centre is home to some very special rare breeds, such as Alpacas and Hebridean Sheep, plus Donkeys and Shetland ponies as well as the cute and characterful chickens. They also have more small animals such as Geese and Rabbits along with a variety of Birds in the aviaries.

Information and education is provided on the range of animals, most of whom one may also feed. They offer several acres within the large country park which is open to the public for a small donation to enjoy hikes and rambles. The park pond is home to a family of Mallard ducks, so don't miss the opportunity to visit in spring as they're bound to have had ducklings.

***<https://www.dayoutwiththekids.co.uk/hope-nature-centre>***









# USEFUL APPS

THE MIX

