



The Cumbrian Echo

C U M B R I A M E N T A L H E A L T H G R O U P N E W S

C A R L I S L E A N D D I S T R I C T

SPECIAL POINTS OF INTEREST:

- Head Office moves across the river.
- Criminal Justice Portfolio launches in Carlisle.
- Benefit changes cause for concern.
- Preparing for World Mental Health Day.
- New Members recruitment drive.

INSIDE THIS ISSUE:

Criminal Justice Portfolio Launches in Carlisle	2
Benefits Changes	2
World Mental Health Day	2
Slim Jim's Tips	3
What's Occurring?	3
Contacts	4
Your Stories/Poems	4

August 2009 saw the opening of the Carlisle office located within the Centre For Independent Living on the Port Road Business Park in Carlisle. The centre is owned by Cumbria County Council and is run by DaCE. Computer equipment is refurbished on site and complete systems can be bought from as little as #40.00. Contact DaCE for more details.

Our fourth Development Worker (Kevin Jackson) was employed to cover Carlisle and surrounding areas with the intention of developing the work of CMHG in the North of the County.

Kevin worked for both Carlisle and Newcastle Law centers and before that Burnetts solicitors for many years.

Whilst at Carlisle Law Centre he was on the Law Society Mental Health Tribunals Panel specializing in representing clients throughout Cumbria and into Lancashire and Merseyside.

Kevin is employed part time as is Wendy Kolbe who covers Barrow in Furness and U-

Speaking up for the Mental Health Community

Ulverston area. Gill Puncher who is located at our Kendal office covers Eden and South Cumbria and Gilda Wells our lead Development Worker covers Allerdale and Copland. Gill and Gilda both work full

time and all their contact details can be found on page four.

Regular Tea and Chat forums are held at the Old Town Hall in Carlisle each month. Guest speakers have included a Police Sergeant, a representative from DaCE and an Advocate from ICAS.

We are currently looking into forming a locality Management Group for the Carlisle area and further details on this will follow shortly. If you would like further information on this please contact Kevin at our Carlisle office.

Locality meetings take place bi-monthly and are held at the Botcherby Centre, Victoria Rd, Carlisle

H E A D O F F I C E M O V E S A C R O S S R I V E R

Our head office located in Kendal has outgrown its premises After many happy years situated in the lovely Stricklandgate House the move took place in early March and we are now installed in our new office where we hope to remain for

many years. Many thanks to all those who helped with the move and to David whose computer skills have been invaluable. Our new address is on page four along with contact details. Try our new website below



CRIMINAL JUSTICE PORTFOLIO LAUNCH

March saw the launch of the Criminal Justice Portfolio. This important piece of work is headed by the portfolio holder Evelyn who has a huge amount of experience and interest in this area of Mental Health. And how it can impact on the lives of all those Involved. She is assisted by Tina and between them they have got off to a flying start. The first meeting was held in Carlisle and was attended by Nacro and the Probation

service among others. The group will now meet on a monthly basis and it is hoped to prepare a report on the Criminal Justice System and Mental Health in the Carlisle area .This report will be published with a July 2010 target date. Invites went out to over sixty Statutory and Third Sector organizations and it is hoped that in the coming months some of these groups will participate in

research and production of



the report. If interested please contact Evelyn.

Looking at Court Diversion Schemes

BENEFITS CHANGES

Proposed changes to Benefit's system leaves some feeling suicidal

March Locality Meetings saw us concentrating on the Benefits System and changes brought in by the present Labour Government to migrate all those currently in receipt of Incapacity Benefit over to ESA (Employment Support Allowance). All new claimants will automatically be placed on ESA but existing recipients of Incapacity Benefit will receive word from DWP to attend a medical assessment to determine whether or not they are fit for work. Early reports

suggest that the assessments concentrate more on physical rather than mental ability and that the assessors give you little opportunity to answer questions in any detail and in any event the questions are worded in such a way as to lead you to the answer. You are entitled to be accompanied but your friend or relative will not be given much if any opportunity to speak on your behalf. There is no date as of yet when the changes will affect those in receipt of Incapacity

Benefit but more information can be obtained from visiting MindDWPvarious websites e.g. <http://carerwatch.com/mhealth/>

Citizens Advice has also published a report on the subject called 'Not Working' You can download a copy from their web site

www.citizensadvice.org.uk

If you have any experience of this then please let us know.

WORLD MENTAL HEALTH DAY

Following on from the success of last year the newly built Carlisle Police Station will again be holding an awareness day for officers and civilian staff. The event hosted by Sergeant Gary Lawrie and Constable Julie Dodd will see the station inviting organisations involved in

Mental Health to attend and set up exhibition stands to give out leaflets and booklets and speak face to face with attendees on the subject of Mental Health and how it affects not only people who they might come into contact with in their day to day duties but also how it can affect themselves. The

event will be held in October and further details will be published in our future newsletters. It is hoped that other events will take place in and around Carlisle and if you have an event which you would like included in our newsletter then please contact us at the address on page four.



SLIM JIM'S COLUMN



Mental Health Wellbeing

1. **Exercise –Attend free Swims with Carlisle City Council, Attend classes with Carlisle Mind Tai Chi, Yoga, Walks**
2. **Eat a healthy and balanced diet.**
3. **Socialize, get out and about, attend Cumbria Mental Health Groups Tea n Chat events**
4. **Volunteer, There are many opportunities which can be organized through Carlisle Voluntary Services**
5. **Drink alcohol in moderation**

Five Steps

WHAT'S OCCURRING

Portfolio on Criminal Justice System Meeting—Carlisle Expert Panel—Carlisle	6th May,7th June,12th July 10th May	Allerdale /Cpoeland Locality Meetings	26 May, 22nd July,23rd Sept
Locality Meeting—Botcherby Community Centre Carlisle	12th May,14th July,8th Sept	Eden & South Lakes Locality Meetings	11th May, 5th July,14th Sept
Forward Thinking Group (Mind) - Carlisle Fire Station	18th May,15th June,	South Lakes & Area Locality Meetings	18th May,27th July,27th Sept
Tea n Chat—Old Town Hall,Carlisle	19th May,23rd June,21st July,18th Aug		
Cumbria Mental Health Group AGM	14th October		

LOCAL LINKS

Making Space

Website:
www.makingspace.co.uk
Telephone:

Mind Carlisle Eden
Website:
www.carlislemind.co.uk
Email:
office@carlislemind.co.uk
enquiries@edenmind.co.uk
Telephone:
01228 543111

Self Injury Support
Website:
www.sis-cumbria.co.uk/
Email:
info@sis-cumbria.co.uk
Telephone:
01228 515500
Or
01228 525705

DaCE

Website:
www.daceability.org
Email:
info@daceability.org
Telephone:
01228 606485
Or
01228 606483
Fax:
01228 606437



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*Speaking up for the Mental Health
Community*

Cumbria Mental Health Group is a service user and carer owned charity. We work at the grass roots level with people whose lives are affected by a range of mental health problems. Our main aim is to help influence and change the way mental health services are delivered in Cumbria. Our small and informal community based meetings are held regularly throughout Cumbria. These are run by our Development Workers with the assistance of our members. Cumbria Mental Health Group also facilitates bi-monthly Locality Meetings which are hosted by Development Workers and chaired by Paul Booth our Chairman.

**W E A R E C U R R E N T L Y S E E K I N G N E W
M E M B E R S , I N T E R E S T E D ? C O N T A C T Y O U R
L O C A L D E V E L O P M E N T W O R K E R**

Bluebells Of May

*Footlights, of the forest,
Wowing woodland ways.
Flowers, of fairy fame,
Gladdening our gaze.
Lilliputian lanterns
Decorating dells.
Magic of the may time:
Beautiful bluebells.*

By Robert Armitage