

August 2020

KEEPING YOU IN MIND

This issue:

- How to respond to change
- Side by Side
- Active Monitoring
- Technobabble



Change



Plus brainteaser and
Cornel Cymraeg!

How to
Respond
Instead of
Reacting

Welcome to the
7th edition of
our newsletter.

Now that lockdown has
eased, we have decided to
move to a monthly edition.
The theme for August is:
CHANGE



HELLO
/
SHWMAE

Sometimes we choose to make a change, but we can all agree that what we have had to adapt to over the past few months has been mostly out of our control! No matter the type of change you experience, you will have an instinctive reaction to it.

A reaction is **how you feel at the moment of the change**. It's immediate, instinctive, and happens before you're able to process things. You may experience:

- Anxiety – can I cope?
- Happiness – I am getting what I want!
- Fear – what impact will this have on me?
- Threat – the problem is bigger than I thought.
- Guilt – are the past failings down to me?



- Disillusionment – this is not for me
- Acceptance – maybe things won't be so bad.

Excitement – I'm looking forward to the challenge.

Your initial reaction is not something you get to decide; it's just how you feel. Whether it's good or bad, **it's OK to have these feelings internally**. But it can be helpful to know that you have control over your response. You can return and **re-examine the situation** to try and find out how you'd like to respond.

Responding instead of reacting:

1 **Keep things in perspective.** Try and observe the change within "the bigger picture" of your life up to that point. It may not seem so overwhelming if you can place it in a wider context.

2 **Try to be patient,** it may take some time to get to where you want to be. Avoid being impulsive or try to rush the results.

3 **Be persistent.** It's easy to want to give up, but keep on chipping away at the issues; the solution you're seeking may be just around the corner.

4 **Think practically,** some changes require an immediate response but in most instances, there's no rush to the finish line. Focus your attention on maintaining balance and staying present, this creates a structure that provides stability and support while you're in the process of transitioning.

5 **Stay positive.** Expect "ups and downs". This is more the norm while you're going through change than having a consistent reaction. A sense of optimism will keep you focused and committed.

6 **Have a purpose.** Why are you doing this? Try to identify your guiding principle, it will keep you focused and motivated in tough times.

7 **Stay focused on who *you* are and what *you* need.** So much of the way we define ourselves is through the "externals": relationships, work, power, money, status, etc.

8 **Take as much time as you need *before* you respond.** So much of human behaviour is *reactionary*, and often not responsible. Take the necessary *action* for what is most essential for you and your well-being. Don't try to make a huge change overnight. Gradual steps are more effective.



BRAINTEASER

How many of these
can you solve?

1. Guess the next three letters in the series. GTNTL
2. A boy is walking down the road with a doctor. While the boy is the doctor's son, the doctor isn't the boy's father. Then who is the doctor?
3. What can you hold without ever touching, or using your hands?
4. A man stands on one side of a river, his dog on the other. The man calls his dog, who immediately crosses the river without getting wet and without using a bridge or a boat. How did the dog do it?
5. What has cities, but no houses; forests, but no trees; and water, but no fish?
6. What letter comes next in the following sequence?
D R M F S L T _
7. What 4-letter word can be written forward, backward or upside down, and can still be read from left to right?

CHITCHAT FROM THE CAT

#7



Written on behalf of Billybob by his
mum, Pat Griffiths

Feline greetings to you on this fine day. Actually, it's raining, but who cares when you can sleep all day? Now...dear reader, you are waiting for the long promised "How to crochet" report. Well.....it's about like a lot of things during this strange period of our lives, I haven't done it. No excuses, as it's very easy to learn, apparently. But, well, I haven't done it. So I shall have to write about something else today. The shed.

We have a brand new shed. Yes, I was surprised too. On a very wet day, a man arrived and put up a most magnificent shed. It has a strange smell to it, which it has now passed onto me, as I was checking it out. Air d' wood-preserved. Unfortunately it has hampered my ability to lithely climb into an open upstairs window. I am having to learn a new "route", which involves a tight squeeze behind the shed roof. Whilst this little tunnel would have posed no problems to a pre-Lockdown Billy, it has proved unattainable. This leaves me having to hover outside the back door, hoping someone opens it. Which is, to be honest, unlikely at 3am in the rain. I have yet to

see inside the said shed. Who knows? It could be a new Pad for me? More next time. When the padlock key is found.....

We had a visitor! This is news now as it's ages since random people have come inside the house. In fact I can't remember. Maybe they couldn't either, and went to the wrong lounge, and didn't know what to do? Curiously, they brought their own mug of tea too. I was happy as they left a Cat's Treats sachet with my mum. Long ago I worked out how to get into these. And such knowledge is never wasted as I consumed the lot whilst they were chatting. Haha!

Also, the house emptied one day as the family went to England. Yes indeed. With hand sanitizer, masks etc. off they went. I had a joyous day to myself. And they had a meal in a pub apparently! The big clothes sort outs has meant that there is now a tiny space for new ones. And, as we all know, one can never have enough shoes.

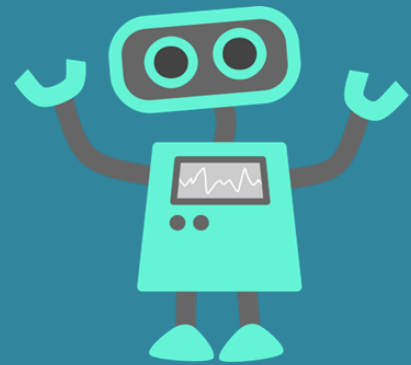
Perhaps that is why they bought the shed? For all their shoes. Don't bother with them myself. Just as well mind.....

Next time - It's nearly Christmas!

- Billybob

Tyler and Tarek's

TECHNO- BABBLE



Hi everyone! Tarek and Tyler your resident techies here with some technology resources to help you stay well, entertained and connected. During this difficult time many of the positive benefits of tech are becoming more apparent as we discover new ways to stay in touch with people, look after our wellbeing and distract ourselves while stuck indoors. Below are some of our top picks for this month!

OpenShot (*Windows, Linus, macOS*)



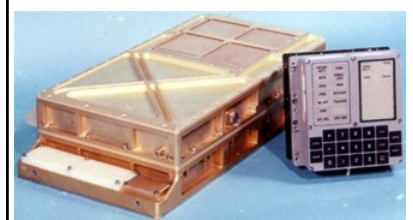
Tarek: Have you ever wanted to try your hand at video editing? A lot of software for editing videos is extremely complex and has a high learning curve, but OpenShot is a free, accessible way to get acquainted with the basic concepts and principles behind video editing. It's great for editing Vlogs (video blogs), clips or any cinematic masterpiece you may be itching to share with the world! The software can be downloaded at: <https://www.openshot.org/>



Tyler: With the lockdown, many people are finding it harder to access their bank, as they can't get to the high-street. In many places around the country, local banking branches are even shutting down, making this even more difficult. However, most major banks now have banking apps, and there are phone numbers you can call to get help setting these up. Once you have a secure banking app set up, you can handle your loose change as well as the physical change of not being as able to get out and about!

Did You Know?

A modern phone has roughly *one million* times more memory than the Apollo Guidance Computer that put the first person on the moon in 1969!



moodgym (website, <https://moodgym.com.au/>)



Tarek: moodgym is an online self-help programme based on CBT principles that helps users prevent and manage symptoms of depression and anxiety. The programme consists of a variety of modules which comprise exercises and quizzes that ask questions about your feelings and thoughts. Your responses are recorded in a digital workbook that tracks your progress, meaning that moodgym is sort of like an interactive self-help book! The service costs £25.20 per year.

Jargon Buster

We've talked in a previous edition about the CPU (Central Processing Unit) but what about the GPU (Graphics Processing Unit)? A GPU is very similar to a CPU but the key difference is in the name – a GPU is primarily designed to specifically handle graphics or images. Often a GPU will be installed into a PC in the form of a 'graphics card', but devices such as smartphones and many laptops have a GPU already built-in. If you want to play modern games on a computer, the GPU is the most important component!

Good News Network (website, <https://www.goodnewsnetwork.org/>)

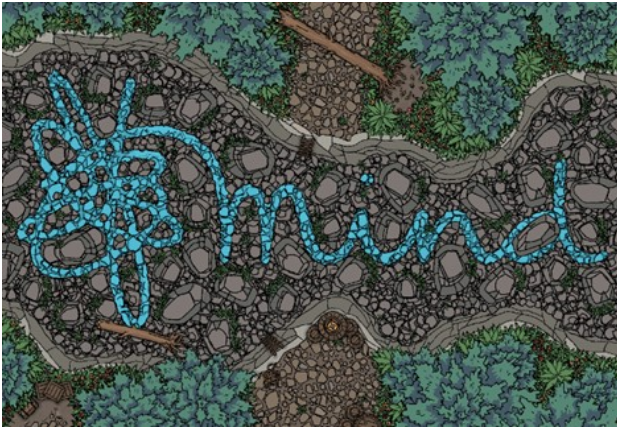


Tarek: At the best of times mainstream news outlets can seem like a constant source of negativity. This has of course been particularly bad over the past few months and it can be easy to slip into habitual checking of the news and seeking out negative stories. One way I've found to combat this is making Good News Network my homepage. This site only reports on positive stories and it's remarkable to see how many *good* things are happening in the world too.

Jargon Buster

PIN number: PIN stands for Personal Identification Number. We shorten it, because can you imagine how arduous it would be every time you paid for something if the cashier asked for your Personal Identification Number? In fact, when we say "PIN number" we're actually saying "Personal Identification Number Number"... The same goes for "ATM machine", which would mean "Automated Teller Machine Machine"!

An interview with Alistair about *Dungeon Draft*, which he's been using to create maps to play Dungeons and Dragons online! Included is a design he worked up of our Mind logo, and the tools he used to create it.



Tyler: Alistair, you say you've been using Dungeon Draft as a creative outlet during lockdown. Can you tell us more about that?

Alistair: *I've struggled for a long time to find a means of being creative. There's a lot of various means of*

being creative which all had a high skill level of entry before you could see something you're necessarily proud of. Whereas, you can achieve acceptable results with Dungeon Draft much easier than you can with anything else. For example, if you want to put four walls in for a building, they're not just lines they're detailed. Depending on what you want to do, that dictates the complexity of it. It's a just a case of expanding on those skills the same way you would with any other creative means to get more interesting results!

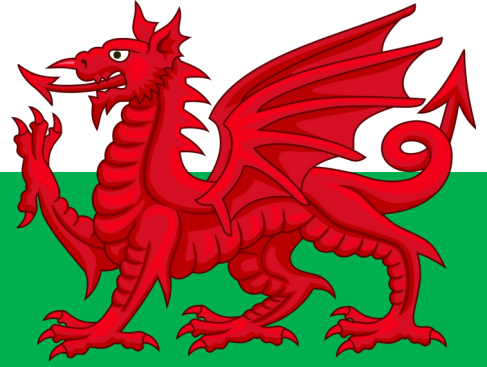
Tyler: That's great! It's great that you've found a new creative outlet, can you tell us more about why you started using it?

Alistair: *Lockdown has forced a lot of stuff to be online where it may not have been online before. With Dungeons and Dragons I would have otherwise been able to do it face to face with pen and paper, but with lockdown being the way it is I've had to find other means of doing it. Doing it online is one of those means!*

Tyler: Have you found the change difficult?

Alistair: *I find the change over to online as a means of communication much more difficult. There's a lot lacking in talking online vs talking in person, and a significant amount of the conversation that you would have isn't really there. You lose the face to face and the body language so that has been, interesting and difficult. But since I didn't really give a lot of different artistic approaches a go before, I wouldn't say I've found this difficult. I found it quite enjoyable as once I got into it and found it was a creative outlet, I really got into it!*

Cornel



Cymraeg

Gair i gofio/Words to remember

newid

neh-widd

change

newydd

neh-we-th

new

bywyd

buh-widd

life

addasu

ah-tha-see

adjust

effeithiol

eh-faith-ee-oll

effective

heriol

herr-ee-oll

challenging

Ffaith difyr

Mae'r ci Corgi (ffefryn y Frenhines!) yn tarddu o Gymru; mae'n golygu corrach-gi neu cor-gi.

Fun fact

The Corgi dog (the Queen's favourite!) originates from Wales; it means dwarf-dog or cor-gi.

Pwy ydw i? Who am I?

U N R A I N E V A E B N

Awgrym: Sylfaenydd y GIG

Hint: Founder of the NHS

People helping
people, it was
just that simple.



Peer support in your community

The West Wales Peer Support Network hosted by Mind Aberystwyth has over 100 member groups. Two of our members write about changes they have experienced.

Menter Silian



Menter Silian is a local community group based in the rural village of Silian in the valley of the river Teifi and located 2 miles North of the market town of Lampeter in Ceredigion.

Just before lockdown we set up a COVID support network for people living in Silian which we advertised by distributing flyers

door-to-door as well as on Facebook. We ended up with a lot of volunteers, who ended up outnumbering the people who have needed help! We've been able to help the handful of people who contacted us needing help due to being in quarantine or shielding, and were contacted by a number of residents who didn't need help but felt thankful that help would be available if needed.

To contact Menter Silian please contact nikkivousden@yahoo.co.uk or erylevanstg@gmail.com. Or send a message through the Facebook page <https://www.facebook.com/Hen-Eglwys-Silian-Old-Church-1147490802049319/>

Aberaeron Friendship Group

Aberaeron Community Friendship Group was set up in Autumn 2017 as part of a community project to make Aberaeron a Dementia-Friendly Town.

Side by Side Cymru supported the group through providing training for leaders. We have a greater understanding of peer support and its development. We received a supportive framework and toolkit. The provision of a grant enabled the purchase of resources to promote



Aberaeron Friendship Group

Christmas 2019

physical movement, co-ordination, concentration, social interaction, mental capacity, memory, wellbeing, enjoyment through singing. It also paid for publicity material to be published and displayed within the town and surrounding area.

Side by Side have assisted the sustainability of the group by providing publicity material to advertise sessions and enable more people to join. We have been able to increase the variety and quantity of resources available for use, thereby sustaining and maintaining people's interest and enjoyment. Leaders have been encouraged and motivated during training and networking sessions. We are very grateful for the support provided.

For further information about the Friendship Group please contact Juliet Jones on 07977106047.

If you are a member of a community group, or interested in finding out more about peer support, please go to the Side by Side Cymru pages on the Mind Aberystwyth website and on Facebook.

To become a member of the West Wales Peer Support Network and to access free networking and training events please write to rob@mindaberystwyth.org or telephone 07958788172.

Creative Hub



- ARTS BASED COURSES • 8-10 WEEKS • ATTAIN CREDITS •

Want to....

- Get arty?
- Experiment with different artistic techniques and materials?
- Gain recognised A-gored Cymru qualifications?



We welcome individuals of
all artistic abilities

Creative Hub has been continuing during lockdown, online and using a range of other ways to keep the creativity going.

- If you have already completed a course with us, you can join our Summer short course; a 4-week course starting 13th August.
- If you have not completed a course with us before, you can join our next course starting in September. This is suitable for everyone; beginners and those who are already making art!

*For more information please call 01970626225 or email
info@mindaberystwyth.org*

Active Monitoring



This blog has been republished from mind.org.uk

I've struggled with anxiety for a long time, since my late teens and over the years have tried various ways to manage it, some helpful, counselling and others less so.

But I never really found a way to cope with it day to day. Some therapies worked in the short term but before long the worries and anxiety would flare up again.

Disturbed sleep from worrying all night, agitation, avoiding contact with others; I would go for months without answering the phone, and constantly feeling on edge would make the day to day difficult. Constantly thinking of the worst-case scenario and living on high alert is just exhausting. Back pain would flare up as my muscles tensed and I ended up being on quite heavy duty painkillers with scans and physiotherapy to try and help. I was tired and fed up. Anxiety flare ups would often end up with time off work sick while I tried to get things back under control.

I have been working for Brecon & District Mind for just over 4 years now. Most people, I am sure, would assume that working in mental health services I would have my own wellbeing covered. The reality is, I find it just as difficult to talk about my anxiety as anyone else. Thankfully, the team here are really supportive



and, when I was struggling again in late 2018, Active Monitoring was suggested.

I accessed AM, over the phone, with a nearby local Mind so that I felt comfortable in talking to the practitioner, RG. Having been through other talking therapies over

Active Monitoring



the years I was a little apprehensive but OMG, what a difference it has made. Even now, perhaps especially now, I use the techniques I was taught back in 2018. RG, the practitioner, was amazing. I felt really listened to and that the support I was getting was tailored to me, not a generic box ticking exercise.

I mostly followed the anxiety pathway, but RG was great at pulling in resources from other pathways where appropriate. It means, I now have a personal support kit to draw on when I need to. The “Worry Decision Tree” is a favourite to get myself back on track, along with the reminders to be kind to myself.

Sometimes just remembering it is ok to be anxious in certain situations was enough. Worrying about how much I was worrying was not the best use of time and a sure way to have a rubbish nights sleep.

There was a significant improvement in my wellbeing by the end of the

the tools to deal with it and not let it interfere with my life.

We all have worries, especially now, and using the tools RG gave me I can put these worries into perspective and not let my thoughts take over. As I was told “My mind is an employee and I am its manager”.

Active Monitoring has been the best support I have ever used; the fact I am still using it 18 months later shows that. I’m still known at home as “the worrier” and that’s OK.

Bio: Zoë lives near Brecon.
She's currently taking the
extra time at home to
practice botanical drawing
and learning to play the
ukulele.

If you would like any more information or are interested in accessing Active Monitoring, please call us on 01970 626 225 or send your enquiries to info@mindaberystwyth.org.

What have you been doing?



SW



Meg



Meg



Meg

Thanks for sharing!

We'd love to see what you are up to during lockdown. Please send stories, photos, artwork etc. to emma@mindaberystwyth.org

What's new at Mind Aberystwyth?

1 to 1 wellbeing service (Monday-Friday, 9am-5pm)



We understand that with the current social distancing restrictions this is a difficult time for everyone. If you would like someone to talk to, we can offer you regular contact from one of our support workers. This can be via phone call, video chat, text etc.

Virtual yoga (Thursdays, 12-1pm)

Now more than ever, it's important to stay active. So why not join one of our newest groups? You don't need a mat and can wear what you like! Sessions are hosted via Zoom (we can help you to set this up). You don't need your camera or mic on, and can join for as long as you'd like.



Online drop-in (Wednesday afternoons, 2-4pm)



This is open to all, a place to connect with others, build friendships, gain access to signposting and receive advice on engagement with mental health services. We'll be posting daily and you can chat on the group whenever, and a support worker will be available to chat at the above times. You can access

via our
Facebook

Mum's matter (Mondays, 1-3pm)

Meet other mums, share tips and advice on wellbeing and mental health, chat and have fun! Find us on Facebook, under groups.



Active Monitoring



A 6-week guided self-help programme. We'll give you materials to help you better understand and manage your feelings, and will call you regularly to support you through the process.

If you would like any more information or are interested in accessing any of the above, please call us on 01970 626 225 or send your enquiries to info@mindaberystwyth.org.

Reduce feelings of anxiety, isolation and loneliness with these helplines



During this challenging period, **Porth Cymorth Cynnar** has established a virtual platform to ensure that we are able to keep in touch with vulnerable residents across Ceredigion. We are ensuring that all residents whom are known to our services, and others, are kept in touch with, through regular welfare calls, should they wish.

Around 2,000 residents from young people to families to carers, who may require or benefit from regular contact whilst their service is not operating in its usual form will receive communication from our staff.

To date, almost 2,000 welfare calls have been made, and have been well received by people across Ceredigion. Residents have said that it is great that someone is keeping in touch with them, to give them an opportunity to have a weekly phone call and someone to talk to.

If you, or anyone you know would benefit from the Keeping in Touch Service, please get in touch with Clic on 01545 570881 or clic@ceredigion.gov.uk who will triage your query to Porth Cymorth Cynnar.

Age Cymru is to offer a check-in-and-chat telephone service for the over 70s in Wales who live alone. It is hoped that the initiative will provide some reassurance to older people, answer basic queries and link people to local services and support during the Coronavirus outbreak.

Anyone over 70 in Wales can register with Age Cymru free of charge, to receive a regular telephone call from the charity in either English or Welsh. All you have to do is call the Age Cymru Advice Number on 08000 223 444 or email enquiries@agecymru.org.uk

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. Shout is powered by a team of volunteers, who are at the heart of the service. Text SHOUT to 85258.

HUTS Workshop (the mental health charity in Newcastle Emllyn) is offering a free telephone chat service for anyone feeling lonely and in need of a friendly conversation. If you would like to register for this service, call 01239 710 377, you will receive a call back.

MEET THE TEAM

This edition we'll be hearing from Meg, one of our Support Workers and the facilitator of our art groups!

Meg



Tell us a little about yourself and what you do at Mind Aberystwyth?

I grew up in Gloucestershire, spending many holidays here in Wales visiting my father and extended family. I have travelled far and wide, but am very happily settled with my children, in the small village where I live, which I love!

I am a support worker at Mind, and also facilitate the art groups on a Tuesday.. It is great to be part of something that has been a popular and successful part of Mind for a long time now, with many of its members having attended for years!

I get a huge amount out of running it and feel very privileged to be part of this special group.. The quality of conversation and support is second to none!

What are some of your interests and hobbies?

I'm both a social being and quite solitary too, so my interests tend to reflect this. With an enthusiastic group of friends I run the Corris Disco committee, which involves hiring DJs to perform locally so that we can dance the night away.

When I need to be alone I like to go wild camping and walking.. Which is where I will probably be when you read this, happily in a tent somewhere off the west coast of Scotland!

How are you staying resilient during the lockdown?

Resilience has taken on a whole new meaning over lockdown and I, like many, have found it challenging.

Children and cats have helped, and the many miles I have walked in the valleys around my home. Sitting and watching the stars at night when everyone else has gone to bed and the world is silent too!

I have also found great joy in the online art group—it's been lovely to keep in contact with everyone!



THAT'S ALL FOLKS!

We hope you've enjoyed this edition of Keeping You In Mind. We would love to feature more contributions from readers – stories, poems, art, quizzes, recipes or anything else you want to put together. The theme of our next edition is 'CONFIDENCE'. Please submit your work to emma@mindaberystwyth.org by Monday 31st August or post to Mind Aberystwyth, The Cambria, Marine Terrace, Aberystwyth, SY23 2AZ

BrainteaserAnswers: 1. I, T, S—the first letter of every word in the sentence 2. The doctor is the boy's mother 3. Your breath! 4. The river was frozen 5. A map 6. D—each letter represents one note in the diatonic musical scale: Do, Re, Mi, Fa, Sol, La, Ti, Do 7. NOON

Cornel Cymraeg: ANEURIN BEVAN