

September 2020

KEEPING YOU IN MIND



This issue:

- How your confidence can be affected
- Define Yourself
- Mental Health in the Community



Confidence



Plus brainteaser and
Technobabble!

How to build
confidence and
self-esteem

Welcome to the
8th edition of
our newsletter.

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

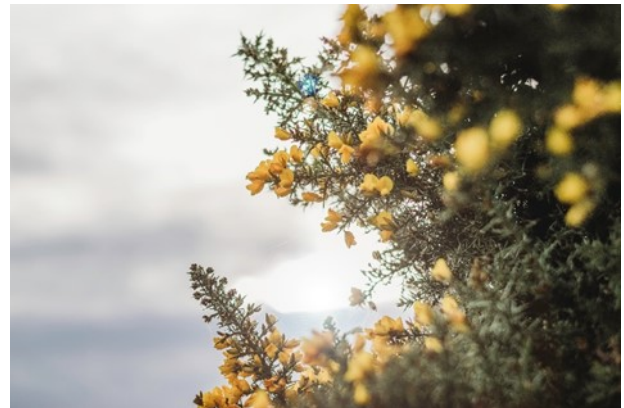


HELLO
/
SHWMAE

WHAT IS CONFIDENCE?

Believing in yourself and your abilities

This could be knowing an idea you have is a good one, feeling like you can learn a new skill, or being able to ask for something without fearing rejection.



Understanding and accepting yourself for who you are

Like being proud of how you look, accepting that you can enjoy something without being especially good at it, or not wanting to change yourself to fit in with others.

Confidence doesn't mean being 'outgoing'

You can be quiet or shy and still be confident. And even when someone's the loudest person in the room, that doesn't always mean they're feeling the most confident inside.

What can affect your confidence?

Negative experiences can lower your confidence and self-esteem, like going through a relationship breakup or losing your job. And positive experiences can boost your confidence and self-esteem, like getting promoted, receiving a compliment, or doing something nice for a friend or neighbour.

These experiences might affect our confidence or self-esteem positively or negatively.

Your body image and how you feel about your appearance



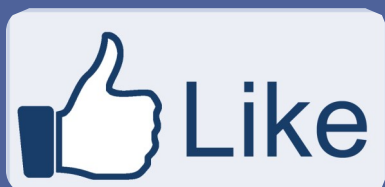
The level of support you receive from people you trust



Your achievements or skills



Social media and adverts



Your results at university or work



But other experiences may only negatively affect our confidence and self-esteem, like:

Physical or mental health problems that affect our ability to do certain things or be understood by others



Peer pressure to fit in



Pressure to achieve



Being bullied or abused



Your body image and how you feel about your appearance



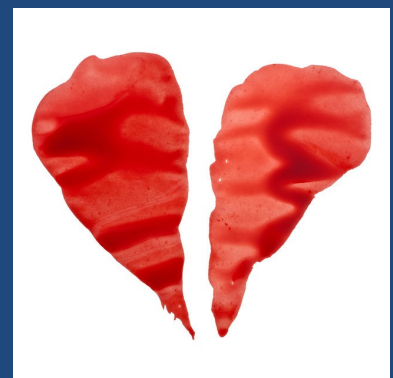
Experiencing stigma or discrimination



Family problems



Relationship problems



You may feel like your confidence or self-esteem changes from day to day, or that there's been a more noticeable change over time.

How can you build confidence and self-esteem?

It might feel like a big step to make changes. Start by trying a couple of new things each week, until you find what works for you. Go at your own pace and don't put too much pressure on yourself, small changes can make a big difference.

Be kind to yourself: Recognise and challenge your unkind thoughts (imagine you were speaking to a friend), remember it's OK to make mistakes (and forgive yourself when you do), avoid comparing yourself to others and try repeating positive statements to yourself eg. I am strong, I am kind, I am enough.

Look after yourself: Practice self care through getting enough sleep, eating a balanced diet, staying active, spending time outside in nature, and avoiding drugs and alcohol. Looking after your health can foster a sense of achievement.

Spend time with people: Have fun with family or friends, or connect with someone you identify with and trust, and be kind to others. These are the people who will like you for who you are. Using your skills and time to help a friend or family member, or to volunteer somewhere, can also help you to feel good about yourself.

Practice asserting yourself: Give your opinion, say what you want or need, or how you feel, (without being rude). Stand up for yourself while also being respectful of other people's views and feelings. Practice giving definite 'yes' or 'no' answers. Think about your own boundaries and how to maintain them.

Try something new: this will widen your comfort zone, broaden your experience and can help you develop a skill and meet new people. You could set yourself goals as you go to see how you improve, or just do it for fun.

What has helped you to improve your confidence? Let us know: emma@mindaberystwyth.org



BRAINTEASER

How many of these
can you solve?

1. A man said to another man - "If I write your exact weight on this piece of paper then you have to give me £50, but if I cannot, I will pay you £50." The first man looked around and saw no scales so he agreed, thinking that no matter what the second man writes, he would say that he weighs more or less. In the end the first man ended up paying the second man £50. How did the second man win the bet?
2. Mr. and Mrs. Mustard have six daughters and each daughter has one brother. How many people are in the Mustard family?
3. How do you make the number 7 an even number without addition, subtraction, multiplication, or division?
4. I am a word of six; my first three letters refer to an automobile; my last three letters refer to a household animal; my first four letters is a fish; my whole is found in your room. What am I?
5. There are five apples in a basket. How do you divide them among five girls so that each girl gets an apple, but one apple remains in the basket?
6. Three playing cards in a row. Can you name them with these clues?
There is a two to the right of a king. A diamond will be found to the left of a spade. An ace is to the left of a heart. A heart is to the left of a spade.
Now, identify all three cards.
7. You have 5 kids and you have to get them all into a car. Tommy and Timmy are twins but they fight so they can't sit together. Sarah and Sally fight too, so they can't sit together. Max fights with his sisters so he can only sit by his brothers. There's 5 seats side by side and you have to put them in order. How would you seat the kids, so that everyone is happy?

CHITCHAT FROM THE CAT

#It's nearly
Christmas



Written on behalf of Billybob by his
mum, Pat Griffiths

It's finally September, and it's nearly Christmas. I know this because those big tubs of sweets (that have got a lot smaller) have arrived in Morrisons. So, festive greetings to you 🎄🎁👉👉 all.

So, how do I , a non-shopper, know this fact? Have a think, I am not the only " substantial " member of this family. Have YOU started your Christmas shopping? My mum has. It's in a big box in her wardrobe. It is always my aim to get in and have good look, before settling on the re-used tissue paper for a nap. On occasion, I get in and hide in it, so when she opens the wardrobe door, I can spring out from between last year's reduced Christmas cards and say " meaow ".She likes that.

But, big news, finally.....someone is leaving the house. Not me, don't worry, but we have a resident student - who is about to become a less-resident one. So I will not have to risk life and limb as I try to get through their HUGE shoe collection by the outside door.

I do have my own special door, a cat flap, but I don't "do" cat flaps- far too

again. Haha, it's a great game for me. I can also get in via the upstairs bedroom window and alight on the lovely soft bed, but I save this treat for the early hours as it's much more fun then. Especially if it's raining

I was left in charge of the house last week as my mum went on holiday. My food ran out after 3 days and I was forced to submit to some cheap brand supplied by the young master. However, I enjoyed the random plates of food left by him around the house all week, a very rare find . Not troubled by hoovering, or cleaning of any sort actually. Fab. Much missed. Me, I mean.

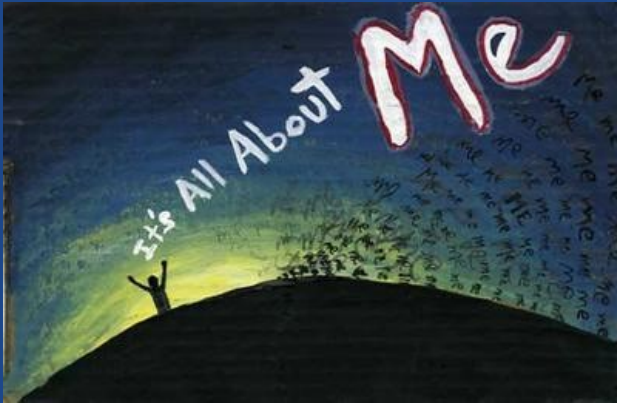
The slight reduction in overall food consumption is probably just as well, as I have The Vets Visit. Me to him of course. And the annual weigh-in. You remember last years " could do with being less substantial " comment ? We haven't got any scales in my house , so we await the result....3 pounds off hopefully. If not, I'm sure it is due to my hormones, or coat or some other factor other than I have eaten too much. You will, no doubt want to know the result. But you will have to wait until next month for that.

Next month # Some more home truths

- Billybob

Activity:

Define Yourself



Complete the following to encourage yourself to start thinking about what unique person you are!



My favourite food:

My favourite music:

My favourite place:

An important person in my life:

My favourite possession:

A group I belong to:

My favourite way to spend time:

Something I dislike:

Something I am good at:

A dream for the future:

I am...

Think about some other ways you could describe yourself and complete a few 'I am' statements eg.

- I am a mother / daughter / brother

- I am a good listener

- I love to swim in the sea

- I believe in equality

- I have a great sense of style



I am...

I am...

I am...

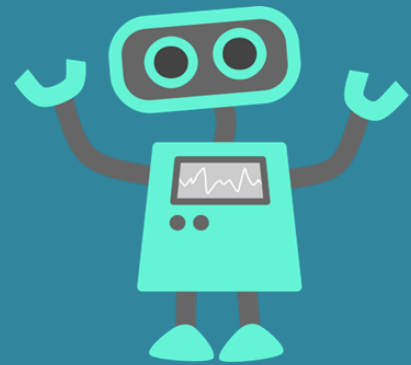
I am...

I am...

I am...

Tyler and Tarek's

TECHNO- BABBLE



Hi everyone! Tarek and Tyler your resident techies here. This month we wanted to do something a little different and talk about one of our favourite tech-heavy shows – Star Trek! This is a show that frequently embodies many of the qualities we all want to see in the world; equality, compassion, the pursuit of knowledge and the betterment of humanity by becoming a fairer, kinder society. We find that such a positive, hopeful view of the future can help our mental wellbeing during difficult times.

Star Trek first started in 1966, with seven different shows to date (the most recent started this year!) and various books, films and other media. Each show follows a fairly similar format, focusing on the crew of a star ship (or space station!) exploring space as part of the utopian United Federation of Planets. Unlike many science



fiction shows Star Trek is extremely optimistic and rather than focusing on petty squabbles or drama, it considers moral dilemmas, how to be better versions of ourselves and how to uphold values of equality, fairness and kindness.



What do you like about Trek?

Tarek: I discovered Trek as a kid and always found it a comforting experience to watch. The calm hum of the ship; the way everyone was respectful and considerate of each other, and the way that characters solved disputes through talking, rather than

shooting. Oh and the technology! Many of the gadgets shown in the 60s, 80s and 90s shows predicted with great accuracy how tech would connect us and enhance our lives and drove my own interest in technology. Most of all, however, Star Trek is a source of comfort; even in the darkest, most difficult of times I return to Star Trek to see humanity being the best version of itself, which gives me hope for a better future.

Tyler: My dad has always been a massive fan of Star Trek, and I have very fond memories of sitting with him and watching it. He's especially fond of the Original Series, and so I have some great nostalgic feelings when I re-watch those. I soon discovered the later series' and The Next Generation became one of my favourite shows to watch, mainly because of the calm, reasonable and humble leadership of Picard. Like Tarek said, the values of Star Fleet seemed like the very best version of the future. When I discovered Voyager and saw a strong, fearless woman embodying those same values it was inspiring. Coupled with the over the top acting and at times totally cheesy dialogue, Star Trek never fails to cheer me up when I'm feeling blue.

One of your favourite episodes?

Tarek: *Author, Author, Star Trek Voyager, Episode 116*

One of the most common themes in Star Trek is about extending human rights to other forms of life, particularly synthetic life. In this episode the starship Voyager's holographic doctor writes a holonovel (basically an interactive book), about his experiences serving on Voyager and the challenges he faces as the only holographic person on the ship. The episode is hilarious and fun, but it also posits interesting questions about the ownership of creative works and the rights of machines – moral topics that will undoubtedly become more relevant in the real world as artificial intelligence becomes more advanced!

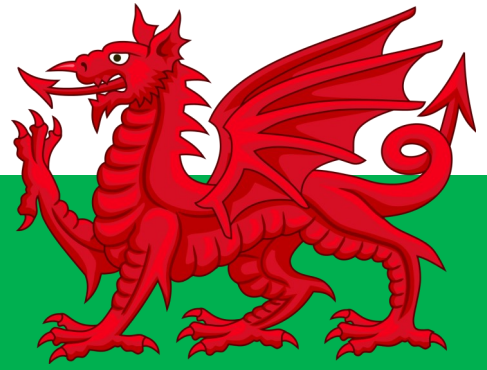
Tyler: *City on the Edge of Forever, The Original Series, Episode 28*

I love this episode because of how well it tackles a very complex and emotional moral dilemma; essentially the Trolley Problem. In the episode, one of the characters goes back in time and saves a woman's life – but in doing so changes the course of history and erases Star Fleet from existence. When the others follow him back in time, Kirk falls in love with the same woman. It's a very touching and human episode, and it won several awards.

Where can I watch it?

The vast majority of Star Trek episodes are available on Netflix

Cornel



Cymraeg

Gair i gofio/Words to remember

hyder

huh-deh-r

confidence

fydd

fee-th

faith

sgiliau

sg-ill-eeh-eye

skills

diogel

dee-ogg-ell

secure

hunan

hee-nan

self

hunan-gred

hee-nan g-reh-d

self-belief

Ffaith difyr

Roedd cyfrifydd Al Capone, Llewelyn Humphreys (neu 'Murray the Hump'), yn dod o deulu ym Mhowys. Cymerodd reolaeth dros y 'mob' wedi i Capone gael ei garcharu.

Fun fact

Al Capone's accountant Llewelyn Humphreys, aka Murray the Hump, came from a Powys family and at one point was America's most wanted man. He took control of the mob after Capone's incarceration.

Pwy ydw i? Who am I?

ARULA HESLAY

Awgrym: Dylunydd ffabrig hunan-ddysgedig a agorodd ei siop gyntaf ym Machynlleth yn 1961

Hint: Self-taught fabric designer who opened her first shop in Machynlleth in 1961

Atebion ar tudalen 24/Answers on page 24

Mental Health Awareness in the Community



"I increased my confidence around mental health in general".

"Very well prepared. Clear and easy to understand"

Mental Health Awareness
Session Participants

"Very well delivered, very clear and informative, nice variety of styles"

"I have gained knowledge for what I should look for if someone is suffering from poor mental health"

Mental Health Awareness Session Participants

Session Overview

Suitable for unpaid community leaders and voluntary groups in Ceredigion who have an interest in raising their awareness of mental health issues. All participants receive a certificate of attendance

Course Aims

To help individuals and groups develop a better understanding of what mental health is, the signs and symptoms of common mental health issues and how to practice self-care. Content includes how the coronavirus pandemic has affected our mental health.

Learning Objectives

- Understand what is meant by the term mental health
- Learn about common mental health issues and symptoms
- Identify techniques for improving self-care
- Understand how to signpost locally

Delivery

This course is available through video conferencing, usually Zoom, as well as face to face. Sessions available weekdays, evenings and at weekends by arrangement. Venue and refreshments are the responsibility of the booker.

Cost

Free of charge to not for profit or voluntary groups but donations to Mind Aberystwyth gratefully received.

To Find Out More

Please contact us on 01970 626225 or write to info@mindaberystwyth.org.

Delivered by Mind Aberystwyth

Mind Aberystwyth has 15 years of experience of supporting those affected by mental health problems. Our qualified trainer has over ten years' experience of delivering training courses in substance misuse, peer mentoring, peer support and mental health.

Mindaberystwyth.org

Telephone us on 01970 626225.

*Write to us at: Mind Aberystwyth, The Cambria. Marine Terrace.
Aberystwyth, SY23 2AZ*

Mind Aberystwyth is a registered charity No 1107182 and a registered company No 5238037.



Mind Aberystwyth



Service User Forum

Since February 2020, Mind Aberystwyth have been running a forum for our service users to give us feedback on our services, and ideas on how to improve and develop them. The first thing we looked at was 'Influence and Participation', making sure our work is influenced by the people it affects most – those with lived experience.

We were given a small grant to run two Shared Learning events in 2020, focused on Influence and Participation. The first event was due to take place on March 18th in Lampeter and would have been a chance for those who use Mind services and staff to get together and share ideas and methods around influence and participation.



The groundwork was laid for the events, but the forum got involved in planning and promoting them, including designing a flyer, putting together the agenda and helping out with various tasks on the day. Sadly, we were unable to go ahead due to the situation with Covid 19, but the process of putting it together was enjoyable and productive. Thanks to

the input of the forum, we feel confident that we have a very 'user friendly' day ready to launch as soon as circumstances allow!

If you would like to join the forum, meetings are set to re-commence this month. You can participate as much or as little as you like.

This opportunity is open to all current users of Mind Aberystwyth's services. For more information,

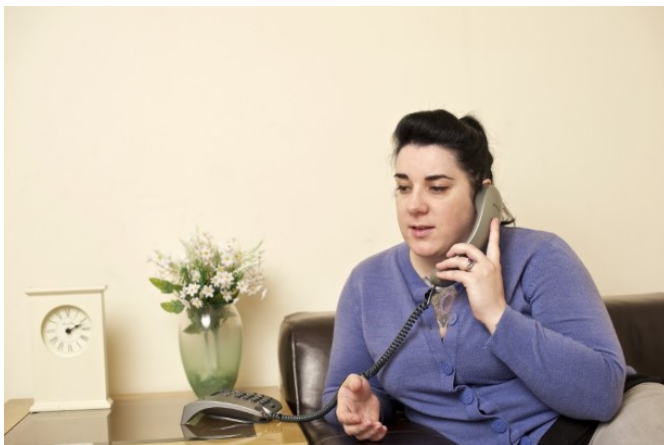
email emma@mindaberystwyth.org or call 01970 626225

Active Monitoring



We're here to help you with your worries, however big or small.

Whether you're experiencing stress or anxiety because of the coronavirus pandemic, or have longer-term issues with loneliness, depression, grief or loss, anger or self-esteem, sign up to our free guided self-help service here.



"The service has been really helpful. The way the workbooks are laid out feels like the service is laid out for me" and "Having someone on the end of the phone helps to talk through problems."

"It has helped me to calm down and to get rid of the stress. It has also made me realise that I need to relax more."

What is Active Monitoring?

Active Monitoring is a six-week guided self-help programme to help you understand and feel more in control of your emotions.

That means our trained practitioners provide you with all the tips and tools you'll need to understand yourself better and support you through the course with regular phone/video conferencing calls.

"100% recommend this service to a family member or friend experiencing problems with their mental health or wellbeing"

Interested?

If you are aged 18 or over and resident in Ceredigion contact us today on 01970 626225 / info@mindaberystwyth.org and we'll be in touch to design a programme of support that's right for you. Further details on the Mind Aberystwyth website.

Active Monitoring is delivered by Mind Aberystwyth in partnership with 17 local Minds in Wales thanks to emergency funding from Welsh Government in response to the Coronavirus pandemic.

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 Alistair,
one of our Support Workers!

Alistair



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

Being a Support Worker used to involve meeting with people in their homes and in the office, but currently involves a lot of phone and video calls. My work focuses on helping people help themselves, and by that I mean finding out what people need some help with and then working together on an approach that works for them. This is often focused on application to various benefits, helping people look for work, or budget their income. Aside from this I have been known to, from time to time, help out with the various groups, just now I am a regular face at the Mind Aberystwyth digital Facebook drop-in. My work has taken me to all sorts of places doing such a wide variety of things that there no doubt is not enough space to list everything, and nobody knows what it will involve in the future.

What are some of your interests and hobbies?

I tend to fluctuate between a lot of different things but one thing that I always come back to is finding out and understanding how things are made and where things come from. To this end I

always come back to is finding out and understanding how things are made and where things come from. To this end I quite enjoy baking my own bread, brewing my own alcohol, and making my own jams/chutneys. I find it interesting to learn what goes into something plus it is also a good way to be left with some delicious foods at the end, so I suppose consuming said items is also a hobby. This too ties into my other hobbies of gardening and foraging for the jam and alcohol supplies, free food tastes better after all.

How are you staying resilient during the lockdown?

Initially I did not stay particularly resilient and this highlighted to me that I needed to come up with ways and means of doing so. I have taken to forcing myself out for at least a little walk daily as I know staring at the same four walls is not helpful, but also given that so many of my friends and family are in similar situations I have taken lockdown as an opportunity to spend more time, virtually at least, with those that I would not normally be able to spend the time with. We try and meet through video chat at least weekly for board games and a general catch-up. I find a lot of people I know were like myself when lockdown started, they thought that they were not really a sociable person and lock down would be a great chance to get some quiet from the world. Then only to find out how much they need some form of socialisation in their life!



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 'PEACE'. Please submit your work to emma@mindaberystwyth.org by Monday 5th October or post to Mind Aberystwyth, The Cambria, Marine Terrace, Aberystwyth, SY23 2AZ

BrainteaserAnswers: 1. The second man did as he said he would and wrote "your exact weight" on the paper. 2. There are nine Mustards in the family. Since each daughter shares the same brother, there are six girls, one boy and Mr. and Mrs. Mustard. 3. Drop the "S". 4. A carpet 5. Give the fifth girl her apple in the basket. 6. Ace of Diamonds, King of Hearts, Two of Spades. 7. Sarah, Tommy, Max, Timmy, and then Sally.

Cornel Cymraeg: LAURA ASHLEY