

LETS TALK ABOUT MENTAL HEALTH...



DONCASTER VETERANS STEERING GROUP

Quarterly Newsletter

Vol 1 Issue 3

Not everyone has or will have a mental illness but mental health is a part of everyone's lives

This issue of the Doncaster Veterans Steering Group newsletter will focus on Mental Health, Wellbeing, Self Care and offer support and guidance. Our partners have come together to talk about real issues, discuss their own personal experiences and support members of our Armed Forces Community who may be struggling with their own Mental Health.



Mental Health

'5 a Day'

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.

- 1. Connect with other people**
- 2. Be physically active**
- 3. Learn new skills**
- 4. Give to others**
- 5. Pay attention to the present moment (mindfulness)**

Check out www.nhs.uk on how these steps can work for you

Feeling Lonley ...

Most people feel lonely sometimes, for many different reasons. If loneliness is affecting your life, there are things you can try that may help. Support is also available if you're finding it hard to cope with stress, anxiety or depression. It's normal to feel a bit worried, scared or helpless about the current situation. Remember: it is OK to share your concerns with others you trust – and doing so may help them too. If you cannot speak to someone you know or if doing so has not helped, there are plenty of support services within this newsletter you can try instead.

"Its Okay not to be Okay" - Guest Column by Glyn Butcher

Hello my name is Glyn Butcher, I am a member of the People Focused Group and now a Member of the Armed Forces and Veterans Steering Group based in Doncaster. We at the People focused Group support members of the local Armed Forces Community and we would like to say a heartfelt thank you to every member of our Armed Forces community for their service to Queen and Country.

I would like to share with you my experience of having mental health problems, my flashbacks, my trauma and the rollercoaster of emotions I experience. I have been in mental health services since the age of 18yrs old for myself, but i have also been involved in mental health services being a child carer for my mother from being 11yrs old. My Mental Health Diagnosis are Emotionally Unstable Personal Disorder, Obsessive Compulsive Behaviour Disorder (OCD), Anxiety Disorder, Depression, Autism, Co-Morbidities (Drugs 15yrs Clean, Alcohol 12yrs Clean, Pathological Gambling clean 5yrs). You may wonder why I have mentioned all this diagnoses. The reason i have mentioned all this is because all these diagnoses are symptoms of the trauma I have faced on a day to day basis constantly over years and years. The nightmares, the flashbacks, the years of mental, physical and sexual abuse, the endless chaotic behaviour I experienced as a child that I carried on into adult life. I became the abuser to myself, wanting to forget the voices I heard constantly shouting in my head, the outer body experiences, feeling of spiders crawling up my body, the hallucinations me seeing peoples faces changing, the heightened scene of touch, taste and smell. I took Drugs and drunk Alcohol to normalise these symptoms of trauma.

I still continue to live with these symptoms and experiences now, but have learnt to manage them better and speak out against them now. Fear does not have a hold on me, and neither does the trauma. I hope that through sharing my story this encourages others to speak out and talk to someone. It is okay not to be okay, and although by no means are all my issues 'fixed', I am able to live a fulfilling and happy life despite my Mental Health issues and through support from various people I can confidently now say that I am in control.



Visit:

Peoplefocused.org.uk
Telephone: 01302 618 507

“
Your Mental Health is a Priority
”

In crisis?

NHS 111 service

Crisis Team -01302 566999

Safe Space - 01302 566999

Samaritans - 116 123

TOP TIPS

- Get a good nights sleep
- Eat well
- Activity and exercise
- Do something you enjoy
- Get plenty of sunlight
- Talk to others

Sheffield Mind 'Keeping Families in Mind'

Our Keeping Families in Mind service offers therapeutic support to families of the Armed Forces. Our service supports families with their mental health and isolation. We provide free counselling and peer support groups to Armed Forces Families living in South Yorkshire. The family member's location does not matter as long as the person lives in South Yorkshire. During Covid-19 we are providing telephone counselling and video counselling via zoom.



Contact Us:

0114 258 4489

therapy@sheffieldmind.co.uk

www.sheffieldmind.co.uk

facebook - keepingfamiliesinmind

Twitter - KFIMSheffMind

Counselling:

We provide talking therapies to:

- Anyone who has a family member currently serving in the Armed Forces.
- Anyone who has a family member who is a veteran.

We also provide movement therapy until October 2020 to:

- Anyone who has a family member currently serving in the Armed Forces.
- Anyone who has a family member who is a veteran.
- Anyone who is a veteran.

Peer Support Groups:

Additionally, we offer groups for families of serving personnel and of veterans living in South Yorkshire.

This is to reduce isolation, meet new people and learn a skill. Our groups run monthly.

We are providing:

- Creative Writing Group for Armed Forces Families
- Arts and Crafts Group for Armed Forces Families as of October.
- Walking Group for Armed Forces Families starting in 2021.

Support Available in Doncaster

There are many support services who specifically support The Armed Forces Community with mental health issues such as Combat Stress, Veterans Mental Health TILS service, Forces Line and many others. Find all the support available at www.yourlifedoncaster/armedforces

ASK FOR HELP ...

One of the most important ways to keep yourself mentally healthy is to recognise when you're not feeling good, and to know when to ask for help. There's no shame in asking someone for support if you're feeling low or stressed. Everyone goes through patches where they don't feel as good as they should. You can try speaking to your friends or family, or try talking to a professional...

Confidential Helplines:

Forcesline: 0800 731 4880

Veterans' Gateway: 0808 802 1212

Combat Stress: 0800 138 1619

SSAFA & Age UK 'Doncaster Stands By Our Veterans'



SSAFA & Age UK have teamed up to provide a partnership project – 'Doncaster Stands by our Veterans'.

They can help deliver Shopping and medication and are offering a Telephone Befriending service, as well as one off practical assistance.

Telephone Age UK: **01302 812345** or SSAFA: **01302 855518**

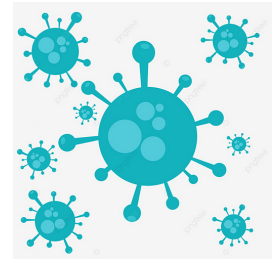
Or email: doncaster.division@ssafa.org.uk. Type 'Age UK' in the subject box

For Updates and key info:
Follow [@SSAFA_SY](https://twitter.com/SSAFA_SY) on twitter

Coping during Corona Virus

Reactions you may feel include:

- Fear and worry about your own health status and that of loved ones
- Changes in sleep or eating patterns
- Difficulty concentrating
- Worsening of chronic health problems
- Added stresses including finances, employment, childcare etc.
- Increased use of alcohol, tobacco and other drugs



Things you can do to support yourself:

- Avoid excessive exposure to media coverage of Corona Virus
- Take care of your body, try to eat healthy, well balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs
- Make time to unwind
- Connect with others, share your concerns and how you are feeling with friends or family members
- Maintain Healthy relationships
- Seek professional support if needed

Taking care of your wellbeing:

- Connect with people
- Decide on your routine
- Try to keep active
- Keep your mind stimulated
- Try to find ways to relax and be creative

LET'S TALK



Contact Us:
01302 798000

info@flourishenterprises.co.uk
www.flourishenterprises.co.uk/

We are a not-for-profit community interest company and parkland, where everyone can come and enjoy the historic surroundings and unwind in the peace and tranquillity. We would like to extend a warm welcome to the Armed Forces Community in Doncaster.



- Come and visit our Walled Gardens and nursery; where you can sit and enjoy being in nature, relax in our sensory DonMentia garden, or shop for plants and fresh seasonable produce.
- Walk in our woodlands; explore our nature trail and get fit in our green gym.
- Meet a friend in our cafe; drink and dine in a beautiful Victorian house, or take a seat outside overlooking our gardens.
- Ask about joining us as a volunteer, to help make our space a better resource for the community.
- Try one of the many community groups which run here
- Take advantage of the many independent business based in our house and grounds, including; barbers, beauty therapy, massage, counselling, squash and leisure club, and a yoga studio.

Communities Team - *Tackling Social Isolation*

The DMBC Communities Stronger Families and Wellbeing Teams continue to support the most vulnerable residents of Doncaster, including members of our Armed Forces community. We have a dedicated Veterans Support Officer along with Veterans Link Officers, Wellbeing Team and Stronger Communities Officers who support members of the Armed Forces community, helping to tackle social isolation and loneliness from the front line. We are now offering dedicated Virtual Drop in sessions for members of the Armed Forces community. Details of these can be found on www.YourLifeDoncaster/armedforces.



THERE'S ALWAYS SUPPORT AVAILABLE...

**DON'T
SUFFER
ALONE**

we
can
help...



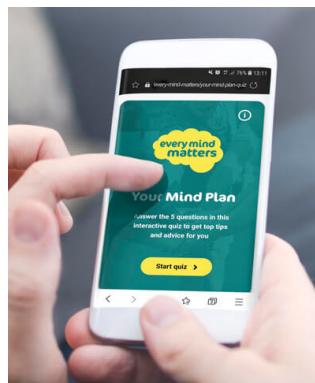
GO TO:
WWW.YOURLIFEDONCASTER.CO.UK

Dont forget...

Visit **Your Life Doncaster** for information, advice and guidance along with local support. It contains info on local drop in sessions, local and national discounts, key support services, health, housing, education, employment and wellbeing. We have a dedicated Mental Health page for anyone seeking support in Doncaster.



**every mind
matters**



Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.

Take the **5 question quiz** to get the best tips and advice for you.

www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz

A Message From...

**CLLR PAUL WRAY -
DONCASTER COUNCIL
ARMED FORCES
CHAMPION**



Hello, My name is Cllr Paul Wray and I am the Veterans Champion for Doncaster Council. I have written a few times for the Veterans Steering Group newsletter and I wanted this time to be a little different. As a Steering Group we feel that it is really important for our Armed Forces community to be able to access the support they need as easily as possible. When it comes to mental health we know there is no one answer that can fix all, but all of our support services are working together to be there for any member to the Armed Forces community should they need it. This is a difficult time with people facing new challenges with struggles and worries they may never have had to face before. As a group we recognise this and we are ensuring that the best possible support is in place for our Veterans and their families around mental health and wellbeing. I hope that this newsletter will act as a toolkit to anyone who may be struggling at the moment and please know that we are always here should you ever need it.