



Lifecraft services

LIFELINE

Freephone 0808 808 2121

Are you feeling: distressed, anxious, depressed, suicidal?
Needing someone to talk to, nowhere to turn?
We're here to listen.

Lifeline is a confidential telephone helpline service that operates across Cambridgeshire between 7.00pm and 11.00pm, 365 days a year.

Counselling Service

At Lifecraft members can access free, long-term, one-to-one counselling. We believe each individual is unique and worthy of respect. Please contact our Counselling Coordinator for more information: counselling@lifecraft.org.uk.

Lifecraft Information Centre

Lifecraft Information Centre is open Monday to Friday, 1pm to 4pm, for enquiries, information and signposting.

Shame No More

Shame No More is all about understanding how our mental health can make us feel. If you would like to look at ways in which you can improve your self-esteem and feel more confident about yourself, Shame No More could be for you. For more information please contact Bev on bev@lifecraft.org.uk

JustTextGiving™ Would you like to donate to Lifecraft?

by Vodafone have come up with a new way of donating, simply send this message: LFCR11, then the amount you want to donate (£1, £2, £3, £4, £5 or £10) to 70070, and Lifecraft will receive the whole of your donation as Vodafone don't make any deduction for this new service.

You can even donate with Gift Aid, which will give us an extra £2.50 for each £10.00 you donate. Why not give it a try - you know your donation will be put to good use.

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Lifecraft, The Bath House, Gwydir Street, Cambridge, CB1 2LW
Tel: 01223 566957 Email: info@lifecraft.org.uk

To help us reduce postage costs Lifecraft Times is sent by e-mail wherever possible. Please contact us if you would prefer to receive Lifecraft Times by email or if you are able to collect your copy from The Bath House.



Lifecraft Times

Lifecraft is a user-led organisation for adults who have experience of mental health difficulties in their lives. To find out more please visit our website: www.lifecraft.org.uk or contact us on 01223 566957 or email: info@lifecraft.org.uk or Twitter @LifecraftCamb

Registered Charity: 1048144

March & April 2014

Spring into Action! An Open Letter from Lifecraft

Dear Lifecraft Member,

As Lifecraft approaches its 21st birthday I wanted to write to you all to reflect on another year of positive events and successful achievements and to look forward to the future.

In the last year our Counselling Service and telephone helpline Lifeline has continued to grow from strength to strength and has been a valued service for our members. Our two major projects Shame No More and the Time to Change Roadshow both tackled the stigma felt internally and externally due to people's mental health diagnosis. Both projects have given our members an opportunity for their collective experiences and creativity to be shared with our local community. Our skills training took a specific focus and through EU funding we gave emphasis to two areas of employability - office administration and floristry skills. The courses were well received as has been our member employment scheme which gives members the opportunity to have a taster of work and gain confidence in learning new skills.

Looking now to what's coming up this year. Lifecraft's commitment is to provide groups and activities which its members have suggested and therefore in this edition of Lifecraft Times in our spring timetable you will see some new groups and the return of a popular group from our past. Lifecraft will continue to develop its activities to match the needs of its members, therefore, we are also looking to run our successful START group again. START which stands for Support to Achieve Realistic Targets is an 8 week course designed to help members move forward in their lives in all sorts of ways. If you are interested in finding out more please contact the office on 01223 566957 or email info@lifecraft.org.uk

As we head into spring and the lighter brighter days are upon us think of Lifecraft and what it can do for you and what you can do for us. Whether you are interested in fundraising and volunteering for us, or if you would like to gain work experience, learn a new skill, meet new people or if you have a problem and need advice come in and see us.

Andrew

Check inside for further information about our new groups and upcoming events.

We want your emails!

Occasionally Lifecraft will organise an event at short notice which means that we can not advertise it in Lifecraft Times. However if we have your email address you can be assured you'll never miss an event. To join our mailing list send your email address to communication@lifecraft.org.uk along with your name and please mark the subject as "mailing list".

Giving A Bit

Lifecraft has joined Giving a Bit which means that you can donate to Lifecraft while you're online shopping without spending an extra penny. All you just need to do is click through the Giving a Bit website on your way to shop and they will donate the commission from the shop to Lifecraft. Visit www.givingabit.com for more information and to sign up.

Lifecraft Diary and Activities for March & April

A copy of Lifecraft's new timetable is included with this issue.

Less Stress Group

Mondays 12pm - 1pm 24th March until 12th May
Do you find life stressful? Do you want to learn techniques to help reduce stress? Then come along to the Less Stress peer support group. You will learn stress reduction techniques from each other and with each other in a relaxing, supportive and motivating environment. The group will be facilitated by Lifecraft's student social worker, Ciara.

The Less Stress group is a open group so there is no need to book a place. For more information please contact Ciara on **01223 566957** or email ciara@lifecraft.org.uk

Drama Therapy Group

Thursdays 12pm - 1.30pm starting 27th March
Are you interested in drama? Do you want to be involved in a supportive collaborative group? Then the Drama Therapy Group is for you. The group will offer a supportive space where you can explore your feelings and experiences. The group will be led by Emma Hewlett, a qualified dramatherapist.

Please note that as the group aims to produce a performance at the end of the 12 sessions the group will be open to all members for the first 3 weeks only. The group will stop taking new members after Thursday 10th April.

For more information please contact Lifecraft on **01223 566957** or email info@lifecraft.org.uk

Arts and Crafts Workshop

Tuesdays 2pm - 4pm starting 29th April
Lifecraft is starting a new arts and crafts workshop led by Karen Kellet, a professional artist. The group aims to learn different arts and crafts techniques while making items to sell. All materials will be provided and the techniques used will include printmaking, stencilling, decoupage, card marking, making pop-ups, sewing, knitting, crochet and embroidery.

For more information or to register your interest please contact Karen via Lifecraft on **01223 566957** or email info@lifecraft.org.uk

A **massive thank you** to Gill and Ciara for organising the Valentine's Day party, to the Women's Group for the chocolates and flowers and to Sharon, Malcolm and Kezia for organising the Pancake Day Café.

Talks at Lifecraft

Alternate Mondays 1.30pm - 3pm
Please note the changes to the previously advertised schedule.

17th March - Exercise and Mental Health
Jenna Frost, a Personal Health Trainer based in Arbury, will be talking about how making small changes can help you live a happier healthier life. (Previously 31st March)

31st March - Faith and Mental Health
John Nicholson, Chaplain at Fulbourn Hospital, will be talking about the relationship between faith and mental health. (Previously 17th March)

14th April - Recovery Model
Speaker to be announced

28th April - Recovery College
Tracey Tingey, from Recovery College East, will be talking about the college and how it can support your recovery.

If there is a topic you would like to see covered or a particular speaker you think people at Lifecraft would like to hear then please contact us on **01223 566957** or info@Lifecraft.org.uk

Women's Group Schedule

Thursdays 2pm - 4pm
27th March - Comedy Afternoon
3rd April - Floristry - Bring in £5 the week before
10th April - Bingo - Please bring in prizes
17th April - Jewellery Making
24th April - Tea at Living Stones
1st May - Visit Milton Country Park
8th May - Card Games
15th May - Visiting Deb's Nursery
22nd May - Floristry - Bring in £5 the week before
29th May - Pictionary and Harp Music

Future Groups

Lifecraft is looking into organising a rambling group and a photography group if there is enough interest. To register your interest so we can keep you updated please contact Lifecraft on **01223 566957** or email info@lifecraft.org.uk

Mental Health Smartphone Apps

The Sun Network have created a Crisis Card app which is available for people who experience mental health issues and who reside in Cambridgeshire. This service was designed by people who access mental health services or who have lived experience of mental health. The app is helpful in aiding with self-management as well as notifying others to a potential crisis. It offers a number of useful features including:

- A 'Call for help' button which accesses your support network without having to talk and shares your location without having to know it yourself
- The ability to record and track your day-to day wellbeing over time, which can be helpful in familiarising yourself with the tell signs of slipping into a crisis
- A library of reference information offering health and lifestyle support. This feature suggests useful tips such as diet and activities to maintain and manage your mental wellbeing.

The Crisis card smartphone app is available for Android and iOS and is absolutely free to download. To find out more or to download your copy visit: www.sunnetwork.org.uk/crisis-card/phone-app

To find out more about other apps which could help you maintain both your mental and physical wellbeing, visit <http://myhealthapps.net/>

If you don't have a smartphone the Sun Network have also produced a paper-based Crisis Card. The Crisis Card indicates that a person has mental health challenges and the card includes space to write your details, diagnosis, a first point of contact and medical contact so that you can get the relevant support needed in a crisis. For more information and to download yours visit: www.sunnetwork.org.uk/crisis-card/paper-based

Outsider Art

The term "outsider art" was coined by art critic Roger Cardinal in 1972 to describe art created outside the boundaries of official culture and the established art scene. Originally such artwork came out of the "insane asylums", but later on the term was used to incorporate artists who were self-taught, had little or no contact with the mainstream art world or were not connected to any art institutions. In recent years outsider art has emerged as a successful art marketing category and the established art world has started taking the work of outsider artists more seriously. An outsider art fair has taken place in New York since 1993 and recent BBC "Imagine" programme on outsider art presented by Alan Yentob has raised the profile even more.

Outside In is an arts agency which provides a platform for artists that find it difficult to access the art world either because of mental health issues, disability, health or social circumstance or because their work does not conform to what is normally considered as art. Outside In has created an online gallery where artists can upload their work for free. The website also features a helpful how-to guide to get people started. There are no restrictions for creating an online gallery or entering Outside In competitions. Outside In offers its members the chance to connect with like-minded artists, have an online presence in their gallery and take part in national art competitions. It also gives information, support and advice on how to develop as an artist. To get involved visit www.outsidein.org.uk.

Lifecraft runs an art group that is very popular and well attended and Lifecraft hoping to do more arts and crafts in the future. If you want to promote your artwork by joining Outside In and uploading your work onto the online gallery but need some help with this please contact Lifecraft on **01223 566957** or email info@lifecraft.org.uk

Lifecraft's Art group runs every Friday 1pm-4pm.