

MHELO NEWSLETTER



FOCUS GROUPS UPDATE



Over the last few months the MHELO Steering Group decided to focus on two areas: GP Surgeries and Benefits. What happened with the results from the discussions and surveys? The key issue that came up was the disparity in mental health training and interest between different GPs surgeries. We've also fed into bigger consultations, including the Community Mental Health Transformation Project, which we are involved in, and sent our concerns to commissioners.

MHELO Social Events

Following a lovely picnic event in September, where MHELO members got together in Pittville Park in Cheltenham (we were lucky with the weather – glorious day!), the next social will be a Hygge event in the Friendship Café in Gloucester on January 25th. See poster attached. Think cosy, hot chocolate, soft music, stories – an event to bring us together and banish the January Blues.



We also held a benefits speak up group and produced a sign posting sheet for where to go for help in Gloucestershire - Clare will send this around in the new year



We're looking for more people for the MHELO steering group to help make a difference to mental health in Gloucestershire; if you think you'd like to be involved in this valuable work, email mhelo@inclusion-glos.org or call Clare on 07889 213462 for more information.

Other things we have been doing

MHELO Members have been involved in developing a new pathway for crisis care in Gloucestershire and some members also attended a workshop last Thursday which was organised by the integrated care board.

Ways to improve your wellbeing

Learn something new



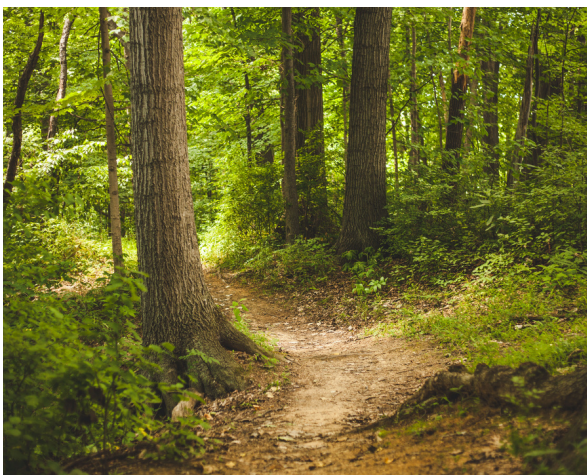
You don't have to be able to sit like this to practice Mindfulness, you can walk, relax in an armchair or lie down. It can become part of your everyday life. Have a look our Self-Care Toolkit

<https://www.inclusiongloucestershire.co.uk/engagement/mhelo-mental-health-expert-led-opportunities/> for ideas for mindfulness exercises, or have a look at a guide such as this

<https://actionforhappiness.org/node/723>.

You'll find others on YouTube, or EventBrite or on one of the wellbeing apps. Find one that suits your taste

Or connect with Nature by going for a walk



Connect with others

Check your local community for coffee groups. In Cinderford, one of our MHELO members, Steph co-runs a coffee morning at The Wesley on 1st Wednesday of every month, 10-1. Pop over to say Hello



Creativity for Wellbeing

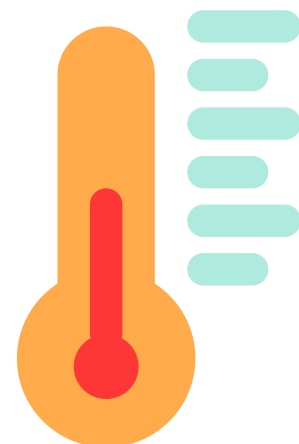
Follow these links to find classes, often for free or PAYC, near you

<https://artlift.org/>

<https://artshape.co.uk/>

<https://www.sgscol.ac.uk/study/creativity-for-wellbeing>

Keep warm this winter



Struggling with the cost of bills? Follow this link for places you can be warm, charge your phone and get help.

<https://www.gloucestershire.gov.uk/your-community/support-hub/warm-spaces/>