

## Introduction

Welcome to the July edition of the Bristol Mind Mental Health and Wellbeing Newsletter. Normally, my monthly introduction focuses upon a key feature of the coming month - but for this newsletter, it's also important to reflect back on recent events.

This month, we're dedicating space to issues of discrimination, and amplifying marginalised voices. Pride month took place in June, and the Bristol Pride festival was originally scheduled for July - so we'll be hearing from [the team at Bristol Pride](#), and volunteers within our own [MindLine Trans+](#) service. We've also got a spotlight on our [LGBTQ+ guest contributor](#) this month; Kiki are a social space for LGBTQ+ people of colour.

It's particularly important that we highlight voices of colour and the issues facing BAME people at this crucial time. The impact of George Floyd's killing in Minneapolis, for which four police officers have been charged, continues to be felt across the world. Tens of thousands of people in this country have marched and demonstrated to add their voices to the clamour for change, and **to speak against racism and police brutality against Black people**; and in our own city, global headlines were made as Black Lives Matter protestors toppled the statue of slave trader Edward Colston.

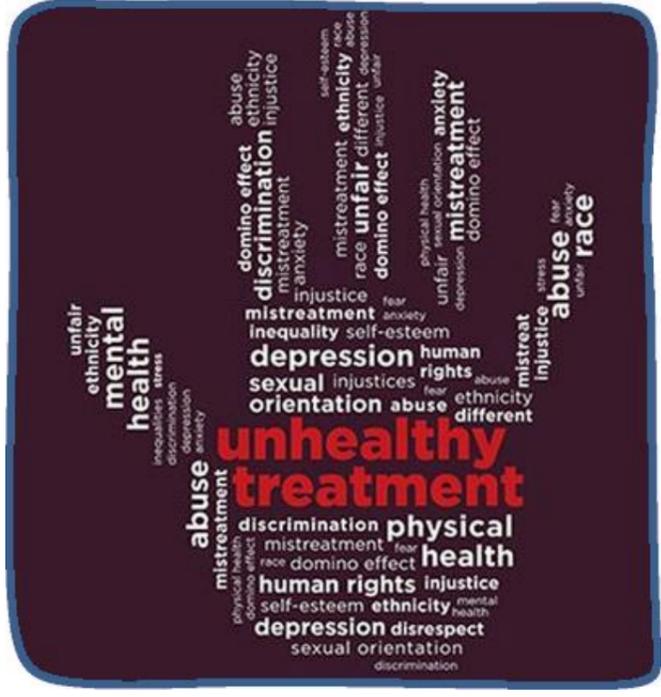
**Within our own organisation**, our BAME advocacy service works to ensure the rights of BAME people, who are over-represented in the mental health system. You can [read more about the service](#) in this month's edition; and we want to particularly highlight [the case of Mr. A](#), a young Palestinian man who is the subject of [a petition](#) to the home office and [national media attention](#). Our hate crime service also works as part of the wider Bristol Hate Crime and Discrimination Services, to fight against injustice, hate crime, and discrimination across our city.

More generally, the links between discrimination and poor mental health are well documented. Many people with mental health problems report that the effects of the discrimination that they experience can often be more damaging than the mental health issues themselves, and can exacerbate their problems. There are many academic studies that argue that **discrimination is itself a cause of poor mental health**. Discrimination causes psychological distress, which is characterised by symptoms of depression (sadness, hopelessness), anxiety (restlessness, nervousness), and other negative emotional responses (like anger, and frustration).

The affects of discrimination can begin their damage in childhood: affecting children's sense of belonging, leading to lower self-esteem; reducing their aspirations; being a victim of bullying; and causing feelings of powerlessness and frustration. The fear and anticipation of discrimination can lead to heightened everyday stress, and the regular moderation of behaviour in seeking to avoid situations where this may happen - and of course, discrimination doesn't stop in childhood. The long-term effects of discrimination can translate into poorer educational outcomes, and in adulthood, reduced employment prospects; poorer housing options; physical health problems; and significant mental health problems. **Discrimination, therefore, is not only a civil rights issue, but also a public health concern**. The impact is felt across all marginalised groups - Traveller populations, for example, have far lower life expectancy than the average as a result of higher rates of physical and mental ill health; and LGBTQ+ people experience mental health problems disproportionately - a study by Stonewall showed that over half of LGBTQ+ people had experienced depression in the preceding year.

The challenging of discrimination should not just be a battle for those experiencing it. Discrimination should be an issue for all, and it's up to all of us to educate ourselves about the experience of discrimination, and to take whatever actions we can to help eliminate it.

Tom Hore, Director

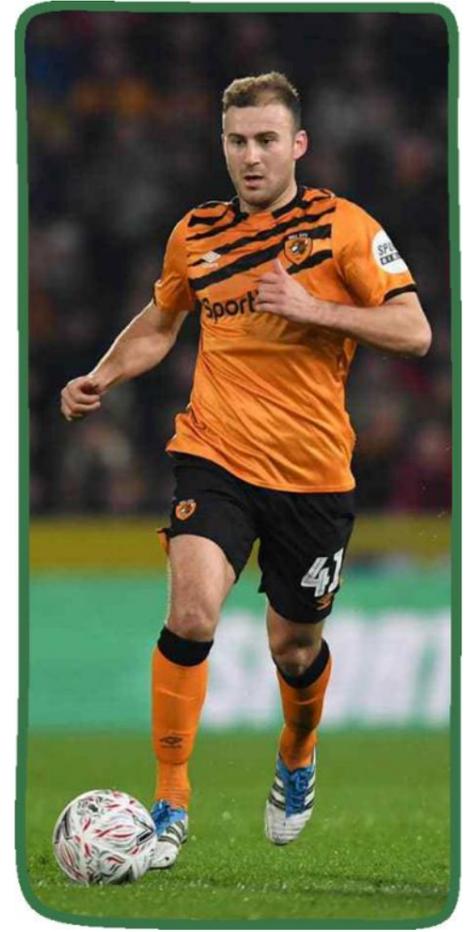


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# New Bristol Mind Ambassador!



We're excited to announce [our new ambassador](#)! **Herbie Kane** is a Bristol-born footballer. He plays for Liverpool, is currently on loan to Hull City, and has also played for England.

Herbie is passionate about Mental Health because he's seen and come across people who have struggled with their mental health, and he wants to help. Herbie said: "I think men as a whole want to put on a brave face when it comes to feelings and emotions, they don't want to show them, but I think if you talk about them to someone or anyone then it will help a lot."

By becoming a Bristol Mind ambassador, he hopes to spread the message that there's no shame in addressing mental health problems and talking about them. Herbie will be pivotal for Bristol Mind in helping us spread the word about our local services, and by working with us on specific projects. Furthermore, he'll help us reach new audiences, and help us to encourage people to be open to conversations and to seek help when necessary.

Bristol Mind's ambassadors support our organisation by promoting our work as widely as possible, and by encouraging more people to support Bristol Mind. They're committed to our cause, and to raising awareness of mental health problems.

## Top Tips for Talking to your Mates about their Mental Health

- **Be Confident:** even if it's uncomfortable, you're doing the right thing, and you could make a massive difference by reaching out.
- **Think about what you're going to say:** it's important to make sure your friend knows you really do want to listen - you might have to [Ask Twice](#).
- **...and when you're going to say it:** try to choose a place and time when your friend will be comfortable to talk. It can be harder to talk face-to-face, so why not try suggesting a walk together?
- **Let them know you care:** it doesn't have to be with words; when someone is struggling, a show of support or solidarity can be as simple as treating them like you normally would. Keep reaching out and inviting them to plans, and letting them know you have their back.
- **Point them in the right direction:** it's not your responsibility to have the answers, but you can help your friend find professional help. We've got a handy list [here](#), and lots more [on our website](#).

# Bristol MindLine

Open  
7 nights a  
week during  
the **COVID-19** crisis

Are you feeling...

Anxious? Depressed?  
Lonely? Angry?  
Distressed?  
Worried?  
Suicidal?



Or are you worried about someone else?

Call our emotional support helpline

**0808 808 0330**

During the coronavirus crisis we will be  
open every night 7pm-11pm

Here to listen when you need to talk

[www.bristolmind.org.uk/mindline](http://www.bristolmind.org.uk/mindline)



Bristol, North Somerset  
and South Gloucestershire  
Clinical Commissioning Group

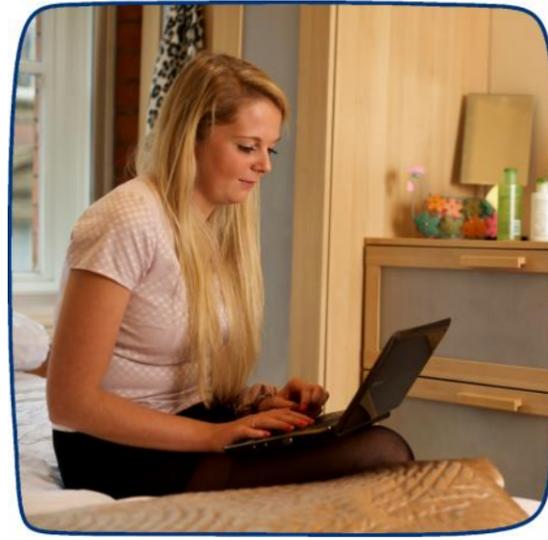


For better mental health

# New Online Training Available for Your Organisation!



Visit [www.bristolmind.org.uk/training](http://www.bristolmind.org.uk/training) to download our full training brochure, or email [training@bristolmind.org.uk](mailto:training@bristolmind.org.uk) for a quote.



## Supporting Mental Health and Wellbeing in your Workplace during COVID-19

We understand that for many organisations COVID-19 is creating a lot of uncertainty, and this may be having an impact on your business and your employees. It's important that we recognise how this 'new normal' may affect our mental health and ensure we're taking care of ourselves and our colleagues. **We're here to support you.**

Our new Online Workplace Mental Health and Wellbeing Training Courses acknowledge the impact of Coronavirus and support you to **manage mental health and wellbeing proactively**, and to minimise the impact of mental ill health on your business and your people.

Our courses are accessible, written and delivered by experienced and expert trainers. We have live webinars and pre-recorded courses appropriate for every level in the workplace - from managers to employees - and we can develop bespoke training to meet your organisation's needs.

We will help you to raise the level of health, wellbeing, and engagement across your organisation, so that your business can accommodate the 'new normal' and **your people can thrive**. You can view our full brochure on our website, [here](#), or contact [training@bristolmind.org.uk](mailto:training@bristolmind.org.uk) for a quote.

### Our available courses:

- Mental Health Awareness for Managers (Including COVID-19 updates)
- Understanding Stress, Anxiety, and Depression, and what helps - pre-recorded online training
- Having sensitive wellbeing conversations with your team during COVID-19
- Supporting our own and each other's wellbeing during COVID-19
- Online Adult Mental Health First Aid
- Adult Mental Health Aware
- Mental Health First Aid (Refresher)

### One Hour Webinars:

- Resilience and Wellbeing for HR teams
- Working from Home - Wellness Action Plans for employees
- Working from Home - Wellness Action Plans for Managers
- Stress Resilience Toolkit
- Good Mood Food toolkit
- Mindfulness
- Bespoke webinars: developed specifically for your organisation's needs

If you haven't already, please subscribe to our [YouTube Channel](#). We have lots of short, free, supportive videos for wellbeing and mental health.



## Please Support this Petition

<http://change.org/p/uk-home-office-show-compassion-for-disabled-refugee-in-hunger-strike-for-justice>

A man in Bristol is in hospital on hunger strike following the refusal of the Home Office to include his correct date of birth on his records. "Mr A" has complex PTSD and learning difficulties. He was born in December 1994, but his official records give a birth year of April 1989. He has been on hunger strike for more than 100 days in protest of what he describes as a theft of his identity.

Mr A arrived in the UK as a teenager with both of his parents dead, seeking asylum - having fled Gaza, where he was tortured. With no original birth certificate, an age assessment was carried out by the local authority, and concluded that he was 19. He has always maintained that he was 14 at the time, and when he started school he was placed in Year 10 with his peers. His foster mother, Patsy, says **there is no doubt that he was a 14-year-old** when he first came to live with his foster family: "There is a big difference between a 14-year-old and a 19-year-old. He liked cartoons and children's programmes, he was stropky at times, he didn't keep his bedroom tidy, and needed support with his organisational skills. Just typical teenage behaviour."

In concluding he was over 18, the Home Office did not need to process his asylum claim as a minor. Mr A was granted indefinite leave to remain in the UK in 2019, and asked for his records to accurately reflect his real birthdate, but this has been refused - despite intervention from Mr A's local MP Kerry McCarthy. The charity Mind has written to the Parliamentary Undersecretary of State for Immigration Compliance and Courts, Chris Philip MP, to ask for urgent action. Changing the date would be at the discretion of the Secretary of State for the Home Department, Priti Patel. **It would not give Mr A any legal advantage** or qualify him for additional state support.

He began his hunger strike on March 6th. His multidisciplinary team, which includes a consultant psychiatrist, clinical psychologist, care coordinator, and a recovery navigator, wrote in April to the Home Office to support his wishes, describing his hunger strike as a form of suicide. The man is also being supported by an advocate at Bristol Mind, and by the legal team at the national Mind charity.

Paul Farmer, Chief Executive of Mind, wrote in the letter to the Minister on Friday 5 June: "His date of birth is part of his identity as it is with all of us, but that sense of identity is overlaid with the most traumatic of experiences, loss of country, parents and being subject to torture and multiple mental disorders. Any further loss of identity such as the day you were born can therefore become **catastrophic to the sense of self**."

"We ask you to consider Mr A's experience through all those prisms and the consequential damage to him that now means his life, which matters, hangs in the balance, and weigh that against the total lack of prejudice to the Secretary of State if she agrees on humanitarian grounds to exercise the powers vested in her to change Mr A's date of birth back to that which he has stated."

Tom Hore, Director at Bristol Mind, said "It makes no difference to the Home Office to change his date of birth, if they would it would give him back a vital part of his identity and stop the unnecessary distress it causes him. In a week when people across the globe over are protesting about the value of people's lives, **for the sake of just a few digits, a man's life could be saved.**"

Please support this petition, which already has almost 2,200 signatures, and help us to persuade the home office to make this change for Mr A.

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# BAME Advocacy at Bristol Mind

Unlike many other cities, Bristol is unique in providing a [BAME Advocacy Service](#). We caught up with Zakira Takolia, who runs the service, to hear more about why this service is so essential.

Bristol Mind has run the BAME Advocacy Service for over 14 years. We provide an IMHA (Independent Mental Health Advocacy) service for those who are detained under the Mental Health Act (1983), and we also provide a general advocacy service for informal service users and those who are in the community. My role as an advocate is to assist and **support service users to have their voices heard**. The role of an advocate is not to tell you what to do - but to help enable service users to decide what they want.

**Bristol's BAME Advocacy Service is unique.** The service exists because we know that nationally certain BAME groups are over-represented in services. In the year to March 2019, Black people were [more than four times as likely](#) as White people to be detained under the Mental Health Act. Out of the sixteen specific ethnic groups, Black Caribbean people had the highest rate of detention - excluding only groups labelled "Other". By having a specific BAME service, we can ensure that those groups who are over-represented, marginalised, and excluded have a voice.

The reason I started working as a BAME advocate at Bristol Mind was because I wanted to help people. I'd previously worked with vulnerable women as a support worker, and wanted to participate and engage in a role where I could make a difference to people's lives. Advocacy felt like an obvious choice; I gravitated to the role because **advocacy empowers people**, as opposed to making decisions on a person's behalf.

My role as an advocate is not to make value judgements about a decision, but to support a service user to have their wishes heard. This is so important: many service users feel so much is being done *to* them, and advocacy can counteract this. Advocates are imperative in making sure service users' rights are adhered to; we know of cases where this has been a problem: advocacy hasn't been available, and services therefore haven't been held to account.

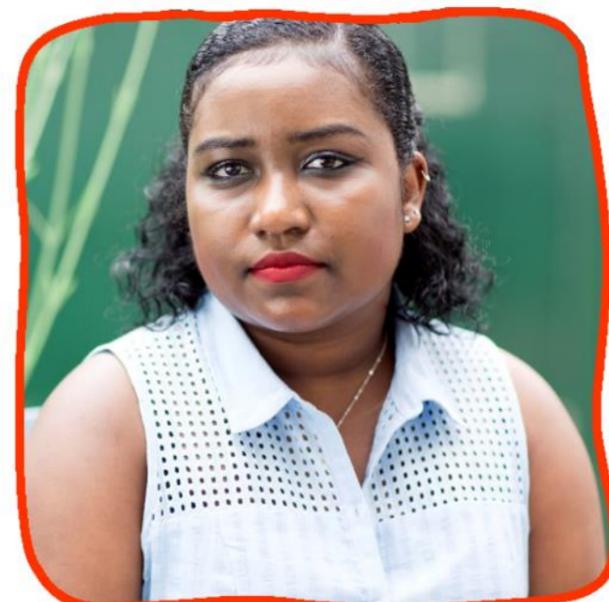
I'm passionate about providing this service, because **it is about justice and changing the balance of power**. This is, and always has been, what drives me to continue to work as an advocate.

Unfortunately, there are long-term challenges we must navigate when supporting people in this role. When I first started out, getting professionals to understand and engage with me was very difficult. Obstacles were put in my way: professionals would not respond to my queries, or put barriers in place to prevent me attending meetings. Sometimes professionals don't understand the role of an advocate, or feel that I'm going to criticise their professionalism. I always remember that **the wishes of the service user are at the centre of everything I do**; even if professionals are annoyed with my persistence, I'll continue to challenge and ensure the service user's voice is heard.

COVID-19 has brought new challenges. At the start of the lockdown, most Bristol Mind staff had to start working from home. I had to adjust my working practice to contact service users over the phone, and to participate in meetings via Skype. I'm still able to support service users, but I can't see anyone face to face - which is challenging, when an important part of my role is to sit down with a person and take the time to listen. Despite the challenges, though, the BAME Advocacy Service remains as busy as ever.



**"I have always found the advocacy service very helpful, as I've been in and out of hospital more than a few times. Zakira has always been very quick with her responses to me, and with dealing with matters for me; I couldn't have done it without her. I am most grateful for the service, as it's provided me with a lot of support."**



If you require access to a BAME advocate, contact Zakira on 07535403033, or by email: [zakira@bristolmind.org.uk](mailto:zakira@bristolmind.org.uk)

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# Our LGBTQ+ Guest Contributor for July 2020 - Kiki

Sharifa Whitney James, Co-founder of Kiki & LGBTQ+ Development Worker at Off The Record Bath & NES



Bristol is a unique city with an amazing night life, beautiful green spaces, and a variety of culturally rich events to explore. Bristol is also home to a busy LGBTQ+ scene, catering to different interests and musical tastes, with events popping up across the city.

Each year, Pride month happens in June and Bristol Pride Day (including the march, and busy night of events and parties) happens in July. The two week Pride festival in Bristol brings revellers to the city to experience a safe space to celebrate LGBTQ+ identities. Due to COVID-19, this year's Pride celebrations have sadly been postponed to September, but we wanted to catch up with Bristol's LGBTQ+ organisers to hear what they're up to and what's in store for Bristol's LGBTQ+ scene.

This month, we've been speaking with Sharifa from Kiki.

"Kiki Bristol is an LGBTQ+ social space for BAME people. Our team consists of Sharifa Whitney James, Linda Devo, Lara Lalemi, Edson Burton, Peta Shillingford, Myles-Jay Linton, and Epiphani.

Kiki grew out of feelings of exhaustion from a lack of representation and visibility in Bristol's LGBTQ+ scene. Many of the Kiki team had lived in Bristol for over a decade, and wanted to see themselves represented within the scene. We wanted to listen to music that reflects our varied cultures and heritage, and we wanted to see people who look like us. To achieve this, we realised we needed to create a safe space for black and brown LGBTQ+ folk.

We started Kiki in September 2017 in a Clifton bar (which was offered to us for free for the first 3 months). We wanted it to be a low-key affair, to guarantee the safety of the people attending, and we wanted the location to be away from the centre - where friends and family of people attending might be. We knew that vulnerable people would want to attend Kiki, and their safety was paramount, so we needed to be discreet and respectful - which meant that we didn't advertise much in the beginning.



As the group has grown and we've worked on what we're trying to achieve, we made the decision to open the group as a space for all - but we still centre queer black and brown people with every event we curate. Allies can come to many of our events, but some are still just for black and brown people - it's important to have events that are only for people of colour, so we can have spaces to grieve, share common experiences, and hold each other without white gaze or judgement.

When starting any space or organisation, getting your name out there can be a struggle. The LGBTQ+ community really supported us and shared our mission and vision throughout Bristol. We've been received well by the community, earning two awards: [Bristol Pride 2018 Positive Community Impact Award](#), and [Bristol Diversity Award 2019](#).



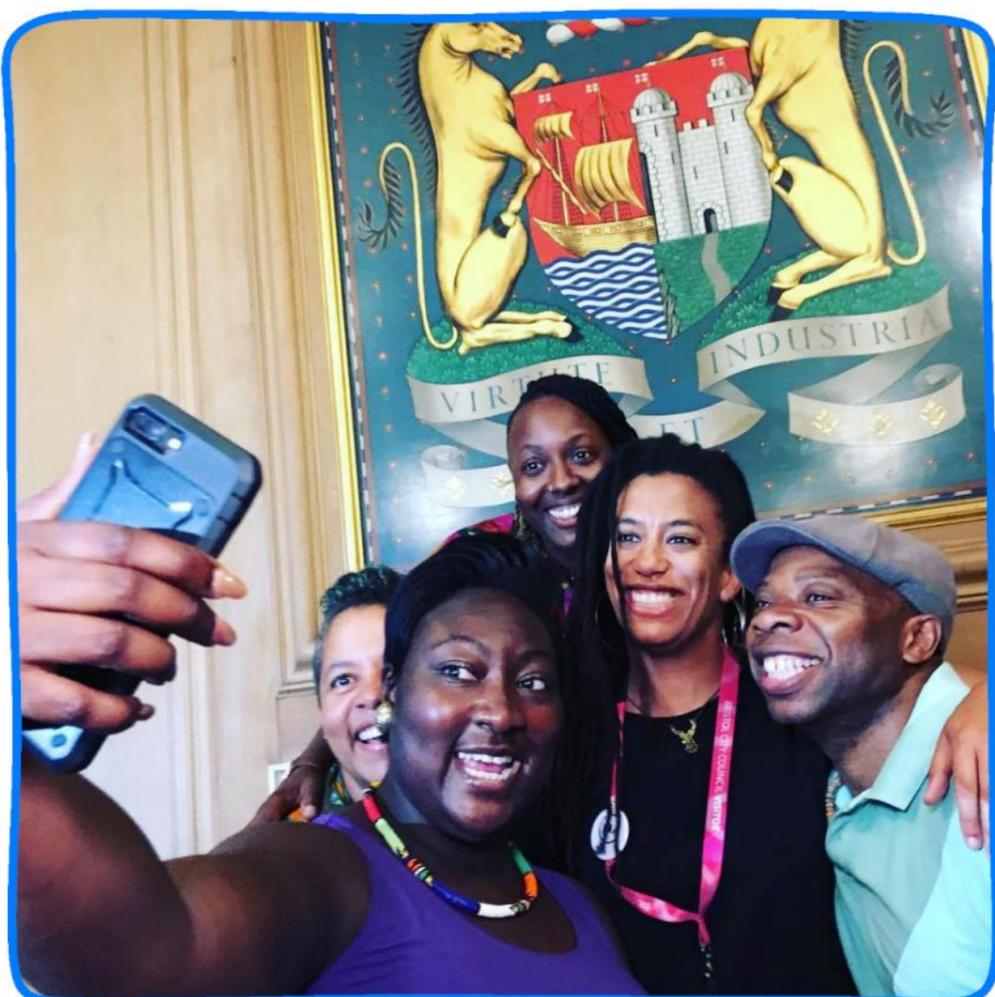
The principal purpose of Kiki, and the events we organise, is to create a social space. We curate a variety of events - from meet and greets to club nights. We've held LGBTQ+ BAME short film nights, and safe and inclusive nights packed with black artists and music from our cultures - and we've also collaborated with big names and events like Bristol Pride and Shambala, and held talks with prominent queer black activists. We've also made it a point to collaborate with institutions which historically haven't held space for people who look like us; enabling us to unapologetically take up space.

We felt that Bristol needed a space like Kiki for our community's wellbeing and mental health. It's vital that queer black and brown folks see ourselves reflected in these spaces, and what we offer was non-existent in Bristol before. We've carved out a space for LGBTQ+ people of colour in the LGBTQ+ scene, where we can explore what blackness and queerness mean to us without judgement.

Unfortunately, there isn't enough investment in support for LGBTQ+ people and organisations. Marginalised communities are left to support each other with their mental health and wellness, with no funding. We mostly do this through safe,

inclusive spaces - but we can only do as much as we can as individuals and as groups. We need more investment, especially in the current climate for queer black folks. We plan to have a space to discuss mental health in the queer black community, and to hold wellness sessions for our community. It's so important during these times that we stay visible - to our community, and to our allies. We know that BAME people are disproportionately affected by COVID-19, so having and holding a space is more important than ever.

We've been running a quarantine series on Instagram called "A night with Kiki and..." - we've hosted Vogue dancers, Drag Kings and Drag Queens so far, but we're also covering a wide range of subjects. Also coming up is a Kiki Live series of conversations on Black Lives Matter and Black Injustice, and our role in the movement."



**If you'd like to find out more about Kiki, check out their [Instagram](#) and [Facebook](#) pages.**

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# MindLine Trans+ - Volunteer Blog

Bristol Mind proudly runs a national helpline for the Trans+ community. We caught up with one of our MindLine Trans+ volunteers to hear about their experience.

“20 years ago, when I was a young genderqueer person, I was going through a rough time. My family had been very distant for some years, and I was facing some backlash from my chosen LGB family about coming out as trans. I felt very alone, and like many other people suffering from minority stress, I turned to drugs and self-harm to dampen my feelings of hopelessness.

During that time, I managed to reach out twice. It took a huge amount of bravery to pick up the phone and try to say “I’m not coping...” - I didn’t really know what support I was looking for, just to hear a friendly voice I guess, to feel like someone cared.

Unfortunately, I never got to explore that. The first person who answered was utterly unaware of what being trans was, and when I tried to explain, they made a lot of assumptions and asked me, “why would I want such a difficult life?” - suggesting I’d be better off if I “just forgot” about being trans. The second time, it was even harder to reach out, and the result was no better.

Both times I never got beyond trying to explain my gender, to actually talk about my feelings of distress. My problems weren’t specific to walking in the world as a trans person; I was lonely, isolated, and in emotional pain. However, the lack of understanding meant that I could not get the support that would have been available to someone who was cisgender and heterosexual. This compounded my feelings of being utterly alone and unable to survive in a world that was hostile towards me. It was an extremely hard time to get through, and left me with a lasting understanding that services weren’t for people like me.

Fast forward twenty years and, on moving to Bristol, I happened upon an advert for MindLine Trans+, a twice weekly helpline for transgender, non-binary, and questioning people, and their families and friends. I knew I wanted to get involved and see if I could help.

In November 2019, I completed intensive training with Bristol Mind and began as a MindLine Trans+ helpline volunteer. In the many calls I have taken since, I often recognise the relief in the voices of callers when they explain some part of their identity and hear that they are quickly understood. Bristol Mind tries to ensure that volunteers on the line have lived experience and, if not, then they are fully trained in transgender awareness. This removes one huge barrier (amongst many others) for people to be able to reach out and feel supported, whether their reason for calling is directly related to them being trans or not.

For me, there is a swelling in my heart when a caller says “Thanks, it’s been really useful to talk to someone who gets it”. I know that they have had one positive experience in a world that can be hostile to gender variant people. We are not here to advise, direct, or persuade, but to listen, empathise, and accompany people on a small part of their journey. For me, it is a privilege I wouldn’t have been able to imagine all those years ago, and I am thankful on behalf of all my trans siblings to all those who made it become a reality.”



MindLine Trans+ is open 8pm to Midnight every Monday and Friday.

If you, or someone you know, needs our support, you can call us on

**0330 330 5468**

We’re currently running a Crowdfunder to expand the MindLine Trans+ service to three nights a week. [Read more and donate here!](#)

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## Special Pride Month LGBTQ+ Guest Slot: Bristol Pride!

Daryn J Carter, CEO of Bristol Pride & Diversity Careers

“**The first Pride event in Bristol was back in 1977.** It was a protest and fundraiser in response to the blasphemy trial for a poem, [The Love that Dares to Speak its Name](#), that was published in Gay News by the infamous Mary Whitehouse. Events continued on and off until the mid-90s as “Avon Pride”, but became sporadic. After many years with no Pride festival, a team of volunteers assembled in 2009 to deliver the first Bristol Pride Festival in 2010 - and it has been going from strength to strength ever since.

In 2010, the first step was to start fundraising and to work with local businesses for support. After the first year was a massive success, it was easier - but getting people to support a new event was a challenge. The first year saw 4,000 attendees — but **in 2019, we had 40,000 at the festival & 18,000 on the parade march!**

I’m so proud that Bristol has been in the top 30 Global Pride events for the last 2 years! With success, however, has come challenges; we have outgrown two festival sites in the last 10 years (first Castle Park, and then the Amphitheatre); and a growing number of attendees means more health & safety paperwork and planning. Sadly, over the years, we’ve seen terrorism threats that have meant we now have to invest time and money on counter-terrorism measures for the parade to happen.

Bristol Pride is a donation entry event - despite the high running costs! - because we feel **it’s vital that no-one is excluded** for the sake of a ticket price. It means that we can welcome everyone to a Pride festival that’s jam-packed with exciting events. Our comedy night is incredible; it showcases some amazing LGBTQ+ comedy acts and always sells out - but my favourite part of Pride is showcasing the diversity that exists, and working with all the different groups - like Kiki and Brizzle Boys to name a few.

I’m proud that Pride is more than just a one-day festival. Last year we ran over 30 events across the two weeks, showcasing the diversity of the arts to champion our community. It’s important because Pride means something different to all of us, but **we are one community.** We need to share different stories and voices. The Parade is the most special event for me; it’s always an overwhelmingly happy feeling arriving at Castle Park to see the crowds gathering, with flags from all over our community, coming together to celebrate being who they are, and marching our streets proudly without fear. It’s incredible & it’s made me cry every year!

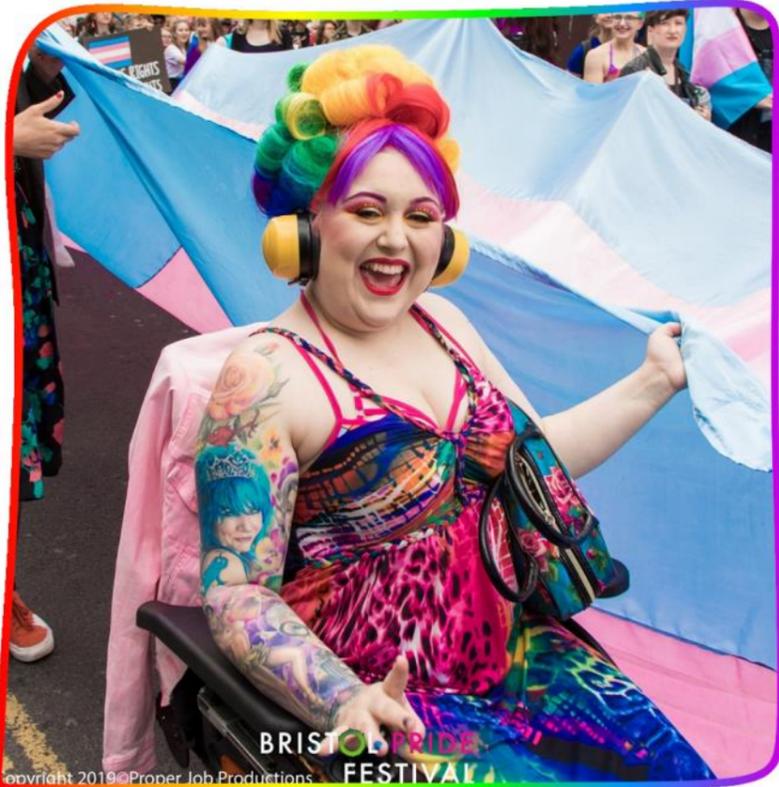




“It is, sadly, for many still that one time of year where they can be their authentic selves and connect with others. As a community we go through a lot, there is still prejudice, and hate crime reporting has increased recently. Pride is important as it acts as a voice for issues that affect us, but also as a chance to come together and be proud—and that is incredibly empowering.

To support community wellbeing, we introduced a new Community Wellbeing Area at the festival. This area showcases wellbeing and mental health services, and shares information on the support that is out there. We often see many people travel from across the region for Pride, people who are often very isolated and Pride is that opportunity to feel connected. When I was younger, I felt alone and isolated — the small town boy who didn’t know what was going on, didn’t know what being gay was, and it was incredibly challenging. We didn’t have the representation we have on the television now, or even Google (showing my age!) - and we did have Section 28, which stopped the discussion or teaching of anything related to LGBTQ+ issues in our schools. I was at a very low point in my life before being taken to my first Pride event, and I feel that **attending Pride and seeing all of those other LGBTQ+ people saved my life.**

We hear of those who have been in lockdown with unsupportive and even prejudiced parents or housemates, and this is sad and damaging — there is no escape. We have people who can’t see their partners, or students who have had to leave Bristol and return home, those who are shielding due to health needs. It’s hard to find anyone who is not affected by the current crisis, but for the LGBTQ+ community it can be even harder. It’s important for those avenues of escape to still be available.



In the last few weeks we’ve seen the news about the Black Lives Matter movement, and we’ve been proud to work with Kiki, UK Black Pride, Pride without Borders, and other organisations to make Pride a more engaging space for a number of years—but **there is always more to be done**; and conversation to be had. During this time it’s important that we all stand up and help to raise and elevate the voices calling for change, to help make that change happen and to share events and information at a time when information might be harder to disseminate due to COVID-19 shutdowns.

We’re also seeing a threat to roll back the rights of our Trans Community, and it very much feels like the government might be trying to slip things through the net whilst we are distracted - so our online spaces are more important now than ever before.

**September 2020 will see a showcase** of some of the highlights of the Pride festival. We’ll be sharing events taking place on our [Facebook pages](#) & [website](#), and we’ll still have some events running in July. People can [sign up for our newsletter](#) for all the latest Bristol Pride news and events.”



The **West of England Sport Trust (Wesport)** are pleased to be a sport and physical activity contributor to the Bristol Mind – Mental Health and Wellbeing Newsletter. [www.wesport.org.uk/](http://www.wesport.org.uk/)

## Join the Movement

We have been using the #JoinTheMovement campaign to help inspire people to be active at home during lockdown. As we see more restrictions begin to lift, we recognise that not everyone will be able to get back into the activities they did before lockdown. We have put all the information about the Join the Movement campaign on our website, and we hope there is something there to inspire you: <http://www.wesport.org.uk/jointhemovement>

As part of our commitment in supporting families to stay active during lockdown, we were sharing weekly activity schedules. [Keeping Kids Active at Home](#) has now been updated so that all the great activity ideas, online-recorded sessions and any other links are all in one place for you to access. We've also included on this page the Chief Medical Officer's guidelines for activity levels for children aged 5 - 18 years old. Activity guidelines were updated in 2019 to reflect the different ways people enjoy maintaining an active lifestyle. You can find all the handy infographics provided through [Public Health England here](#).

### PHYSICAL ACTIVITY FOR GOOD MENTAL HEALTH

VIRTUAL WEBINAR: FEEDBACK FROM PARTICIPANT

"I liked the analogy of a bucket and how we need to find ways of emptying it, and to be aware that the body's response to stress is to release hormones in the muscles that needs to be used up. The 5 ways to improve well being was really good - I hadn't really considered how good it makes you feel when you give, and how connection reaffirms our sense of worth really resonated with me. I thought it was really well balanced. Thank you!"



## Physical Activity for Good Mental Health

We were delighted with the interest and feedback from the first virtual version of "Physical Activity for Good Mental Health". Due to demand, we have organized another event to share this information. This workshop has been reduced to an hour to provide a start to the conversation; we are encouraging people to join us to see how incorporating activity into your working day can help you maintain good mental wellbeing. For more information, visit our website and come to [our free webinar about physical activity](#), which is on 8th July, 1pm to 2pm. Book your place [here](#), and If you have any questions, please email [lisa.wood@wesport.org.uk](mailto:lisa.wood@wesport.org.uk).

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# Fundraising Update

Leilah King, Fundraising Coordinator



At Bristol Mind we provide mental health support for people in Bristol and the surrounding areas. This helps us work towards a world where **nobody should face a mental health problem alone**. With your help and support we will continue to provide vital services that include free advocacy, counselling, information and signposting, and helplines.

From a regular donation, to running a marathon, to becoming a charity of the year partner or making a corporate donation - there are so many ways you can make a difference to your community.

Thank you to all of our supporters who have fundraised and raised awareness of Bristol Mind!

If you would like to fundraise for us, or if you have any questions, please email Leilah King at:

[fundraisingcoordinator@bristolmind.org.uk](mailto:fundraisingcoordinator@bristolmind.org.uk)

## VIRTUAL CHALLENGE

RUN A TOTAL OF 30-MILES (48KM) OVER 2 WEEKS

IN AID OF



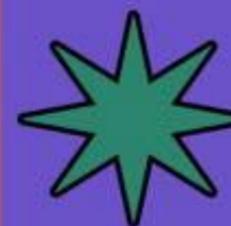
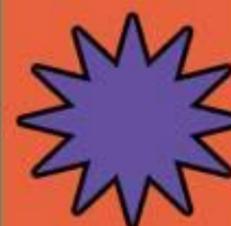
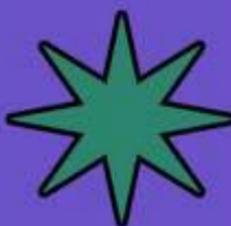
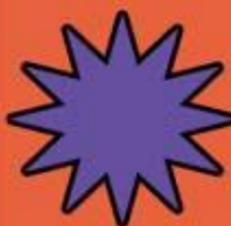
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# Wellbeing: Poetry

Leilah King, Newsletter Coordinator and Fundraiser

Bristol is a city of poets. There is every kind of poetry experience imaginable. I discovered the catharsis of poetry when I started writing. Writing and sharing my emotions in this way are often the only way I share and process things. This has helped me with my mental health. In this issue, we take a look at poems by Malaika Kegode and Tom Sastry, two brilliant BAME poets based in Bristol.



[Malaika Kegode](#) is a poet, producer, and performer. She has performed around the UK at a number of celebrated venues, festivals, and poetry events. In 2019 she was shortlisted for the Out-Spoken Poetry Prize. In 2018, she was included in the BME power list, celebrating Bristol's 100 most influential Black & Minority ethnic people. Malaika's work tells of how we can find beauty and hope through the darkness. Her overall themes of family, mental health, addiction and love always have an undercurrent of optimism and strength. Her poetry collections *Requite* (2017) and *Thalassic* (2020) were both published by [Burning Eye Books](#).



[Tom Sastry](#) has lived in Bristol since 1999. An accomplished reader and performer, Tom has a growing reputation as a spoken word artist, and was chosen by Carol Ann Duffy as one of the 2016 Laureate's Choice poets. His resulting pamphlet *Complicity* was a Poetry School Book of the Year and a Poetry Book Society pamphlet choice.

This poem is taken from his book *A Man's House Catches Fire* ([Nine Arches Press](#), 2019), recently shortlisted for the Seamus Heaney First Collection Prize.

## When the light reminds you to look Tom Sastry

On a day like this,  
when the light is grace,

when the light reminds you to look  
for grace in yourself,

you open the email  
from your solicitor,

you read the news,  
you run for the departing bus,

you try to talk the world round,  
you curse, then see

both sides of the choice  
and you edit your breath

and it is marvellous  
that it still hurts.

## Black Lives Matter Malaika Kegode

I don't want to talk about Ugali  
I don't want to talk about Sukuma Wiki  
Although it's delicious  
And I know you recently read  
Americanah and yes, it's very good  
But I don't want to talk about jollof rice  
Either.

I don't want to talk about Rosa Parks today,  
I don't want to talk about Tubman  
I don't want to talk about Malcolm X or  
grainy footage of Rodney King  
Or Doctor King or millions more.

I don't have the words for them today.  
I don't want to cry or sing or make things  
Beautiful or palatable for three minutes  
And thirty two seconds  
I don't want mmm's or applause or nods  
Or clicks for making death rhyme.

I want to talk about how much my dad loves  
The lighthouse family.  
I want to talk about how Tunde's voice  
Is insanely underrated  
and how Lifted is a total bop.

I want to talk about the hot bite of the  
tail of a fine tooth comb in  
Maggies Hair and Beauty in Croydon.  
I want to talk about the framed photo  
Of Diana Princess of Wales on the wall that  
I have stared at through the pinch of  
nimble nigerean fingers in this shop  
The world that white people walk past  
And will never know  
the noise, the fat babies chewing  
Wefts of Remy human hair, the  
smell of hot plastic and no lye relaxer.

I want to talk about my sister and her brothers  
playing mbira in the kitchen, finding pieces  
of themselves in each other.  
I want to talk about the warmth of a house  
previously condemned into silence.

I want to talk about how my brother  
Was a gay, black man in a tiny town  
In Devon. How he was thrown into a  
jail cell at 19 for getting CDs out of the back  
of his own car after two pints.  
I want to talk about how everybody rolled  
their eyes when we said the police officer  
Was racist.

I want to talk about how my brother  
Lives in London now, with a boyfriend and two dogs.  
I want to talk about how we were born in a flat,  
Grew up on benefits with holes in our shoes  
and now he goes on holiday two times a year,  
wears pink shirts on weekdays.

I want to talk about Black History but  
The only way I feel I can  
Is to talk about  
Black Future,  
Black Present,  
Black family,  
Black shops,  
Black people.

I want to talk about us  
This culture:  
Sitting in my dad's red Ford Fiesta  
After a morning haggling at car boot sales  
Listening to The Lighthouse Family  
And singing along to every single word.

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## Raspberry Ripple Cheesecake

This dessert serves 8 generously, and is so delicious you won't even notice it's vegan!

### Ingredients

#### For the crust

200g vegan biscuits  
200g vegan butter or coconut oil, melted

#### For the filling

180g cashews, soaked for 1 hour in hot water  
2 limes, zest & grated

80g coconut oil, melted  
150g high quality coconut yogurt  
120g agave or maple syrup

#### For the raspberry coulis

250g raspberries, fresh or frozen  
1tbsp agave syrup  
1tbsp lemon juice



### Method

1. Preheat the oven to 180°C (160°C Fan, Gas Mark 4), with the oven rack in the centre position. Brush a nonstick 20cm tart tray with melted coconut oil or vegan butter, then set aside.
2. Start with the crust: crush biscuits with a hand blender, or in a food processor. Combine with the vegan butter, and press into the greased tray. Bake for 10 minutes, and allow to cool.
3. Next, the filling: combine all ingredients in a blender and whizz until smooth. Pour the mixture into the cooled tart tray, smoothing off the top.
4. Combine the raspberry coulis ingredients in a blender, and blend until fully mixed. If you want a smooth finish, pass the coulis through a sieve to remove pips.
5. Carefully pour a spiral of coulis on to the top of the tart. Using a chopstick or skewer, make a series of figure eights around the tart to ripple the coulis and cheesecake filling. Set the remainder of the coulis aside to use on the plate when serving (or as a topping for ice cream!)
6. Place in the freezer for 1-2 hours, or in the fridge overnight, to set. If freezing, let the cheesecake sit at room temperature for 30-45 minutes before cutting.

## Cheesy Bean and Lentil Bake

By Annie Rigg - serves 4-6

### Ingredients

2tbsp olive oil  
1 large onion, finely chopped  
2 sticks celery, finely chopped  
1 large carrot, finely chopped  
1 courgette, finely chopped  
2 garlic cloves, crushed  
1/2 tsp dried chilli flakes  
1/2 tsp dried oregano  
100g brown basmati & wild rice

500ml vegetable stock  
2x400g tins chopped tomatoes  
400g tin mixed beans, drained  
400g tin lentils, drained  
2 tbsp sundried tomato puree  
150g mature cheddar, grated  
2 tbsp breadcrumbs  
salt and freshly ground black pepper, to taste



### Method

1. Preheat the oven to 190°C/170°C fan/Gas Mark 5
2. Heat the oil in a large saucepan, and add the onion, celery, and carrot. Cook on medium-low for 10 minutes or until softened.
3. Add the courgette, garlic, chilli, and oregano and cook for a further 2-3 minutes.
4. Stir in the rice, and season with salt and pepper, then pour in half the vegetable stock and one tin of the tomatoes. Bring to a gentle simmer, then cover with a lid and cook for 12-15 minutes - or until the rice is al dente and has absorbed most of the stock.
5. Add the remaining stock and tomatoes, the beans, lentils, and sundried tomato puree. Cook for 5 minutes to reduce a little, then taste and adjust the seasoning if necessary. You may need to add a pinch of sugar to balance the acidity of the tomatoes.
6. Stir in 100g of the cheese and pour into a large ovenproof dish, sprinkling the remaining cheese and the breadcrumbs over the top.
7. Bake on the middle shelf of the oven for 30 minutes, until the topping is crisp and bubbling.
8. Leave to sit for 2-3 minutes, then serve with steamed greens on the side.

# Green and Growing

As we enter July, there's still plenty to do in the garden - although there aren't many things you can start growing and hope to eat before autumn or winter! If you want to explore the full range of possibilities, take a look at the tips from the [RHS, Gardeners World](#), and [Thompson Morgan](#).

## Beans

Runner beans are unusual summer vegetables, in that they can be sown in July - so get to it!

### 1. Sowing

As this is late in the season to start, sow them outside in their final pot. Make sure to sow more than you need in case some are eaten by slugs!

### 2. Water

Beans like lots of it! To grow and fruit well, make sure you use a large pot for your beans - at least twenty litres, but ideally between forty and fifty. Big pots hold more water and dry out less quickly, but you'll still need to water regularly, particularly on hot or windy days.

### 3. Sun

They need about five to six hours sun, or more, to grow and fruit well. In small spaces, there's often more light higher up - so see if you can place your beans to climb as they grow.

### 4. Pollination

In order for the fruits to set, they need to be pollinated by bees; the perfect excuse to grow some insect attracting flowers nearby! The beans themselves are pretty, too, and were originally grown in the UK as an ornamental plant.

### 5. Slugs

Our pesky garden beasts love runner bean seedlings, so make sure to protect them. You can make a cloche by cutting drink bottles in half and putting one over each seedling, to keep the slimy fellas out.

### 6. Support

Runners need a good tall support to climb up - like a wigwam. If you can find tall branches, they can look much prettier than canes. You could even grow two pots and make a runner bean arch!

### 7. Pinch out

When the runners reach the top of the canes, pinch out the tops (cut off the very tips!) This will encourage the plant to send out more shoots—and beans—below.

### 8. Pick

Pick, pick, pick. It's very important to keep picking runner beans - as this encourages the plant to grow more. Pick them small for a delicious, tender treat (big beans look cool, but can be rather tough to eat!)

### 9. Feed

To boost your crop, feed with liquid tomato food once every two or three weeks after the plant starts flowering.

### 10. Get the family involved

Growing runner beans in pots is an excellent project to do with kids. The seeds are large and beautiful (like magic beans!) and easy to plant, and you can have fun making a climbing structure together.



### Got the Gardening Bug in Lockdown?

Get planting crops for the Autumn / Winter! Try [carrots](#), or [courgettes, marrows, and squash](#).



# About Bristol Mind

Bristol Mind is a mental health charity for people in Bristol and surrounding areas. We promote wellbeing and recovery through a range of services. We recognize that each individual is a resource for their own recovery: many of our staff, volunteers, and trustees have themselves experienced the impact of emotional and mental distress.

Although affiliated to Mind the national charity, Bristol Mind is an independently registered and funded charity. If you would like further information on any of the services offered by Bristol Mind, please don't hesitate to get in touch, using the contact details below.

The information provided in this newsletter is for guidance only. You should contact a doctor or health professional if you need urgent help or medical advice. If you have any comments, suggestions, or questions about the newsletter, please email us at [newsletter@bristolmind.org.uk](mailto:newsletter@bristolmind.org.uk)

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