



FAMILY FIRST

ISSUE 1

YOUNG DIVERSE MINDS NEWSLETTER

APRIL 1ST–JUNE 30TH

The Big Move

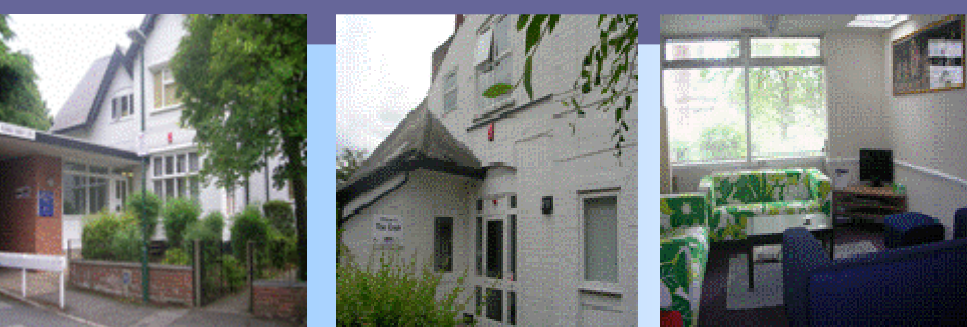
For the last four years, Young Diverse Minds (YDM) had been based at 702 Mansfield Road, Sherwood and, when we moved there we were very grateful as it provided us with a stable and affordable space, increased facilities and an opportunity for mutual support from other Family First colleagues.

More recently however, the feedback from clients was that they wanted a separate space for YDM, a place that they could call their own and this, coupled with increasing client numbers meant that we had to find new premises.

On 27th March 2008, YDM moved into the Croft, Albert Road, Nottingham and it was a case of all hands on deck. After months of waiting for a move date, it was finally here. In a flurry of activity and, on a wing and a prayer, we moved-lock, stock and barrel. All staff, including Glenn Baptiste, YDM's new volunteer, painted walls, moved furniture in, and out, purchased furniture and were, throughout this time supporting clients and families with their individual needs.

Within a week some clients were visiting YDM at, The Croft and taking delight in its new location and refurbishment.

Now, three months on, it feels if we have been here for years. Clients and their families as well as other workers have given very positive feedback with comments, for example, it's a very relaxing and welcoming environment and its got a lovely feel to the place, its like you've always been here, and we would agree, it feels as if we have.



The Croft Building, with a chill room to watch dvds, play Xbox or arrange meetings in a relaxed environment .

Art project



Service users games room engaging their creativity by painting their names on the wall.



Music production room
Produce your own music.

Meet the staff at Young Diverse Minds

The life of a Young Diverse Minds Support Worker

I have been working for Young Diverse Minds as a mental health support worker for over a year and what a year it has been!

At first it was very difficult getting to grips working as a mental health worker but more I learned, more I got to know with the help and support from my Manager Sally who was always on hand to explain anything that I did not understand or was not sure about anything.

One of the reasons I enjoyed working at Young Diverse Minds so much is the variety, no two days are the same and the ladies can be challenging some times but wonderful to work with. We have a brilliant Man-

Why I came to Young Diverse Minds

The reason why I joined YDM was for about 15 years I have been around people who have mental health support needs and with My background of graffiti art and music production there would be an opportunity to use these skills as projects for creativity and focus.

On arrival I could not wait to get started. Lacking in structural efficiency in my own mental health experience it was obvious YDM could offer so much more help to people from everyday stress to the severe side of mental health.

The team I thought would be more conformist, probably because of my own stereotypes of the earlier years in mental health, but actually they live up to their name sake Diverse and deal with things from many different angles.

Who am I?

I am Sally Simnett and I have been working at Young Diverse Minds (YDM) for the past four and a half years worked as a Homes Manager and Employment Co-ordinator. These days I manage the Young Diverse Minds but initially I joined as Team Leader, intending to stay just a short while but, many years on, I'm still here, why? Because I like being able to make a difference to someone's situation.

There are many inequalities in the world but if you can travel through life offering assistance, with compassion and empathy, then that has to be a good thing, doesn't it?

Then and now

Anthony Blair

I've worked with YDM off and on for the past 2 and a half years. At the beginning of the year I was offered a full time post, which I naturally accepted. I work closely with professionals, service users and their families. I find the work interesting and rewarding.

Special mention for service users, do you want to have your say, do you have ideas you want to add to the newsletter, mention about trips that you have been on or how you feel about the service of YDM, now is the time to have your say call

Glenn Baptiste on [0115 9112095](tel:01159112095) and make a difference. Next issue due end of September 2008

Up coming events: [Skegness Trip Friday 22nd August 2008](#)

[BBQ at the Croft on Wednesday the 27th August 2008 1 - 4pm.](#)

Kalwant Kandola



Glenn Baptiste



Sally Simnett

