

# *Badenoch and Strathspey Healthy Minds Club*

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Hello John & Anna

We would like to thank you very much for raising funds for the Healthy Minds Club the sum of £575.00. Towards the running costs of the group Transport, Venues, activities, and outings,

This group was set up to fulfil a massively hugely unmet need within the Badenoch & Strathspey area and without this group folk would be left to flounder in isolation.

Isolation is a huge problem for those who are sidelined by society for whatever reason. The group was set up to support those who felt ignored by the medical profession once their immediate treatment had been terminated.

The role of this self help group is to provide local community support for those who have either recently returned to the community after a period of hospitalisation or for those with minor mental health difficulties. This support includes breaking the cycle of isolation through group activities and meetings, allowing progression through their rehabilitation journey and negating either medical intervention or the return to hospital. Positive coping strategies are taught, in relationship to learning about their illnesses, recognising the warning signs and health education and promotion of healthy lifestyles.

The Healthy Minds Group is determined to improve the quality of their lives through training, activities to improve fitness levels and contact with other people. To allow the group to develop to their individual potential funding is necessary to follow this through to a full recovery.

For example, physical stamina and mental well-being will be developed through supported staged activities. To do this requires input from trained Outdoor activity instructors and the local Countryside Ranger. Other initiatives include: skill based training, healthy eating cookery classes and meditation.

Yours Sincerely

Pam Ritchie (chairperson)

Healthy Minds Club