My name is Clive Mawdsley. I am 75 years old, and I have had support workers for 20 years or more to help with my severe depression which I now manage very well.

It is very important for me to get out of my flat everyday whether it be a walk into town or a walk in the countryside. I really feel the benefits from a brisk walk in the countryside.

I love walking, nature and photography which all go hand in hand. I have much support around walking activities including my recent visit to Mount Snowdon to realise a long time ambition to reach the summit. As much as I would have enjoyed walking to the top, I thought it would be wiser to catch the diesel train.. I still like to walk up Moel Famau but I knew Mount Snowdon would have been a tad too ambitious, however catching the train was a treat and a high light in my life. With both my support workers from the Community Living Team we set off to Llanberis. The drive was brilliant, taking in the views through the winding roads and looking out for wildlife, particularly Buzzards. I love to see Buzzards soaring through the sky and climbing the thermals. I have my own saying, personal to me “A buzzard a day keeps the doctor away”, that’s how much I thrive when I see a Buzzard. We parked up at Llanberis and it was just a short walk to the train station. We boarded the 09:00 train and in no time we set off. The smell of diesel dominated the carriage but the views dominated the landscape. It was partially cloudy but once the train had passed through and beyond the clouds it became much clearer and the views opened even more. The train stopped at the top of Mount Snowdon, giving us half an hour to take in the views and to take as many photo’s as possible.

I climbed the steps to the highest point and took a few photo’s. We found a rock, sat down and had a sandwich and a drink whilst taking in the views and fresh air before our return train journey.

I took more photo’s from the train and spotted many meadow pipits. The train journey was brilliant. We got back in the car and set off for the journey home stopping off at Betws-y-Coed for a spot of lunch. Whilst in Betws-y-Coed I could not resist buying a new coat to see me through the winter from one of the outdoor clothes shops. After getting back home to my flat I couldn’t believe what a great day I had experienced. A long time ambition achieved. It’s days like this that I can hold on to and remember forever. I didn’t actually see a Buzzard that day but seeing the meadow pipits was just as good.

Article by Clive Mawdsley
There’s a bright star shining on top of my tree, that turns yellow and green. The hours are nearer for Christmas time... I will put a mince pie and a glass of red wine out for Father Christmas. I look up to the sky and see all the stars out, shining so bright. I hear church bells ringing and carol songs playing on my radio. Christmas is here once again. I think of all the people less fortunate than ourselves and that we should all think of those in need at this time...and that it will also be a special time for them...

Poem by Phillip Archer

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Calennig and Hen Galan

For many children in rural Wales the gifts of Calennig were far more important than Christmas. From dawn until dusk on 1 January small parties of boys would pass from house to house in the village or town, carrying twigs of evergreen plants and cups or jugs of water. They would use the twigs to splash water at people and, in return, would receive the calennig - gifts of small copper coins.

On 13 January people in the Gwaun valley of Pembrokeshire still celebrate Hen Galan, the old New Year as marked by the Julian calendar which held sway throughout Britain until the Gregorian calendar was introduced in 1752.

Hen Galan was once regarded as more important than Christmas for Gwaun Valley residents, with special food and drink prepared well in advance. On 13 January men would enjoy a chance to go shooting, while at farmhouses in the area the women busily organized the food, such as a lunch of cooked goose and plum pudding.

For the children, Hen Galan was often spent travelling from house-to-house singing traditional rhymes to 'let in' the coming year and to wish the occupants health and happiness.

These extracts are taken from the documentary series A Welsh Way of Life.

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The Mindful Editorial Board would like to wish all our readers a Merry Christmas and a Happy New Year.

Christmas and New Year can be a difficult time for some people. If you need to talk, Phone: C.A.L.L. helpline Freephone 0800 132 737 Samaritans. Freephone 0845 7909090
Christmas Closure and relocation information
For Flintshire Drop-ins

The Hope Drop-in on Monday 24th December will be 10am – 12pm at the Honeys Café in Hope and it will be cancelled on Monday 31st December.

The Mold Drop-in will be closed Christmas Day and New Year’s Day.

NOTE:
If people who usually attend this Drop-in would like an alternative place to go, please either speak to a member of staff who facilitate the Drop-in or contact Social Links

AT DEESIDE ENTERPRISE CENTRE

CREATE

Christmas

THURSDAY 6TH DECEMBER 12-3PM
FREE TOMBOLA | CHRISTMAS BINGO
COME ALONG AND LET US HELP YOU PLAN AND PREPARE FOR THE UPCOMING FESTIVITIES. CHRISTMAS CRAFTS, CAROLS, GAMES AND MORE. A LIGHT LUNCH AND REFRESHMENTS WILL BE PROVIDED.
CHRISTMAS JUMPERS ADVISED... BUT OPTIONAL
FOR FURTHER INFO PLEASE CALL SOCIAL LINKS ON 01244 810 185
Over the last 12 months I have had the opportunity to take on our resident’s greenhouse and raised veg beds. The greenhouse was in a state of disrepair, and a lot of cleaning was required from the outset including replacing the glass. This said and done it became a labour of love, by seeing the end results, with flower beds, and produce from the veg planters, I’m able to relax and enjoy the experience. Living with mental health issues over many years, I now find an inner calm whilst pottering in my new-found passion. Now able to use new skills that give me a sense of achievement by nurturing and growing plants for the residential gardens. I now have a sense of belonging, with the purpose of interaction; all be it a cup of tea, or the odd deadish plant, with fellow residents, who have embraced the project wholeheartedly.

Gardening can give so much toward the inner self. It can frustrate you with failure, but it will also fill you with passion when it all goes right. Failure can also be turned into a positive, as we learn from mistakes, make adjustments, read a book, or just wing it and dip it in rooting powder, that always works.

The function of a greenhouse is to nurture new plants ready for the outside world. It protects from harsh frosts in winter, and benefit plants that need a more humid atmosphere throughout the year. Summer is a completely different kettle of fish, the heat can become unbearable for many plants. This year’s was no exception, it was hot! Watering could only be done early morning, or, best, later in the early evening. Allowing the plants to absorb essential nutrients ready for the next day. Watering at the height of day can result in burnt leaves, diseases, which can in turn damage the roots.

This as I say is a labour of love, and it can lead to a positive mental attitude, and a great sense of achievement for you and those around you. Make it fun, it will reward you.

Mindful Art Exhibition

The craft consortium that runs every Monday morning continues to go from strength to strength. On World Mental Health Day, 10th October, Ann Williams from BCU arranged for some of the artists who attend the art and craft sessions to have an impressive exhibition at Connah’s Quay library. A range of work was on display and was admired by many visitors to the library. The craft consortium runs every Monday morning from 10am-12noon in the Gloucester Room of the Deeside Enterprise Centre. Everyone is welcome. All abilities.

Please call Steve on 01244 810185 for further information.

Trained Trainers

Unllais delivered a ‘Train the Trainer’ course over 5 weeks in September and October. All attendees delivered a fantastic training session on the final day. One of the trainers taught the group to create a floral display! Congratulations to all who completed the course.
NHS apps Library

Find digital tools to help you manage and improve your health. Only safe and secure apps are published in the NHS apps Library.

CATCH IT
Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

EASY MEALS
Plan and eat healthier meals with the Easy Meals recipe app. Choose from 150 easy, calorie-counted recipes covering breakfast, lunch, evening meals and puddings. If you’re short on inspiration, let the app plan your day’s meals.

FIRST AID-BRITISH RED CROSS
The free First Aid app features simple, easy-to-learn skills for a range of first aid situations.

NHS SMOKE FREE
NHS Smokefree is a 28-day plan to help people stop smoking for good. You get daily messages to keep you motivated, badges to reward your progress, and help with cravings if things get tough. If you stay smoke-free for 28 days, you’re up to five times more likely to stay smokefree.

CALM HARM
Calm Harm is an app designed to help people resist or manage the urge to self-harm. It’s private and password protected.

THRIVE
Thrive: Feel Stress Free helps you prevent and manage stress, anxiety and related conditions. The game based app can be used to relax before a stressful situation or on a more regular basis to help you live a happier, more stress-free life.

Dungeons and Dragons

Hello, we’ve been asked to write this article to tell the story of how our group began. First, let us tell you a little about ourselves: my name is Tyler, I’m 21 and I have been diagnosed with suicidal depression and ASD (Autism Spectrum Disorder). For a long time I never left my room, becoming socially isolated and suffering from Nihilism.

And my name is Will, I am 26 and at a young age I was diagnosed with Hypermobility syndrome. This has coursed me chronic pain. As I have grown older, the fear of being in crippling pain has led to me becoming socially isolated and I would not leave my room.

We both met at a local arts and crafts group and our friendship grew. We found we had an interest in tabletop gaming, especially Dungeons and Dragons; we realised there wasn’t a group locally, and this is where Dave suggested we came to the gaming group on a Thursday. We both attended and decided to set a D&D group up here. The first week we had 3 players, but this quickly became 9 after a few weeks when people saw what we were doing and were interested. We now have our own room in Rowley’s Enterprise Centre.

“The D&D group has boosted my courage by allowing me to have a go at running the game, speaking and acting out characters in front of a group of people. I wouldn’t change it for the world.”

“I mean, sure I still don’t understand emotions and other people, but I look forward to Thursday, not only for D&D but for the camaraderie that has come from the group.”

Article by Tyler and Will
**KIM INSPIRE**
Mental Health Support to Women.
Contact: 01352 872189
www.kim-inspire.org.uk
KIM4HIM men-only service

**C.A.L.L**
Community Advice and Listening Line
Free and confidential mental health help line covering the whole of Wales.
Contact: 0800132737
www.callhelpline.org.uk

**Advocacy Service North East Wales**
Provides an independent, confidential and free advocacy service for people experiencing mental health problems living in Flintshire and Wrexham.
Contact: 01352 759332
www.asnew.org.uk

**Hafal**
Hafal supports the carers of people with a serious mental illness and also provides more intensive support to carers and families at times of crisis.
Contact:
Karen Jones or Janet Fletcher
01244 834923
www.hafal.org

**CAB (Citizens’ Advice Bureau)**
Provides free, confidential advice and information on social welfare and law.
08444 772020
www.flintshirecab.org.uk

**Flintshire NEW Mind**
Information and support for mental wellbeing
Contact: 01352974430
enquiries@newmind.org.uk
www.newmind.org.uk

**Speaking Out Flintshire**
Contact: 01745 827903
www.unllais.co.uk

Round the Clock Support
116123 From any phone

**KIM INSPIRE**
Mental Health Support to Women.  
Contact: 01352 872189  
www.kim-inspire.org.uk  
KIM4HIM men-only service

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Free and confidential mental health help line covering the whole of Wales.  
Contact: 0800132737  
www.callhelpline.org.uk

**Advocacy Service North East Wales**  
Provides an independent, confidential and free advocacy service for people experiencing mental health problems living in Flintshire and Wrexham.  
Contact: 01352 759332  
www.asnew.org.uk

**Hafal**  
Hafal supports the carers of people with a serious mental illness and also provides more intensive support to carers and families at times of crisis.  
Contact:  
Karen Jones or Janet Fletcher  
01244 834923  
www.hafal.org

**CAB (Citizens’ Advice Bureau)**  
Provides free, confidential advice and information on social welfare and law.  
08444 772020  
www.flintshirecab.org.uk

**Flintshire NEW Mind**  
Information and support for mental wellbeing  
Contact: 01352974430  
enquiries@newmind.org.uk  
www.newmind.org.uk

**Speaking Out Flintshire**  
Contact: 01745 827903  
www.unllais.co.uk

Round the Clock Support  
116123 From any phone

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**Drop-in information**

**MONDAY**  
Hope Church Hall  
1:30pm to 3:30pm

**TUESDAY**  
Mold, Chapel Art Centre, Tyddyn Street  
10:30am to 12:30pm

**WEDNESDAY**  
Rivertown United Reformed Church  
Chester Road West, Shotton  
10:30am to 12:30pm

**FRIDAY**  
St Mary’s Church Hall, Flint.  
10:30am to 12:30pm

**SATURDAY**
C.A.B Offices in Connah’s Quay  
10:30am to 12:30pm

Mold Mind Drop-in at Wellbeing Centre,  
23b Chester Street Mold  
1:00pm to 4:00pm

**All Welcome**  
Please see inside for details of Christmas and New Year closures.

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**Community Mental Health Teams (CMHT)**
Primary Care Tiers 1 & 2  
Mold and Flintshire: Pwll-Glas: 01352 750252  
Deeside: Aston House: 01244 834921

**Mindful Newsletter** is available on request  
please contact:  
Double Click Design on 01244 846411  
email: doubleclick.design@yahoo.com

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**The Dewis Cymru website is THE place to go**  
if you want information or advice about your well-being – or want to know how you can help somebody else.  
www.dewis.wales