

How do I get involved?

To get involved in the project, please contact Rorie Fulton (Project Coordinator) on 07393 664 048 or email him at changemindsrf@gmail.com.

How can I find out more?

Find out more about Change Minds on our website www.changeminds.org.uk. You can also contact Hayden Burns at Carmarthenshire Archives by phone on 01267 228232 or by email at HSBurns@carmarthenshire.gov.uk.



CHANGE MINDS

Explore, imagine and share tales of living with mental health difficulties, in the past and today.

Change Minds is a heritage and wellbeing programme that works with people living with mental health difficulties. As a member of Change Minds, you will be part of a shared experience of exploring historical mental health records from around one hundred years ago. Over twelve workshops, you will take part in a fascinating journey of learning, creativity and thinking about mental health in the past and today.

If you would like to, you can also participate in the evaluation element of the programme through questionnaires and conversations. This helps us to understand the impact of Change Minds on your mental health and wellbeing.

Change Minds in Carmarthenshire is run by Carmarthenshire Archives in partnership with West Wales Action for Mental Health and the Change Minds Hub.



CHANGE MINDS



Change Minds is a heritage and wellbeing project working with people with mental health difficulties using historical mental health archives. It stimulates engagement with local history, explores creativity and improves personal wellbeing and connection.

FAQs

Who is Change Minds for?

Change Minds is open to people who are living with mental health difficulties.

Where does it take place?

The workshops will be held at Carmarthenshire Archives. You will also go on a trip to visit St David's Hospital, formerly known as the St David's Three Counties Asylum.

What will I be doing?

You will join a group including archivists, artists, volunteers and support workers for twelve three-hour workshops. Together you will investigate historical records from the St David's Three Counties Asylum. You will choose an individual to follow through time using archives held at Carmarthenshire Archives and online. During your time at the archives in Carmarthen, you will learn more about the history of the treatment of mental health and the lives of the people in the case studies. Then you will respond creatively to what you have learned. Finally, you will contribute to a showcase of the group's research and creative work.

When will me meet?

The workshops take place on Tuesday mornings from 10am to 1pm. The first workshop takes place on Tuesday 15 October 2024 and the twelfth and final one on Tuesday 21 January 2025.

How will I get there?

If needed, we will help you make travel arrangements so that you can get to and from workshops at no cost to yourself. You will be reimbursed the same day in cash for any travel costs.

What facilities are there?

Carmarthenshire Archives is a fully accessible building (with disabled lift access and designated toilets). There are lockers and a dedicated private space for workshops.

Refreshments including hot and cold drinks and biscuits will be available at every workshop. Occasionally there might be cake too!

How much will it cost?

Nothing. Change Minds is free for participants and carers.

How will I be supported?

Rorie Fulton is the Project Coordinator. Along with other staff and volunteers, Rorie will support you during Change Minds. You can come with a carer or support worker if that will help you to enjoy the project.

What happens if I don't feel well?

If you feel unwell during a workshop, please speak to staff. If you can't make it to a workshop, Rorie (Project Coordinator) will keep in touch with you until you can come again.

What if I drop out?

You can choose to leave the project at any time, no questions asked. This will not affect any mental health care or support that you receive.

What is the evaluation programme?

This is looking at how well Change Minds works as a community heritage project, and also at whether exploring history and identity through archives

helps people's health and wellbeing. If you like, you can decide to take part in Change Minds but not take part in the evaluation.

How can I be sure my confidentiality is protected?

Change Minds operates within a strict data protection and confidentiality framework. This adheres to national laws and ensures your personal data are kept securely and not shared with anyone outside the Change Minds evaluation team. You will be asked for your written consent for photography, filming and social media as well as for evaluation. Any data used in Change Minds reports will be fully anonymised. If you don't consent to your data being used, you can still take part in the project.

What if I have a complaint?

If you are unhappy with anything to do with Change Minds, please contact Hayden Burns at Carmarthenshire Archives. You can phone him on 01267 228232 or email him at HSBurns@carmarthenshire.gov.uk.

