



September 22 2014

Open Minds and Age UK Launch a Healthy Aging Campaign “It helps to talk, no matter what your age”

On October 1 Open Minds, a NAViGO service, and Age UK will together launch their Healthy Aging Campaign in the hope of offering specifically designed mental wellbeing services to those over the age of 65.

Jessica Tasker, Psychological Wellbeing Practitioner for Open Minds, had this to say:

“Open Minds recognises that life can be more stressful at a point of transition. Entering the later stages of life in particular can provoke anxiety since many face the challenge of decline in health or losing loved ones.”

The Healthy Aging Campaign aims to target these struggles that those over the age of 65 face in order to combat anxiety and loneliness and manage relaxation.

From October 1 Open Minds will be offering wellbeing sessions that involves teaching those over the age of 65 the skills and techniques they need to manage stress and encourage relaxation.

These sessions will offer friendly support in a relaxed and comfortable environment while also creating the opportunity to meet new people. Alongside the group, AGE UK will run individual therapy sessions that will offer an approachable service that includes therapies such as cognitive behavioural therapy and mediation.

All the sessions are run by therapists trained in a variety of different methods with a vast amount of life experience.

For more information about the sessions offered as part of the Healthy Aging Campaign, or any of the help and support available at Open Minds, please contact the centres using the details below.

News release



As well as these new sessions for the over 65s, Open Minds also offers therapeutic support for people suffering common mental health problems such as stress, anxiety and depression for those over the age of 16.

One in four people suffer with a common mental health issue at some point in their life; Open Minds offers empowerment, support and reassurance in order to help those people maintain positive mental health and wellbeing. There are currently a range of group therapy sessions such as the 'Positive Change' group that aims to help low mood, the 'Mindfulness' group that offers to help reduce stress and a 'Stress Control' course that is now open to teach people to understand stress and ways to manage it. Alongside these, Open Minds also runs weekly mediation sessions and offers individual therapy treatment.

Open Minds can be found at:
7-9 Osbourne Street, Grimsby,
DN31 1EY
(0)1472 625100
Open Mon-Fri, 10am-4pm

And:
13-15 Grimsby Road, Cleethorpes,
DN35 7AQ
(0)1472 252360
Open Mon, Wed, Thurs, Fri, 10am-4pm
Tues, 10am-3pm

Age UK can be found at:
27 Osbourne Street, Grimsby,
DN31 1EY
(0)1472 344976
Open Mon-Fri, 9am-4:30pm

-ENDS-

For more information, please contact Hannah Quayle on (01472) 583070 – hannah.quayle@nhs.net, Emmeline Stead on (01472) 583066 – Emmeline.stead@nhs.net or Ebony Chapman on (01472) 583054 – ebony.chapman@nhs.net

For more information about NAViGO and Open Minds please [click here](#).

For more information about Age UK please [click here](#).

News release



Open Minds is a part of NAVIGO. NAVIGO is a not for profit community interest company formed in April 2011 to run mental health and associated services in NE Lincolnshire. It is unique in that, as a Community Interest Company, we have a voting membership where service users, carers and staff have equal voting rights. Since becoming a social enterprise NAVIGO has won six previous prestigious national awards including being the winner of the Government Office Best Service Award and the overall guardian public service award.

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