

At the heart of healthy communities.

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**Attend** 



# Mental Health Learning Network

Dear Colleagues

## Welcome to issue 19 of the Mental Health Learning Network Newsletter

The MHLN newsletter aims to highlight information, news & key updates within Mental Health. Over the coming months we will be looking at ways in which we can develop and enhance the information and support we give you. If you have any ideas or would like to help please let me know.

I very much hope you find this newsletter useful. If you have any comments about the newsletter, good or bad, please let me know.

The next edition will be distributed on the 9<sup>th</sup> February 2012.

## News

### Known as the Whitehall II, evidence shows memory loss can begin from age 45.

The Guardian

Over a 10 year period of scientific study, lack of exercise and unhealthy eating can cause mental dexterity and brain power to deteriorate earlier than thought.

(The Guardian – Top Story)

### Mind supports disabled campaigners.

Mind

A report made by disabled campaigners questions the Government's justification for attempting to reduce the cost of benefit by 20 per cent.

(Mind – News – 9<sup>th</sup> January 2012 "Mind backs disabled campaigners' DLA report)

## In-depth look

### "...To know happiness, it helps to know unhappiness..."

The Guardian

Alastair Campbell speaks of how the death of a beloved best friend helped him to find the secret to happiness.

(The Guardian – Most Recent)

## Features

### Get involved!

Rethink

Recognise the signs and symptoms of those affected by mental health problems by applying for a place to take part in the Adult and Youth MHFA (Mental Health First Aid) programme.

([www.rethink.org/mhfa](http://www.rethink.org/mhfa))

### An occasion to celebrate.

Invitation

AGM (Annual General Meeting) invites you to attend this special event which recognises the achievements of all mental health carers that have tirelessly worked and volunteered to improve the lives of others.





