

At the heart of healthy communities.

Attend 

Mental Health Learning Network

Dear Colleagues

Happy New Year and Welcome to issue 20 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 9th February 2012.

News

London Mayor concerned over changes to disability payments

Boris Johnson critical of planned changes to disability payments, which could see claimants lose up to £70 in benefits

[Click here](#)

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

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.

[Click here](#)

Mind supports disabled campaigners.

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

[Click here](#)

Prescriptions for antidepressants increase

England has seen an increase of 28% in prescriptions for antidepressants over the last 3 years

[Click here](#)

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.

[Click here](#)

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.

[Click here](#)

New Years Resolutions!

The Mental Health Foundation have launched new podcasts offering advice on how to approach New Years Resolutions in a mentally healthy way

[Click here](#)

Events

Kensington & Chelsea Mental Health Carers Association

Invitation

Please join us at a New Year's Buffet at our AGM celebrating the work of the Kensington and Chelsea Mental Health Carers and their volunteers.

[See attached for details](#)

We respect your privacy therefore if you do not wish to receive these regular updates please send an email to info@attend.org.uk

Debbie Baverstock

Administrator

Attend

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Building healthy communities

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