

Evaluation of Mental Wellness services provided by Dr Alan Tinnion

In my specialist mental wellness experience capacity as having been until very recently and for a considerable period of time Chairperson of the mental wellness charity Dorset MIND, I wish to provide a personal testimonial as to the value and effectiveness of Chinese therapeutic arts based services of Dr Alan Tinnion. These services I have personally and directly witnessed through, for example, an Awards 4 All funded project provided by Qi China International and Dorset MIND.

Dr Alan, has successfully worked with me and MIND during the past two years on various initiatives with Dorset MIND groups (and the Richmond Fellowship and Bournemouth Borough Council Social Services) in Bournemouth and Poole.

I would like to explain a little about those services from my first-hand experience over a considerable period of time and how I feel they can benefit DHFT service-users suffering from the following: Bi-polar, Depression, Anxiety and related conditions.

Some two and a half years ago I had the opportunity to personally attend one of the relaxation and physical health condition related classes Dr Alan (who is a doctor of acupuncture and Chinese medicine from Shanghai University of TCM) provides. This was a very positive experience for me and I very quickly realised that the special care and structure of the class would have great value to many of the mental wellness groups that I worked with through MIND.

From my own specialist mental wellness condition experience and perspective I could see that the type of exercises Alan provided were really appropriate to many MIND service-users, and the way in which they were provided, taught and explained very professional. In addition, from the very important personal liaison dimension of listening and relating to mental wellness service users, I then and on many other occasions through the Dorset MIND funded project in the year following witnessed the special care and sensitivity shown by Dr Alan.

I am very pleased to have the opportunity to provide this record of my direct witness and experience over a considerable period of time of Alan's very effective and professional mental health condition related services, and unreservedly recommend them and him to both individuals coping with mental wellness issues, and to national mental health organisations (NHS and others).

Sincere regards,

John

Father John Hyde (MIND)