



## Impact Report

2017 - 2018

**B**ath Mind is a local independent mental health charity working across Bath and North East Somerset (B&NES) and Wiltshire. We believe that nobody should face a mental health problem alone. We are here to make sure that everyone with, or at risk of, mental ill health has somewhere to turn to for information, advice and support. We are affiliated to national Mind, however we are self funding.

A message from Kate Morton, our Chief Executive...



It has been a great year for Bath Mind, with the establishment of new services such as our 1-1 Community Support Service, providing practical and emotional support to people in their homes. Demand is growing and the team is expanding. We have prevented returns to hospital by provision of daily support at home and successfully advocated for inpatient support where appropriate.

Training programmes are going from strength to strength. Our Food for Thought service continues to produce delicious canapes and facilitate workshops across B&NES. We have attracted new sources of funding, seen a significant increase in community fundraising, and business support has provided us with substantial funds to continue to grow our work. We are delighted to be a local organic Hub for Time to Change - a social movement to tackle stigma and discrimination.

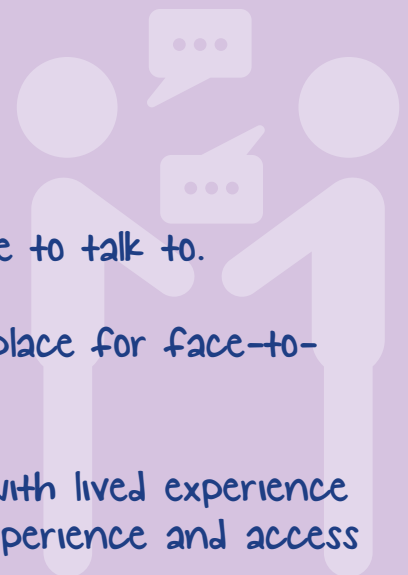
It is a challenging financial landscape for charities and organisations. However we continue to foster and develop our key relationships with local partners to ensure that people experiencing mental ill health get the vital support they need.

**“Bath Mind provides excellent ‘person centred’ services, and are a well-run, innovative and connected organisation.”**

- Mind Quality Mark assessment report 2017

## Our strategy, 2016-2021 has four core goals...

1. More people will have access to information about mental health and wellbeing services in B&NES and Wiltshire.
2. People with mental health problems will have someone to talk to.
3. People will have an accessible place to meet, a safe place for face-to-face advice, support, information and training.
4. Our service users and members of the community with lived experience will have the opportunity to volunteer, learn and/or experience and access employment opportunities.



'Live, Learn, Share' encapsulates our core services which empower people to engage in services and early intervention work to prevent, maintain and improve their own wellbeing.

Live



- ◉ 24 hour Registered Care Home for eight people with enduring complex needs.
- ◉ Supported Housing Service empowering tenants to move on to independent living.
- ◉ Welfare Benefits Service supporting clients through benefit appeals.
- ◉ Community Support Services offering practical assistance and emotional support to people within their own home.

**"I've never had my own kitchen before. Now I have learnt to cook new recipes and have started inviting my friends round for dinner"**



**"I hope to thrive not just survive and I'm confident Bath Mind is there for that journey in an important, essential and unique way".**



Supported Housing:

**5** people have successfully moved on from supported housing to independent living.

Employee Wellbeing:

Bath Mind staff and visitors support physical activity by taking over 3,8222,000 steps up and down our staircase!



Benefit Appeals:  
A success rate of

**95%**

- (higher than national average of 66%) results in Gains of £207,602 awarded to clients.

Community Support:  
Delivering **70 hours** hours a week of 1-1 Support. Expansion of our team to meet demand.

Volunteering: **2,166 hours** vital volunteer time given to Bath Mind by our committed and wonderful volunteers.

**"I needed help applying for PIP. Applying for benefits on my own is really stressful, so it was really helpful to have [an adviser] who understands the system. You helped me a lot more than I had expected. Your adviser took my mental illness seriously. He treated me like a human being rather than a number on a bit of paper."**

# Learn



- ⦿ Wellbeing in the Workplace bespoke mental health training packages for organisations.
- ⦿ Training for Young People within schools, colleges and universities.
- ⦿ Mental Health First Aid accredited course.
- ⦿ All the learning that takes place across our Wellbeing Service and wider activities which includes new skills in gardening, communication, creativity, physical activity and life skills.

“Thank you so much to Bath Mind for delivering such excellent training, you made it so digestible, interesting and motivating with great energy.”



“It is so important for us all to be aware, not only of our own mental health, but that of others around us too. The training course is both highly effective and recommended.”

Wellbeing in the Workplace supports  
**35 new**  
businesses  
and organisations.



We have trained **160 people**  
to be Mental Health First Aiders  
in the community.

Over **2600** information leaflets, on a variety of topics  
related to mental health distributed in the community.



**801 people**  
people have been  
trained in mental health  
awareness Wellbeing in the  
Workplace supports.

## 7 Food For Thought

volunteers  
complete their  
food hygiene  
training.





# Share



'I suffer with chronic depression and found the Friends in Need. This group has been a lifeline for me. It gives me a focus during the week and I enjoy the interaction with other people. It is helping with my recovery. Max has facilitated some evening activities which I have really enjoyed. Recently

I have not been very well again and Max offered support to ensure I got to see my care coordinator. I regard him and the FiN group as key players in my recovery team'.



"The food was fantastic. It was of a remarkable standard. It reminded me of the food we used to have when I attended receptions at the British Embassy in Washington".

- Community Wellbeing Service designed to promote positive mental health in the form of numerous facilitated support groups.
- Social Enterprise groups: Food for Thought, our home cooking workshops and events catering, and Greenlinks allotment and gardening projects.

750 hours of mental health support provided to people through our Wellbeing Service activities.



Over **3320** meaningful conversations with people on the phone at events and in the community.

101 people take part in workshops.  
25 events catered for through our Food for Thought Social Enterprise feeding 1420 people.



Accolades for Greenlinks Projects:  
13 varieties of vegetables grown on site,  
9 varieties of fruit.  
8 BBQs held on site with 80% food cooked also grown on site.  
90% of people attending Greenlinks use public transport or walk to site.  
Wildlife on site:  
Resident badger, mice, voles, squirrels, a heron, woodpeckers, slow worms.

89% of participants feel more connected, more confident and resilient because of Bath Mind's support.

Large audience numbers view people's work at events, exhibitions and special occasions, encouraging a sense of pride, achievement and confidence

Thank you to all our funders friends and donors, of which there are too many to name... Your vital support is incredible and hugely appreciated.



- ⊙ Andrew and Diana Jolliffe
- ⊙ Awards for All
- ⊙ Achieve Your Dreams
- ⊙ Annington Homes
- ⊙ Bath Pizza Company
- ⊙ Bath Spa University
- ⊙ Bath University
- ⊙ Bath Young Professionals
- ⊙ The Bell Inn
- ⊙ Caf Tourle Foundation
- ⊙ Choc on Choc
- ⊙ Chris and Sylvia Hailstone
- ⊙ Citizens Advice
- ⊙ Creativity Works
- ⊙ Curo Community Chest
- ⊙ Eaglestone Landscape Design
- ⊙ Emberson Group
- ⊙ Exeter Flotilla
- ⊙ Fidelius
- ⊙ Hydair
- ⊙ Lovehoney
- ⊙ Marks & Spencer
- ⊙ Minute Man Press
- ⊙ Mulberry
- ⊙ Nandos
- ⊙ National Lottery
- ⊙ The NatureSave Trust
- ⊙ Paperblanks
- ⊙ The Percent Club
- ⊙ Peter Stormonth Darling Trust
- ⊙ Places for People
- ⊙ Quartet Community Foundation
- ⊙ Raise the Bar
- ⊙ The Raven
- ⊙ Rotary Club
- ⊙ Roper Foundation
- ⊙ Royds Withy King
- ⊙ St John's Foundation
- ⊙ Soundwell
- ⊙ Sport England
- ⊙ Malcolm Sutton
- ⊙ TSL Accounting
- ⊙ The Thoughtful Bread Company
- ⊙ Waitrose
- ⊙ Woodhouse & Law



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