



# Services Update

Autumn 2020

Live



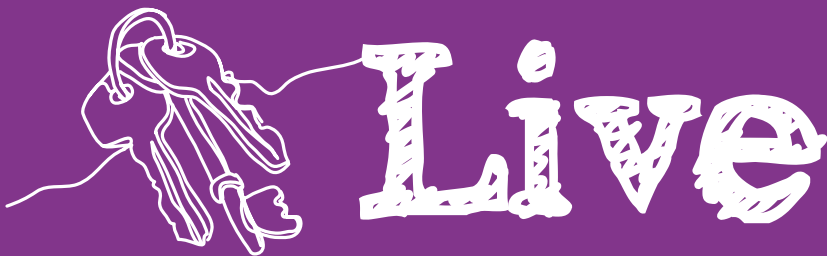
Learn



Share



[www.bathmind.org.uk](http://www.bathmind.org.uk)



**“It’s such an enormous relief to talk to someone who really understands”**

‘Live’ encapsulates our services in housing, one-to-one community support, evening telephone support and signposting, befriending telephone support, and our welfare benefits service. We support people with independent living skills, promoting wellbeing and reducing isolation, crisis prevention, their rights, and to obtain safe and secure accommodation. All of our services are non-clinical.

## Breathing Space

Contact:

01225 983130

[breathingspace@bathmind.org.uk](mailto:breathingspace@bathmind.org.uk)



Breathing Space is Bath Mind’s new telephone service, taking calls from 5.30-11.30pm every day. Staffed by a team with a broad range of experience in mental health issues, they offer a compassionate listening-ear and signposting to relevant services. Out of hours, you can leave a message and they will call back.

We are pleased to be able to offer support to Polish speakers in our community, who can arrange to talk with our Polish-speaking member of staff.

Jeśli chciałbyś porozmawiać z kimś w języku polskim, zadzwoń do Breathing Space. Polski pracownik oddzwoni do Ciebie w uzgodnionym terminie. Możesz również wysłać do nas e-maila w języku polskim: [breathingspace@bathmind.org.uk](mailto:breathingspace@bathmind.org.uk).

## Befriending

Contact:

0300 247 0050

Our befriending service supports those needing regular telephone contact if they are feeling lonely, anxious or have low mood. Our team of experienced staff are there to listen and offer advice. Opening hours are Monday to Friday, 9am to 5pm.

## Welfare Benefits Service

Contact:

Citizens’ Advice B&NES

0344 8487919

[www.citizensadvicebanes.org.uk](http://www.citizensadvicebanes.org.uk)

Our Welfare Benefits Service is part of a joint project with Citizens’ Advice Bath & NE Somerset, advising and supporting clients with the benefit claims process.

We work with local and national organisations to improve the policies and practises that affect peoples’ lives. Due to the complex nature of the work, all referrals are taken via Citizens’ Advice.

All of the above services are free and available to anyone aged 16+ who is registered with a GP in BaNES. Calls will be charged at local rate by your phone provider. If you are out of credit, we will call you back. You can also email and leave a number for us to call you back.

[www.bathmind.org.uk/what-we-do/live/](http://www.bathmind.org.uk/what-we-do/live/)

"I want to thank you from the bottom of my heart for how much your understanding, help, support and genuine care and making me feel safe means to me."

# Live



"It's like the service manager is the moon and support workers are the stars (shining into my darkness)."

## Community Support

Contact:

07538113880

[wendysteeds@bathmind.org.uk](mailto:wendysteeds@bathmind.org.uk)

Our hugely successful B&NES accredited recovery service offers a range of interventions including practical and emotional support, helping people to live independent, fulfilling lives. We offer support with building self-confidence; health and wellbeing; living skills; budgeting; social connections; housing issues and access to community facilities. Online referral is via [www.bathmind.org.uk/what-we-do/live/community-support-service/](http://www.bathmind.org.uk/what-we-do/live/community-support-service/)

## Wellbeing House

Contact:

[www.wellbeing.house@curo-group.co.uk](mailto:www.wellbeing.house@curo-group.co.uk)

01225 310748

The Wellbeing House provides short-term mental health supported accommodation (maximum 8 weeks) for people leaving hospital who need a period of recovery before returning home. We also offer stays to people who are experiencing a mental health decline, to avoid possible hospitalisation. It is important to add that we do not accept people in crisis. Please note that we are currently only taking referrals as a step-down and step-up service to Avon & Wiltshire Mental Health Partnership Trust (AWP).

## Registered Care Home

Contact:

Fiona Stradling

01225 448396

[housing@bathmind.org.uk](mailto:housing@bathmind.org.uk)

Our registered care home is an eight-bedroomed house in Bath, managed by Bath Mind and registered with the Care Quality Commission. It provides non-nursing care and support for eight people aged 18-65 with long-term mental health problems. The residents are supported 24-hours a day, seven days a week. Residents are required to be supported by Avon & Wiltshire Mental Health Partnership Trust (AWP).

## Supported Living

Contact:

Fiona Stradling

01225 448396

[housing@bathmind.org.uk](mailto:housing@bathmind.org.uk)

Bath Mind manages self-contained flats in Bath and Chippenham, supporting tenants moving towards independent living over a 2-year period. We work with each tenant on a one-to-one basis, enabling them to define their recovery goals and achieve their potential. To find out how to be referred visit [www.housingsupportgatewaybanes.org.uk](http://www.housingsupportgatewaybanes.org.uk).

[www.bathmind.org.uk/what-we-do/live/](http://www.bathmind.org.uk/what-we-do/live/)



# Learn

"I found the training SO useful and really engaging, from both a personal level and for the company. A huge 'thankyou' to Bath Mind!"

'Learn' encapsulates our wide range of services in preventative training for the community, including Mental Health First Aid training, bespoke Wellbeing for the Workplace training and Mental Health Awareness training for the sports sector. Bath Mind promotes and advocates an ethos of learning throughout our activities.

## Online Wellbeing in the Workplace

Bath Mind can support your organisation and employees in these unprecedented times, through our online Wellbeing in the Workplace scheme, which will maximise the mental health and wellbeing potential of your team and help identify problem areas, giving tools to manage challenges and build resilience.

## Online Workshops

90 minute, 2 hour and 3 hour online CPD interactive sessions on keeping mentally well whilst working from home; how managers can support their teams remotely; mental health awareness for frontline staff; suicide prevention and much more. Workshops can be tailored to fit your organisational needs to create bespoke sessions to tackle the challenges your teams are facing.

## Online Mindfulness Sessions

One hour each; 1-3 sessions to introduce your colleagues to the power of simple mindfulness practices that calm the automatic nervous system, focus the mind and lift mood.

## Online 1:1 or team wellbeing coaching

Bath Mind's wellbeing coaches provide a listening ear to support the wellbeing of you or your team; strategies to help employees manage their mood and remain productive at work. We can help your colleagues develop Wellness Action Plans or take steps to increase self-care for a better work/life balance. This confidential coaching service can receive referrals from individuals or from HR/Managers seeking to access support for their colleagues.

Tailored workshops to fit your organisational needs; bespoke sessions to tackle the challenges your teams are facing.

# Learn



We are currently delivering all of our training and workshops online. Face-to-face training will be on a case-by-case basis. In keeping with government guidelines, an appropriate risk assessment will be carried out and social distancing will be in place. To discuss online or face-to-face training, please contact Hannah Roper: [hannahroper@bathmind.org.uk](mailto:hannahroper@bathmind.org.uk).

## Online workplace mediation

Workplace mediation to assist organisations in supporting employees affected by mental health difficulties. An accredited mediator will work with your HR team (on Zoom) to provide a confidential resolution service between colleagues, or between employees and managers.

## Online Mental Health First Aid Training

MHFA is an accredited training course which supports people to identify, understand and help someone who may be experiencing a mental health issue. This course is suitable for anyone over the age of 18, and participants can attend for personal or professional reasons. Learning takes place through four live training sessions, spread across two weeks, with self-learning activities in between.

## Mental relaxation online with The Soul Spa

Bath Mind's partners, The Soul Spa, offer 20 minutes of live-streamed guided mental relaxation for you or your team. You can choose from one of their existing classes, or ask them to create a session bespoke to your particular circumstances.



## Online Mental Health Training for Youth

Bath Mind offer bespoke mental health training and workshops for staff in schools and other youth settings, on topics including: practical strategies to support with transitions during the pandemic; supporting bereavement and loss; staff wellbeing and embedding a wellbeing culture. We also deliver the accredited half day Youth Mental Health Aware course, along with workshops for the students on strategies to manage anxiety and support peers.



Contact: [hannahroper@bathmind.org.uk](mailto:hannahroper@bathmind.org.uk)

Telephone: 01225 617981

[www.bathmind.org.uk/what-we-do/learn/](http://www.bathmind.org.uk/what-we-do/learn/)





# Share

"Being a member of the group has made a great difference to my quality of life....I would be lost without it."

"Share" encapsulates the array of activities and projects within our Wellbeing Service, as well as collaborative wellbeing projects in the community.

## Open Opportunities

A non judgemental space to connect with others and improve wellbeing, centred on the 5 Ways to Wellbeing. Bath Mind facilitators are on hand to offer 1:1 support where needed, and to help with access to other services where appropriate. Every Monday at Manvers Street Church from 11am-2pm.

## Twerton Wellbeing Group

Centred on the 5 Ways to Wellbeing, this group offers the opportunity to connect with others, with activities to engage and open conversations. Bath Mind staff and volunteers are there to support and facilitate access to other services where appropriate. Re-opening in October 2020.

## Hope Space

For people feeling lonely, isolated, emotionally fragile, anxious or with low mood. A caring atmosphere, where participants are contacted by telephone/ email weekly by Hopespace volunteers. The volunteers share this information with the Wellbeing Groups Manager weekly and any follow ups or concerns raised are addressed and ongoing support agreed. It is hoped that the face-to-face group will re-open in September.

## Midsomer Norton Wellbeing Group

An inclusive and supportive community group encouraging positive mental health through peer support and creative pursuits. Participants are contacted either by telephone or email and can join a weekly Zoom meeting. In cases of higher need, people are contacted twice-weekly. It is hoped that the face-to-face group will re-open in September.

## Friends in Need Wellbeing Group

An informal peer support group for anyone experiencing depression and anxiety. Participants are contacted weekly by Bath Mind Staff and volunteers, by telephone/email or a weekly group Zoom meeting. In cases of higher need, people are contacted twice-weekly. Re-opening outdoors on 2nd September.

**Due to Covid restrictions, please get in touch before attending:-**

**beckyhughesman@bathmind.org.uk**



**07538 113890**

To find out more visit [www.bathmind.org.uk/what-we-do/share/](http://www.bathmind.org.uk/what-we-do/share/)  
To self-refer, select the relevant group and click on the Referral Form button.  
Most of our groups accept donations of around £4 for attending a session.

"Since COVID-19, I have 2 support Zoom meetings, a weekly phone call from my buddy and phone calls/emails from Bath Mind's outreach worker. I've been in some really dark places recently, but knowing I have such great support makes a massive difference to my coping skills."

# Share



**Due to Covid restrictions, we kindly ask that new referrals contact us before attending.**

## Radstock Loving Life

Contact:

[beckyhughesman@bathmind.org.uk](mailto:beckyhughesman@bathmind.org.uk)

## Foxhill Happy Snappers

Contact:

[beckyhughesman@bathmind.org.uk](mailto:beckyhughesman@bathmind.org.uk)

## Keynsham Snap & Stroll

Contact:

[beckyhughesman@bathmind.org.uk](mailto:beckyhughesman@bathmind.org.uk)

## Stitch Friday

Contact:

[beckyhughesman@bathmind.org.uk](mailto:beckyhughesman@bathmind.org.uk)

## Greenlinks

Contact:

[emmacarlisle@bathmind.org.uk](mailto:emmacarlisle@bathmind.org.uk)



## Food For Thought

Contact:

[foodforthought@bathmind.org.uk](mailto:foodforthought@bathmind.org.uk)



Participants, plus the group facilitator are contacted weekly by Bath Mind staff and one volunteer on the telephone and across email to offer support.

A photography and walking group, exploring their local area of Foxhill through a lens. A social and relaxed space in which group members support each other and learn new skills. This group is now open, outdoors only.

A friendly group with a shared interest in photography with sociable walks. No experience in photography is needed, and you can use a 'phone or a camera. A 'theme' is set weekly and participants are contacted weekly on Whatsapp/ 'phone by the volunteer group facilitator, Bath Mind staff and Creativity Works. Group members can contact Bath Mind should they require additional support.

A creative group working with felt, silk embroidery and having fun with textiles. The tutor is currently sending stitch activities to her regular group members. The group are able to contact Bath Mind staff for support if needed.

Greenlinks provides an opportunity for people to stay in touch with nature, meeting on our allotments at Alice Park, Monksdale Road and Ammerdown Estate. Groups have now returned to face-to-face and we are accepting new referrals.  
Monksdale: Monday & Wednesday 12.30-3.30pm.  
Ammerdown: Wednesdays 11am-1pm.  
Alice Park: Tuesdays: 10am-1pm.

Food For Thought offers an opportunity to learn new cooking skills and find out more about nutrition for wellbeing. In addition to individual calls and emails, there is a weekly Zoom group where experiences are shared, and also a weekly cookery quiz. Food For Thought share recipes, cookery tips, photos and quizzes on Facebook. You can find great recipes from Food for Thought in Bath Mind's Wellbeing Activities webpage.

# Youth & Student Wellbeing

"I would urge anyone who is struggling to make that first step and reach out, I know it is the hardest part. It's okay not to be okay!"

Bath Mind is committed to supporting young people throughout our community. In addition to our specific services for young people, our wellbeing groups welcome all registered with a GP in B&NES and over age 16. (Please refer to "Share").

Due to Covid restrictions please get in touch before attending.

[beckyhughesman@bathmind.org.uk](mailto:beckyhughesman@bathmind.org.uk)

## Young Person's Group

A newly-formed group for 16-25 year olds, based at Bath City College. This peer support group is for young people to connect and have discussions about their mental health and wellbeing in a safe, supportive place, facilitated by Bath Mind staff and volunteers. There will be opportunities to engage in new activities based around the five ways to wellbeing, such as sharing music, literature, guided art sessions, theatre and physical activity. Every Thursday, 5pm-6pm.

## Bath Spa Time to Change Group

Bath Mind staff and the Time to Change co-ordinator are working closely with the University's Wellbeing Team, the Vice President of the Student's Union and students, to build a community of Time to Change champions to campaign about and improve mental health and wellbeing.

## Bath Spa University Wellbeing Group

A peer support group where students meet to support each other, boosting wellbeing through activities and discussion. Facilitated by Bath Mind Wellbeing Co-ordinator. Participants are contacted on a weekly basis and invited to a weekly Zoom meeting.

## Cabinet of Compassion

This creative multi-media mixed-art project empowers young people in schools to be designers of their own body of work, and to exhibit this work in wider community settings. Currently an online project.

**VOLUNTEERING:** Our Volunteering webpage is regularly updated with opportunities. Many of our volunteers are supporting Bath Mind remotely, in our Wellbeing Services and by fundraising for us. [www.bathmind.org.uk/get-involved/volunteering/](http://www.bathmind.org.uk/get-involved/volunteering/)

## Breathing Space

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01225 983130

[breathingspace@bathmind.org.uk](mailto:breathingspace@bathmind.org.uk)

Breathing Space is Bath Mind's new phone support line, taking calls from 5.30pm-11.30pm every day. Staffed by a team with a broad range of experience in mental health issues, they offer a compassionate listening-ear and signposting to relevant services. Out of hours, you can leave a message and they will call back. You can also contact them by email at the address shown.



# COMMUNITY SUPPORT

Thousands of local residents have joined a Compassionate Community in which people are inspired and supported to look after themselves and each other.

Support with health and wellbeing will continue to be available to everyone in Bath and North East Somerset throughout Covid-19 and beyond.

**CALL 0300 247 0050**  
**OR VISIT [3SG.ORG.UK/WELLBEING](https://3sg.org.uk/wellbeing)**  
**FOR SUPPORT WITH ANY OF THE FOLLOWING:**



Feeling isolated, lonely or anxious

Money advice and benefits support

Transport for medical appointments

Collecting medication

Delivering or accessing food

Stopping smoking

Achieving a healthy weight and keeping active

Employment issues

Housing



Improving People's Lives



# Wellbeing Activities Online

Bath Mind has a host of activities on our new Wellbeing Activities webpage: Colouring for relaxation; Puzzles, games & quizzes; Recipes & nutrition; Gardening; Craft activities; Physical wellbeing; Armchair travel; Nature. Regularly updated with new downloadable content and links.

[www.bathmind.org.uk/advice-and-support/wellbeing-activities/](http://www.bathmind.org.uk/advice-and-support/wellbeing-activities/)

Thank you to our supporters and funders

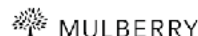


Roper Family Charitable Trust



Chris & Sylvia Hailstone

Andrew & Diana Joliffe



Thank you to our inspirational Bath Half runners and fundraisers



We are here to promote and nurture everyone's mental health through the provision of information, activities, advice and support.

Bath Mind is a local, independent charity supporting the mental health and wellbeing needs of people throughout B&NES.

Though we are affiliated with national Mind, we receive no direct funding and rely on the generosity of our supporters and funders to continue to provide our essential services.

Follow us on social media



To Donate

[www.bathmind.org.uk/fundraising/donate/](http://www.bathmind.org.uk/fundraising/donate/)

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