

Services Update

February 2021



Live

Breathing Space	01225 983130	breathingspace@bathmind.org.uk
Befriending	0300 247 0050	
Welfare Benefits	0344 8487919	www.citizensadvicebanes.org.uk
Community Support	07538113880	wendysteeds@bathmind.org.uk
Wellbeing House	01225 310748	wellbeing.house@curo-group.co.uk
Registered Care Home	01225 448395	housing@bathmind.org.uk
Supported Living	01225 448395	housing@bathmind.org.uk

Learn

Wellbeing in the workplace
 Mental Health First Aid Training
 Mental relaxation with The Soul Spa
 Mental Health Training for Youth
 1:1 / team wellbeing coaching
 Mindfulness sessions
 Workplace mediation
 Online Workshops

hannahroper@bathmind.org.uk
 01225 617981

Share

Open Opportunities
 Midsomer Norton Wellbeing
 Radstock Loving Life
 Stitch Friday
 Hope Space
 Get Set to Go
 Safe Space Youth Group
 Bath Spa University Wellbeing

beckyhughesman@bathmind.org.uk
 07538 113890

Greenlinks emmacarlisle@bathmind.org.uk
 Food for Thought foodforthought@bathmind.org.uk
 Online Courses 01225 316199 admin@bathmind.org.uk
 Wellbeing Activities Online www.bathmind.org.uk/advice-and-support/wellbeing-activities/



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

Breathing Space Client

‘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

Breathing Space takes 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 you 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.

Contact:
01225 983130
breathingspace@bathmind.org.uk

Befriending

Our befriending service is based at the Community Wellbeing Hub. It supports feeling lonely, anxious or have low mood. We provide regular telephone support and signposting to relevant services. Our team of experienced staff are there to listen and offer advice. Opening hours are Monday to Friday, 9am to 5pm.

Contact:
0300 247 0050

Welfare Benefits Service

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.

Contact:
Citizens’ Advice B&NES
0344 8487919
www.citizensadvicebanes.org.uk

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.

“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.”

Community Support Client



Live

Community Support

Contact:
07538113880
wendysteeds@bathmind.org.uk

Our B&NES accredited recovery service offers a range of 1:1 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 (where funding is in place) via www.bathmind.org.uk/what-we-do/live/community-support-service/

Wellbeing House

Contact:
01225 310748
wellbeing.house@curo-group.co.uk

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

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

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.



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 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.

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.



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.

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

Learn

Telephone: 01225 617981
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.

Telephone: 01225 617981
hannahroper@bathmind.org.uk



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 via Zoom 11am-12pm.

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.

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.

Radstock Loving Life

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

Stitch Friday

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.

Foxhill Happy Snappers Keynsham Snap & Stroll

These groups are currently closed until further notice. Members are contacted weekly by staff and volunteers.

Get Set to Go

Get Set to Go helps people find a physical activity which best suits them, enabling them to enjoy the physical, social and mental benefits of being active. Bath Mind groups can access table tennis, new age kurling, Tai Chi and Football when restrictions allow.



To self-refer to groups, visit:
www.bathmind.org.uk/what-we-do/share
select the relevant group and click on the Referral Form button, or contact

07538 113890

beckyhughesman@bathmind.org.uk

“I’ve been in some really dark places recently, but knowing I have such great support makes a massive difference to my coping skills.”

Wellbeing Group Member

Share

Greenlinks

Greenlinks provides an opportunity for people to stay in touch with nature, meeting on our allotments at Alice Park, Monksdale Road and Ammerdown Estate. Our groups have moved online during lockdown but we are running Zoom meetings to keep in touch with group members, and our regular newsletter shares photographs and updates.

Monksdale: Wednesday 11am

Ammerdown: Wednesday 11am

Alice Park: Tuesday 10am

Contact:

emmacarlisle@bathmind.org.uk

Food for Thought

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.

Contact:

foodforthought@bathmind.org.uk



Online Courses

NEW!

Bath Mind are running free online courses. Courses are usually made up of 6 sessions.

Please get in touch to find out when the next course is available, request an enrolment form or book your place.

Bath Mind: 01225 316199

admin@bathmind.org.uk

Wellbeing Activities Online

Bath Mind’s website has a wealth of wellbeing activities, advice and support.

You can find healthy, nutritious recipes from Food for Thought, gardening activities from Greenlinks as well as colouring, puzzles, games and other activities to enjoy in nature.

www.bathmind.org.uk/advice-and-support/wellbeing-activities/

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!”

University student group member

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”).

Safe Space

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 are 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. Currently held on Zoom. Thursdays 5pm-6.30pm.

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.

Contact

07538 113890

beckyhughesman@bathmind.org.uk

Breathing Space

Breathing Space is open from 5.30pm-11.30pm every day of the year. 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.

Contact: 01225 983130

breathingspace@bathmind.org.uk

Cabinet of Compassion

Bath Mind are delighted to be working in partnership with the Co-op Iwill fund to deliver compassion and creativity workshops in schools. The Co-op #Iwill campaign, aims to make participation in social actions- such as volunteering, fundraising, mentoring and campaigning- the norm for young people aged 10-20. Focusing on year 6 pupils transitioning up to year 7, young people work with artists and creatives to explore kindness, self-compassion and how to be a compassionate member of their community.

Get Involved!

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. To find out more, visit: www.bathmind.org.uk/get-involved/volunteering/

mind | Bath

for better mental health

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.

We are grateful to our supporters and funders whose generosity enables us to continue supporting people in need. Though we are affiliated with national Mind, we receive no direct funding.

If you would like to support us or fundraise for us, we would love to hear from you!

Thank you to our supporters and funders

Thank you to our inspirational Bath Half runners and fundraisers

Chris & Sylvia Hailstone
Andrew & Diana Joliffe

Follow us on social media for updates and support



www.bathmind.org.uk

Charity Registration No: 1069403

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