



Our Services

Summer 2021

Abstract white line art consisting of several overlapping, hand-drawn loops and curves that sweep across the bottom half of the page.

www.bathmind.org.uk



Bath Mind is a local, independent charity, supporting the mental health and wellbeing of everyone living in B&NES.

Whilst we are affiliated with national Mind, we receive no direct funding from them. Bath Mind do not have any shops or retail outlets.

Our services are funded by commissioned funding, grants, corporate and individual donations, gifts in wills, in memory donations and local fundraising.

We would like to take this opportunity to thank all those who support us, in so many different ways. This support enables us to continue delivering our life-changing services.

Bath Mind is governed by a non-executive board. Board members oversee the direction and strategy of the charity, holding the senior management team to account and scrutinising their decisions. Board members serve on a voluntary basis.

Bath Mind has been awarded the Mind Quality Mark (MQM). The MQM is a robust quality assurance framework created by national Mind.

Local Minds undergo a rigorous assessment, which includes a thorough appraisal of organisational policies and procedures as well as a visit and interviews with trustees, staff, volunteers and people who use services. MQM is awarded when all standards are fully met.



Contacts

Bath Mind Offices	01225 316199	admin@bathmind.org.uk
Bath Spa University Wellbeing Group	07538 113890	beckyhughesman@bathmind.org.uk
Befriending	0300 247 0050	
Breathing Space	01225 983130	breathingspace@bathmind.org.uk
Community Support	07538113880	wendysteeds@bathmind.org.uk
Corporate Partnerships		hannahroper@bathmind.org.uk
Counselling		counselling@bathmind.org.uk
Food for Thought		foodforthought@bathmind.org.uk
Football		ailsae@bathmind.org.uk
Foxhill Happy Snappers	07538 113890	beckyhughesman@bathmind.org.uk
Fundraising		hannahroper@bathmind.org.uk
Greenlinks		greenlinks@bathmind.org.uk
Keynsham Snap & Stroll	07538 113890	beckyhughesman@bathmind.org.uk
Online Wellbeing Group	07538 113890	beckyhughesman@bathmind.org.uk
Open Opportunities	07538 113890	beckyhughesman@bathmind.org.uk
Press		press@bathmind.org.uk
Registered Care Home	01225 448396	housing@bathmind.org.uk
Room 627		ailsae@bathmind.org.uk
Safe Space	07538 113890	beckyhughesman@bathmind.org.uk
Stitch	07538 113890	beckyhughesman@bathmind.org.uk
Supported Living	01225 448396	housing@bathmind.org.uk
Training & Workshops	07943 496835	hannahroper@bathmind.org.uk
Volunteering		jodiehoskin@bathmind.org.uk
Welfare Benefits	0344 8487919	www.citizensadvicebanes.org.uk
Wellbeing House		wellbeing.house@curo-group.co.uk

10 Westgate Street
Bath BA1 1EQ
Registered Charity No: 1069403
Registered in England: 3531040
www.bathmind.org.uk



‘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

Staffed by a team with a broad range of experience in mental health, Breathing Space offers a compassionate listening and supportive ear to people experiencing crisis. We work with people to de-escalate their feelings of crisis and produce a plan to support them.

Telephone support - Monday to Thursday 5.30pm-11.30pm

Face-to-face support - 7 days a week - 6pm-10.30pm

Telephone: 01225 983130

email: breathingspace@bathmind.org.uk

Befriending

Our befriending service is based at the Community Wellbeing Hub. It supports those feeling lonely, anxious or who 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.

Hours: Monday to Friday, 9am to 5pm.

Telephone: 0300 247 0050

Welfare Benefits

Our Welfare Benefits Service is part of a joint project with Citizens' Advice B&NES. Our trained mental health support worker assists people struggling to understand and apply for benefits, navigate the benefits pathway and support at any appeal stages. Due to the complex nature of the work, all referrals are taken via Citizens' Advice B&NES.

Telephone: 0344 8487919

www.citizensadvicebanes.org.uk

Community Support

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/

Telephone: 07538113880

email: wendysteeds@bathmind.org.uk

Wellbeing House

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).

Telephone: 01225 310748

email: wellbeing.house@curo-group.co.uk

Intensive Outreach

Bath Mind's Intensive Outreach Support aims to allow a smoother discharge from psychiatric care, or to prevent people needing to access hospital, by providing short-term intensive support in clients' homes. We work closely with the client's mental health team and provide flexible, trauma-informed, person-centred mental health support. This offer is open to those under the care of Avon & Wiltshire Mental Health Partnership Trust (AWP) residing in B&NES, Swindon and Wiltshire. The maximum duration of support is 6 weeks. People can be referred into the service up to 3 times a year.

This service is only available for referrals via AWP

Residential Care Home

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).

Contact: Fiona Stradling

Telephone: 01225 448396

email: housing@bathmind.org.uk

Supported Living

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.

Contact: Fiona Stradling

Telephone: 01225 448396

email: housing@bathmind.org.uk

‘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.

Wellbeing in the Workplace

Bath Mind can support your organisation and employees through our 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. All training is available online or face-to-face, depending on restrictions and based on company’s requirements. Please get in touch for further information.

Workshops

90 minute, 2 hour and 3 hour online CPD interactive sessions on keeping mentally well whilst working in challenging times; supporting employees’ mental health, a guide for managers; mental health awareness for frontline staff; suicide prevention and much more. Workshops can be tailored to fit your organisational needs, creating bespoke sessions to tackle the challenges your teams are facing. Sessions are interactive, including group exercises, case studies and useful resources which facilitate open conversations on how teams can support each other with their wellbeing.

Bath Mind deliver bespoke mental health training for businesses and organisations. This can be anything from a 1 hour overview on Mental Health Awareness, to a full day of in-depth Manager Training.

Mental Health at Work - for Employees

Part 1: Workplace Mental Health Awareness
Part 2: Being a Workplace Wellbeing Champion

Mental Health at Work for HR and Managers

Part 1: Workplace Mental Health Awareness for HR and Managers
Part 2: Mental Health Conversations for HR and Managers

Mental Health Awareness for Frontline Staff & Volunteers

Part 1: Mental Health Awareness & Conversations for Frontline Staff & Volunteers
Part 2: Suicide Prevention and Intervention

Supporting Student Wellbeing for Staff in Education

Part 1: Mental Health Awareness for Students and/or Staff
Part 2: Supporting Students and/or Staff in Mental Health Crisis

Contact and further information:

Telephone: 07943 496835
hannahroper@bathmind.org.uk

www.bathmind.org.uk/what-we-do/learn/



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.

1:1 or team Wellbeing Coaching

Bath Mind’s wellbeing coaches provide a listening ear, offering support and wellbeing strategies. They will work with you to tailor a coaching package to suit your particular needs. Taking focussed time out to understand the predicament you find yourself in and how to move beyond can be achieved with the support of an experienced coach. Bath Mind’s confidential coaching service can receive referrals from individuals themselves or HR/Managers seeking to access support for their colleagues.

Workplace Mediation

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

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. All courses are suitable for anyone over the age of 18, and participants can attend for personal or professional reasons. We offer the full Mental Health First Aider course, half-day Mental Health Aware and the Mental Health First Aider Refresher course.

Youth Mental Health Training

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.

Mental Relaxation Sessions

Bath Mind’s partner, The Soul Spa, offers 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.

The Power of Nutrition

There is significant evidence to show that looking after the mental health of your employees makes business sense and increases productivity. This session is evidence based, yet practical and down-to-earth as we consider the interplay between our bodies, minds and environments for optimal wellbeing.

Contact and further information:

Telephone: 07943 496835
hannahroper@bathmind.org.uk

www.bathmind.org.uk/what-we-do/learn/



'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. The sessions often involve a guest speaker or a lead activity. Bath Mind facilitators are on hand to offer 1:1 support, and to help with access to other services where appropriate.

Meetings: Every Monday and Wednesday, 11am-1pm, central Bath.

Stitch

A creative group working with felt, silk embroidery and having fun with textiles. All sessions are led by an expert tutor.

Meetings: Thursdays and Fridays in Bath and Combe Down.

Foxhill Happy Snappers

A small gathering of people enjoying a gentle walk, exploring the local area of Foxhill and beyond through a lens. No experience or fancy camera required!

Meetings: Thursdays 11am-1pm, Foxhill.

Keynsham Snap & Stroll

A local wellbeing photography group meeting face-to-face in a small group in and around Keynsham. The group offers opportunities to meet others, discover new ways of seeing surroundings, learn skills in photography and explore the local area. Bring a camera of any sort, and an open mind to meet new people and enjoy time snapping and strolling.

Meetings: Tuesdays, 10am-12 noon in Keynsham.

Online Wellbeing Group

A friendly, welcoming group of people meeting on Zoom, participating in activities based around the 5 Ways to Wellbeing and offering one another peer support.

Meetings: Thursdays, 4-5pm on Zoom.

For further information, or to join the above groups:

Contact: Becky Hughesman

Telephone: 07538 113890

email: beckyhughesman@bathmind.org.uk

Wellbeing Walks

Short, gentle walks led by volunteers from Bath Mind and Bathscape. A relaxed and friendly social space to meet new people, get some fresh air and enjoy nature.

Meetings: Thursdays, 11am, Monksdale Road allotment car park.

Contact: info@bathscape.co.uk **Text:** 07816641745 (Lucy)

Football

A fun group playing football. Led by Bath City Football coaches and Bath Mind volunteers.

Meetings: Thursdays, 6pm-7pm.

Contact: Ailsa Eaglestone **email:** ailsae@bathmind.org.uk

Counselling

Our affordable phone / Zoom counselling is currently heavily over-subscribed with a 2-3 month waiting list. Regrettably, as of time of publication, we are unable to take any new referrals.

Telephone: 01225 316199

email: counselling@bathmind.org.uk

Groups are open to B&NES residents aged 16+

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.

Meetings: Tuesday: 10.30am-1pm Alice Park / 11.30am-2pm Monksdale.

Wednesday: 11.30-1pm Ammerdown. Thursday: 11.30am-2pm Monksdale.

email: greenlinks@bathmind.org.uk

Food for Thought

Food for Thought is a cooking group that meets weekly to cook and enjoy the experience of eating delicious, healthy food together. Members have the opportunity be creative, try new foods, learn new skills and socialise in a friendly, supportive environment. During the Spring and Summer months there are events and activities, such as cooking outdoors at Bath Mind Allotments.

Meetings: Thursdays 10.30am-2pm central Bath.

email: foodforthought@bathmind.org.uk

Group	Monday	Tuesday	Wednesday	Thursday	Friday
Open Opportunities	11am-1pm Bath		11am-1pm Bath		
Foxhill Happy Snappers				11am-1pm Foxhill	
Keynsham Snap & Stroll		10am-12 noon Keynsham			
Online Wellbeing Group				4pm-5pm Zoom	
Stitch				2pm-4pm Bath	
Food for Thought				10.30am-2pm Bath	10.30am-12.30pm Bath
Greenlinks		10.30am-1pm Alice Park 11.30am-2pm Monksdale	11.30am-1pm Ammerdown	11.30am-2pm Monksdale	
Walking Group				11am Monksdale	
Football				6pm-7pm Bath	

*Groups are subject to change, once registered you will be kept informed of any changes.

Further information: www.bathmind.org.uk/what-we-do/share/

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 over the age of 16 who are registered with a GP in B&NES. (Please refer to 'Share').

Safe Space

This peer support group is for young people (aged 16-25) 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 5 Ways to Wellbeing, such as sharing music, literature, guided art sessions, theatre and physical activity.

Meetings: Thursdays, 5pm-6.30pm, Zoom. Monthly meets in person.

Bath Spa University Wellbeing Group

A relaxed and informal space in which people talk about anything from wellbeing to what they have been doing in the week. Attendees bring a range of interests, activities and creativity to the group, such as quizzes and discussion on arts and technology. A peer-support group, drawing upon the empathy between participants to improve wellbeing and mental health, build confidence and reduce stress. If people want to discuss difficulties that they have been encountering in the week, they are in a safe, non-judgemental space. If members are uncomfortable talking about an issue in the group setting, they also have the opportunity to talk 1:1 with the group facilitator after the session. All sessions are facilitated by Bath Mind.

Meetings: Thursdays, 1pm-2pm, Zoom.

For further information, or to join a group:

Contact: Becky Hughesman

Telephone: 07538 113890

email: beckyhughesman@bathmind.org.uk

Breathing Space

Staffed by a team with a broad range of experience in mental health, Breathing Space offers a compassionate listening and supportive ear to people experiencing crisis. We work with people to de-escalate their feelings of crisis and produce a plan to support them.

Telephone support - Monday to Thursday 5.30pm-11.30pm

Face-to-face support - 7 days a week - 6pm-11.30pm

Telephone: 01225 983130

email: breathingspace@bathmind.org.uk

Room 627™

Room 627 is a project created to help young people navigate the changes of moving from Year 6 to Year 7, with kindness, compassion and creativity. Bath Mind and partners have created a space where young people can explore different activities, share ideas and get creative, to build confidence in the changes presented by 'moving up' to senior school.

Further information: ailsae@bathmind.org.uk

Bath Mind offer a range of mental health and wellbeing training for young people and those working in youth and student settings. Please see 'Learn' for further information.

Further information: www.bathmind.org.uk

Wellbeing Activities, Advice and Support

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 activities to support wellbeing in nature.

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

Covid-19 Support for Mental Health & Wellbeing

www.bathmind.org.uk/advice-and-support/coronavirus/

Breathing Exercises

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

Colouring for Relaxation

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

Nature

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

Puzzles, Games & Quizzes

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

Recipes & Nutrition

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

Gardening

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

Craft Activities

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

Physical Wellbeing

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

Self-Help Tips

www.bathmind.org.uk/advice-and-support/self-help-tips/

Social Media

Follow us on social media for news and regular updates.



Bath Mind Offices

Telephone: 01225 316199

Open 8am-4pm Monday to Friday (except Bank Holidays)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breathing Space Telephone support	5.30pm-11.30pm Telephone: 01225 983130 email: breathingspace@bathmind.org.uk						
Breathing Space Face-to-Face support	6pm - 10.30pm Telephone: 01225 983130 email: breathingspace@bathmind.org.uk						
Befriending	9am - 5pm Telephone: 0300 247 0050						
Open Opportunities		11am-1pm Central Bath		11am-1pm Central Bath			
Foxhill Happy Snappers				11am-1pm Foxhill			
Keynsham Snap & Stroll		10am-12 noon Keynsham					
Online Wellbeing Group				4pm-5.30pm Zoom			
Food for Thought				10.30am-2pm Bath			
Greenlinks		10.30am-1pm Alice Park 11.30am-2pm Monksdale	11.30am-1pm Ammerdown	11.30am-2pm Monksdale			
Stitch				2pm-4pm Bath	10.30am-12.30pm Bath		
Football				6pm-7pm Bath			
Walking Group				11am Monksdale			
Safe Space (16-25 year olds)				5pm-6.30pm Zoom			
Bath Spa University Group				1pm-2pm Zoom			

Message from our CEO

It has been an extremely busy and challenging year for Bath Mind. We are in unprecedented times. However, we have an amazing, dedicated team of colleagues whose creativity, hard work and drive for excellence has ensured we continue to deliver high quality services based on our community's needs. We work with inspirational people, whose individual experiences and honest feedback have helped us to shape the services which we provide.

Over 3,000 calls with our Befriending Service (opened 5/20)

87,600 hours of residential care

Over 9,000 Kg of food distributed to local people

Over 2,250 crisis calls

71% increase in website visitors

Our recovery support saved the NHS over £400,000

958 hours of 1:1 counselling

8,331 hours of 1:1 community support

Over 4,500 people directly supported across B&NES

We delivered mental health & wellbeing training to 1,778 people

62% increase in social media engagement

Our crisis line helped prevent over 160 suicides

1,751 hours of support from our amazing volunteers

728 hours of supported living rehabilitation

Over 150 pages of new online resources

44,555+ minutes of calls supporting loneliness and isolation.

Over 3,000 1:1 calls supporting Wellbeing Group clients

50% increase in referrals to our Wellbeing Groups

252 university students attended our mental health workshops

We engaged 1,300 people to contribute to a 'Manifesto of Compassion'



Our Vision

Our vision is of a society that promotes and protects good mental health for all and treats people with experience of mental ill health fairly, positively and with respect.

Our Mission

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

Our Values

Inclusive and equalitarian: We respect everyone's experience and we ensure that inclusion is at the heart of our work.

Collaborative: We reach out to a wide community, working together with national and local organisations and people with experience of mental ill health, to help achieve our mission.

Responsive: We listen and learn from our members and supporters, gaining insight and understanding, which enables us to respond to the needs of our community.

Committed: We deliver high quality, informed services, and we are committed to improving the lives of those experiencing mental ill health.

Aspirational and ambitious: We strive for the best possible standards and quality of provision, by working and growing together with pride, passion and dedication.