



## Our Services



A Guide to Bath Mind's  
Mental Health and Wellbeing Services  
in Bath and North East Somerset

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

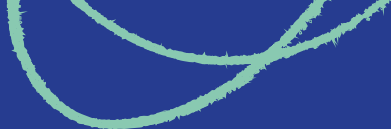


10 Westgate Street  
Bath BA1 1EQ

Registered Charity No: 1069403  
Registered in England: 3531040

# Contacts

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



**‘Live’ encapsulates our services in housing, one-to-one community support, evening telephone support and signposting, and welfare benefits. 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.**

## **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; daily living skills; budgeting; social connections; housing issues and access to community facilities.

**Online referral** (where funding is in place) via [www.bathmind.org.uk/our-services/e/supported-living/community-support-service/](http://www.bathmind.org.uk/our-services/e/supported-living/community-support-service/)

**Telephone:** 07538113880

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

## **Residential Care Home**

Our registered care home is an eight-bedroomed house in Bath, 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](mailto: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.

Referrals for Bath via [www.housingsupportgatewaybathnes.org.uk](http://www.housingsupportgatewaybathnes.org.uk)

Referrals for Chippenham please contact:

**Contact:** Fiona Stradling

**Telephone:** 01225 448396

**email:** [housing@bathmind.org.uk](mailto:housing@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. 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**



“The staff are outstanding and supportive, adapting to pressures they were not expecting”

# Learn

**‘Learn’ encapsulates our wide range of services in preventative training for the community and the workplace, including Mental Health First Aid training, bespoke Wellbeing for the Workplace training and other wellbeing initiatives such as Mindfulness. Bath Mind promotes and advocates an ethos of learning throughout our activities.**

## **Workplace Wellbeing Consultancy - For Leaders**

Your organisation’s approach to workplace wellbeing starts from the top and benefits from a whole-organisation strategy. We will support your organisation at a strategic level and take you through a step process in line with government recommended ‘6 Thriving at Work Core Standards’, to help you embed a sustainable, evidence-based culture change for workplace wellbeing.

## **SLT Working Well Culture Workshops**

A 90 minute or 2 hour workshop for leaders of your organisation to support promoting a culture of workplace wellbeing and meeting the employer’s legal duty of care under the Health and Safety At Work Act. We will tailor this workshop to suit the needs and structure of your organisation.

## **Mental Health First Aid Courses**

Bath Mind is a member of MHFA England, with qualified instructors offering a range of evidence based learning, from awareness raising to skill development. The courses empower people to notice signs of mental ill health and encourage them to break down barriers, listen in a non-judgemental way and signpost to support for recovery. Mental Health First Aid courses are accredited and well endorsed nationally.

**Mental Health First Aid - 2 days**

**Mental Health First Aid Champion - 1 day**

**Mental Health Aware - half day**

**Mental Health First Aid Refresh - half day**

**Suicide First Aid - 1 day**

**Suicide First Aid lite - half day**

These adult courses are suitable for anyone over the age of 18.

Participants can attend for personal or professional reasons.

We run public and in-house courses. Please get in touch for a quote or ask for our MHFA brochures for full details of all the courses.

## **Bespoke Training and Workshops**

90 minute, 2 hour, half day or full day training tailored to your needs. This can be anything from a 1 hour overview on Mental Health Awareness, to a full day of in-depth Managers' Training. Examples include:

### **Workplace Mental Health Awareness**

Includes spotting signs and symptoms of poor mental health in the workplace and introducing how to support your own, and your colleagues' wellbeing at work.

### **Supporting Employees' Mental Health: A Guide for Managers**

Includes tools and techniques to have effective wellbeing conversations, the case for culture change on workplace mental health and signposting to professional help.

### **Managing Mental Health in the Workplace: for HR Professionals and Managers**

Understanding the legal obligation of an employer to create a safe and positive work environment, employee's rights and potential employment claims to avoid.

### **Mental Health Awareness for Frontline Staff**

Includes recognising and responding to the signs and symptoms of poor mental health, de-escalation skills and self-care for you as professionals.

### **The Power of Nutrition**

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:**

**Hannah Roper**

Telephone: 07943 496835

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

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

# Learn

## Other Workplace Wellbeing Initiatives

### Mindfulness Sessions

Introducing your team to the power of simple mindfulness practises that calm the autonomic nervous system, focus the mind and lift the mood. We share the brain science behind mindfulness and help participants start or develop their mindfulness practise for improved wellbeing and productivity.

### Mental Relaxation with The Soul Spa

20 minutes of live-streamed guided mental relaxation for your team. A great way to keep employees fit and mentally motivated. Choose from existing sessions or request a bespoke session. Sessions can improve wellbeing, help with focus and creativity and help to energise your team.

### Wellbeing Coaching - 1:1 or Team

A listening ear to offer support and wellbeing strategies, tailoring a coaching package to suit your particular needs. This confidential service takes referrals from individuals or HR/Managers seeking to access support for colleagues. Free, no obligation discussion available.

### Workplace Mediation

To assist organisations in supporting employees affected by mental health difficulties. An accredited mediator will work with your team to provide a confidential resolution service between colleagues, or employees and managers. Free, no obligation discussion available.

## Contact Hannah Roper

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

**Telephone:** 07943 496835

**1822**  
participants  
in mental  
health  
training



**We**  
delivered  
**289 hours of**  
mental health  
and wellbeing  
training to  
local  
businesses



# Public Training Courses



Bath Mind delivers an array of public courses throughout the year, from Mental Health First Aid to Suicide First Aid. If you are an individual or a select few colleagues interested in booking onto a course, please visit our website to find out more: [www.bathmind.org.uk/training/](http://www.bathmind.org.uk/training/)

## Events

### BATH HALF MARATHON

The Bath Half Marathon brings our community together, and is an important event for Bath Mind. We are grateful for the people who run, support and fundraise for us through this event. Visit our website to find out how you can get involved. [www.bathmind.org.uk/support-us/bath-half-2022/](http://www.bathmind.org.uk/support-us/bath-half-2022/)

### WELLBEING CALENDAR

We are delighted to bring you our new, annual wellbeing calendar. Packed with tips and support to help maintain your wellbeing throughout the year, all proceeds from sales support the great work of Bath Mind. Visit our website for further information and to order: [www.bathmind.org.uk/product/bath-mind-annual-calendar/](http://www.bathmind.org.uk/product/bath-mind-annual-calendar/)

### COMMUNITY DAYS

Bath Mind is holding community events at their Greenlinks site, Monksdale Road. We would encourage all to come along and find out more about Bath Mind, enjoy a cup of tea and try some delicious cakes. Please check our website / follow us on social media for details and date of next event.

**2016**  
hours  
of support  
from our  
amazing  
volunteers!



**Over**  
**14,000**  
**1:1 calls**  
supporting  
local  
people

# Share

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

## Wellbeing Groups

### 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.

### Feel Good Photography

Appreciate Bath’s beauty through photography, with a warm, gentle supportive group meeting in various locations across Bath. Visiting artist, Sally Collister, will help you discover new ways to enjoy being creative with your photography. The group also work towards holding regular exhibitions of their photographs.

### 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.

### 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.

### The Radstock Wellbeing Group

A coming together of people to engage in conversation and creative activities, while enjoying the delights of the Swallow’s Cafe! The sessions are supported by Bath Mind staff and Volunteers.

**See our groups timetable for days and times**

**For further information, or to join the above groups:**

**Contact:** Becky Hughesman

**Telephone:** 07538 113890

**email:** [wellbeing@bathmind.org.uk](mailto:wellbeing@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.

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

## 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.

**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.

**email:** foodforthought@bathmind.org.uk

## Wellbeing Support for the over 55's

A series of short courses, both face-to-face and online, to promote good mental health and wellbeing for the over 55's. A chance to meet new people and form friendships. Learn new skills around nutrition, food and mood and engage in gentle forms of exercise for the body and mind, such as yoga, meditation and mindfulness.

**email:** foodforthought@bathmind.org.uk

# Wellbeing Groups Timetable



Group	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Open Opportunities</b>	11am-1pm Bath		11am-1pm Bath		
<b>Feel Good Photography</b>				11am-1pm	
<b>Keynsham Snap &amp; Stroll</b>		10am-12 noon Keynsham			
<b>Online Wellbeing Group</b>				3pm-4pm Zoom	
<b>Food for Thought</b>				10.30am-2pm Bath	
<b>Football</b>		6pm-7pm Bath			
<b>Greenlinks</b>		10.30am-1pm Alice Park  11.30am-2pm Monksdale	10.30am-1pm Ammerdown	11.30am-2.30pm Monksdale	
<b>Hopespace</b>		6pm-8pm Bath			
<b>Radstock Wellbeing Group</b>		10.30am-1pm			
<b>Walking Group</b>				11am Monksdale	

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

# 1:1 Support Services

## 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](mailto: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

## 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](mailto:counselling@bathmind.org.uk)

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

**For further information please see our website:  
[www.bathmind.org.uk/our-services/](http://www.bathmind.org.uk/our-services/)**

# Young People Wellbeing



**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.

## Peer Support at Safe Space

A service that matches a young person (aged 16-25) to a peer mentor for up to 12 weeks, helping to support that person in an area of their life they feel they need help. This could be joining a local gym or community group, applying for an education or training course, or help to get support for their mental health and wellbeing in their local community.

## For further information, or to join a group:

**Contact:** Becky Hughesman  
**Telephone:** 07538 113890  
**email:** [beckyhughesman@bathmind.org.uk](mailto:beckyhughesman@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. 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](mailto:ailsae@bathmind.org.uk)

# Get Involved!

There are many ways you can get involved with Bath Mind.

## Volunteer with us

[www.bathmind.org.uk/get-involved/volunteering/](http://www.bathmind.org.uk/get-involved/volunteering/)

## Job Opportunities

[www.bathmind.org.uk/get-involved/job-opportunities/](http://www.bathmind.org.uk/get-involved/job-opportunities/)

## Members Panel

[www.bathmind.org.uk/get-involved/members-panel/](http://www.bathmind.org.uk/get-involved/members-panel/)

## Fundraising

[www.bathmind.org.uk/support-us/fundraise-for-bath-mind/](http://www.bathmind.org.uk/support-us/fundraise-for-bath-mind/)

## Share your story

[www.bathmind.org.uk/get-involved/blog-for-bath-mind/](http://www.bathmind.org.uk/get-involved/blog-for-bath-mind/)

## Social Media

Follow us on social media and share our posts.

# Online Resources

## 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/resources/wellbeing-activites/](http://www.bathmind.org.uk/resources/wellbeing-activites/)

## Covid-19 Support for Mental Health & Wellbeing

[www.bathmind.org.uk/resources/information-and-tips/coronavirus/](http://www.bathmind.org.uk/resources/information-and-tips/coronavirus/)

## Self-Help Tips

[www.bathmind.org.uk/resources/information-and-tips/](http://www.bathmind.org.uk/resources/information-and-tips/)

Visit our website and follow us on social media  
to find out more!



### **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.

Follow us on social media for news and regular updates.



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