

Mind Bath

Impact Report 2021-2022



Mind Bath



CEO, Kate Morton

The last two years has had a significant effect on all of us. At Bath Mind, we have been working hard to support our colleagues, our beneficiaries and the wider community as we move out of the pandemic. We have managed to increase our reach, supporting many more people and offering a greater range of early intervention services. Our ambition remains to connect with people, give individuals the necessary space and time and to help equip people with the strategies they need. Looking forward, we know that we are facing a number of new challenges for our communities as we go into winter. We need to ensure we are robust, collaborate with our partners, and work collectively to improve the experience for all those we work with. I want to thank all of my colleagues across Bath Mind who work so hard and who continue to go above and beyond.



Chair, Pip Galland

2022 has marked another challenging year for Bath Mind, and once again the Trustees are incredibly proud of the inroads and impact that Bath Mind has made this year. As we come through the Covid pandemic and against the backdrop of the cost of living crisis, winter fuel pressures, funding cut backs and recruitment challenges, to name all but a few, it is a real testament to the charity, its staff and volunteers, quite how far the charity has come again this year. This year's impact report showcases only a small selection of our greatest achievements. Bath Mind is continuing to grow for the benefit of our service users and anyone struggling with mental ill health. Although we face similar challenges going into 2023, I have no doubt that with our strong leadership team and the commitment from our staff, our reach will extend further for the benefit of our service users and our community.

“Thank you very much to Bath Mind for quite simply saving my life. Starting to teach me it’s ok not to be ok, own my feelings and ask for help”

Anonymous, Group Member

“Bath Mind have consistently been a force of support in my life”

Safe Space Group Member

“Befriending is a fantastic service... I have had some really tough times physically and mentally and Befriending has got me through.”

Neil, Befriending Service User

“I was in a real crisis before your call - you have turned the lights back on for me. Thank you.”

Breathing Space Caller

Whilst all words in quotes and stories herein are shared as written, names and photographs may have been changed to protect identity, where requested.

Our Year in Numbers

60,974
minutes
of
Befriending
call support

404
Wellbeing
Groups

63,972
minutes
of calls to
our crisis
line

584
new referrals
to our
Wellbeing
Services

1,712
hours
from our
volunteers

9,605
hours
from our
Community
Support
Service

1175
hours
of
1:1
Counselling

5,113Kg
of food
delivered
to those in
need

2,702
visits to
Breathing
Space
crisis hub

28,539
website
users
(a 36%
increase on
2020-2021)

1,479
local people
took part in
our mental
health
training

71%
success rate
on grant
funding
applications

2,500
individuals
supported
ongoing
through our
services

287
in person
wellbeing
groups

26
community
fundraisers
supported

26,240
people
reached by
Facebook
posts

12,240
meals
saved from
supermarkets
for local
people

602
people
engaged in
Room 627
project

4,082
befriending
support
calls
made

519%
increase
in our
instagram
reach

15
Wellbeing
Groups
Every
Week

193,500
Twitter
impressions

167
counselling
assessments
offered

1337
hours of
care for our
housing
residents

£100,000
achieved for
clients in
DWP Benefit
awards

5,207
views
of our
Youtube
channel

£11,213
of individual
giving
via our
website

4,177.5Kg
of carbon
saved by
our food
collections

2,533
calls
to
Breathing
Space

An 81%
reduction in
self-harm
for Intensive
Outreach
clients

21 new
referrals
to our 1:1
Community
Support

190
people
supported
by our
befriending
team

117
online
wellbeing
groups

93%
increase in
instagram
profile
visits

1642
hours
of mental
health and
wellbeing
training

Reaching our Community

Bath Mind's services are here to support over 180,000 people living across Bath and North East Somerset. With approximately 50% of the population living in cities and 50% living in more rural areas, our services are designed to enable us to offer support to everyone. Our services are both in person and remote, enabling us to support hard to reach areas in our community and increase accessibility.

Our **Befriending** Telephone support service continues to grow. The age of those we support is changing over time, to include more younger people. Some of those we support may be at University, such as Polly, a second year student at Bath Spa University.

Polly was aged 20 when she was referred to our Befriending Service. Bath Mind's befriender explained: Having been a 'vulnerable' person throughout the pandemic as a result of an auto-immune disorder, Polly had become anxious and depressed and her studies were being affected. She wanted to use the Befriending Service as a means of expressing how she was feeling so that she could be understood, supported and helped to complete her course.



We spoke on a weekly basis for 18 months, finishing in June 2021 after she had completed her Finals. We subsequently learned she had graduated with a 2:1.

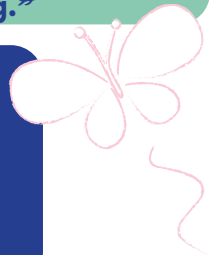
Breathing Space, our evening crisis support service, was finally able to open face-to-face, supporting people both on telephone and in person, broadening and strengthening our reach.



“Breathing Space feels like it’s my little space where I can be myself. Everyone working here is so lovely and welcoming. As soon as I walk through the door, it’s so calming and my anxiety goes down. I find winters very difficult and I struggle to cope so coming here makes such a difference to me and my mental wellbeing.”

“You’ve brought a little bit of calmness. I feel like I’m a little boat bobbing about on the sea and my anchor hasn’t found the bottom yet, but I’m no longer in the eye of the storm. Thank you for being there.”

Breathing Space client



Sophie's Story



My GP first told me about Bath Mind and I thought it was for others, not people like me. After a few months I decided to give them a call and see what they offered.

I'm so pleased I did as they have been really helpful, in the times when I'm not really myself as well as most importantly not cutting me off when I improved a little. This is really important to me as I know from experience that things happen, triggers are triggered, having a safe space where I can be me is part of my ongoing recovery. Which I sometimes have to start from the beginning again, and whilst I'm frustrated staff always make me feel better and more able to break things down into manageable / achievable goals and help me work on the rest later.

Having a space that I can dip in and out of has really improved my life and my choices. I have had times when I was able to join a group weekly and then there have been times when I am not well enough for that. And then sometimes there are times when I feel ok to join a different group outside of mind. Unfortunately, I always seem to need to come back to Bath Mind and that seems to be ok too.

Having enough approachable staff around in a group is so important. The volunteers with lived experience are also so important. As is having a space to talk to and learn from each other.

Another great thing about Bath Mind is you are not made to feel you have to move on and leave. Sometimes I get an email asking how I am, or inviting me back to group. The emails are always very well written, encouraging and most importantly not pushy.

I really like Bath Mind. I have their number and email address in my recovery tool kit and in my phone. Sometimes on my fridge and in my WRAP plan. Family and friends have also called Bath Mind to see how best to help me. Bath Mind is so good as they include everyone, me, friends who are trying to help but don't always know how to. I have also heard that family members have been helped too.

They are there in the horrendous times, the not too bad times and also the good. Because they understand that people swop between all of those stages and recovery is not always a straight line and some of us have long term issues and that's ok too.

I am writing this on a good day. The sun is out and so are the daffodils. Which I now appreciate and actually "look" at following a course I did with Bath Mind. The seasons come and go. The sun is always shining but sometimes clouds are in between us and the sun so we can't see it shining away. And mental health is a bit like that too. Always there. Sometimes fully shouting and triggering me and sometimes a little more under control.

Reaching our Community

Our **Community Support** service delivers regular in-home support sessions to up to 32 clients over the year with diverse and complex mental health needs. Two thirds of clients are based in and around Bath and one third live in the rural outskirts of BaNES. Our support enables them to continue living independently in their own homes.

“It is partly the support with organising, but then also stress management and a chance to talk through the week and come up with solutions. The value I’ve had from this service - I couldn’t recommend it enough. This absolutely is so valuable - it helps me to organise my life. The weekly check in is invaluable. I find it hard to reach out for support so the weekly check in enables me to talk things through and it is extremely useful for organising appointments, things like G.P appointments- I find organising things difficult, so this is incredibly valuable.”

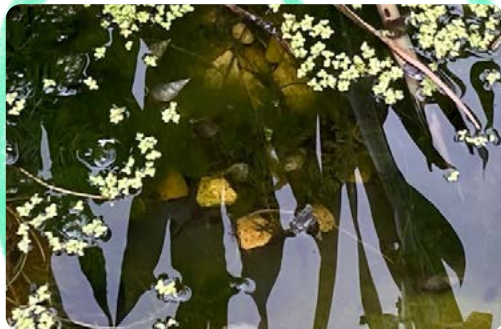
One of our **Greenlinks** eco therapy sites lies at the heart of the community in Moorfields. One of our longest standing groups, here people find a sense of community, a safe space to talk with our skilled support workers, and the opportunity to help grow and take home delicious fresh produce.

“It’s great to be in a relaxing atmosphere. The setting helps improve my mental health. When gardening, I concentrate on that and forget about the issues in my life.”

An oasis of calm, **Greenlinks** Monksdale Road created a Forest Garden in 2021-2022, with fruit-bearing plants and trees lining the meandering woodland pathways.



“I come to Greenlinks to get me out of the flat and meeting people. I feel rewarded after a session. It just makes me feel good.”



Reaching our Community



Bath Mind have worked with the Toolstation Western League to pilot a mental health partnership supporting the wellbeing of footballers. Everett Welch, Odd Down Director of Football said, "We hope by raising awareness of this local charity, our community will feel comfortable knowing there's help when they need it most."

Counselling Service
Confidential and discrete

Talk about your feelings, difficulties, or anything that is important in your life.

A safe, non-judgemental space to support your mental health and wellbeing.

A qualified Counsellor will listen and engage with what matters most to you.

This service is open to all residents of Peasedown St John & Somer Valley.

We would particularly encourage men to reach out for support.

A small circular inset photo of a man in a blue shirt, likely a counsellor or staff member.

Partnership with Peasedown Community Trust offers counselling sessions for those living in the Somer Valley area of BaNES. Library Operations Manager, Cllr Karen Walker said, "We're extremely pleased to be working with Bath Mind to provide this new service for local residents. As well as a hub of activity for book exchange, we want to ensure the Library becomes a place people can come to for help for a wide range of purposes."



We launched our new Services Brochure, improving access to information about all our services for both clients and professionals. Our new Wellbeing magazine also launched, with covers featuring entries to our photography competition. Sharing valuable self-help resources, wellbeing activities and information on our services. These publications enable us to reach those who may be in digital poverty or without digital access.



Bath City Football Foundation teamed with Bath Mind to provide ongoing weekly football sessions in support of positive mental health and wellbeing.



We have promoted and shared resources and information about our services and across the year, including at:

Bath Independent Market
Radstock Co-op Society
Radio Bath
Bath Radio
Komedia
InBath Magazine
The Bath Chronicle
Pukka Magazine

Supporting Individual Needs

Bath Mind's broad range of services enables us to offer holistic support across all areas of peoples' lives. Our groups enable people to connect and engage in peer support, through sharing a wide range of activities. Our 1:1 support includes our **Counselling Service**, which was funded in January 2022, and moved to new counselling rooms in March 2022.

“I found this really helpful and would recommend Bath Mind to anyone. My counsellor was friendly and always listened to what I had to say. I never felt judged which was a big worry for me initially.”

Counselling Client

Eric's Story



I have been benefitting from the services of Bath Mind for the past 3 years (especially the last 18 months which have been one of the most difficult times of my life (I'm nearly 68, retired, live alone in a town I don't really know and have lost both my parents in the last 4 years and have been left quite lonely since Covid etc, which has left a huge scar on me which I wonder if I will ever recover from. I have lost so much confidence). Without their support I dread to think how I would be now.

- * I attend a weekly cooking group which helps me have the most nutritional meal of my week as well as being a great contact for company. I sometimes attend other events.
- * I have a brilliant telephone befriender who has been a massive support and understands me. I also use the 'breathing space' telephone support line in the evenings and everyone there is so understanding and supportive and are great to chat to.
- * I am also about to obtain support from their new service, (Access) which looks like can provide practical help for me in practical areas of my life.
- * I had 24 sessions of counselling and am currently on the waiting list for more. This was very helpful.
- * I can't think how I would find another service such as this which I very much need at the moment.

To summarise: All the above are totally vital to my recovery.

“It was pivotal to my recovery. Firstly, being able to talk openly in a safe space every week to a kind and understanding person. I am very impressed with the Bath Mind service. It is such a supportive service, and even though I have no income, it was made affordable and accessible for me.” Counselling Client

Emma's Story

I first contacted Bath Mind during the second Lockdown and I had just had my seventh major operation in seven years. I have always considered myself to be a very strong person and capable of working out any issues and concerns regarding my emotional health and mental health. I can also be very stubborn and I find it difficult to ask for help and to seek support from family and friends.



It took a lot for me to phone Bath Mind and it was a real breakthrough for me. The person who I spoke to was extremely helpful and supportive. I finally let go of everything that had been building up over the years and felt safe and listened to. I had weekly calls from Bath Mind and they really helped me. I then went on to a six weekly zoom course with Bath Mind and it was brilliant.

I spoke about issues that I never discussed in my life and it gave a real focus on where I needed to open up about various issues and also change parts of my life. I now attend weekly face to face meetings with Bath Mind and they have been brilliant. I was really worried and felt nervous before the first meeting. I come across confident in many areas of my life but I do not always feel this way deep down about myself. I have very low self-esteem.

Going to the face to face meetings have been a real focal point on my week and all the staff and volunteers are very kind, welcoming and friendly. I felt really at ease. I have gained a lot from attending Bath Mind and have now applied to become a volunteer with them. I would say to anyone who may hesitate to call, please call as Bath Mind are so helpful and kind and a real lifeline.

“It is nice to make friends and to get out of the house for a while. I look forward to the group and I am able to make connections. I feel like I am part of the community and less lonely.” Bernadine



100% of clients feel that our wellbeing services and opportunities are accessible and appropriate.

Supporting Individual Needs

Of our **Community Support** clients, 50% at any one time have an Autistic Spectrum condition alongside a mental health need. The other 50% present with a variety of mental health conditions including schizophrenia, bipolar disorder, clinical depression, severe anxiety, OCD and hoarding. Many have additional physical health needs or a learning difficulty and all are living with an enduring condition or conditions.

“I am getting there with Bath Mind. I’ve come on a long way. I am doing lots of things now I wouldn’t have without Bath Mind; Simple things like getting on buses, the confidence to go out with people, in a crowd, simple things like going for a coffee in a cafe. I’m really pleased.



Before I was with my dog all day, avoiding people. I’d never have gone into town. With the support I am getting I am doing those things again. I have goals now, I have achieved a lot.

My friends and family are good but Bath Mind really understand what you are going through. I absolutely 100% recommend them. It is just a brilliant service - I don’t think I’d be at the stage I am now without it, in fact I know I wouldn’t⁹

Community Support client

Befriending supports people with many different aspects of their lives.

Clive, a 52 year old gentleman, was living with his sister. His circumstances were causing him to be anxious and depressed. He wanted the Befriending Service to help him effect a positive change in his life. Clive spoke with our Befriending Team on a weekly basis for over a year. We were able to help with the financial and housing support he needed. As our relationship developed, so his talents came to the fore and he resumed carpentry, a hobby he had previously enjoyed but long since given up, and sent us photographs of the furniture he had made. Our calls ended in March 2022, shortly before he was due to move into his new home, with his finances also having been sorted.


At this time, he asserted he was feeling ‘on top of the world’.

100%

of clients report that our wellbeing services treated them as individuals, with respect and dignity and, where possible, accommodated their choices and lifestyles.

Wellbeing Groups at Bath Mind offer people the opportunity to engage in activities linked to the five ways to wellbeing, aiming to improve members’ physical and mental health, supporting people to self-care and to reduce social isolation. Members are encouraged to get involved in all aspects of running the group. Each session has at least two experienced Mental Health First Aid trained staff and volunteers, who are able to offer vital 1:1 support to those people who are really struggling, ensuring that every person gets the support they need.

Becky's Story



In her mid-twenties and having spent many years as the sole carer of her mother, Becky was feeling isolated and started to struggle with her mental health. A visit to a social prescriber led her to her contacting Bath Mind. “I think that I was having a quarter life crisis, I didn’t know what I was doing with my life. The ‘Feel Good Photography’ Group stood out to me. I wanted a sense of achievement, to do something different and meet people”

Becky quickly became a regular attendee, being given the chance to open up about her feelings at each sessions group check in and also having input on where the group would visit, each week. As the group would stroll around various spots in Bath, Becky would use the handy photo hunts as a chance to interpret in her own way, exploring her feelings and ideas, while conversing with the group along the way.

“The group made me feel comfortable and is on same wavelength as me”
Becky now feels that she is always looking forward to the group, having something in place which she can rely on. “I put group before all other Thursday plans” Recently Becky attended a family wedding and found the preparation to be quite stressful. The event was to start on a Thursday, the same day as the group but Becky made her family aware that she would attend the group before her wedding preparation got underway. “I needed group beforehand to de-stress, have someone to talk to and get my worries out”

Becky now says that attending the group now makes her feel more relaxed, knowing that there is someone to talk with, of thoughts and worries “with some good advice to go along with it”. Becky says that she is looking forward to the new sessions with a Photography tutor, from Bath City College, developing her ideas and gaining new techniques. On top of that, Becky has recently been matched with a peer mentor who, after just one session, she finds to be relatable, adding that “it’s nice to have a friendly person to chat to”.



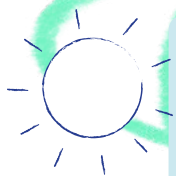
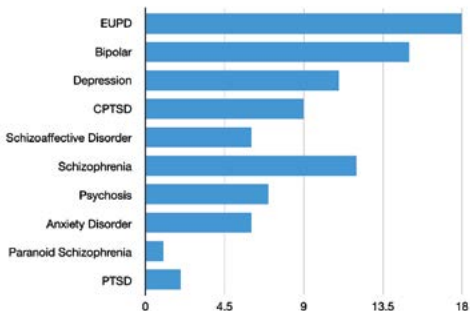
100% of clients agree that attending our wellbeing groups helps them to stay well

Changing Lives

“We have been really happy with the IOS. Their support to my daughter has helped keep me sane through a difficult time. My daughter has really benefitted from being supported to access activities in the community and given her a sense of independence she so desperately needs. Thank you!”

Service user's mum

Bath Mind's **Intensive Outreach** Service 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.



“Bath Mind have been amazing supporting my daughter after she was discharged. With their help she has regained her confidence and learnt new tools to help her cope with the every day stresses of life. Thank you.”

Service user's mum



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.

“I would be lost without the support I receive from Breathing Space. I rely on it a lot. It has changed my life for the better. I don't actually think I'd be alive without the support. It has helped my partner massively as well because it means I don't need him around constantly to keep me safe. Breathing Space truly is amazing.”

Service user



No 82, our registered care home, is an eight-bedroomed house in Bath. It provides non-nursing care and support for eight people aged 18-65 with long-term mental health problems. Bath Mind also manages self-contained flats in Bath and Chippenham, supporting tenants moving towards independent living. We work with each tenant on a one-to-one basis, enabling them to define their recovery goals and achieve their potential.

“Unfortunately when there has been childhood trauma its people like you that have to model healthy behaviours and offer kindness and acceptance.” Client



Andrew has a history of ‘acute childhood trauma’. Whilst living at No. 82, he was supported to live as independent a life as he was able to. He loves to be a part of his community, to be out, attend church and art groups and use public transport. We enabled him to do this safely with his needs for medication management, mental health support, physical health appointments and safe management of his environment fully met. We supported his need for meaningful, trusting relationships. It was his long term goal to have his own flat, a transition which needed to be handled very sensitively. We supported him to move into his own extra care flat, liaising with Bath Mind’s Community Support to help him realise his goal of independent living.

“Thank you for everything you’ve done. My brother has never had this (feeling of security and trust with staff) before”
Client’s relative



“I don’t know what we would have done without you. You have really helped my son move forward after a horrible period in his life.”
Client’s relative



Oscar has goals of doing maths, art and IT at college. We are supporting him with enrolling and also attending Soundwell Music Group, as he is very talented musically.

“My goal is to work for Bath Mind. They have been so important to me and changed my life and I want to give back.” Client

Changing Lives

“I am so glad that my mother is getting the support that she really needs, that she does not have to be alone. Open Opportunities has given her a life.” Dominic

Anna's Story

When I started attending the groups I was very shy and didn't know what to expect, I was made to feel very welcome. I joined in with the weekly activities and chat, I've always enjoyed crafting but since lockdown due to Covid I became very withdrawn and felt low.

When the second lockdown was announced I found it extremely difficult as I was unable to go out at all. I

then joined the zoom wellbeing groups and found the people on there were lovely. I ended up doing 4 zoom meets a week, there was so many online courses to join and someone would always attend the courses from Bath Mind so we could breakout in a private chat if we needed some help.

There was a course called Fresh Arts which was so much fun. I have now been practising some painting in my spare time. This course has saved me! Brought colour back into my life and given me purpose so much that I now want to help put something back into the mental health and help out with other struggling.

I would highly recommend Bath Mind and the work they do to helps so many people.

“Open Opportunities gives a structure to my week, it enables me to get enjoyment from life. When I am down I know I can come and it takes me out of my house and helps me.” Viv



Food for Thought started a programme supporting the Over 55s in 2021-2022, with holistic support including nutrition and wellbeing, gentle physical activity, and short courses.

Food for Thought cater for events throughout the year, including the Harvest Supper at Bath Abbey.



Kavitha's Amazing Journey from Volunteer Counsellor to Working with Bath Mind



My journey with Bath Mind started when I enquired about a volunteer position which was a requirement for my Counselling Course. Coming from a South Asian background I have observed the stigma attached to mental health issues and barriers to seeking support. Bath Mind offers the same access to everyone to their mental health support services.

My counselling journey started when I started noticing a pattern of domestic incidents in Asian communities, some of which had even ended up in people losing their lives. Due to the stigma attached to mental health issues and the lack of Asian counsellors who had a lived experience of the culture, people were reluctant to look at the possibility of counselling. I strongly felt I could do something towards making a small change which may benefit the wider ethnic minority community.

I enrolled on a Foundation Degree in Counselling. In my third year, I contacted several counselling organisations for my placement. I was offered a volunteering counsellor position with Bath Mind. As a volunteer from an ethnic minority group, I was able to offer additional skills such as a varied cultural understanding, being multilingual as I can speak three languages and also understanding the stigma faced by an individual in accessing mental health support.

The volunteering journey with Bath Mind was amazing with loads of support, training and extra free supervision due to being a student. I was so impressed by Bath Mind's inclusiveness and commitment to delivering high-quality services to improve the lives of people experiencing mental health issues and their endeavours to promote mental health support to the ethnic minority community. After I graduated, I didn't have any questions about looking for work other than with Bath Mind.

Working with Bath Mind I have the opportunity for training, supervision and a holistic approach towards my well-being by being flexible. Currently, I am working as a counsellor with Bath Mind and with my hand on my heart I can say coming from an ethnic minority group I would not have made my counsellor journey this far if it hadn't been for the amazing support, kindness, understanding of my insecurities, opportunity, training and inclusiveness offered by Bath Mind.

100% of our counselling clients rated our counselling service as very good or excellent.

Supporting our Community

Food for Thought meets weekly to share cooking and eating a meal together. Using food donated by local businesses, and produce from our Greenlinks allotments, group members learn more about how to prepare healthy, nutritious, low cost meals. Surplus food is distributed to local food banks.

As well as learning about food and nutrition, this gives members the chance to socialise each week, and share recipes with others.



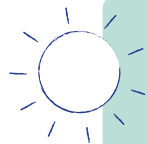
100%

of our Food For Thought group felt that issues negatively affecting their lives are being addressed; are maintaining tenancy; are safe and secure and have meaningful activities in their lives.



Continuing our long term relationship with Citizens Advice, our **Bath Mind Benefits** lead successfully challenged DWP decisions to award over £100,000 to clients that would not have been achieved otherwise.

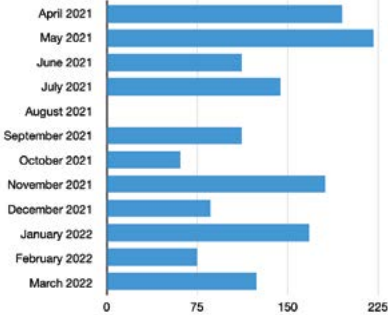
Money and finances may be a key contributor to mental ill health. 80% of people we work with need support with budgeting, maximising benefits claims and renewals.



“Thank you for telling me about the energy grant - I had to check twice to believe I have £250 to help with energy costs.”

Bath Mind's Business Development team provides a 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.

“Thank you so much for this training. Bath Mind trainers always deliver the training with such authenticity, knowledge and compassion, I love attending your training. You provide such a safe space it's no surprise that people open up in the way they do, thank you.”



Our training continues to grow, reaching more new organisations each year and regularly supporting key mental health workers across BaNES.

In addition to supporting other organisations, all of Bath Mind's staff are trained Mental Health First Aiders.



“This Bath Mind course was delivered excellently. The structure of the course supported the discussion, learning and helped us gain ultimate knowledge from the trainer and each other. I now feel much more confident supporting others' mental health and feel reassured that I have been following good practice in relation to mental health.”



Kat celebrates 5 years of volunteering with Bath Mind

“I see Hopespace as a non-judgemental, warm, welcoming space where people feel safe.”



“I really do believe in giving back to society and I feel lucky that I can. I believe it's good to be part of your community and contribute. I like the idea that you keep what you have by giving it away. What you have is a belief in the goodness of the human spirit. There's a circular thing inside me that it actually contributes to my wellbeing. I don't need to be needed, but I was supported and I sort of want to keep that part of me alive. Even on a once a week basis, it's about keeping that energy going. Being part of something.”

Young People

Bath Mind's services for young people have continued to develop through 2021-2022. **Safe Space**, for ages 16-25, now offers both online and face-to-face meetings every month, where we regularly support over 20 young people, helping them to navigate life's challenges, develop connections and broaden horizons, increasing their opportunities.

“I have only been accessing Bath Mind services since the start of 2022 and can confirm that the multiple different types of services they offer are really helpful. I have mainly used safe space, breathing space, and peer mentoring. My main goal was to feel like there is always someone to go to, to help manage my A DHD better by creating a routine, and to try to relax more. All of these resources have helped me to do so. When I have time, I would like to look at other services in Bath Mind as there are so many different opportunities that can adapt in the way you need them to.” Safe Space group member



Josh's Story

Josh came to Bath Mind “seeking an environment where I felt secure discussing my mental health experiences, or alleviating them, at university. He found “a community where mental health or unity and understanding was not only accepted, but encouraged.” “The Bath Mind groups on campus, and the Safe Space group in specific, have supported me by giving a sense of encouraging consistency in my weekly life, in addition to introducing me to an accepting group of various individuals and experiences.

Bath Mind has consistently been a force of support in my life, and that of personal friends within the group, and I have enjoyed interacting with various members. I have also witnessed the good done to several individuals in their personal lives, self esteem and capacity to understand other people, and I can acknowledge and must emphasise the good done by that as a result.”

“Alex is fantastic, a really lovely lady, she gets our brains working creatively and doesn't expect too much. We can do as little or as much as we want. She doesn't force us, that's important to me.”

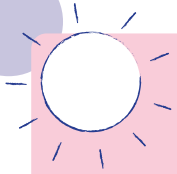
Safe Space group member





Bath Mind's **Room 627** project supports young people with the transition from junior to senior school. We explore wellbeing through the tool of creativity Confidence to share their work and cascade the idea of being a wellbeing ambassador and talking to peers.

“It’s helps to learn how to calm yourself down in a stressful situation.”



“Meeting new people and making friends. I wasn’t friends with him before but now we are best buddies. I wasn’t sure about him at first but we hang out all the time now”



In January, Bath Mind, Oldfield School’s ‘Wellbeing Ambassadors’ and ‘The Natural Theatre Company’ held a ‘Burn and Bury Our Worries’ ceremony.

“I have loved this. It has helped me to know what I want to do which is to work helping people with mental health. I have loved it all and it is really creative”.



In 2021-2022 we appointed a new youth counsellor, enabling us to offer dedicated 1:1 counselling support to young people.

We also established a peer mentor service, matching a young person with a peer mentor to help guide them through the challenges in their lives.



Our community supports us in many different ways.

Thank you!

to

Our amazing volunteers

Businesses who support us with fundraising

Organisations who use our training services

Business who help us to promote our services

Those who bake, make and skill share with our groups

All those who support our services



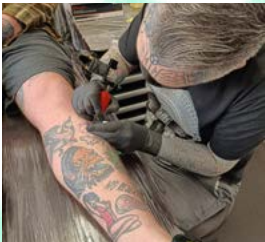
Grant Fundraising

Bath Mind would like to thank the funders who supported us in 2021-2022, without whom our vital work would not be possible.

**The National Lottery • Co-op iWill • Wessex Water • Bath Boules
Bath and North East Somerset Council • Asics • Mind
St Monica Trust • Quartet Foundation • Wesport**

Community Fundraisers & Donors

Bath Mind are hugely grateful to the incredible fundraisers in our community and those who have supported and sponsored them. Every year, people in our community take on amazing challenges to support our work, as individuals, groups or businesses. Thank you!



@toogoodtattoos held a charity tattoo day in aid of Bath Mind and raised a phenomenal £1,000!



Daniel Cook took part in the gruelling Draycote Water Half Marathon raising £300 for Bath Mind.



Local business Vertex organised a fundraising abseil for Bath Mind down the historic buildings in Bath's The Circus, raising an amazing £3,400!



The Abbey Hotel, Bath, donated all proceeds from sales of the 'Behind Closed Doors' exhibition by Emma Taylor Art and Jason Dorley Brown.

In aid of
 **mind Bath**



Our 2021 event was hosted by Komedia. With an array of talented musicians, comedians and dancers, we came together to celebrate World Mental Health Day. The event raised £1,740.00, providing us with a long awaited opportunity to get together with our community.



Anthem Publishing have been a huge support to Bath Mind, “We’re delighted to support Bath Mind for the third year running and proud to have contributed a huge £12,911 to Bath Mind this year. Making a real difference to support the mental health of our community means a lot to us and echoes the values of our wellbeing brands.”

Collaborative Partners

Bath Mind works collaboratively with partners throughout Bath and North East Somerset, connecting people with relevant services and support networks. This ensures that those using our services are able to connect with the best support for the individual.

3SG, Salvation Army, Curo, Virgin Care, DHI, Social Prescribers, Police, GP, Talking Therapies, CamHS, Julian House, Creativity Works, Wiltshire Mind, St John’s Crisis Fund, Wellbeing College, Woman’s Only Group, St John’s Trust, Southside, Social Services, SARCAS, Citizens Advice, Clean Slate, DWP, Age UK, Trauma Breakthrough, DHI, Bath City Farm, The Freedom Project, St Mungo’s, Soundwell Music Therapy, The Holburne Museum, Fresh Arts, Archcare, Curo, AWP, Bath City Football Foundation.



“Without the help of the IOS team, I feel that ‘P’ would have struggled to remain in the community. He felt empowered to maintain independent living with the help of your team, which in turn supported us to continue working with him.” Staff member, AWP

Our Ambassadors 2021-2022



**Renee
McGregor**



**Jason
Dorley Brown**



**Madeline
Blackburn**



£10 a month

can help our befriending team provide regular check-in calls with individuals dealing with isolation and loneliness

"I received so much help and support from the Wellbeing group that I wanted to give something back."

John, Bath Mind Volunteer

Volunteers Week

Proud to volunteer

For more free resources, go to

bit.ly/BMWWellbeingActivities

@bath_mind
www.bathmind.org.uk

3-4-5 Breathing.

A simple way to activate your 'rest and digest' nervous system, helping you with stress and/or overwhelm.



What can running offer my mental health?

Reasons to join our NEW beginner-friendly running group:

bit.ly/BathMindRunning

2022 Wellbeing Calendar

Your Wellbeing Matters.

Pre-order today:

www.bathmind.org.uk/annualcalendar

Wellbeing Running Group.

Looking for a beginner friendly route into running?

bit.ly/BathMindRunning

Breathing Space;
EVENING SUPPORT HUB

Calm, safe, supportive.

01225 983130

Hub open every evening 6pm - 10.30pm
To self-refer, please call and leave a message by 5pm.

01225 983130

Call's charged at local rates. Lines open 9.30am to 9.30pm, Mondays-Thursdays.

"I feel lighter and appreciate the opportunity to have a cry... It was helpful to talk to someone"

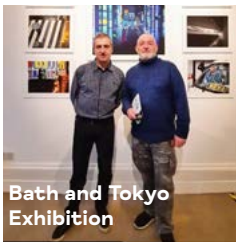
We're here for you.

01225 983130

mind Bath

Supporting better mental health for our community since 1998.

www.bathmind.org.uk



No garden? No problem.

Gardening and eco-therapy tips suitable for all spaces

bit.ly/BMGardening

Free Online Courses:

Available on the Bath Mind website

bathmind.org.uk/resources

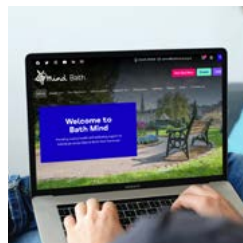
Tips for Social Anxiety

Start small

Attend events with trusted friends and family

Take breaks

[@bathmind](https://twitter.com/bathmind)



Meditation and Mindfulness:

Many people find meditation a helpful way of relaxing and managing feelings of stress and anxiety.



Foxhill Photography Group.

Join the Happy Snappers, a social and relaxed group in which members support each other to learn new skills.

St Andrews Church
Thursdays 11:00 - 13:00
happysnappers@bathmind.org.uk
07538 13890

We are still here to help across Christmas and New Year:

Breathing Space
01225 963700

Telephone line and face-to-face service available, open across Christmas and New Year bank holidays.

Office Line
01225 376199

For general enquiries, open Mon-Fri 9am-5pm (excluding bank holidays).

Wellbeing Hub
0300 247 0050

A central line to access a range of services. Open Mon-Fri 9am-5pm (excluding bank holidays).

www.bathmind.org.uk

Your Stories.

Looking to write about your lived experience? We need you for our online blog.

bit.ly/BathMindBlog

mind Bath 365 DAYS

Daily Message Service
365 Days of Brighter Thinking

Sign me up! Sounds great!

a daily message service designed to say the right things that help question and support you while trying to improve your mental health.

Coming out of lockdown

Go at your own pace

Ask others what they're comfortable with

Be kind to yourself

[@bathmind](https://twitter.com/bathmind)



Loneliness Awareness Week.

QUESTION
Are you feeling lonely?

SOMETIMES! YES...

TIPS FOR WHEN YOU FEEL LONELY

[@bathmind](https://twitter.com/bathmind)



We'll be here. Every day.

[@bathmind](https://twitter.com/bathmind)

This Christmas, make better mental health for all a priority.

Christmas can be desperately lonely for many of us living with mental illness.

Give the gift of support to your community this year.

[@bathmind](https://twitter.com/bathmind) Text [BATHMIND](https://www.bathmind.org.uk) on 70085 to donate

#MentalHealthAwarenessWeek

Nature Photography Competition

There's still time to enter!

[@bathmind](https://twitter.com/bathmind) bit.ly/BathMindMHAW



Looking to become a Mental Health First Aider?

Book your space at: bit.ly/MHFABath

[MHFA England](https://www.mhf.org.uk) [@bathmind](https://twitter.com/bathmind)

Mental Health Awareness Week

Connect with Nature

10th - 16th May 2021

[@bathmind](https://twitter.com/bathmind) bit.ly/BathMindMHAW

Photo by Justin Doherty Bristol



Green Spaces Map of Bath & North East Somerset.

bit.ly/BathMindMHAW

Looking for a role where you can make a difference?

Join the Bath Mind team.

bit.ly/BathMindJobs

Donate to your local mental health charity.

Text [BATHMIND](https://www.bathmind.org.uk) on 70085 to donate £5

bathmind.org.uk/donate

[@bathmind](https://twitter.com/bathmind)

World Wellness Weekend

Join the Soul Spa for classes across the weekend of 18th-19th September 2021.

How can I get involved?

[BATHMIND SOULSPA.UK](https://www.worldwellnessweekend.com)
www.worldwellnessweekend.com

How can I improve my sleep?

[@bathmind](https://twitter.com/bathmind)

Wellbeing Walking Group

Wellbeing Walks are short, gentle walks led by volunteers from Bath Mind and Bathscape.

Monksdale Road Allotments
Thursdays 11am
at Bath Mind, Monksdale Road
01225 647445

[@bathmind](https://twitter.com/bathmind) [BATHSCAPE](https://www.bathscape.org.uk)



Thank you Castle Farm, Midford

[@bathmind](https://twitter.com/bathmind)

CF
Castle Farm, Midford

Win a £25 voucher!

mind Bath

Summer Staycation

ITALY



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 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.

www.bathmind.org.uk

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Bath BA1 1EQ

Telephone: 01225 316199

Email: admin@bathmind.org.uk

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