

Bath Mind launches COVID-19 appeal to help meet increasing mental health support needs in B&NES community

## BATH MIND COVID-19 APPEAL



Bath Mind is an independent mental health charity supporting people in B&NES. Due to the COVID-19 outbreak, the demand for our services is increasing daily. With your help, we can support even more people, and make sure that anyone needing support with their mental health and wellbeing has somewhere to turn to.

With the UK now facing unprecedented isolation measures and historical restrictions to life, Bath Mind believes that we need to consider more than ever the mental health and wellbeing of our community.

For many with existing mental health problems this is a particularly stressful and challenging time. Bath Mind's mental health support services are therefore more critical than ever, and a life line for so many in our community. Bath Mind supports the essential mental health and wellbeing needs of hundreds of people across B&NES.

We have adapted these services to include remote support and care wherever possible, however we urgently need funds to enable us to meet the increasing demand for mental health support in B&NES, and help support the strain placed on our services by COVID19 measures.

"...Especially during this worldwide coronavirus epidemic you still make sure I am safe, even though in times like this you have yourself and your own family to think of, you still continue to support people like me. I just wanted to thank you from the bottom of my heart how much your understanding, help, support and genuine care and making me feel safe means to me. Thank you."  
- A recent Bath Mind service user thanking one of our Bath Mind community support team for her continued care.

### WHAT DIFFERENCE WILL YOUR DONATION MAKE?

£20 will pay for a someone's vital phone call to our daytime and evening crisis support phone line

£80 will pay for 4 sessions of 1:1 counselling via phone/Skype

£160 will pay for someone to join weekly Wellbeing coffee mornings and access to our online Get Creative sessions

£250 will pay for a person's support package for a whole month, including regular counselling/phone support, access to online keep active resources, and tailored nutritional support and recipes from the Food for Thought team.

Follow our SEVEN DAY VIRTUAL FUNDRAISING ideas on social media.  
Please tell us about your fundraising activity and share with / tag us!

You can also donate directly at [www.bathmind/justgiving.com](http://www.bathmind/justgiving.com)

Home (<https://www.bathecho.co.uk/>) / News Headlines (<https://www.bathecho.co.uk/.news/>) / Health (<https://www.bathecho.co.uk/.news/health/>)

## Bath Mind reaches out to support those in crisis during COVID-19 pandemic

📅 FRIDAY 10TH APRIL 2020

👤 BATH ECHO NEWS TEAM ([HTTPS://WWW.BATHECHO.CO.UK/AUTHOR/BATH-ECHO-NEWS-TEAM/](https://www.bathecho.co.uk/author/bath-echo-news-team/))

📁 COMMUNITY ([HTTPS://WWW.BATHECHO.CO.UK/.NEWS/COMMUNITY/](https://www.bathecho.co.uk/.news/community/)), HEALTH ([HTTPS://WWW.BATHECHO.CO.UK/.NEWS/HEALTH/](https://www.bathecho.co.uk/.news/health/))

Bath Mind is working to support the mental health and wellbeing of people across E North East Somerset during the current coronavirus pandemic.



*A fundraising appeal has been launched to keep the Bath Mind services running*



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## PRESS RELEASE

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Bath Mind is a local charity supporting the mental health needs of people in and around B&NES.

We are here for you; to talk, support and help guide you through these challenging times.

Bath Mind are working with the Compassionate Community Hub to offer mental health and wellbeing advice and support. The service operates from 9am-5pm, 7 days a week.

You can get in touch on 0300 247 0050.

Whilst we are not currently able to offer our usual face-to-face support at Bath Mind, we can help via phone, text or email. You can access our services via web chats or join in with group activities online.

If you are anxious, suffering from low mood or would like advice on how to remain fit and healthy whilst in isolation, we are here for you.

Please head to our website for more information [www.bathmind.org.uk](http://www.bathmind.org.uk) or call us on 01225 316199, Monday to Friday 9am-2pm.

We rely on your generous donations to provide these essential services. If you'd like to donate please head to [www.justgiving.com/bathmind/donate](http://www.justgiving.com/bathmind/donate).

Every £1 really does count.

Thank you.



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**What a time this is!**...you may feel isolated, hemmed-in with partner or children, or overly-concerned about loved ones; you may have anxiety about your own health, finances, or what the future holds for you and people you care about.

Bath-based Humans Givens registered therapist, Elaine Curtin, offers you a listening-ear and help to relax and regain a sense of control at this challenging time. Elaine will teach you simple relaxation in a matter of minutes; explain why your brain is responding as it is to the environment and current changes, and help to plan your way to a more positive experience. There's also a worksheet that ensures you and all in your home can feel organised, remain healthy and as fit as possible, to bring back a strong sense of being in control.

Elaine is happy to help you or anyone you know who may need this support, free of charge; a donation to Bath Mind (who are a local independent charity), would be great - if you can afford something.

Elaine's usual fee is £40/ half hour, but there is no obligation to pay; it's more important that you get the help you need at this time.

Call or text Elaine (Monday to Saturday 9am-6pm) on 07976 731429 or email [curtincounsellor@gmail.com](mailto:curtincounsellor@gmail.com) to set up a time to speak.

**[www.eleve-counselling.co.uk](http://www.eleve-counselling.co.uk)**

Human Givens is an interactive therapy approach that focusses on having a person's innate needs met in balance, so that we can feel motivated and happy. It's the perfect way of helping you stand firm when dealing with current challenges, without continuously focussing on the negatives. For more information visit [www.hgi.org.uk](http://www.hgi.org.uk).



**Bath Mind is a local, independent charity which supports the needs of hundreds of people in our community; they are under increased pressure at this difficult time. To donate to Bath Mind please visit <https://www.justgiving.com/bathmind/donate>**

**BATH MIND**  
**SUPPORTING LONELINESS THROUGHOUT B&NES**  
**STAYCATION WITH BATH MIND**  
**JULY 2020**



In this time of uncertainty, recognising the many different causes and effects of loneliness has never been more important.

We often picture 'lonely' as affecting those who are alone, but this is not always the case. Loneliness and isolation can be experienced by anyone, whether we are alone or part of a wider family or network. For some, being alone can be a positive situation, in which they do not feel lonely, they may enjoy spending time alone by choice. Those who are part of a family or group may feel disconnected and isolated, despite not being 'alone' they may experience loneliness.

Loneliness can affect our mood and wellbeing on many levels. Meaningful connections with others are beneficial to our mental health and wellbeing. A chat with a friend, or close relative can lift our mood if we are feeling low. A walk in the park, when someone may say 'hello'; or a chat as we bump into a friend, or check-out at the supermarket; can often brighten our day. It is these little moments which combine to reduce feelings of isolation and help keep us mentally well.

As a result of COVID-19, we are now living more separately than ever.

Many living alone, who previously relied on a little impromptu social contact when out, may be feeling lonely. Local groups have been cancelled, places of worship have been closed and many people who have been shielding are not comfortable returning to these yet as things start to re-open.

For some, being in a relationship or a family can be a lonely place. Some may feel isolated or anxious, and it may be difficult for them to find someone to turn to for support. It may be difficult to maintain connections outside of their home unit; they may be feeling isolated and disconnected.

Those working may have been changed to working at home during lockdown - and many will continue to do so ongoing. They may miss seeing a friendly face, having a chat whilst they make a coffee, or meeting a friend for lunch. Those whose work has been affected by Covid-19 may have lost the financial and emotional support which their work provided, finding themselves with a lot of time to think, and fewer positive interactions to lift their mood.

Others may have been working throughout Covid-19, yet had to return to an empty home or alternative accommodation. Some may be separated from their family and children, feeling isolated and anxious at their change in circumstances. They may experience low mood and loneliness when at home alone, despite a busy work schedule with many work connections.

As we emerge from lockdown, many of us may feel anxious. Venturing out after many weeks being at home can be a daunting prospect. Uncertainty over the future and a 'new normal' are things we are having to live with, for the first time in our lives. Such changes and new experiences can make it hard for us to feel like connecting with others; we may withdraw and cut ourselves off from our support network.

*"I feel terrified about going back to work and being around people, I do want to go in but I am genuinely scared"*

At times the pandemic has brought people closer together, with wonderful volunteers coming forward across our community to support those in need. The acts of human kindness have provided many with an essential lifeline, which they have depended on. As those shielding can now venture out, they may be worried that they will lose these connections.

*"I have a girl from the village doing all my shopping, I am forever in her debt, she has become a friend and I will miss her once this is all over".*

During Covid-19, Bath Mind's groups and activities have been moved online to ensure we can provide continued support. Our new evening support service - 'Breathing Space' has been supporting many in our community experiencing loneliness. To meet the increasing need for support in these challenging times, Bath Mind's new Befriending Service is now here to support anyone feeling lonely, anxious or isolated, throughout our community.

Throughout the summer holidays, you can help Bath Mind raise funds to support loneliness throughout B&NES, by donating to their Staycation with Bath Mind campaign. Take a holiday at home and 'travel' to Italy, India or Greece, with the great packs of resources and activities from Bath Mind. Head to [www.bathmind.org.uk/fundraising/staycation-with-bath-mind/](http://www.bathmind.org.uk/fundraising/staycation-with-bath-mind/) to donate and download your staycation pack! Follow Bath Mind on social media to keep updated.

Bath Mind's members offer their suggestions for how to help improve your mental health and wellbeing and feel more connected:-

*"I have found friends at Bath Mind, people listen." Sarah*

*"The Bath Mind zoom groups are really good and have helped me to feel less lonely." Tom*

*"I take my camera and I go for a walk it helps me to feel better." Heather*

*"Just being in a group with other people who understand mental health difficulties, it helps me."*

*"I am trying to be braver, just a little bit each day." Jenny*

*"I try and write down what I am going to do each day, to make a plan and then imagine myself doing it and it going well. I am trying to make more room for the positives." Maria*

*If you live in B&NES and need support with your mental health and wellbeing, please contact Bath Mind:  
 Befriending - Monday to Saturday 9am to 5.30pm. Call 0300 247 0050  
 Breathing Space - 365 days a year 5.30pm to 11.30pm. Call 01225 983130*





# DO YOU NEED SOMEONE TO TALK TO?

"I feel lighter and appreciate the opportunity to have a cry. Thank you for being so understanding and supportive. It was helpful to talk to someone."

We may be worried about ourselves, or our loved ones. We may just want to hear a friendly voice, to lift our spirits. Bath Mind is here for everyone.



## 01225 983130

Local call rates apply

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

### 5.30-11.30pm, every day

For ages 16 or over, registered with a GP in B&NES



## HOW ARE YOU FEELING?

## LONELY? ANXIOUS? ISOLATED?

IF YOU WOULD BENEFIT FROM RECEIVING REGULAR CALLS FROM OUR TEAM

## CALL

# 0300 247 0050



### 9am - 5pm Monday to Saturday.

Calls charged at local rate.



Bath Mind is a local, independent charity, supporting the wellbeing and mental health needs of people throughout B&NES. Registered Charity No: 1059403

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

Experiencing anxiety, depression and mixed emotions due to life's pressures?  
Struggling with challenges in your life due to Covid?

Whatever place in life you're at,  
Come along and have a chat...



YOU ARE NOT ALONE  
WE ARE HERE TO SUPPORT YOUR WELLBEING

This group gives you the chance to speak openly about how you are feeling.  
Supported by trained Bath Mind staff and volunteers.  
Optional activities: art, music, yoga and more!

THURSDAYS  
5-6.30pm  
BATH COLLEGE  
Avon Street  
Bath



Please get in touch before attending:  
Becky Hughesman - 07538 113890  
email [beckyhughesman@bathmind.org.uk](mailto:beckyhughesman@bathmind.org.uk)





SEPTEMBER 29, 2020 | IN UNCATEGORIZED

## Community Fund profile - Greenlinks

Bath Mind's Greenlinks project received a BWCE Community Fund grant in January 2020. Amanda Bolton, Greenlinks Manager, tells us about the great work they are doing and how they have used our funding.

Bath Mind's Greenlinks is a community support group offering people with mental and physical health issues the opportunity to engage in gardening activities linked to wellbeing. On the thriving allotment based at Monksdale Road in Bath, group members can get involved in all elements of planning, gardening and site maintenance or can simply connect with others, and nature, in one of the many tranquil seating areas.



Amanda Boston has been welcoming Bath Mind clients to the Monksdale plot since 2010. To support the growing group and their interests, this year Amanda was keen to offer group members the opportunity to grow more

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# Be Kind To Yourself

Bath Mind encourages everyone to consider their own mental health by being kind to ourselves and to others

View and download your FREE

## WELLBEING MAP OF BATH

With beautiful photographs by Jason Dorley-Brown and suggestions for mindful moments

[www.bathmind.org.uk/get-involved/world-mental-health-day-2020/](http://www.bathmind.org.uk/get-involved/world-mental-health-day-2020/)

© Jason Dorley-Brown

# Take a mindful moment

in one or more of the beautiful green spaces in and around Bath

Support employee mental health and wellbeing  
Build resilient teams

## ONLINE TRAINING FOR BUSINESSES, SCHOOLS & COLLEGES

Wellbeing in the Workplace · Mental Health First Aid · Online Mindfulness  
1:1 or Team Wellbeing Coaching · Supporting Student Wellbeing  
The Power of Nutrition

*"Hugely thought-provoking training, which has provided me with some fantastic tools/techniques that I will take forward not only in my work, but my personal life too."*

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

*"What you have done far exceeds my expectations. It was not until I contacted Bath Mind that there was the offer of some practical help."*



If you, or someone you know, are experiencing mental health difficulties, please get in touch. Never be ashamed of how you are feeling. Talking to someone is a vital first step.

During Covid-19 our phone lines have supported over 2000 people in B&NES.

**WE NEED YOUR HELP** to continue our vital crisis support services.

**PLEASE DONATE NOW**

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

Compassionate Community Hub  
9am-5pm Monday to Friday

0300 247 0050

Breathing Space  
5.30pm-11.30pm Every day

01225 983130

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



Bath Mind is a local, independent charity. We rely entirely on donations and fundraising. Whilst we are affiliated to national Mind, we receive no direct funding from them. Registered Charity No: 1069403 [www.bathmind.org.uk](http://www.bathmind.org.uk)



# BaNES Public Health

October 2020

Public Health Dept promoted our WMHD green spaces activities.

# BaNES Council

October 2020

Building links with the BaNES through links to our WMHD green spaces and keeping them informed of our activities. The Council featured our WMHD green spaces map in their shop windows and offices.

**Mind Bath**

Take a mindful moment in one or more of the beautiful green spaces in and around Bath

**World Mental Health Day**

**Be Kind to Yourself**

*Walk or cycle along the linear park*

*Enjoy Bath's beautiful skyline through the park*

**Green Spaces:** Botanical Gardens, Queen Square, The Circus, Alice Park, Kensington Meadows, Royal Victoria Park, Hedgemoor Park, Green Park, Henrietta Park, Brickfields, Sydney Gardens, Linear Park, Parade Gardens, The Sandpits, Spinnifield Park, Alexandra Park, Shafesbury Road Memorial Garden, Abbey Green, Bloomfield Park, Parade Gardens.

**Activities:**

- Sit quietly and notice your breath. Inhale slowly and deeply through your nose. Exhale slowly through your mouth. Try to think of the word 'relax' as you exhale. You can do this for several minutes to help calm you.
- Writing can be therapeutic and help you connect with others. Write a letter to someone you care about; compose a poem or verse.
- Getting lost in a good book can help to calm the mind. Ask a friend to recommend something. Find a quiet place, and try to read without distraction.
- Connect with your senses - one at a time:
  - listen to a bird
  - notice colours of leaves
  - touch the bark of a tree
  - smell the fresh air
  - taste (take a picnic!)
- Don't let the weather stop you getting out in nature! Wrap up with waterproofs and wellies, grab an umbrella! Engage your senses and notice how sounds, smells, colours and textures change with the weather.
- If you have a garden, enjoy mindful moments at home too!

*"Whenever I can, I spend time in nature. I love to be surrounded by trees. I take time to sit quietly and clear my mind, being in the moment."*

Jason Dorley-Brown

Thank you to the Parks Department at BaNES Council for maintaining these wonderful green spaces. There are many more green spaces in and around Bath - head here to find one near to you:  
[www.bathnes.gov.uk/services/sport-leisure-and-parks/parks-green-spaces/ind-park](http://www.bathnes.gov.uk/services/sport-leisure-and-parks/parks-green-spaces/ind-park)

Thank you to Jason Dorley-Brown for the beautiful photographs.  
All photographs © Jason Dorley-Brown.  
[www.jasondorleybrown.com](http://www.jasondorleybrown.com)

Thank you for supporting us on World Mental Health Day: Bath Life, Anthropologie, The Good Day Cafe, inBath Magazine, Pukka Bath Magazine, National Mind Shop.

**KINDNESS IS EVERYWHERE**

Take a journey of kindness and visit our creative kindness exhibitions:

- Kindness Starts With You: Mind Charity Shop, Westgate Street
- Kindness Ripples Out: Good Day Cafe, James St West
- Kindness is Everywhere: Anthropologie, New Bond Street
- A Spoonful of Kindness: The Holburne Museum Cafe

Take a notebook and pens/pencils/paints. Doodle, sketch, paint or draw! Try to focus on this alone, notice how you feel.

**SHARE WITH US**

SEND US YOUR MINDFUL MOMENT IDEAS...

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

**WE ARE HERE FOR YOU**

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**0300 247 0050**

Breathing Space  
9.30pm-11.30pm Every day  
**01225 983130**

## TAKE A MOMENT

It's World Mental Health Day on 10 October, and the team at Bath Mind is encouraging everyone to get involved. From the beginning of October, Bath Mind will offer suggestions to promote mental wellbeing. They have created a map of Bath's green spaces with photographs by Jason Dorley Brown, filled with the best spots for a 'mindful moment' in the city's parks and gardens.

"Covid-19 has increased the need for mental health support, in particular for those experiencing anxiety, low mood and loneliness," says Kate Morton, CEO of Bath Mind. "It has also highlighted the importance of kindness – to ourselves, and to others. B&NES has proven itself to be a community full of kindness and compassion, as I have seen first-hand while working within the Compassionate Community Hub, Bath's community support organisation.

"From our crisis telephone support to our befriending, community services, supported-living services and mental health first aid training in the workplace and in schools, we are here for the people of B&NES."

Bath Mind is also hosting a webinar for businesses on 12 October, which you can find out more about by contacting [hannah.roper@bathmind.co.uk](mailto:hannah.roper@bathmind.co.uk)

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



Bath Mind wants you to take  
a moment for self care

© JASON DORLEY BROWN



# Inside Bath Mind

with

PAUL COOPER - HEAD OF SERVICES



## What is your role at Bath Mind?

I oversee all of our services, which range from long and short-term housing to face-to-face counselling, regular community support, gardening projects, cookery and nutrition and over 14 weekly groups. Covid-19 presented us with the huge challenge of maintaining our high level of support across all of these services, but we did it, and through working closely with the Community Support Hub, we introduced our new Befriending service to support those feeling lonely and isolated.

## What motivates you?

I am passionate about and committed to improving third sector services for people with mental health needs. I am determined to provide the best quality support to improve lives. I also work with a great team at Bath Mind - we all share the common goal of wanting to give our best support to people, and whilst it's sometimes tough, I wouldn't change it for the world.

## What's a typical day for you?

There is no typical day - every day brings new challenges! I spend a lot of time communicating with services, resolving issues and carefully managing situations. It's this regular communication which keeps me in touch, with feedback from those using our services helping me look at where we may need to develop new services - usually these have been identified in our 5 year plan. I'm spending more and more time reviewing funding issues - as a charity, we rely on fundraising and donations to keep us going, and this is increasingly hard to find, so that's a daily battle I deal with. I have to be prepared for whatever each new day may bring - recently I had to put in a night shift, after my day's work, to cover for a sick member of staff.

## How many people does Bath Mind support?

Every day, our services reach out to over 100 people from our community. Many depend upon us - often we may be the only friendly face they see, or voice they hear that day, or even that week. We appreciate that they have put their trust in us, and I work closely with our teams who deliver an incredibly high level of care to each and every person we support. Covid-19 has increased demand, and as we come out of lockdown, we are now working to return to face-to-face as well as providing telephone and virtual support, which increases the pressure on our teams, but means we can support more people.

## Who can contact Bath Mind for support?

Bath Mind is here for everyone, whatever stage of their mental health journey they may be at. During Covid-19, we have adapted our Breathing Space and Befriending services to telephone support lines, taking calls from people experiencing anxiety, low mood, family issues and financial difficulties; we triage through our services to provide onward support. Our groups enable people to make contact with others, and form relationships, key factors in reducing isolation and loneliness and improving overall wellbeing. Some of our members have attended our groups for many years, others go on to become volunteers, fundraise for us, or join our members panel, which helps shape the future of Bath Mind. In theory, someone could be discharged from a hospital and Bath Mind's services would support them through each stage of their recovery, from housing to community support and community wellbeing groups.

## What is the most rewarding aspect of your job?

Knowing that we can make a difference is hugely rewarding. We have a fantastic team, committed to supporting the mental health and wellbeing of our community. It's that shared goal and ambition, to improve mental health for all, that drives me. It's as simple as that; if I know that every day I have helped people take a step further on their journey to wellbeing, I can go home happy and come back the next day ready to face whatever challenges it may bring.

## How do you see the future for Bath Mind?

Mental health and wellbeing is far higher on everyone's agenda than ever before. There is no doubt that mental health is now being taken seriously. Our services are increasingly important, but they can only continue as long as the funding is there and the desire to bolster third sector organisations, such as us, is a priority. We are always listening to what the community is saying, and we will always strive to continue to meet the needs of our community by developing our services accordingly.

I am immensely proud of what we have achieved, and how we have grown over my 15 years at Bath Mind. It's not been easy, we've had some really hard times, but we've also achieved great success with our work. I think that the future is very positive for our community!

To find out more, get support, fundraise or donate, please visit:-

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

01225 316199



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Take a mindful moment in one or more of the beautiful green spaces in and around Bath

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Writing can be therapeutic and help you connect with others. Write a letter to someone you care about, compose a poem or verse.

Getting lost in a good book can help to calm the mind. Ask a friend to recommend something. Find a quiet place, and try to read without distraction.

Connect with your senses - one at a time:  
 -listen to a bird  
 -notice colours of leaves  
 -touch the bark of a tree  
 -smell the fresh air  
 -taste (take a picnic!)

Don't let the weather stop you getting out in nature! Wrap up with waterproofs and wellies, grab an umbrella! Engage your senses and notice how sounds, smells, colours and textures change with the weather.

If you have a garden, enjoy mindful moments at home too!

"Whenever I can, I spend time in nature. I love to be surrounded by trees. I take time to sit quietly and clear my mind, being in the moment."

Jason Dorley-Brown



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Thank you to Jason Dorley-Brown for the beautiful photographs.  
 All photographs © Jason Dorley-Brown.  
[www.jasondorleybrown.com](http://www.jasondorleybrown.com)

Thank you for supporting us on World Mental Health Day: Bath Life, Anthropologie, The Good Day Cafe, InBath Magazine, Pukka Bath Magazine, National Mind Shop.

Place your feet on the ground. Imagine you have roots like a tree, going deep into the earth, helping to keep you strong with a solid foundation.

Think of three things that you are grateful for. Try this every day, wherever you are! You can write them down or just think in the here and now.

**KINDNESS IS EVERYWHERE!**  
 Take a journey of kindness and visit our creative kindness exhibitions:

Kindness Starts With You  
 Mind Charity Shop, Westgate Street

Kindness Ripples Out  
 Good Day Cafe, James St West

Kindness is Everywhere  
 Anthropologie, New Bond Street

A Spoonful of Kindness  
 The Holburne Museum Cafe

Take a notebook and pens, pencils/paints. Doodle, sketch, paint or draw! Try to focus on this alone, notice how you feel.

**SHARE WITH US!**

SEND US YOUR MINDFUL MOMENT IDEAS...

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

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Breathing Space  
 9.30pm-11.58pm Every day  
**01225 983130**



BATH MIND - WORLD MENTAL HEALTH DAY 2020

Bath Mind encourages everyone to consider their own mental health by being kind to ourselves and to others for World Mental Health Day....and beyond!

To celebrate World Mental Health Day, Bath Mind have created a map of the fabulous green spaces in our city, with beautiful photographs by Jason Dorley-Brown ([www.jason-dorleybrown.com](http://www.jason-dorleybrown.com)). You can wander through Bath, following Bath Mind's suggestions to take a 'mindful moment' in one or more of the city's green spaces. Head to Bath Mind's website to download your free "Wellbeing Map of Bath" and a "Be Kind To Yourself Kit". ([www.bathmind.org.uk/get-involved/world-mental-health-day-2020/](http://www.bathmind.org.uk/get-involved/world-mental-health-day-2020/))

In a celebration of kindness, Bath Mind's partners, artist Ali Brown and illustrator Sam Church, bring to life the words, themes and thoughts collected in the 'Manifesto for Compassion' which Bath Mind share in shop windows - "Kindness is Everywhere" - Anthropologie; "Kindness Ripples Out" - The Good Day Cafe and "Kindness Starts with You" the Mind charity shop. Find out about all our World Mental Health Day activities here [www.bathmind.org.uk/get-involved/world-mental-health-day-2020/](http://www.bathmind.org.uk/get-involved/world-mental-health-day-2020/)

If you, or someone you know are experiencing mental health difficulties, please get in touch. Talking to someone is a vital first step.

- Compassionate Community Hub – 9am-5pm, Monday to Friday – 0300 247 0050
- Breathing Space phone support – 5.30pm- 11.30pm, Every day – 01225 983130

**\*\*Bath Mind respectfully request that, if edited, they may review this prior to publication - as a charity, we need to ensure that our message is conveyed in line with our governance. Thank you for your understanding.\*\***

### **BATH MIND - WORLD MENTAL HEALTH DAY - 10th OCTOBER 2020**

#### **Quote from Kate Morton, CEO of Bath Mind**

“Covid-19 has increased the need for mental health support, in particular for those experiencing anxiety, low mood and loneliness. It has also highlighted the importance of kindness - to ourselves, and to others; B&NES has proven itself to be a community full of kindness and compassion, as I have seen first-hand whilst working within the Compassionate Community Hub. From our crisis telephone support to our befriending, community services, supported-living services and mental health first aid training in the workplace and in schools, we are here for the people of B&NES. Please celebrate kindness with us, and be kind to yourself on World Mental Health Day”.

Bath Mind encourages everyone to consider their own mental health by being kind to ourselves and to others for World Mental Health Day....and beyond!

Nature is good for our mental health and wellbeing, and we are fortunate to have many amazing parks and gardens in and around Bath, offering us the opportunity to connect with nature. As we change from Summer to Autumn, take some time to go outside and enjoy a “mindful moment” in our wonderful green spaces and parks.

To celebrate World Mental Health Day, Bath Mind have created a map of the fabulous green spaces in our City. With beautiful photographs kindly provided by local artist photographer Jason Dorley-Brown ([www.jasondorleybrown.com](http://www.jasondorleybrown.com)), you can wander through Bath, following Bath Mind’s suggestions to take a ‘mindful moment’ in one or more of our parks and gardens. Take some time out and be kind to yourself for just a few minutes a day, and feel the benefits to your mental health and wellbeing. Head to Bath Mind’s website to view and download our “Mindful Moments in Green Spaces” map, and “Be Kind to Yourself” resources for World Mental Health Day [www.bathmind.org.uk/get-involved/world-mental-health-day-2020/](http://www.bathmind.org.uk/get-involved/world-mental-health-day-2020/)

Once you’ve downloaded your map, take yourself on a journey enjoying ‘mindful moments’ and celebrating kindness through Bath, starting with the majestic Holburne Museum, which adjoins the beautiful Sydney Gardens.

Here, Bath Mind’s valued partner, The Holburne Museum, invite people to the Spoonful of Kindness exhibition, which will be on show in the café windows. It features an array of porcelain spoons made by people from Pathways to Wellbeing creative groups. Each unique spoon reminds us to look after ourselves so that we, in turn, can look after others. A Spoonful of Kindness is all it takes!

Try one of Bath Mind’s ‘mindful moments’ within Sydney Gardens: find a quiet place to sit, or lean against one of the beautiful trees. Engage your senses - Identify 5 objects you can see; Listen out for 4 different sounds; Touch 3 different textures; Find 2 different smells, and 1 taste, (if you can!). Or simply focus your awareness on the present moment and bodily sensation. Remain in the present, noticing what is happening around you and within you.

Art and creativity is a great support to our mental health and wellbeing, and Bath Mind’s partners Artist Ali Brown and illustrator Sam Church bring to life the words, themes and thoughts collected from young people and community settings in a 'Manifesto for



# Gifts that change lives



**£10**  
will pay for a vulnerable adult to attend an online support group.



**£20**  
will pay for someone's vital call to our 365 day crisis support line.



**£80**  
will pay for 4 sessions of 1:1 online counselling, helping to prevent crisis escalation.

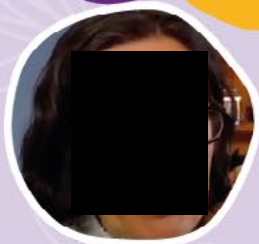


**£200**  
will pay for someone lonely and isolated to receive regular support for a month.

## Please give a gift that counts

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

[www.justgiving.com/bathmind](http://www.justgiving.com/bathmind)



"Bath Mind won't criticise you, they'll treat you as a person and not judge you, and they will help you through what you're going through... they encourage you to get better. If it wasn't for (Bath Mind), I wouldn't be here."

"I'm in a better place now, I'm more focussed on what I'm doing... now I can move on in my life... and Bath Mind has actually given me the courage to do that."

We would like to thank Heather for allowing us to share her story. Heather hopes that this will encourage others to seek support from Bath Mind.

Over **2,000** people called our helplines in just 6 months  
Apr-Sept 2020



**We are here for you**

Safe Space (16-25 year olds)	Text or phone 07538 113890
Breathing Space 5.30pm-11.30pm every day	01225 983130
Compassionate Community Hub 9am-5pm Monday to Friday	0300 247 0050

Visit our website for information and support  
[www.bathmind.org.uk](http://www.bathmind.org.uk)

Find us on social media for daily updates







# Gifts that change lives



“ Bath Mind won't criticise you, they'll treat you as a person and not judge you, and they will help you through what you're going through. If it wasn't for (Bath Mind), I wouldn't be here. ”

Help us put  
**HOPE**  
in someone's  
stocking  
this Christmas



TO DONATE £5 TODAY

Text  
**BATHMIND**  
to 70085

Or donate online at

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

Do you need  
someone to  
talk to?

Breathing Space

Open 365 days  
of the year  
5.30pm-11.30pm



01225 983130

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Apr-Sept 2020



Visit our website for  
information and support  
[www.bathmind.org.uk](http://www.bathmind.org.uk)

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for daily updates