

Go Green

To support your mental health and wellbeing



Nature has many benefits for our mental and physical wellbeing. Most of us in Bath are fortunate to have green spaces nearby, like the beautiful Royal Victoria Park. Whilst you may need a warm coat, boots or even an umbrella at different times of the year, the benefits of being outside in nature remain.

Take time to enjoy the natural environment. Stand on a hill, and watch the morning fog lifting as a new day begins, or watch the sun setting on the horizon.

Take a stroll every day, if you can. It is a good way to regularly support your mental and physical health and wellbeing. You may like to take a hot drink or soup in a flask. Find a bench to sit and spend a mindful moment enjoying your surroundings, breathing slowly. Just a few minutes can be a great way to start your day, relax at lunchtime or clear your head after a busy day.

Royal Victoria Park, Bath. The Botanical Gardens.



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You can find more information, breathing exercises and how to enjoy time in nature, on Bath Mind's website.

www.bathmind.org.uk

Please help us
give people
time to talk

TO DONATE £5 TODAY

Text
BATHMIND
to 70085

Or donate online at
www.bathmind.org.uk

Do you need someone to talk to?

Breathing Space

is here for you.

Open 365 days of the year

5.30pm-11.30pm



01225 983130

2020 was not the year any of us planned. The pandemic has highlighted the importance of looking after our mental health and wellbeing. We have an increased awareness, a growing empathy and understanding. Now is our opportunity to make the greatest changes, to build a brighter future.

Underpinning many of the issues we are all experiencing, is a feeling of disconnection. Loneliness and isolation is affecting us all, in different ways; some of us may not be physically alone, but a lack of connection and emotional support can also make being **with** people a very lonely place to be.

Meaningful connection with others is important to our mental health and wellbeing. Attending a group meeting or making one phone call, may seem pointless to some, but finding a way to engage with others who share a mutual interest or need can be the first step to making meaningful connections with others.

Wellbeing starts with looking after ourselves, taking time to think about how we are feeling. We can better connect with ourselves and build resilience by reducing stress and anxiety, taking time out for relaxation.

This gentle breathing technique takes just a few minutes and can be done standing up, sitting or lying down.

1. Find a quiet place and make yourself comfortable.
2. Let your breath flow, as deep down into your belly as is comfortable, without forcing it.
3. Try breathing in through your nose, out through your mouth.
4. Breathe gently and regularly. Try to count from 1 to 5 as you breathe in. You may not reach 5 at first.
5. After breathing in, without pausing or holding your breath, let your breath flow out gently - counting from 1 to 5 as you exhale.

Try to focus on your breath - if thoughts come into your mind, just acknowledge them and let them go, try not to dwell on them. Allow your mind to relax. Practise this for about 3-5 minutes. Try to make it part of your daily self-care routine.

To help make relaxation time part of your daily routine, Bath Mind's partner, The Soul Spa, offers low cost online guided meditation and relaxation sessions. Head to www.soulspa.co.uk for a free trial session.

Businesses can also support the wellbeing of their staff through Bath Mind's Wellbeing in the Workplace bespoke training sessions. Contact Hannah Roper to find out more - hannahroper@bathmind.org.uk

For further information, additional support and wellbeing activities, visit Bath Mind's website www.bathmind.org.uk.

Line for video: Heather joined one of Bath Mind's photography groups and explains how this helped her.

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I'm only still here thanks to Bath Mind

Loneliness and isolation have affected almost everybody in some way or another this year.

And while not every person is physically alone, a lack of connection and emotional support can also make being with people a very lonely place to be.

Heather from Bath is just one person who has found her mental health issues heightened during the pandemic.

"I was really struggling with anxiety, depression and post traumatic stress," said Heather, *inset*.

"You need someone to ring up and make sure you are OK for that week and the week after, not just that day."

Heather had tried to take her own life.

But thanks to the work of mental health charity Bath Mind, she has turned her life around after joining their photography group.

She was supported by Paul, one of Bath Mind's trained group facilitators.

"Bath Mind, if it wasn't for them, I wouldn't be here," Heather added.

Beneath the pandemic lies an epidemic of anxiety and low mood, Bath Mind has warned.

And without support, the situation could escalate to crisis point. Meaningful connection with others is important to our mental health and wellbeing.

Attending a group meeting or making one phone call, may seem pointless and mundane to some - but this first step can be a lifeline.

Heather said: "That's where Bath Mind is really helpful because they give you a ring a week and just carry on keeping in contact."

"I found that helpful as I knew I had somebody who was going to ring me up one day and make sure I'm OK the week after. And if I was having a bad day I could explain to them what I was doing, so I had somebody there to listen to me."

"I'm in a better place now, I'm more focussed on what I'm doing, I'm planning on moving, which I would never have thought that during lockdown."

"But now I can move on in my life and I'm trying to move nearer to college and my voluntary work, and Bath Mind has actually given me the courage to do that."

Many of Bath Mind's members say it gives them a reason to get up in the morning.

Heather said: "If it wasn't for Bath Mind's support, I don't know where I'd be right now. I don't know how I'd have coped through this period."

"They were there to listen, and not

criticising me as a person, they were there to try and help me through the difficult times.

"They were treating me as a person...they were not judging me, the way I was, they were trying to find out what the problem was and what was causing all this, and they were there to help, and it was a big help."

"Whatever your interest is, finding a way to engage with others who share a mutual interest or need can be the first step to making meaningful connections with others."

Kate Morton, CEO of Bath Mind, said: "None of us have enough time. We give people time, in a safe space. Our groups help people to engage, make connections and feel supported. If you don't have anything for people to engage with to make those connections, people will suffer with increased anxiety."

"Sometimes people just need human connection. We work with people at an early stage, to help them find the tools and strategies they need to become more resilient."

Joining a group helped Heather

realise that she was not alone in how she was feeling.

Heather said: "I know that there were other people in the same situation as I was and I thought take each day as it comes and it was very helpful to see other people in the same situation."

Photography has given Heather a sense of purpose, a sense of achievement and a connection with her community. Heather is sharing her experience hoping that her story will help others take that first step, make that first call or connection.

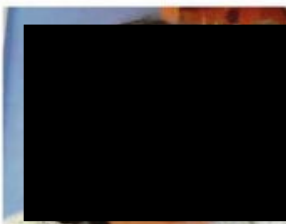
She said: "I was privileged (to share my photography with others) and was really proud to show other people who were in isolation."

"It gave me a purpose to help the community. I went out and helped other people who couldn't get out and I thought yes I'm helping. It's my way of saying thank you to Bath Mind for getting me where I am. Now I'm going to take photographs and show the other groups."

■ This year, Bath Mind needs your support more than ever. There has been a huge increase in the need for their services, yet income streams have reduced dramatically.

To support its Christmas appeal, go to www.bathmind.org.uk/news/bathmind-christmasappeal2020. For information and support, visit www.bathmind.org.uk.

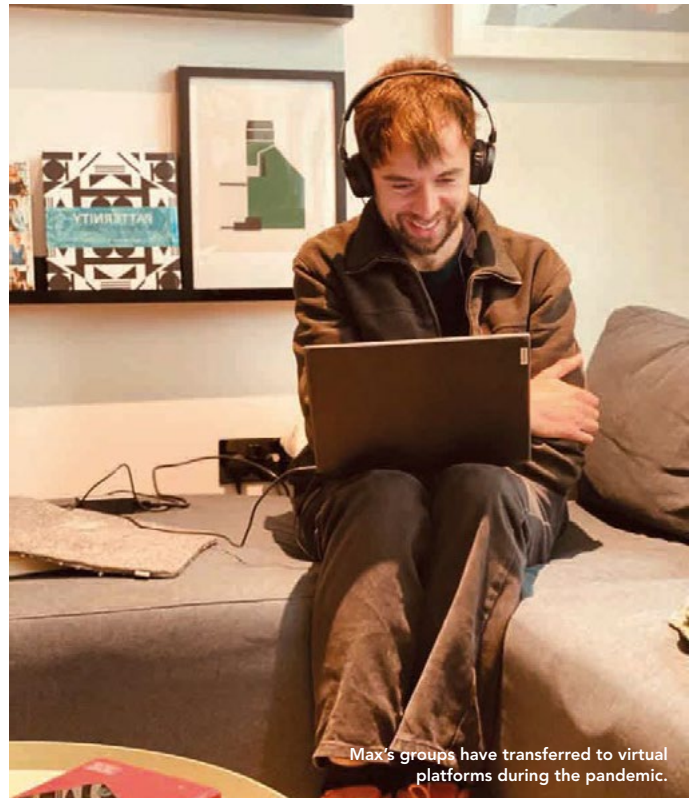
■ The Samaritans can be contacted for free around the clock, 365 days a year, on 116 123.



ADVERTISING FEATURE

Wellbeing in the community

Community wellbeing coordinator at **BATH MIND**, Max Webster, talks about how your attitude to mental health could change someone's life.



Max's groups have transferred to virtual platforms during the pandemic.

Max was bullied for his mental health problems. "It took me many years to seek the appropriate treatment for my mental health problems due to stigma, so I recognise the importance of anti-stigma work," he says. "If someone is feeling isolated due to their mental health problems and they don't have people around them with the knowledge or understanding of what they are experiencing, it can impede that person seeking the support and treatment that they need."

Time to Change has been campaigning to end the stigma that surrounds mental health by increasing awareness and understanding.

The past year has made us all more aware of the importance of mental health and wellbeing.

"At the onset of the pandemic, there were a lot of people talking about depression and anxiety, but now there is a growing awareness

"1 IN 4 PEOPLE WILL EXPERIENCE A MENTAL HEALTH PROBLEM, SO IT'S HIGHLY LIKELY THAT SOMEONE YOU KNOW WILL BE STRUGGLING WITH MENTAL ILLNESS."

about specific mental health problems such as eating disorders, OCD, bipolar and personality disorders. A lot of vital work needs to be carried out in de-stigmatising.

"I know first-hand what it is like to be bullied for your mental health problems, so I particularly cherish that I work within an environment that nurtures an individual holistically and seeks to change public perceptions of mental health."

Max's role involves working with people throughout B&NES struggling with their mental health. He explains: "Some of our clients need support and encouragement before they can attend a group, so they might receive a weekly welfare call with a view to building confidence before meeting new people and taking part in wellbeing sessions. I help connect the wellbeing groups with a wider community through various activities and projects and by informing clients about the brilliant work of our partner organisations.

"One of the early aims was to connect the group with businesses and short courses that would give people the confidence to further pursue their interests in their own time.

"My role has changed a lot with the

pandemic. My colleagues and I have adapted our services to Zoom. Our wellbeing sessions often focus on a particular theme, such as stress or sleep, and clients make helpful suggestions to each other – peer support is a key benefit of our groups.

"Thanks to Mr B's Emporium, we teamed up with Read around Bath. Clients bring along their own writing or extracts from books, and, in one instance, an a capella song."

It's highly likely that someone you know will be struggling with mental illness. This could be a relative, friend or a work colleague. It's up to each and every one of us to play our part in understanding and supporting those with mental health needs.

Small things can make a big difference.

The biggest small thing we can all do is make time to talk. Stay in touch. Listen without judgement. Mental health problems can affect us all. ■



Let's start talking

Together we will end mental health stigma

#TimeToTalk

time to change
time to
talk day
04/02/21

TIME TO TALK

“ Before I ‘phoned this evening, I felt anxious and vulnerable, like I had no armour to face the world. Now I feel so much calmer and grounded after talking with you. ”

“ Thank you very much for listening, it was helpful and I feel calmer now. ”

“ I’m not sure how you did it, but I feel much calmer now, thank you so much. ”

Please help us give people
TIME TO TALK

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

TO DONATE £5 TODAY
Text
BATHMIND
to 70085

Or donate online at
www.bathmind.org.uk



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01225 983130

cold night



FoodCycle treats its clients with dignity and respect.

They are used to operate from Mary's church in Julian but demand was so great during the pandemic they had to move to larger premises.

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Writers are splitting opinion

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supermarkets including Morrisons, M&S, Sainsbury's, Waitrose and some small businesses including The Fine Cheese Company in Walcot Street.

They get piles of fresh vegetables, fruit, pasta, fresh bread, eggs, cheese, milk, rice and cereal.

Based on what they get in, a team of chefs and kitchen hands decide on a menu after a long and seriously thought out meeting.

Their motto is zero waste so everything or almost everything is used, except items which can be either stored or frozen.

Before Covid clients were seated in groups at specially laid out tables with fine tablecloths.

Now everything has to be packaged in takeaway boxes, clearly labelled.

It is a lot of extra effort, all volunteers wear full masks and maintain social distance but they manage without complaint, and for some of our most vulnerable people the pandemic has not meant losing this important supper evening.

To join in or volunteer with FoodCycle visit www.foodcycle.org.uk/location/bath.

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Danny goes the extra mile to help Covid-19 effort

A man who organises vaccine stocks at Bath Racecourse has run the distance of four marathons to raise money for staff and patients at the Royal United Hospital.

Danny O'Callaghan, 26 and from Twerton, works as a supporter care assistant at the RUH and at the vaccination centre. He ran 105 miles in February to raise money for patients and "hard-working" staff.

He finished the challenge, wearing a fancy dress nurse's uniform to celebrate, on the last day of the month after raising over £850 on his last Giving page.

Mr O'Callaghan said: "I've worked at the RUH for over 10 years and during this time I've had the opportunity and pleasure to work alongside some hard-working and friendly colleagues.

"I now work for the hospital's charity, The Forever Friends Appeal so I see how donations make such a huge difference to patients and staff, especially during the pandemic when we were delivering care packages to the wards.



He said: "I'm very much a social person, but as I've been unable to meet up with friends I thought I'd combine my two biggest passions which are running and working at the RUH and attempt to run four marathons.

who has sponsored me as I know that the funds will be put to good use."

His commitment to supporting the hospital and his colleagues hasn't stopped there - he also put himself forward to work as the material management coordinator at the large vaccination centre at Bath Racecourse.

this role was perfect for me as I knew I could really shine and make the biggest impact towards the work that was taking place at the Vaccination Centre.

"I set up a storeroom to allow quick and easy access for the staff, I also look after ordering, taking stock checks, and I make sure all the PPE stock and other supplies are there to enable the centre runs smoothly and I go there after work every day.

"It's been truly amazing working in the vaccination centre seeing colleagues working together to achieve one simple goal.

"Everyone's doing such a wonderful job with a massive smile on their face and for me when we get through this, I think this year will go down in history and knowing that I will be a part of that makes me incredibly proud!"

Deputy head of fundraising for The Forever Friends Appeal, Richard Gyde said: "Danny works incredibly hard and is a valued member of the fundraising team.

"His willingness to help support our hospital colleagues just shows how much of a wonderful, kind-hearted person he is and everyone is grateful for what he is doing to help."

Club's calling for flexibility on stand

Stephen Sumner
Local democracy reporter
stephensumner@wcpic.com

Taking down Bath Rugby's east stand would put a Covid-19 vaccination centre out of action and could threaten key city events, club bosses say.

The club only has planning permission for a stadium on the Rec until May next year but a condition says the east stand, pictured, is meant to come down every summer. It was allowed to remain in throughout last year and the club is asking for that same flexibility in 2021.

The request has been backed by Bath Recreation, which owns the land. John Flinn, the charity's chief executive, said in a letter submitted with the application: "The east stand is proving to be a critical factor in what we and a number of long-standing community event organisers are trying to plan."

Mr Flinn said removing the stand turns the Rec into a building site and would put the Covid-19 vaccination centre at the Pavilion out of action for a "critical six-week period".

He added: "Significant community events are in grave danger if they are not able to plan to take place in 2021 - another year of hiatus could see the city lose key events for the future. Interrupting the vaccination roll out would be worse."



A condition on the planning permission for the stadium says construction work should not start more than four weeks before the first game of the season and

the east stand should be removed three weeks after the last match.

Bath Rugby - which wants to build a permanent new stadium on the Rec - said availability of contractors could delay taking down the east stand, and it had to "consider the morality of unnecessarily bringing together 50 people to work on the project simply to fulfil a planning technicality at this time". The club said the last playing date for the Premiership season is June 13 but fixtures after that are possible so it will need a stadium.

"A request was made to the council in March 2020 to allow the retention of the East Stand in situ throughout the summer of 2020."

Bath and North East Somerset Council agreed to that, due to a need for flexibility during these exceptional times. The club is again asking for "flexibility".

The council will decide the fate of the application.

Police patrols after anti-social behaviour reports

Police were patrolling in Bath after reports of "increased activity" in public spaces.

Avon and Somerset police community support officers were out and about in the city centre at the weekend making sure rules were being followed.

The Bath police team said in a tweet on Sunday that there had been "reports of anti-social behaviour and gatherings" in the

city centre and surrounding parks.

The tweet said: "Today PCSO Ania and PCSO Howie have been out patrolling the Bath city centre and surrounding parks and public spaces after reports of anti-social behaviour and gatherings.

"Please be mindful that being in the group is still not permitted under current guidelines."

A spokesman for the force said

there had been "increased activity" in public spaces in central Bath following lockdown announcements.

They confirmed that no fines were issued and nothing specific was found on this occasion.

The spokesperson said: "This is linked to various reports of increased activity in public spaces in central Bath following lockdown announcements.

Experiencing anxiety, depression, mixed emotions?
Struggling with challenges in your life?

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

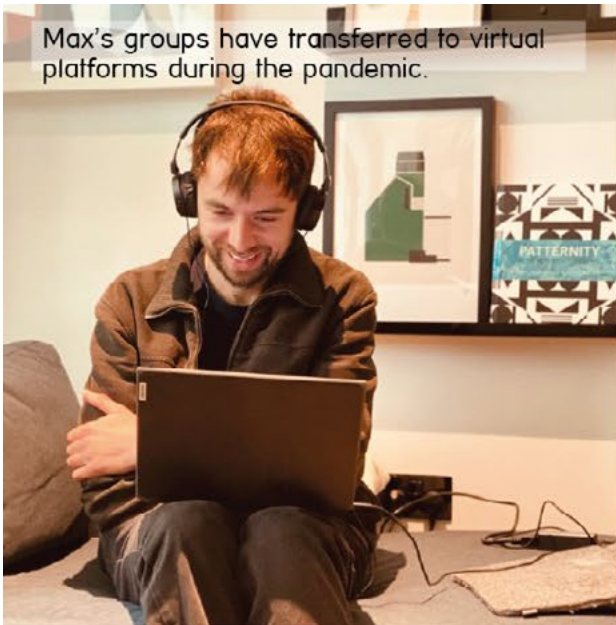
SAFE SPACE
For ages 16-25
YOU ARE NOT ALONE

We are here to support your wellbeing

This free group gives you the chance to make new connections and speak openly about how you are feeling.
Supported by trained Bath Mind staff and volunteers.

Join us on Zoom
Thursdays 5pm-6.30pm
Optional activities: art, music, yoga and more!

Contact:-
Becky - 07538 113890
email beckyhughesman@bathmind.org.uk
www.bathmind.org.uk



Max's groups have transferred to virtual platforms during the pandemic.

1 in 4 people will experience a mental health problem, so it's highly likely that someone you know will be struggling with mental illness.

TIME TO CHANGE has been campaigning to end the stigma which surrounds mental health, by increasing awareness and understanding.

Visit Time to Change to find out more about how you can notice that someone may need support with their mental health.
www.time-to-change.org.uk

The power of small

A small conversation about mental health has the power to make a big difference

#TimeToTalk

Community Wellbeing Coordinator at Bath Mind, Max, talks about how your attitude to mental health could change someone's life.

Max was bullied for his mental health problems. "It took me many years to seek the appropriate treatment for my mental health problems due to stigma, so I recognise the importance of anti-stigma work. If someone is feeling isolated due to their mental health problems and they don't have the people around them with the knowledge or understanding of what they are experiencing, it can impede that person seeking the support and treatment that they need."

"At the onset of the pandemic, there were a lot of people talking about depression and anxiety, but now there is a growing awareness about specific mental health problems such as eating disorders, OCD, bipolar and personality disorders. A lot of vital work needs to be carried out in de-stigmatising. I know first-hand what it is like to be bullied for your mental health problems, so I particularly cherish that I work within an environment that nurtures an individual holistically and seeks to change public perceptions of mental health."

It's highly likely that someone you know will be struggling with mental illness. This could be a relative, friend or a work colleague. It's up to each and every one of us to play our part in understanding and supporting those with mental health needs.

Small things can make a big difference. The biggest small thing we can all do is make time to talk. Stay in touch. Listen without judgement. Mental health problems can affect us all.

If you, or someone you know needs help or support, Bath Mind is here for you, please get in touch.

Breathing Space
 5.30pm-11.30pm
 Every day
 01225 983130

Community Wellbeing Hub
 9am-5pm
 Monday-Friday
 0300 247 0050

Safe Space
 Weekly group
 Age 18-25
 Call Becky on
 07538 113890

THE WORLD HAS CHANGED. BEING A MATE DOESN'T HAVE TO

HOW ARE YOU?
 ARE YOU SURE?!

1 IN 4 OF US EXPERIENCE A MENTAL HEALTH PROBLEM IN ANY YEAR, SO IF A MATE SAYS THEY'RE FINE, THEY MIGHT NOT BE.

ASKTWICE

time to change
 let's end mental health discrimination

Bath

www.bathmind.org.uk



National Gardening Week

Monday 26th April - Sunday 2nd May 2021



Greenlinks provides a friendly, quite space for gardening, on group allotments. A range of vegetables and flowers are grown and shared amongst the group weekly.

The sites provide a place to go for daily exercise, with the added bonus of some human contact, whilst carrying out very meaningful tasks.

During the winter months, a rough and overgrown area has been transformed a gently calming, verdant haven. "Planting the forest garden is building something for the future, which gives you hope. Hope can be hard to find when you are struggling to see past the next day or two ahead!"

(Greenlinks member).

Bath Mind are delighted to have received funding from the Wessex Water Foundation, to create a wonderful forest garden at their site on Monksdale Road. The foundation's Recovery fund aims to support local organisations and charities affected by the Covid-19 pandemic, helping them to support their communities and build resilience for the future.

Bath Mind would encourage local people to get involved and come forward to access mental health support without stigma.

To join Greenlinks, you can self-refer via our website:
www.bathmind.org.uk/what-we-do/share/greenlinks/



Enter our competition!
 What does nature mean to you?
 Take a photograph based around the theme of nature, donate to Bath Mind and have a chance to win a prize, including the opportunity to have your photograph featured in our 2021-2022 calendar.
 You can find more information on Bath Mind's Instagram and Bath Mind's website from 7th May 2021.
www.bathmind.org.uk

Mental Health Awareness Week

10th - 16th May 2021

The theme for Mental Health Awareness Week this year is nature. Connecting with nature is crucial for our mental health. Millions of us have rediscovered nature over the past year. Bath Mind are celebrating the benefits of nature for mental health and wellbeing with a nature map of BaNES and a nature photography competition!



Understanding Worry – for children and young people

It's normal for us all to worry from time-to-time. Difficult times and circumstances may cause children and young people to worry more than usual. Bath Mind's Room 627 project has been working with students at Oldfield School, helping them understand their worries and working on creative strategies to 'banish' worries.

Room 627 is a project created to help young people navigate the transition of moving from year 6 to year 7 with kindness, compassion and creativity. Wellbeing Ambassadors from Oldfield School have taken part in creative wellbeing sessions and have co-created an amazing website: www.room627.com

Bath Mind would like to share some strategies to help you support children and young people, which can help to build resilience and reduce the chance of worries escalating:

- Encourage young people to talk about their worries. This can help them feel reassured, and find potential solutions.
- Suggest one 'worry time' each day, to help reduce the time spent worrying, whilst not dismissing the worries in any way. This may be, for example, 15 minutes at lunchtime. Worry time should not be near bedtime.
- Writing down worries can help young people to see them more clearly and some may find writing, or drawing pictures an easier way to express their worries.
- Encourage a positive mindset. Think about what they have to be thankful for, do something fun which they enjoy.

Head to Bath Mind's website to download a copy of our 'Let's talk about worry' booklet, which gives more tips and interactive tools to support children and young people.

www.bathmind.org.uk/

Worries are usually temporary, but can lead to anxiety, so do talk to your GP if worries are frequent and persistent.

Bath Mind have exciting plans moving forward for the Room 627 project including further creative wellbeing training in schools; a 'take over' of the Egg Theatre during October half term 2022 and an interactive online event. The Romo 627 project is funded by the #iwill fund, and is run by Bath Mind, supported by The Dept of Kindness and Oldfield School.

You can find more information and support for young people on national Mind's website <https://www.mind.org.uk/information-support/for-children-and-young-people/>

There are lots of organisations that offer support to young people, including:-

www.boysinmind.org.uk – reducing stigma and isolation for boys and young men.

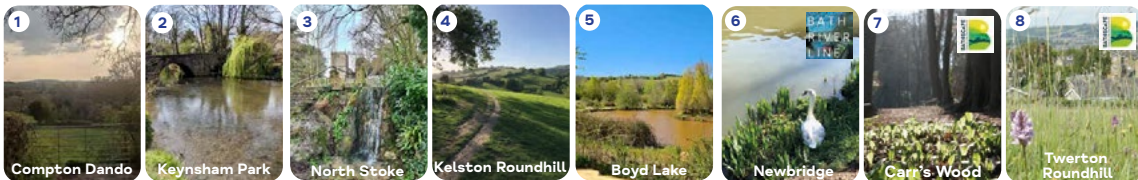
Shout 85258 – a free, confidential text messaging service for anyone struggling to cope. To start a conversation, text 'SHOUT' to 85258.

www.childline.org.uk – Childline trained counsellors to support you any time.

www.youngminds.org.uk – mental health support for young people.

Bath Mind (www.bathmind.org.uk) is an independent charity. We directly support the mental health needs of individuals in Bath and North East Somerset.

For more information on our services, to find support, or to get involved, please visit our website: www.bathmind.org.uk



Greenlinks provides an opportunity to stay in touch with nature, meeting on our allotments. For further information/to self-refer visit www.bathmind.org.uk/what-we-do/share/greenlinks

9 Monksdale Road
10 Alice Park
11 Ammerdown



Take a mindful moment in nature to support your wellbeing

Think of 3 things that you are grateful for every day.

Write a letter, compose a poem or verse.

Stay in the moment. Look around and appreciate what you see.

Appreciate others. Think about someone who has been kind to you.

Imagine you have roots like a tree, helping to keep you strong.

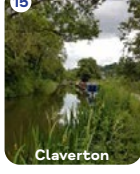
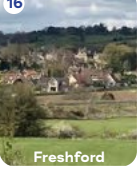
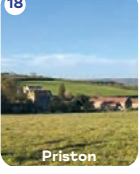
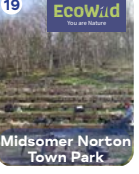
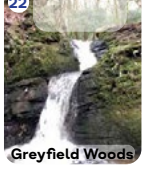
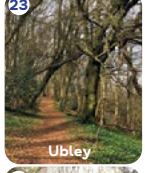
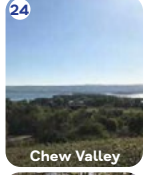
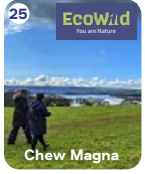
Focus on your breath for a few minutes of calm.

Listen to the sounds of nature.

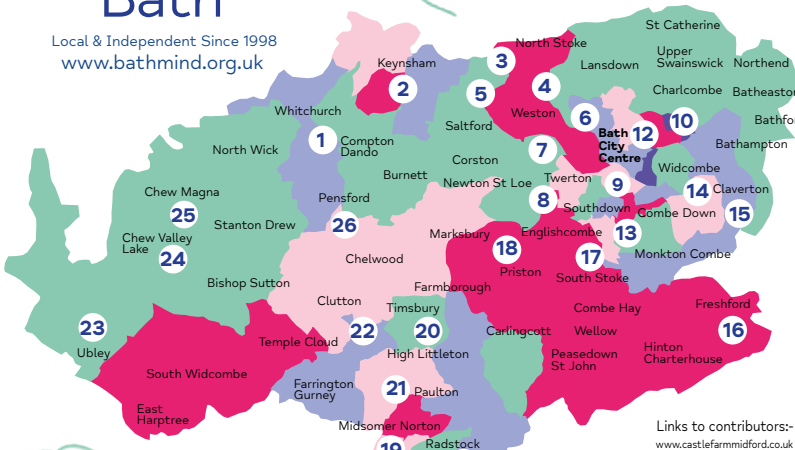
Find a quiet place to read without distraction.

Doodle, sketch, paint or draw. Focus on this alone.

For information and resources to help support your mental health and wellbeing, visit www.bathmind.org.uk/advice-and-support/wellbeing-activities/



Local & Independent Since 1998
www.bathmind.org.uk

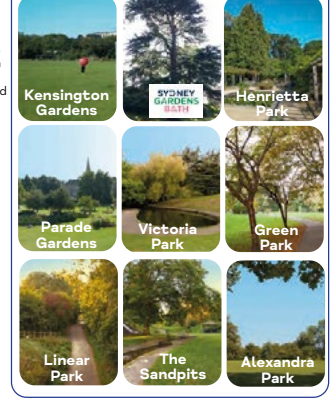


Spend time in nature
Mental Health Awareness Week
10-16th May 2021

Our members panel recommend this website for planning walks in nature:
www.alltrails.com

Links to contributors:
www.castlefarmmidford.co.uk
www.bathscape.co.uk
www.ecowild.org.uk
www.thenationaltrust.org.uk
<https://anglingbrown.net/>
www.jasondorleybrown.com
<https://bathriverline.co.uk>
www.bathnes.gov.uk/sydneygardens

12 Nature is on your doorstep; walk to Bath's parks, riverside walks and canal paths.



13 Taste healthy natural foods

Breathing Space Is Here For You



Breathing Space offers a calm, safe space for those experiencing or at risk of mental health crisis. Our experienced team are here to support you to keep yourself well, in a welcoming, non-judgmental environment.



Everyone's reasons for needing to access our service are unique to them. We offer a safe space, where we will actively encourage and support you to decide how you wish to use your time. Our supportive staff will listen and signpost you to relevant services, giving you the opportunity to create your plan with the staff team.

If you, or someone you know, are reaching crisis point, please get in touch.

Face-to-Face Support

Monday-Sunday - 6pm-10.30pm

Oasis Church, Fountain Buildings,
Bath BA1 5DU

To use this service, you need to be referred or self-refer before 5pm the same day.

To self-refer, call 01225 983130 or email breathingspace@bathmind.org.uk
You will receive a call back between 5pm-6pm to confirm your time.

Telephone Support

Monday-Thursday
5.30pm-11.30pm

Telephone: 01225 983130

Breathing Space is available to all aged over 16 who are registered with a GP in B&NES.

For further information and resources to support your mental health and wellbeing, visit www.bathmind.org.uk

Easing out of Lockdown

Bath Mind is here for you



The past year has been a rollercoaster of changes in and out of lockdown. Now, as we draw near to the possibility of a further easing of restrictions, some of us may be experiencing anxiety. We may be feeling uncertain about how to move forward. For some, resuming activities, meeting with other people or returning to work, may feel like a daunting prospect. It's important to remember that we are not alone - everyone is having to adapt to these changes in their own way. Here are some tips which you may like to consider when thinking about what activities you feel comfortable with as things change.

Everyone has their own pace

There is no need to feel pressured by what other people are doing. We are all different, and each of us may have a different pace for resuming or taking on new activities. Moving out of our comfort zone can be done in little steps. We can start with a walk with a friend, or meeting up in a garden or an outside cafe.

Think of others

Let's remember the compassion and understanding which so many have shown to support others over the past year. Consider those who may be alone - could you include them in your plans, or support them with a phone call or a chat? Some may continue to be mindful of social distancing - if you're not sure, ask how they feel. It's important to let people know what you do, and don't feel comfortable with.

Stay in the present

Whilst the world is changing around us once more, some of us may feel worried about the future. Try to stay present. Maintain some of your regular activities and be 'in the moment'. Focus on what you have to do day-by-day. Plan your day each morning, depending on how you feel. Focussing on the present can be helpful in reducing worry and anxiety.

Be kind to yourself

Make sure you keep time to be kind to yourself. Try to plan one thing every day that brings you joy. Perhaps a chat with a friend, a relaxing bath, or a walk in the countryside. Continue to connect with nature, and appreciate the little things. If you need support with your mental health and wellbeing, Bath Mind are here for you. Please visit our website www.bathmind.org.uk.

Join one of Bath Mind's new groups

A great way to meet new people in a safe, supportive environment!

Wellbeing Walks

Short, gentle walks in a relaxed and friendly social space. Join Bath Mind every Thursday at 11am, leaving from Monksdale Road Allotment car park (BA2 2JD).

If you'd like to come along, please contact:

info@bathscape.co.uk or send Lucy a text on 07816 641745

The Happy Snappers

A photography and walking group exploring Foxhill through a lens. A great way to meet new people, where members support each other to learn new skills.

Thursdays from 11am-1pm at St Andrew's Church, Foxhill (BA2 5QA). Booking is essential.

Please contact Becky Hughesman on 07538 113890 or email beckyhughesman@bathmind.org.uk

Bath Mind have helpful resources to support you through these changing times. Head to our website for free information and downloads:

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





Dreaming of al-fresco lunches in the Italian lakes?

Wish you were relaxing on a Greek island?



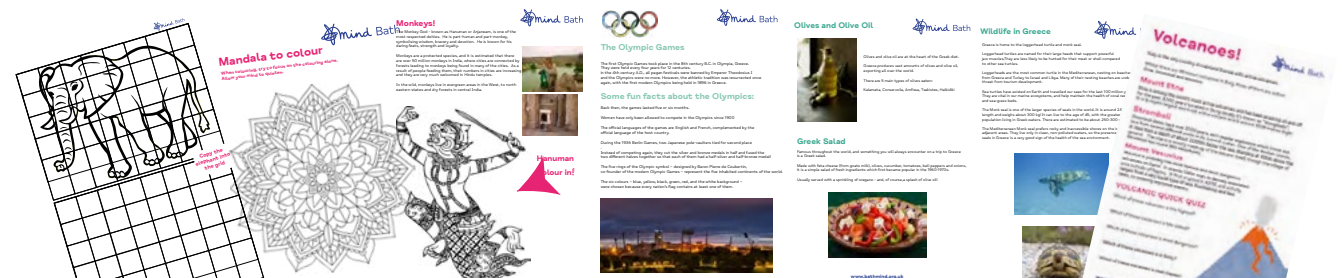
Tempted by the flavours and culture of India?



Immerse yourself in a fabulous holiday adventure



Visit Greece, India and Italy with Bath Mind's Staycation Experience. Over 100 pages of holiday fun and activities!



Games, puzzles, colouring, quizzes, recipes, holiday journal, learn the language and much more!

Something for everyone

Tag us on social media in a photograph of any completed staycation activity to enter our competition to win a copy of our 2022 Wellbeing Calendar!

Head to bit.ly/BathMindStaycation to get on board and get away!



Easing out of lockdown
Bath Mind is here to support you

The past year has been a rollercoaster year of changes in and out of lockdown. Now, as we draw near to the possibility of a further easing of restrictions, some of us may be experiencing anxiety.

With further changes, many may be feeling uncertain about how to move forward. For some, resuming activities, meeting with other people or returning to work, may feel like a daunting prospect.

It's important to remember that we are not alone - everyone is having to adapt to these changes in their own way. Here are some tips which you may like to consider when thinking about what activities you feel comfortable with as things change.

- 1. Everyone has their own pace**
There is no need to feel pressured by other people, or what they are doing. We are all different, and each of us may have a different pace for resuming or taking on new activities. Moving out of our comfort zone can be done in little steps. We can start with a walk with a friend, or meeting up in a garden or an outside cafe.
- 2. Think of others**
Let's remember the compassion and understanding which so many have shown to support others over the past year. Consider those who may be alone - could you include them in your plans, or support them with a phone call or a chat? Some may continue to be mindful of social distancing - if you're not sure, ask how they feel. We all deal with things in different ways, it's important to let people know what you do and don't feel comfortable with.
- 3. Stay present**
Whilst the world is changing around us once more, some of us may feel worried about the future. Try to stay present. Maintain some of your regular activities, and be 'in the moment' - focus on what you have to do day-by-day. Plan your day each morning, depending on how you feel. Focussing on the present can be helpful in reducing worry and anxiety. Perhaps keep a journal, noting how you feel each day - we all feel different ways on different days.
- 4. Be kind to yourself**
Make sure you keep time to be kind to yourself. Try to plan one thing every day that brings you joy. Perhaps a chat with a friend, a relaxing bath or a walk in the countryside. Continue to connect with nature, and appreciate the little things. If you need support with your mental health and wellbeing, Bath Mind are here for everyone living in B&NES - please visit our website www.bathmind.org.uk or call 01225 316199, we are here for you.

Bath Mind's wellbeing groups are here to support your mental health and wellbeing. Two new groups are great ways to meet new people in a safe, supportive environment:-
Wellbeing Walks: short, gentle walks led by volunteers from Bath Mind and Bathscape. A relaxed, social and friendly space. Whether you're looking to add more movement into your routine, would like to meet new people or get some fresh air and enjoy nature. Join Bath Mind every Thursday at 11am leaving from Monksdale Road Allotment Car Park (BA2 2JD). The walks are adapted to suit the pace of the group, and last no longer than an hour. They are reasonably flat and are often wheelchair/buggy accessible. We ask that you don't bring dogs (other than assistance or guidance dogs) and that you use the on-street parking in the surrounding streets, rather than the allotment car park itself. If you'd like to come or want any more information, please send an email to info@bathscape.co.uk or send Lucy a text on 07816 641745.

The Happy Snappers are a photography and walking group exploring Foxhill through photography. The group is a great place to meet new people, where members support each other to learn new skills. Thursdays from 11am - 1pm Starting at St Andrews Church, Foxhill, Bath BA2 5QA. Booking first is essential: to find out more and join, please contact Becky Hughesman on 07538 113890 or beckyhughesman@bathmind.org.uk

Bath Mind have put together some helpful resources for activities to support you through these changing times. Head to our website <https://www.bathmind.org.uk/advice-and-support/wellbeing-activities/> for free information and downloads.

BATH MIND - WINNER OF BATH LIFE AWARDS 2021 'CHARITY'

Bath Mind is delighted to win the prestigious 'Charity' award at Bath Life Awards 2021.

CEO, Kate Morton said "This is an amazing achievement and it is thanks to all of our colleagues and volunteers for going above and beyond over these very challenging 18 months."

The pandemic created a mental health emergency. Bath Mind responded immediately. Within the pandemic, Bath Mind has been fighting an epidemic of mental ill-health. This epidemic knows no boundaries; we have supported people aged 16 to 94 suffering anxiety, depression, loneliness and bereavement, some feeling suicidal, as well as those with more complex mental health diagnosis.

Prior to the pandemic, Bath Mind's services were all delivered face-to-face, they had little experience of digital communications and the pandemic presented them with a huge challenge. However, within days, their services all adapted to provide continued support. While some places closed, Bath Mind remained open throughout, increasing their services at a time when many were cutting back. They adopted a hybrid model of online, telephone and face-to-face support depending on restrictions.

Covid-19 presented Bath Mind with an overwhelming increase in demand. Whilst adapting to virtual presented many new challenges, it also created a wealth of new opportunities to support more people in different ways. Through online services, they have been able to increase the number of people they support and it has helped them reach people who may otherwise have been isolated. Many of their clients have been shielding and Bath Mind's services may be their only connection with the 'outside world'.

When restrictions were eased in the summer, some people were not comfortable attending a group - Bath Mind maintained virtual services which enabled them to have a wider reach without the limits on numbers which restrictions enforced. Bath Mind's telephone support lines, by this stage, were so busy that they knew we had to keep these vital services running.

Bath Mind adapted their services:-

Breathing Space - their evening crisis space immediately adapted to a telephone service.

Counselling - they developed online assessments and counselling provision.

Greenlinks - members/volunteers received weekly newsletters and activities, visiting individually to enjoy time in nature and collect fresh produce.

Wellbeing groups - groups adapted to meet online, entering a whole new world of 'breakout rooms' and 'raised hands'. People were also supported with 1:1 welfare calls.

Community Support - Bath Mind continued to support our extremely vulnerable clients in their own homes, offering telephone support, then socially distanced walks to those not comfortable with home visits.

No 82 - Bath Mind's residential home worked tirelessly, keeping all residents safe and well.

Bath Mind responded to the needs of our community with new services:

- Community Wellbeing Hub: Bath Mind were instrumental in establishing the hub and providing vital mental health and wellbeing support and resources.

- Befriending Service set up to meet the huge increase in callers experiencing loneliness and isolation.

- Safe Space - a new youth service, to support the growing number of young people needing support.

- New online resources, Wellbeing Activities resources, and increased online support, information and signposting.

- Social Media awareness increased.

- Mental Health Training - new courses delivered online supporting individuals and local businesses.

- Open-access Free Courses created for the Wellbeing College.

- University Students supported with 1:1 calls, gardening activities and mental health wellbeing workshops.

Bath Mind creatively adapted, rising to every challenge. Unable to operate as usual, their Food for Thought staff delivered nearly a tonne of food to individuals, food banks and community hubs to support local people in desperate need.

Bath Mind's crisis line helps prevent people calling on NHS services or attending A&E, their services reduce pressure on the NHS and emergency services, freeing up capacity and saving costs of treatments and hospitalisations. Bath Mind have worked with local GPs, contacting patients who have been unable to get through, helping reduce the pressure on GP surgeries.

Bath Mind have worked tirelessly to support everyone in our community, collaborating wherever possible with other local organisations, such as Age UK, DHI and the universities.

Bath Mind support local businesses with staff wellbeing, providing mental health training to Curo, RUH, Bath Spa University, Julian House, Bath Rugby Foundation, LoveHoney, Bath Swindon Wiltshire Clinical Commissioning Group, Buro Happold and more.

Everybody has mental health and everyone is affected by it - whether directly or via a friend, family member or colleague. No image can convey mental health. We all know someone who is suffering. Many are afraid to speak out, or unsure of how to get help.

The past year has made everyone more aware of the importance of taking care of ourselves, and others.

Bath Mind's dedicated, caring team, is passionate about tackling mental health stigma, so that everyone feels able to seek help, and can be supported on their own personal journey to improve their mental health and wellbeing.

Bath Mind's work will continue, towards our vision of a society that promotes and protects good mental health for all, treats people with experience of mental ill health fairly, positively and with respect.

If you, or someone you know needs support, Bath Mind is here for you. You can find further information on our website www.bathmind.org.uk/what-we-do/. You can access and download a copy of our Services Brochure with full details of all the services we provide here: bit.ly/BMServiceBrochure

Service User Quotes

"This course has saved me! Brought colour back into my life and given me purpose, so much so that I now want to help put something back into mental health and help out with others struggling. I would highly recommend Bath Mind and the work they do to help so many people."

"Even though it is out of hours you still check on me and that means a lot especially during this worldwide coronavirus epidemic you still make sure I am safe, even though in times like these you have yourself and your own family to think of... I want to thank you from the bottom of my heart for how much your understanding, help, support and genuine care and making me feel safe means to me".

"I'm not ashamed to admit last night the floodgates opened and I couldn't stop the tears, I honestly just wanted to be gone... I spoke to a wonderful woman who talked to me about what is happening in my life, and what I've been through and she stayed with me until I calmed down. I'm sharing this because there's a huge rise in suicide and mental illness, so please just talk to someone because there are people out there who can help."

"I felt anxious and vulnerable like I had no armour to face the world. Now I feel so much calmer and grounded after talking with you. You make me feel like I am not a rotten person and worth something in this life. The people who work at Breathing Space are very special human beings."

"Thank you ...Bath Mind for help with my crisis. A lovely lady helped me calm down from hysterically suicidal to calm. I'm not ashamed to talk about it. Everyone should talk more about how they feel."

KOMEDIA

The Very Best in Comedy and Live Events

In aid of
Mind
Bath

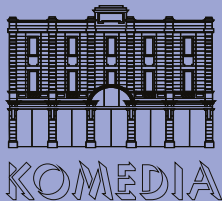
A NIGHT OF

MUSIC, COMEDY & DANCE

THURSDAY
14
OCTOBER
DOORS OPEN
6pm

TICKETS
£6
Concessions
£5

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STREET
BATH
BA1 1EP



BOOK TICKETS

WWW.KOMEDIA.CO.UK/BATH
OR PAY ON THE DOOR



CELEBRATING WORLD MENTAL HEALTH DAY

MP Celebrates Bath Mind's Vital Work, Welcomes National Lottery Funding

Following the announcement that local mental health support service Bath Mind has received substantial funding from the National Lottery Community Fund, MP Wera Hobhouse praised the charity's vital role throughout the pandemic.

Wera Hobhouse said: "Bath Mind is a mainstay of our community and has proved this time and again during the pandemic. Since March of last year, everyone has been impacted by our very challenging times in different ways. We are seeing all the warning signs of a widespread mental health crisis.

"Bath Mind supports the mental health and wellbeing of the people of Bath and North East Somerset. With demand for their support soaring, I am delighted that they have secured funding to help in delivering their services and improving their digital development and sustainability over the next four years.

"I want to thank National Lottery players for their role in raising much-needed funding for local charities and community groups."

Bath Mind CEO, Kate Morton, said "During the pandemic, Bath Mind has been fighting an epidemic of mental ill-health. This epidemic knows no boundaries; we have supported thousands of people aged 16 to 94 suffering anxiety, depression, loneliness and bereavement, some feeling suicidal; as well as those with complex mental health diagnosis. As a result of Covid-19, our entire way of delivering services has changed and we now offer a blended model of virtual and in-person support.

This crucial funding from The National Lottery will enable Bath Mind to remain resilient, streamline capacity, reach more people and strive to ensure that nobody with mental health needs is alone.

Thank you to all those who buy National Lottery tickets, for supporting this important work in our community."

Get on board!



Run for Bath Mind in the Bath Half 2022



Join our amazing team and help raise funds for our vital services.

In 2019, our amazing runners raised over £40,000 to help us support the mental health of local people. Please help us beat that in 2022.

Whatever your reason for running, we support you all the way.



Sign up here:

www.bathmind.org.uk/fundraising/bath-half-2022/
 Already have a place? You can still join Team Bath Mind. Follow the above link to find out more.

Thank you
www.bathmind.org.uk



Exhibition at BRSLI in aid of Bath Mind Images of Bath and Tokyo by artists Jason Dorley Brown and Andrew Polson

Bath Mind are delighted to be charity beneficiaries of a photography exhibition at the BRSLI, "Images of Bath and Tokyo" organised by co-exhibitors Jason Dorley-Brown and Andrew Polson.

Whilst both Jason and Andrew have lived in Bath over many years, sharing many mutual friends, Andrew explains how they first met in 2020. "I was introduced to Jason's work through Instagram and decided to contact him. I had visited Tokyo for the Rugby World Cup in 2019 and while I was there I took a series of 'street' photographs. I was set to exhibit these images in Bath and was keen to hear Jason's opinion of them. Jason was incredibly helpful and generous with his advice when we met. By the end of the meeting I had asked Jason to curate my upcoming exhibition, he had said yes and a friendship had formed."

Whilst the initial exhibition of Andrew's work at the BRSLI in 2020 had to be closed due to Covid, Andrew and Jason remained in contact. "I got to know Jason better over the coming months and we discussed how dealing with the pandemic and the restrictions placed upon us all, had been difficult to navigate."

Jason started his personal artistic journey years before, as a creative outlet to deal with a time when his mental health needed support. During 2020, he contributed some of his wonderful photographs of Bath to Bath Mind's 'Map of Green Spaces', for Mental Health Awareness week. "Having a creative outlet was a godsend for me during the pandemic. It gave me a focus and meant that each day I was able to wake up and engage in something which brought me joy."

Jason's 'pop art' images, of both people and places, have become well known and now grace the walls of many proud homes in several countries. He has worked on commissions for local businesses, including recently creating new menus for the Abbey Hotel, Bath, featuring his 'pop art' Bath historic characters, such as Jane Austen, Mary Shelley and Beau Nash.

When the BRSLI offered to rerun the exhibition, Andrew decided it would be the perfect opportunity to have a joint exhibition with Jason, collaborating on a new exhibition 'Images of Bath and Tokyo'.

"Supporting the vital work of Bath Mind through sales made at the exhibition was a clear choice", explained Jason. "Both Andrew and myself are very aware of the important work Bath Mind do in supporting our community, especially given the increase in mental health issues during the Covid pandemic. At a time when the walls surrounding discussing mental health are falling and people are realising the benefit of both reaching out for support and supporting others, we wanted to do our bit to promote this important, independent local charity."

Jason adds "I'm so excited about this exhibition. I love all forms of collaboration, especially creatively, and after working successfully with Bath Mind on other projects it is wonderful to team up with them again for this show."

The exhibition runs at the BRSLI, Queens Square, Bath, from 9th December through to end January 2022. Entrance is free. All profits from sale of any "Tokyo" images, and 30% of profits of "Bath" images will kindly be donated to Bath Mind by Andrew Polson and Jason Dorley Brown respectively.

If you or someone you know needs support with their mental health and wellbeing, Bath Mind urge you to reach out to them. Information, resources and how to get in touch can be found on their website www.bath-mind.org.uk



DO YOU NEED SOMEONE TO TALK TO?

Bath Mind is here for you

Breathing Space

A calm, non-clinical support service. Our staff will focus on helping you stay safe and look at a short term plan for next steps for crisis prevention.

Evening support phone line

Monday-Thursday 5.30pm-11.30pm

Telephone: 01225 983130

Face-to-Face Service

Monday-Thursday 6pm-10.30pm

Oasis, Fountain Buildings, Bath BA1 5DU
Call 01225 983130 before 5pm
on the day you would like to attend.

Safe Space (16-25 year olds)

This free group meets every Thursday on Zoom and monthly in person at Bath College. A chance to speak openly about how you are feeling, supported by Bath Mind staff and volunteers. Optional activities include art, music, yoga and more!

**Contact Becky
07538 113890**

**email
wellbeing@bathmind.org.uk**

Befriending

Supporting adults (age 16+) who may be feeling lonely or isolated, anxious or have low mood. Our team support with regular telephone calls, listen and offer advice to promote positive health and wellbeing.

To join, please call and ask for Befriending.

0300 247 0050

Wellbeing Groups

Our wide range of wellbeing groups are based around activities such as gardening, food and nutrition, photography, arts and crafts, physical activity - such as walking and running, and much more.

**You can find out more about
all our groups on our website.**

**email
wellbeing@bathmind.org.uk**

**You can self-refer to our Wellbeing Groups and Safe Space at
www.bathmind.org.uk/wellbeingreferral/**

2, 14:38

A Narnian wonderland arrives at Milsom Place, BRLSI explores the history of the English Christmas carol, and Anthropologi...



Images of Bath and Tokyo exhibition at BRLSI

Bath Mind are delighted to be charity partner of artists and co-exhibitors Jason Dorley Brown and Andrew Polson, in this exciting photographic exhibition, *Images of Bath and Tokyo*: opening at the Bath Royal Literary and Scientific Institution on 9 December.

Andrew explains "I had visited Tokyo for the Rugby World Cup in 2019 and while I was there I took a series of 'street' photographs. I was set to exhibit these images in Bath and was keen to hear Jason's opinion of them. Jason was incredibly helpful and generous with his advice when we met. By the end of the meeting I had asked Jason to curate my upcoming exhibition, he had said yes and a friendship had formed."

Jason finds that his creative work supports his mental health: "having a creative outlet was a godsend for me during the pandemic. It gave me a focus and meant that each day I was able to wake up and engage in something which brought me joy", he explains.

The exhibition runs at the BRLSI, Queens Square, Bath, from 9 December through to end January 2022. Entrance is free. A percentage of profits from sales will be donated to Bath Mind by Jason and Andrew.

If you would like to support Bath Mind by fundraising or donating, please text 70085 to donate £5, or visit their website, bathmind.org; Jason's work can also be viewed and ordered at jasondorleybrown.com

Bath Mind urge the community to look out for one another during these challenging times, and to get in touch if you or someone you know needs support with their mental health and wellbeing.

How our food affects our mood

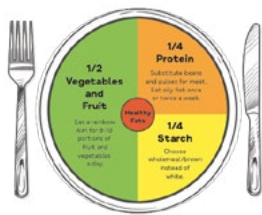
Eating healthy, nutritious food is beneficial to both our mental and physical health. A good diet can help to improve our mood, give us more energy and help us think more clearly.

Maintaining a healthy diet also helps to support our immune system. This can be a challenge at this time of year, when we all may indulge in less healthy choices. However, it's important to ensure we are getting enough nutrients.

Aim to eat 6-8 portions of fruit and vegetables a day.

Stay hydrated, aim to drink 8 glasses (approx. 250ml) of water each day.

A Healthy Plate can look like:



Vegetables and Fruit
Try to eat 8-10 portions of fruit and vegetables a day. These can be fresh or frozen. Eat raw, cook gently or steam to maximise the nutrients.

Protein
Meat and poultry. Fish and seafood. Dairy products - milk, cheese. Eggs. Beans, lentils, pulses. Soya products. Nuts and seeds.

Starch (Carbohydrates)
Bread
Rice
Pasta
Potatoes
Grains - quinoa, spelt. Wheat products.
Try to swap white for brown/wholemeal.

Healthy Fats
Olive oil.
Coconut oil.
Flax seed oil.
Rapeseed oil.
Black seed oil.



Vegetables and fruit should ideally be whole, so that we also benefit from the fibre in them. Aim to eat as wide a variety of different types of fruit and vegetables as possible.

Reducing our intake of meat can be beneficial both for our health and for the planet - there are lots of healthy nutritious options including beans, lentils and soya products which can easily be swapped into your favourite recipes.

Aiming for wholegrain bread and rice, instead of white, can help to increase our fibre intake. Whole-grains are also more nutritious and filling.

Boosting immunity with Zinc

Zinc is a mineral that has been found to be essential for immune function as well as its role in repairing body tissues and wound healing. The cells of our immune system depend on it to function correctly, it helps to keep our skin healthy and reduces inflammation.

It is found in the highest concentration in oysters and other seafood as well as red meat; but nuts like almonds and cashews; seeds and legumes also contain high amounts of zinc.

Our bodies aren't able to make their own zinc which is why it is so important that we get enough zinc from our food. As zinc isn't stored in the body we need to make sure that we get enough from our diets to fulfil our zinc requirements. This can usually be quite easily achieved by eating a balanced diet and including a variety of fruit and vegetables, some protein rich foods like eggs, meat or legumes, wholegrains, nuts and seeds. Snacking on a small handful of almonds or including some seeds when baking are a good way to increase our intake of this very important nutrient.



If you're over 55 and would like support with food budgeting, nutrition, mental and physical wellbeing, get in touch to find out about our new free courses: foodforthought@bathmind.org.uk

Bath Mind supports the mental health and wellbeing of local people throughout Bath and North East Somerset. Whilst they are affiliated to national Mind, they are an independent charity, relying on the generosity and support of local people to be able to continue their vital work. In the past 18 months, their evening crisis service, Breathing Space, has supported over 5,000 people.

Will you give a gift that counts? You can donate using the QR code, or text BATHMIND to 70085. Thank you.

If you or someone you know needs help or support with mental health, you can find more about all our services, and lots of helpful resources, on our website www.bathmind.org.uk

Aged 16-25

Struggling with challenges in your life?

YOU ARE NOT ALONE



SAFE SPACE

IS HERE TO SUPPORT YOU

The chance to speak openly about how you are feeling

**Join Us on Zoom Thursdays 5pm-6.30pm
and monthly in person at Bath College**

Supported by trained Bath Mind staff
and volunteers.



**Contact Becky 07538 113890
email wellbeing@bathmind.org.uk**



Help us support young people in our community
GIVE A GIFT THAT COUNTS

To donate £5 today

**Donate online
www.bathmind.org.uk**



**Text
BATHMIND
to 70085**



Thank you