



Our Services

Spring-Summer 2023



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

www.bathmind.org.uk

mind Bath

Bath Mind is a local, independent charity, supporting the mental health and wellbeing of everyone living in B&NES. Whilst we are affiliated with national Mind, we receive no direct funding from them. Bath Mind do not have any shops or retail outlets.

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

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

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

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

10 Westgate Street
Bath BA1 1EQ

Telephone: 01225 316199

Email: admin@bathmind.org.uk

Registered Charity No: 1069403

Registered in England: 3531040



**Local Minds,
like Bath Mind,
are local,
independent
charities.**

**The charity
national Mind
campaign to
improve mental
health services,
raise awareness
and promote
understanding.**

**When you
fundraise or
donate to
Bath Mind, your
money is going to
our vital services
to support people
living in B&NES.**

www.bathmind.org.uk

Contacts

Befriending

0300 247 0050

Breathing Space

0808 1751 369
breathingspace@bathmind.org.uk

**Access Community
Mental Health**

0808 1751 369
access@bathmind.org.uk

Community Support

0753 811 3880
wendysteeds@bathmind.org.uk

Corporate Partnerships

hannahroper@bathmind.org.uk

Counselling

counselling@bathmind.org.uk

Food for Thought

foodforthought@bathmind.org.uk

Fundraising

hannahroper@bathmind.org.uk

Greenlinks

greenlinks@bathmind.org.uk

Press & Publications

press@bathmind.org.uk

Intensive Service

0749 486 3259
intensiveservice@bathmind.org.uk

Registered Care Home

01225 448396
housing@bathmind.org.uk

Room 627

627@bathmind.org.uk

Safe Space

0753 811 3890
wellbeing@bathmind.org.uk

Supported Housing

01225 448396
housing@bathmind.org.uk

Training & Workshops

0794 349 6835
hannahroper@bathmind.org.uk

Volunteering

volunteering@bathmind.org.uk

Welfare Benefits

0808 278 7897
www.citizensadvicebanes.org.uk

Wellbeing Groups
(Online and in person)

0753 811 3890
wellbeing@bathmind.org.uk

£10 a month

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



**Text BATHMIND to 70085
to donate £5**

**Text BATHMIND to 70450
to donate £10**

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

- Support line caller



Text: BATHMIND on 70085
to donate £5

www.bathmind.org.uk

Befriending

Our befriending service is based at the Community Wellbeing Hub. It supports those feeling lonely, anxious or who have low mood. We provide regular telephone support and signposting to relevant services. Our team of experienced staff are there to listen and offer advice. (Age 16+)

Hours: Monday to Friday. 9am-5pm
Telephone: 0300 247 0050
Email: befriending@bathmind.org.uk

Breathing Space (evening support)

Breathing Space (evening support). Staffed by a team with a broad range of experience in mental health. Breathing Space offers a compassionate listening and supportive ear to people who are experiencing crisis or need to talk. We work with people to de-escalate their feelings of crisis and produce a plan to support them. (Age 16+)

Telephone support: 7 evenings a week 5.30pm-11.00pm
Telephone: 0808 1751 369

Face to Face Support: 7 evenings a week 6:00pm to 10:30pm
Telephone: 0808 1751 369
Email: breathingspace@bathmind.org.uk
Phone or email before 5pm on the day that you want to attend

Access Community Mental Health

This new service provides support from a skilled team, so that people can access the right mental health support at the right time. Together, we will walk alongside people who need support, every step of the way; making sure they are ok, that they are accessing mental health help and support in their community and thinking about their next steps, with a focus on future independence and increased resilience. (Age 16+)

Hours: 9am-5.30pm, 7 days a week, 365 days a year
Telephone: 0808 1751 369
Email: access@bathmind.org.uk

Counselling

Due to the high need and number of referrals we have received, there is currently a minimum waiting list of up to 3 months for sessions to begin. However, we are able to process initial assessments in the meantime. (Age 16+)

To book an assessment contact: counselling@bathmind.org.uk.

Wellbeing Groups and Support

Our wellbeing groups support hundreds of people across B&NES in creating new connections and support systems. We have an array of activities and projects within our Wellbeing Groups Service, as well as collaborative wellbeing projects in the community. Each group is supported by at least one Bath Mind staff member and/or volunteer, who facilitate the group and support individuals' wellbeing needs.

Open Opportunities

A non-judgemental space to connect with others and improve wellbeing, centred around the 5 Ways to Wellbeing (Connect, Learn, Be Active, Give and Take Notice). The sessions often involve a guest speaker or a lead activity such as art, mindful drawing, quizzes, drama sessions and the occasional day out! Bath Mind facilitators are on hand to offer 1:1 support and to help with access to other services.

Every Monday from 1pm to 2.30pm at The Bubble, central Bath

Active Opportunities

Active Opportunities is a community support group that offers people with ongoing mental health issues the opportunity to engage in gentle physical activities linked to the five ways to wellbeing. Sessions include chair yoga, table tennis, wellbeing walks and occasional days out! Bath Mind facilitators are on hand to offer 1:1 support and to help with access to other services.

Every Wednesday from 11am to 1pm at The Bubble, central Bath.

Keynsham Snap and Stroll

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

When: Tuesday 10am–12pm

Where: Various venues in Keynsham

The Radstock Wellbeing Group

A coming together of people to engage in conversation and creative activities, whilst enjoying the delights of The Swallows Café! The sessions are supported by Bath Mind staff and volunteers.

Tuesday 11am–1pm, The Swallows Café in Midsomer Norton.

Contact for all of the above groups:

Telephone: 01225 316367 or 07538 113 890

Email: wellbeing@bathmind.org.uk

You can also self-refer on our website: www.bathmind.org.uk/wellbeingreferral/

Crafty Minds

A weekly session of fun, relaxed crafting, Crafty Minds guide and support group members in a range of mindful crafting activities. The emphasis will be on sharing a safe space and creating together. This is a volunteer led group supported by Creativity Works and Bath Mind.

Monday 1.30pm-3.30pm, The Hive, Peasedown St John
Session cost: £3 (includes all materials and refreshments).

Hopespace

An evening group meeting in central Bath in a comfortable and warm setting, for conversation, games, quizzes and fun. The group is supported by Bath Mind staff and volunteers, to offer mental health and wellbeing support and guidance, and signposting to other services where necessary.

Tuesday 6pm-8pm, The Bubble, St John's, central Bath.

Football

A fun group playing football for all abilities.

Led by Bath City Football coaches and Bath Mind volunteers.

Thursday 5.30pm – 6.30pm Bath Recreation Ground (Great Pulteney Street entrance, past Laura Place Fountain and through the turnstiles).
Indoors at Hayesfield School during the winter months.

Contact for all of the above groups:

Telephone: 01225 316367 or 07538 113 890

Email: wellbeing@bathmind.org.uk

You can also self-refer on our website:

www.bathmind.org.uk/wellbeingreferral/



Greenlinks

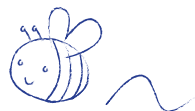
Greenlinks is a community support group offering people with mental and physical health issues the opportunity to engage in gardening activities linked to 5 Ways to Wellbeing (Connect, Learn, Be Active, Give and Take Notice). Greenlinks provides an opportunity for people to stay in touch with nature, meeting on our allotments at Monksdale Road and Ammerdown Estate.

Monksdale Road Allotments Tuesday 11.30am-2.30pm
Thursday 10am-1pm

The Potting Shed (Ammerdown) Wednesday 10.30am-1pm

Email: greenlinks@bathmind.org.uk

Telephone: 0794 623 3146



Sign up to our newsletter for regular updates and information
www.bathmind.org.uk

Food for Thought

Food for Thought run nutrition courses and workshops in the community. These courses give people the opportunity to be creative, try new foods, learn new skills and socialise in a friendly, supportive environment.

We may also be able to provide catering for events, community activities and local businesses. Produce from our Greenlinks allotment and food donated from local supermarkets is utilised whenever possible.

Please get in touch for further information or to express interest in our next course:
Email: foodforthought@bathmind.org.uk
Mobile: 0796 062 1681

Wellbeing Walks

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

Thursdays 11am, Monksdale Road Allotment Car Park (BA2 2JD)
Contact: info@bathscape.co.uk Text: 0781 664 1745 (Lucy)

Sharing Hub

A monthly meet up to bring and share food, knowledge and experiences of what is happening locally that may benefit your Wellbeing. Includes guest speakers and the opportunity to seek advice from a welfare benefit expert.

There will be information provided by Bath Mind staff about local courses, volunteering opportunities, groups and activities, plus advice and signposting on any issues that are affecting you.

For more information please contact:
Email: wellbeing@bathmind.org.uk
Telephone: 07538 113 890.

New courses and activities!

- **Wellbeing Walks across the Somer Valley**
- **Radstock Snap and Stroll Photography**
- **Creative Writing**
- **Active Sessions of badminton and table tennis** beginning in April Tuesdays 2-3.30pm at Bath Leisure Centre (open to all)



Contact the Wellbeing team for more information/to join

Timetable

Monday

9am-5pm
9am-5.30pm
1.30pm-2.30pm
1.30pm-2.30pm
5.30pm-11.00pm
5.30pm-7.00pm
6pm-10.30pm

Befriending Service
Access Community Mental Health
Open Opportunities
Crafty Minds
Breathing Space Telephone Service
Safe Space
Breathing Space Face-to-Face

Tuesday

9am-5pm
9am-5.30pm
5.30pm-11.00pm
10am-12pm
11am-1pm
11.30am-2.30pm
6pm-8pm
6pm-10.30pm

Befriending Service
Access Community Mental Health
Breathing Space Telephone Service
Keynsham Snap and Stroll
Radstock Wellbeing Group
Greenlinks, Monksdale Road
Hopespace
Breathing Space Face-to-Face

Wednesday

9am-5pm
9am-5.30pm
11am-1pm
10.30am-1pm
5.30pm-11.00pm
6pm-10.30pm

Befriending Service
Access Community Mental Health
Active Opportunities Group
Greenlinks, Ammerdown
Breathing Space Telephone Service
Breathing Space Face-to-Face Service

Thursday

9am-5pm
9am-5.30pm
10.30am-1.30pm
11am
5.30pm-11.00pm
5.30-6.30pm
6pm-10.30pm

Befriending Service
Access Community Mental Health
Greenlinks, Monksdale Road
Wellbeing Walks, Monksdale Road
Breathing Space Telephone Service
Football for all
Breathing Space Face-to-Face

Friday

9am-5pm
9am-5.30pm
5.30pm-11.00pm
6pm-10.30pm

Befriending Service
Access Community Mental Health
Breathing Space Telephone Service
Breathing Space Face-to-Face Service

Saturday/ Sunday

9am-5.30pm
5.30pm-11.00pm
6pm-10.30pm

Access Community Mental Health
Breathing Space Telephone Service
Breathing Space Face-to-Face

Support for Young People

Bath Mind is committed to supporting young people throughout our community. In addition to our specific services for young people, our wellbeing groups welcome all over the age of 16 who are registered with a GP in B&NES.

Safe Space

This peer support group is for young people (aged 16-25) to connect and have discussions about their mental health and wellbeing in a safe, supportive place, facilitated by Bath Mind staff and volunteers.

There are opportunities to engage in new activities based around the 5 Ways to Wellbeing, such as sharing music, literature, guided art sessions, theatre and physical activity. This group also have a social gathering once each month, sharing a game of bowling, a cinema trip or a meal together.

Meetings: Monday 5.30-7pm.

Meetings are both online and in person.

Telephone:

01225 316367 or 0753 811 3890

Email:

wellbeing@bathmind.org.uk

You can also self-refer on our website:

www.bathmind.org.uk/wellbeingreferral/



Room 627

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

Further information:

627@bathmind.org.uk

www.room627.com

Bath Mind's Befriending Service:

For individuals aged 16+ and who live within B&NES



REGULAR PHONE CONTACT

For anyone experiencing loneliness, isolation and/or low mood, Bath Mind are here to help.

Free Online Courses:

Available on the Bath Mind website



bathmind.org.uk/resources



Tips for Social Anxiety



Looking for a role where you
can make a difference.



Join the
Bath Mind
team.

bit.ly/BathMindJobs

Sign up to our newsletter for regular updates and information
www.bathmind.org.uk

Supported Living

Bath Mind's supported living services are services we offer to individuals within their own homes, or within the community. Throughout our services, we work closely with clients to achieve their goals and develop their autonomy. Our staff team are experienced and trained to support people with a wide range of complex needs and challenges.

Community Support Service

Our B&NES accredited recovery service offers a range of 1:1 interventions including practical and emotional support, helping people to live independent, fulfilling lives. We offer support with building self-confidence; health and wellbeing; daily living skills; budgeting; social connections; housing issues and access to community facilities.

Online referral (where funding is in place) via www.bathmind.org.uk/our-services/supported-living/communitysupport-service/

Telephone: 0753 811 3880

email: wendysteeds@bathmind.org.uk

Intensive Outreach Service

Bath Mind's Intensive Outreach Service aims to allow a smoother discharge from psychiatric care, or to prevent people needing to access hospital, by providing short-term intensive support in clients' homes.

We work closely with the client's mental health team and provide flexible, trauma informed, person-centred mental health support. This offer is open to those under the care of Avon & Wiltshire Mental Health Partnership Trust (AWP) residing in B&NES, Swindon and Wiltshire. The maximum duration of support is 12 weeks. People can be referred into the service up to 3 times a year.

This service is only available for referrals via Avon & Wiltshire Mental Health Partnership Trust (AWP).

For more information please contact our Intensive Outreach Team:

Telephone: 0749 486 3259

email: intensiveservice@bathmind.org.uk.

Emergency Department Adults Service

Based at the Royal United Hospital in Bath Emergency Department, we offer trauma-informed person centred support to people presenting to the RUH's Emergency Department with mental health crisis behaviours, low mood, depression and anxiety. (Age 18+)

This service is open Monday-Sunday from 8.30am to 5.30pm

Based at the Royal United Hospital Bath Emergency Department.

Dual Diagnosis Service (DHI collaboration)

Our Dual Diagnosis Service is provided by Bath Mind in collaboration with Developing Health and Independence (DHI) and supports people who are working on recovery from drug or alcohol use by offering mental health support at the same time. This service is available for people over the age of 18 and living within B&NES who are already engaging with DHI services. Referrals into this service are via the DHI team.

Welfare Benefits

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

Telephone: 0808 278 7897

Website: www.citizensadvicebanes.org.uk

Residential Care Home

Our registered care home is an eight-bedroomed house in Bath, registered with the Care Quality Commission. It provides non-nursing care and support for eight people aged 18-65 with long-term mental health problems. The residents are supported 24-hours a day, seven days a week. Residents are required to be supported by Avon & Wiltshire Mental Health Partnership Trust (AWP).

Contact: Fiona Stradling
Telephone: 01225 448396
email: housing@bathmind.org.uk

Independent Living

Bath Mind manages self-contained flats in Bath and Chippenham, supporting tenants moving towards independent living up to a 2-year period. We work with each tenant on a one-to-one basis, enabling them to define their recovery goals and achieve their potential.

Referrals for Bath via www.housingsupportgatewaybathnes.org.uk

Referrals for Chippenham please contact Fiona Stradling:

Telephone: 01225 448396
email: housing@bathmind.org.uk



Training and Workshops

Bath Mind's Business Development team provides a wide range of services in preventative training for the community and the workplace, including Mental Health First Aid training, bespoke Wellbeing for the Workplace training and other wellbeing initiatives such as Mindfulness. Bath Mind promotes and advocates an ethos of learning throughout our activities.

Workplace Wellbeing Consultancy - For Leaders

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

SLT Working Well Culture Workshops

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

Mental Health First Aid Courses

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

- Mental Health First Aid - 2 days
- Mental Health First Aid Champion - 1 day
- Mental Health Aware - half day
- Mental Health First Aid Refresh - half day
- Suicide First Aid - 1 day
- Suicide First Aid lite - half day



These adult courses are suitable for anyone over the age of 18. Participants can attend for personal or professional reasons. We run public and in-house courses. Please get in touch for a quote or ask for our MHFA brochures for full details of all the courses.

For all training and workshop enquiries please contact Hannah Roper:

Telephone: 0794 349 6835

email: hannahroper@bathmind.org.uk

www.bathmind.org.uk/training

Bespoke Training and Workshops

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

Workplace Mental Health Awareness

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

Supporting Employees' Mental Health: A Guide for Managers

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

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

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

Mental Health Awareness for Frontline Staff

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

The Power of Nutrition

This session is evidence-based, yet practical and down-to-earth, as we consider the interplay between our bodies, minds and environments for optimal wellbeing.

Other Workplace Wellbeing Initiatives

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

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

Wellbeing Coaching - 1:1 or Team A listening ear to offer support and wellbeing strategies, tailoring a coaching package to suit your particular needs. This confidential service takes referrals from individuals or HR/Managers seeking to access support for colleagues. Free, no obligation discussion available.

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

Online Support and Resources

You will find lots of support information, resources and information on how to get help, for you or for someone else, on our website.

Wellbeing Activities

Resources including colouring pages, puzzles, games, quizzes, gardening, cooking and craft activities.

www.bathmind.org.uk/resources/wellbeing-activities/

Breathing Exercises

Connecting with the breath can help us relax, unwind and reduce levels of stress. You can find different types of breathing exercises on our website.

www.bathmind.org.uk/resources/wellbeing-activities/breathing-exercises/

Money and Mental Health

If you're worrying about money, there's nothing to be ashamed of. You are not alone. Our web page gives information to help you understand the link between money and mental health, plus tips on how to organise your finances, speak to services and where to go for support with your mental health.

<https://www.bathmind.org.uk/resources/information-and-tips/moneyandmentalhealth/>

Sleep

Sleep plays a vital part in our mental and physical wellbeing. Read our tips on healthy sleeping habits and further resources on our website.

www.bathmind.org.uk/resources/information-and-tips/sleep-problems/

Physical Exercise, Sport and Mental Health

Exercise and relaxation are important to our mental health and wellbeing as well as our physical health. Find tips and resources on our website.

www.bathmind.org.uk/resources/information-and-tips/sport-and-mental-health/

LGBTQI+ Mental Health

Bath Mind stands with the LGBTQI+ community, allying with equal rights and acceptance for all. Those of us who identify as LGBTQI+ are more likely to experience a mental health problem.

www.bathmind.org.uk/resources/lgbtqi/

Support for Children and Young People

For those supporting young people, it can seem difficult to know where to start. Our website gives suggestions and resources for supporting children and young people.

www.bathmind.org.uk/resources/information-and-tips/children-and-young-people/

**Sign up to our newsletter
for regular updates and information
www.bathmind.org.uk**

Get Involved

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

Volunteering

Volunteering can be a rewarding, beneficial experience. We provide appropriate training and ongoing support. You can find out more on our website, where you'll also see current volunteering vacancies:-

www.bathmind.org.uk/get-involved/volunteering/

Work for Bath Mind

Bath Mind work at different locations across Bath and North East Somerset, with our main offices in central Bath. Take a look at our current vacancies on our website.

www.bathmind.org.uk/jobs

Join our Members' Panel

Our Members Panel is a group with lived experience of mental health difficulties having a say in how we work, empowering those involved to have a voice and ensuring that our services reflect the needs and views of people living with mental health difficulties in our local community.

www.bathmind.org.uk/get-involved/members-panel/

Share your Story with us

By contributing to the 'Your Stories' blog at Bath Mind, you can share your own lived experience. Speaking about mental health can be a powerful tool in changing people's perspective.

www.bathmind.org.uk/get-involved/blog-for-bath-mind/

Fundraising and Events



There are lots of ways you can support Bath Mind, whether it's by taking part in an event, taking on a challenge, holding a quiz night, selling cakes, or running a marathon, or simply donating. No matter how you fundraise, we are grateful for your vital donations and support and we are here to support you every step of the way.

www.bathmind.org.uk/events



Our Vision

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

Our Mission

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

Our Values

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

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

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

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

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

Follow us on social media for news and regular updates.



www.bathmind.org.uk