

 mind Bath

Wellbeing

Bath and North East Somerset

Support
for your
mental
health
and
wellbeing

Celebrating
Bath Mind's
longest
serving
staff.


mind
Bath
25
Years
1998-2023

Cost of
living
support

Mindful
colouring

Celebrations
on a budget

For more information and resources visit

www.bathmind.org.uk



On this our 25th Anniversary, we would first and foremost like to extend our sincere thanks to the many people who have placed their trust in us to support their mental health and wellbeing. With your courage and commitment, together, we have truly made a difference to our community.

To those who share their experience and learning, offering peer support to others; we are immensely thankful. Through this we build compassionate, supportive, inclusive communities.

Bath Mind are fortunate to have been supported by amazing volunteers, fundraisers and organisations who have donated their time, skills and supported our work financially. We hugely appreciate everything you do; we simply could not continue our valuable work without you.

Last, but certainly not least, we thank our incredible colleagues who have worked for Bath Mind over the past 25 years. Each of you has made a valuable contribution to our growth and the impact we make in fighting stigma and improving mental health and wellbeing across BaNES.

Looking to the future, we know that there are challenging times ahead, not least with continued cost of living pressures and diminishing financial resources for third sector organisations like ours. Bath Mind will continue to work hard, to provide local people with high quality, much needed services, supporting the development of connected and resilient communities.



**With thanks
and best wishes
from all of us
at Bath Mind**



www.bathmind.org.uk

Registered Charity No: 1069403

Trustworthy

Courageous

Compassionate

Creative

Collaborative

Interconnected



Celebrating

25

Years

1998-2023

Safe

Empowering

Empathetic

Adaptive

Person Centred

Supporting Autonomy

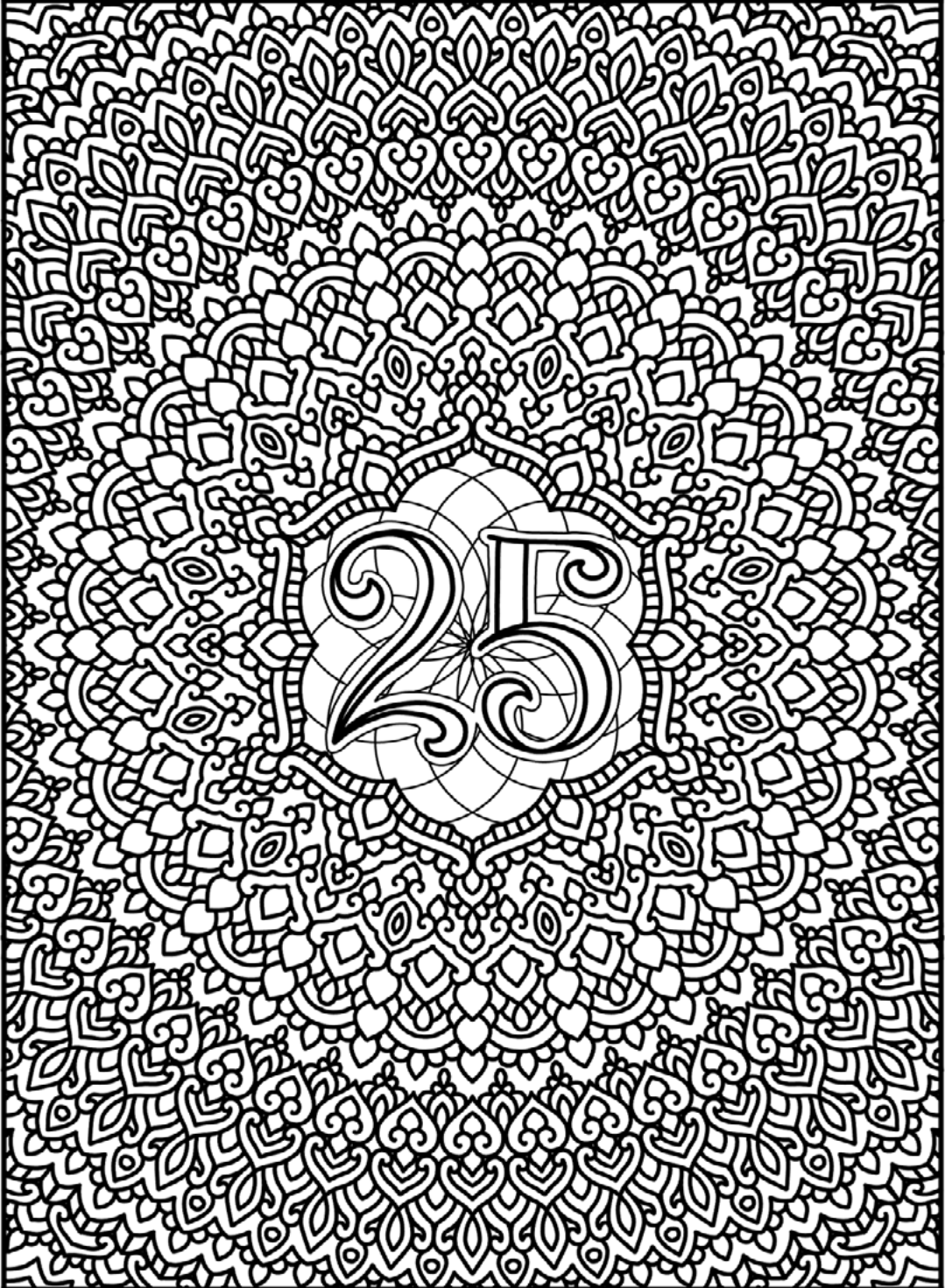


**Start a conversation - get talking about mental health.
By talking, we can support ourselves and others.**

Please donate to Bath Mind to help fund our vital services which support the mental health and wellbeing of thousands of people living in BaNES. Thank you.



Bath Mind is a local, independent charity. Whilst affiliated with national Mind, we are responsible for our own funding and income generation and rely on local fundraising to support our work throughout BaNES. Registered Charity No: 1069403



The 5, 4, 3, 2, 1 Grounding Technique

5 things
you can
see



What can you see?

Look closely at things which you may not normally focus your attention on.

4 things
you can
feel



What can you feel?

Notice different textures. Touch objects and pay attention to how they feel.

3 things
you can
hear



What can you hear?

Listen carefully for noises which you may not normally notice or focus on, perhaps background noises, or sounds from outside.

2 things
you can
smell



What can you smell?

Are there any smells in the air around you? Smell objects nearby and pay attention to the different scents.

1 thing
you can
taste



What can you taste?

When you eat, focus on the taste of your food. You could try a sweet or a herbal tea - focus on the flavours.

**This technique may be helpful when feeling stressed or anxious.
It can help you to focus on the present moment.**

**Visit our website for more support resources:
www.bathmind.org.uk**

Bath Mind's Longest Serving Members of Staff

Our longest serving member of staff, Fiona, has been with Bath Mind for an incredible 20 years; Paul has been with Bath Mind for 17 years. Both have made a huge contribution to mental health support in BaNES.

Fiona: I started working for Bath Mind in 2003 as a volunteer advocate and befriender. I really enjoyed this role and it quickly gave me an insight into mental health and its impact on individuals. It was a bit of a life changer for me and I have spent every year since then working for Bath Mind and watching the amazing work that has been done over the years. Bath Mind has continued to work with people in the community to enhance wellbeing, support inclusive community and raise awareness of mental health issues and how to challenge discrimination.

Paul: I began working at Bath Mind in June 2006 as the Registered Manager of 82 Lower Oldfield Park and manager of our two supported houses. Fiona Stradling acted as my deputy and later became the Housing Manager in 2017. In 2006 the registered home only accommodated 6 people needing 24 hour support, but after remodelling the home we comfortably accommodated 8 people to increase income, as it is today.

When I started, Bath Mind employed no more than 25 people in total and our main office was based in the Abbey Churchard in central Bath. Our services consisted of Housing, Befriending and Advocacy and a single Wellbeing meeting group. Our central office staff consisted of a CEO, Secretary and a Finance Officer only. Computers were only introduced to the organisation in late 2006 and I remember having to fight for this with our then CEO. We were a small charity; effective but not really taking advantage of wider opportunities or pushing ourselves to achieve more. Over time many faces came and went but we held on to our core range of services and started to build relationships with BaNES commissioners and local partners. In 2009 we lost our bid with BaNES to continue our Advocacy services and our CEO of seven years left to retire, for Kate Morton to take over. We began to expand our services and increase our central office infrastructure and in 2017 I relocated to the central office to work as Director of Operations, alongside Kate. Our mission has largely not changed since 2009, where we aim to deliver quality services to our community.

Since 2006 I have seen Bath Mind grow to reach new communities and support more people within BaNES. We have forged new, positive relationships across BaNES, Swindon and Wiltshire to great effect! We currently employ 154 amazing people with a large cohort of fantastic volunteers. We are a relevant third sector force in BaNES and BSW and this is something for us all to be proud of.

Volunteer for us!

Get in touch to
find a role which
suits you.

volunteering@
bathmind.org.uk

mind
Bath



**Fiona and Paul, outside No 82,
where they first worked together.**

The 5 Ways to Wellbeing



For more information and resources visit
www.bathmind.org.uk

Emily's 5 Ways to Wellbeing

Emily shares examples of how she supports her wellbeing:-

Connect: I arrange to meet my friends on the weekend. We like to catch up over coffee or while walking in Bath.

Take Notice: Whilst walking with my dogs I try to have phone free time so I can be mindful of my surroundings and enjoy the nature around me.

Be Active: I like to stay active by lifting weights and swimming - I notice such a difference in my mental health if I'm unable to be active regularly, so I make this a priority.

Give: I volunteer for a local non-profit organisation, 'Community Matters'. Volunteering gives me a sense of belonging and purpose.

Keep Learning: I love playing Wordle - using my brain to figure out the word of the day is a great way to support my mental wellbeing!

Your 5 Ways to Wellbeing

How do you support your wellbeing? Make a plan here to support your wellbeing. You can of course adapt it if and when things change.

Connect:

Take Notice:

Be Active:

Give:

Keep Learning:

Wellbeing Anagrams



grineabth

.....

reanling

.....

creavit

.....

reanut

.....

breathing - learning - active - nature

Answers



Access Community Mental Health

If you need support with your mental health, the team will walk alongside you every step of the way.

Freephone: 0808 175 1369

Email: access@bathmind.org.uk

Open: 9am-5.30pm Monday to Sunday

Breathing Space - Evening Support

Experiencing poor mental health, struggling with emotional distress, suicidal ideation or feeling overwhelmed?

Freephone: 0808 175 1369

Email: breathingspace@bathmind.org.uk

Lines open: 5.30pm-11pm Monday to Sunday

Changing Seasons



As seasons change and we move into Autumn and Winter, there will be fewer warm, sunny days, but there is so much beauty to appreciate in all of the seasons and activities to enjoy when we are inside.

Autumn leaves; watch the leaves turn from green to orange and yellow gold, then fall from the trees.

Fresh bright mornings can give wonderful clear views - climb a hill or look out of a window and take in the view.



Look up - watch the clouds moving through the sky during the day...at night, look at the stars and watch the clouds pass over the moon.

Cosy up - catch up with a friend for a hot chocolate. Wrap up warm and meet in a cafe or a warm space.

Look at the frost - see how it glistens.

Be especially careful when walking if icy



Cold rainy days can be an opportunity to stay inside, perhaps to try a new craft activity, an online exercise class or listen to a podcast.

Batch cook a warming meal. Cook up a stew or a hearty root vegetable soup, making extra portions to freeze for another day.

Keeping Warm



Warm clothing, winter boots and coats are important as the seasons change. Charity shops and jumble sales are a good place to find low cost winter clothing. Adding layers can help to keep you warm. Remember to keep your hands, feet and head warm in cold weather.

Heating our homes can be difficult on a budget, but it's important to stay warm. There is help available if you are finding it difficult to stay warm. Visit www.bathnes.gov.uk the BaNES council website to find a warm place near you, or find out what support may be available to you.

Wellbeing Wordsearch

T I E T U F Z W O I G M O I S B X B D R
R Q W R A N L X E W Z Q K D E H F E S J
U D N W C N H F N L Q K N T J T Y O U H
S T S E C B U W M P L Q F U Z K F T P O
T D G E C E F O P N Y B B P Z S S C P U
H O Z D C O K A T Q L G E R W C G O O S
Q N N P H U T W U M K U P I Q C A Z R I
G A U C C B D H L X F T R Q N I Z I T N
D T A P O L Q N E G H C N U X G K G U G
T E H O P E R L F R Q H F J C B K T N J
K Z T L L L Z R I Z A N Y Y A N I H G G
Y H C R I M E N F V Y P R C R L M Q Q L
C E I H M V Y M U Q E C Y O E E Q I G J
R O I W W Z I T A Y X R Y N U G F K N Z
H W C Y Y X E N L C N Z O N E V Z B Q H
J R N A G P C O G T T G O E W G R R L L
Y F H W I H E A L T H I T C M G I E Q S
X G D X V M N L E A R N V T Z F O W W Q
C D A P E M T V I N N L Y E V J E E I P
S H A R E M W Y O J O O L R X H G P W H

ecotherapy

wellbeing

housing

living

learn

connect

donate

share

support

health

active

hope

trust

live

give

care

SOLUTION IN NEXT ISSUE

For more Wellbeing Activities, visit our website:
www.bathmind.org.uk/wellbeing-activities



Ingredients

Cake:

160g light brown sugar
160ml vegetable oil
1 orange, zest
2 large eggs
200g parsnips, grated
210g plain flour
1 ½ tsp baking powder
½ tsp bicarbonate of soda
1 tsp ground ginger
¼ tsp ground cloves
60g roughly chopped walnuts, +
extra to top (optional)

Instructions

Preheat the oven to 180C/ 160C fan/ gas 4. Line a baking tray with greaseproof paper and grease and line a 900g loaf tin.

Parsnip crisps:

Use a potato peeler (or mandolin if you have one) to thinly slice the parsnip. Place them on the baking tray and drizzle with the oil, maple syrup or honey and pinch of salt. Make sure they are coated well with the oil and are not overlapping. Bake for 20 minutes, turning halfway through. Be careful not to let them burn. Once they are crispy, set aside and allow them to cool.

Cake:

Mix sugar, oil and orange zest together in a bowl. Beat in the eggs and stir until smooth before mixing in the grated parsnips.

In a separate bowl, mix together the flour, baking powder, bicarbonate of soda, ground ginger and cloves. Add this into the wet ingredients and mix gently until just combined before stirring in the chopped walnuts if using.

Pour the batter into a loaf tin or rectangular tray and bake for 45 minutes. If you insert a skewer or toothpick into the centre it should come out clean. Set aside and leave to cool slightly in the pan. Turn out onto a wire rack to cool completely.

Glaze: Mix the icing sugar and orange juice in a small bowl until smooth - thick but pourable. Pour the glaze over the cooled cake and top with parsnip crisps and extra chopped walnuts.



Parsnip crisps:

1 parsnip
1 tsp olive oil
2 tsp maple syrup or honey

Glaze:

60g icing sugar
Juice of ½ an orange



Celebrating on a Budget

Celebrations can be challenging when on a tight budget. However, this can be an opportunity to think creatively. Reusing, repurposing, crafting and home baking can help to keep costs down and can also be rewarding. Remember that it's the people and the time you share together which really make a celebration, so try not to feel under pressure.

Planning

Try to plan in advance, so that you can manage things such as:

- Budget - set a budget and stick to it. Only spend what you can afford.
- Starting early can give you time to make things rather than buying them.
- Shopping list: make a shopping list and only buy what is on the list.
- Check what you already have; check what food you may already have and aim to incorporate this.
- Look around; see what you have at home which you could reuse, gift or repurpose.

Food for celebrations

- If you are able to plan in advance, keep an eye out for reduced items which you can buy and freeze until you need them.
- Use fresh, natural ingredients and cook from scratch, freezing extra portions for another time.
- Ask everyone to bring a dish - if you're inviting friends, plan a loose menu of what you'll be making and ask them to bring something to accompany it.
- Use food creatively - many vegetables can be used in cakes, such as the one in our recipe.
- Remember portion sizes - you may not need as much food as you think to create a memorable celebration.
- Cook one pot meals, such as a stew, soup or tray bake. These can be quicker to make and can reduce cooking time. You can also save any leftovers for the next day!
- Use higher fibre ingredients such as wholewheat (brown) pasta and bread. These will help people to feel fuller for longer.
- Cook with beans and lentils, which are less expensive than meat and cook more quickly than meat. They can also be reheated and frozen.
- Try to buy and eat the most nutritious food you can within your budget. Pre-cooked ready meals and fast food are usually lower in nutritional value and are more expensive than cooking yourself.

Quick Party Food Makes

Some ideas for quick, low cost party foods:

- Potato wedges: part-boil sliced potatoes and brown off in the oven.
- Dips: Blend soft vegetables / beans to make your own dips.
- Crudities: Slice carrots and celery to go with dips.
- Pasta salad: Mix cooked wholewheat pasta with cooked frozen mixed vegetables, season and drizzle with olive oil.
- Frittata: Whisk eggs and mix in some frozen mixed vegetables, and a little grated cheese. Season and bake in an oven dish. Cool before slicing and serving.

Decorations

Decorations can easily be made on a budget.

- Use old magazines to make paper chains or bunting. You'll just need some glue/sticky tape and some string.
- Hunt for old pine cones, give them a quick wash and paint them - these can also be hung on strings.
- Oranges/lemons can be sliced thinly and dried (usually in the oven), then hung on strings.
- Cut up old cards and make into bunting or decorations.

Gifts

Gifts do not have to be expensive; they can be homemade, repurposed, brought from charity shops or pre-loved things of your own.

Here are some ideas for low cost gifting with meaning:

- Gift a book you have which you have enjoyed and would like to share.
- Fill a jar with messages on folded pieces of paper.
- Try knitting - charity shops often have wool; start with something simple.
- Bake a cake - a cake makes a wonderful gift, whether it's a cupcake or a larger cake.
- Write a poem - a truly personal, memorable gift.
- Painted pebbles make great door stops or paperweights.

For wrapping, use brown paper, old magazine pages or newspaper - give it a 'vintage' style - tie with reused string or ribbon and decorate with a piece of fresh greenery or a garden flower. Gift tags can easily be made from cutting up old cards. Make abstract cards by cutting up old cards and making the pieces into collages, sticking onto old cards.

Where to get help when you need it

If you need help with food or other aspects of your life, you are not alone. Bath Mind's Support Directory lists places across Bath and North East Somerset where you can find help.

**Visit www.bathmind.org.uk/service-directory/
to search the listings.**

Join our Christmas-tastic fun run!

Mental Elf 2023!

5K fun run

Sunday 10th December

Odd Down Sports Ground, Bath

Open to all ages.

Don't miss out on this
holly jolly opportunity
to run with a
festive twist.

 Mind
Bath

Be an Eager Elf and register now
to run for mental health:

www.bathmind.org.uk/mentalelf

