



Mental Health & Wellbeing Services

Bath & North East Somerset

Spring 2024



www.bathmind.org.uk

About Us

Bath Mind offers a broad range of services to support the mental health and wellbeing of everyone living in BaNES.

Our services are here to support everyone living in BaNES with any aspect of their mental health and wellbeing.

You can self-refer to most of our services, by the contacts shown in this service brochure, or you may be referred by a health professional.

If you are unsure about which service is most suitable for your needs, please call our Access Community Mental Health Team on 0808 1751 369.



Find Your Service

- Page 3** 1:1 Mental Health Support
- 4** Support for Young People
- 5-6** Wellbeing Groups
- 7** Supported Living
- 9** Weekly Timetable
- 10** Online Support and Resources
- 11-12** Mental Health Training and Workshops
- 13** Ways You Can Get Involved



Contacts

Access Community Mental Health	0808 1751 369 access@bathmind.org.uk
Befriending	0300 247 0050 befriending@bathmind.org.uk
Breathing Space	0808 1751 369 breathingspace@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	fundraising@bathmind.org.uk
Greenlinks	greenlinks@bathmind.org.uk
Intensive Service	0749 486 3259 intensiveservice@bathmind.org.uk
Orchard House	01761 252 770 orchardhouse@bathmind.org.uk
Press & Publications	press@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	volunteer@bathmind.org.uk
Welfare Benefits	0808 278 7897 www.citizensadvicebanes.org.uk
Wellbeing Groups	0753 811 3890 wellbeing@bathmind.org.uk

1:1 Mental Health Support

Access Community Mental Health

We help people to access the right mental health support for them at the right time, with a focus on future independence and increased resilience.

When

Monday to Friday 9am - 5.30pm

Contact:

Telephone: 0808 1751 369

Email: access@bathmind.org.uk

Befriending

Support for those feeling lonely, anxious or who have low mood. We provide regular telephone support and signposting to relevant services.

When

Monday to Friday 9am - 5pm

Contact:

Telephone: 0300 247 0050

Email: befriending@bathmind.org.uk

Breathing Space

Evening mental health support for those experiencing crisis or needing to talk. We work with people to de-escalate feelings of crisis and produce a plan to support them.

Telephone Support:**When**

Every day 5.30pm-11pm

Face to Face:**When**

Every day 6pm - 10.30pm
Contact before 5pm on the day you wish to attend.

Contact:

Telephone: 0808 1751 369

Email: breathingspace@bathmind.org.uk

Counselling

Up to 12 weeks of affordable counselling sessions available for people aged 18+. Waitlist is currently 4-6 months. We can process initial assessments in the meantime (within 2-4 weeks).

When

Monday to Friday 9am - 5pm

Contact:

counselling@bathmind.org.uk

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 people over the age of 16 who are registered with a GP in B&NES.

Safe Space

Peer support group for young people aged 16-25. Members take part in activities such as sharing music, guided art sessions, theatre and physical activity. There is a social gathering once a month.

When

Mondays 5pm - 6.30pm

Where

Online and in person

Cost: Free

Contact:

Telephone: 07538 113 890

Email: wellbeing@bathmind.org.uk

Room 627

Room 627 is a project created to help young people navigate the changes of moving from Year 6 to Year 7. A space where young people can explore different activities, share ideas and get creative, to build confidence. We also actively work with home learners.

When

Various dates

Where

Various locations

Contact:

Email: 627@bathmind.org.uk

We offer FREE Wellbeing Sessions and Workshops to schools in Bath and North East Somerset.

Please get in touch if you are interested.



Scan QR code to browse all young people's support.



You are not alone.

Wellbeing Groups

Support for people feeling lonely, anxious, stressed, or who have low mood. Wellbeing groups are based around the 5 Ways to Wellbeing (Connect, Learn, Be Active, Give and Take Notice) and support people to create new connections, learn new skills and build a sense of routine.

Contact for all Wellbeing Groups:
Telephone: 07538 113 890
Email: wellbeing@bathmind.org.uk

Crafty Minds

Join us for relaxed crafting such as macrame, upcycling, and jewellery making.

When
Mondays 1.30am - 3.30pm
Where
The Hive, Peasedown St John,
BA2 8DH
Cost: £3

Greenlinks

An opportunity to connect with nature, garden, grow food, have access to fresh produce and to meet new people.

Monksdale Road
Allotments, BA2 2JD:
When? Tuesdays 11.30am – 2.30pm
Thursdays 10am – 1pm
Cost? £2

The Potting Shed
Ammerdown, Radstock, BA3 5SH:
When: Wednesdays 10.30am - 1pm
Cost: £2

Food for Thought

Nutrition courses and workshops offering the opportunity to try new foods and learn new cookery skills.

When
Various dates
Where
Various locations
Cost: Various

Football Group

A fun weekly football game in partnership with Bath City FC Foundation. Suitable for all abilities.

When
Thursdays 5.30pm - 6.30pm
Where
Bath Recreation Ground, Pulteney
Mews, BA2 4DS
Cost: £1

Hopespace

An evening group where you can enjoy games and quizzes, as well as access mental health guidance and signposting to support.

When
Tuesdays 6pm - 8pm
Where
The Bubble, Chapel Court, Bath,
BA1 1SQ
Cost: £2

Monthly Sharing Hub

Come along to share food and knowledge of what's happening in our local community that can benefit wellbeing. Staff can also support with advice and signposting.

When
Last Wednesday of the month.
Where? 12pm - 2pm
The Bubble, Chapel Court, Bath,
BA1 1SQ
Cost: Free

Open Opportunities

Weekly sessions where you can try a variety of social activities, such as mindful drawing, quizzes and drama.

When
Mondays 1pm - 2.30pm
Where
The Bubble, Chapel Court, Bath,
BA1 1SQ
Cost: £3

Radstock Wellbeing Group

Come along to enjoy conversation and creative activities such as felting, card-making and drawing over a hot drink.

When
Tuesdays 11am - 1pm
Where
The Swallows Cafe, Radstock,
BA3 3QG
Cost: £2

Sports Group

Join us for gentle physical activities such as badminton and table tennis. All equipment is provided. Fun and non-competitive!

When
Tuesdays 1.30pm - 3pm
Where
Bath Leisure Centre, North
Parade Road, BA2 4ET
Cost: £2

Wellbeing Walks

Gentle walks from Bath Mind and Bathscape which offer an opportunity to add more movement into your routine, meet new people and enjoy nature. Walks are no longer than an hour.

Monthly Walk:
When: First Wednesday of the month at 11am
Where: Manvers Street Baptist Church, BA1 1JZ
Cost: Free

Weekly Walk:
When: Thursdays at 11am
Where: Monksdale Road Allotments car park, BA2 2JD
Cost: Free

Supported Living:

Our supported living services are offered 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 teams are experienced and trained to support people with a wide range of complex needs and challenges.

Community Support Service

Our BaNES 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.

Contact:
Telephone: 0753 811 3880
Email: wendysteeds@bathmind.org.uk

Intensive Outreach Service

We aim 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. The maximum duration of support is 6-12 weeks. People can be referred into the service up to 3 times a year.

Contact:
Telephone: 0749 486 3259
Email: intensiveservice@bathmind.org.uk

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

Orchard House

Our non-medical house based in Midsomer Norton provides 7-10 days' accommodation and support for those in mental health crisis living in the community (step-up) and those leaving an in-patient setting (step-down). Staff work with the individual's mental health team to ensure they have the right support in place for when they leave Orchard House.

Contact:
Telephone: 01761 252 770
Email: orchardhouse@bathmind.org.uk

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

Emergency Department Adults Service

We offer trauma-informed person centred support to people aged 18+ who present to the RUH's Emergency Department with mental health crisis behaviours, low mood, depression and anxiety.

When: Every day 8.30am - 5.30pm
Where: Royal United Hospital Bath Emergency Department, BA1 3NG

Dual Diagnosis Service (DHI collaboration)

Provided by Bath Mind in collaboration with Developing Health and Independence (DHI), this service supports people age 18+ who are working on recovery from drug or alcohol use by offering mental health support at the same time.

Referrals into this service are via the DHI team.

Welfare Benefits

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.

Contact:
Telephone: 0808 278 7897
Website: www.citizensadvice-banes.org.uk

Due to the complex nature of the work, all referrals are taken via Citizens' Advice BaNES.

Residential Care Home

A house in Bath providing non-nursing care and support for eight people aged 18-65 with long-term mental health problems. Residents are supported 24/7 and are required to be supported by Avon & Wiltshire Mental Health Partnership Trust (AWP).

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

Registered with the Care Quality Commission.

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.

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

Referrals for Chippenham, contact Fiona Stradling. For Bath referrals, visit www.housingsupportgateway-bathnes.org.uk

Weekly Timetable

Monday	9am-5pm 9am-5.30pm 1.00pm-2.30pm 1.30pm-3.30pm 5.30pm-11.00pm 5.00pm-6.30pm 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 11am-1pm 11.30am-2.30pm 1.30pm-3.00pm 6pm-8pm 6pm-10.30pm	Befriending Service Access Community Mental Health Breathing Space Telephone Service Radstock Wellbeing Group Greenlinks, Monksdale Road Sport Group Hopespace Breathing Space Face-to-Face
Wednesday	9am-5pm 9am-5.30pm 10.30am-1pm 11am - 12pm 5.30pm-11.00pm 6pm-10.30pm	Befriending Service Access Community Mental Health Greenlinks, Ammerdown Wellbeing Walks (monthly) Breathing Space Telephone Service Breathing Space Face-to-Face Service
Thursday	9am-5pm 9am-5.30pm 10.00am-1.00pm 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 Group 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

www.bathmind.org.uk

Online Support and Resources

You will find lots of information, resources and activities on our website which can support your mental wellbeing, including:

- **Wellbeing Activities**
- **Breathing Exercises**
- **Free Online Wellbeing Courses**
- **Recipes**
- **Wellbeing Worksheets**
- **Wellbeing in BaNES Digital Magazine**
- **Support Directory and much more!**



Newsletter

We send a monthly newsletter to keep our supporters up-to-date on what our charity is up to. Contents include:

- **Charity News**
- **Upcoming Events**
- **Wellbeing Tips**
- **Features from our Staff and Services**
- **Current Volunteer and Staff Opportunities and much more!**



www.bathmind.org.uk

Training and Workshops

We provide 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 endorsed nationally.

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



These courses are suitable for anyone over the age of 18. Participants can attend for personal or professional reasons. We run public courses for individuals and in-house courses for businesses. Please get in touch for a quote or to find out more.

For all training and workshop enquiries, contact Hannah Roper:

Telephone: 0794 349 6835 Email: hannahroper@bathmind.org.uk
www.bathmind.org.uk/training

Bespoke Training and Workshops

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 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.

For all training and workshop enquiries, contact Hannah Roper.

Get Involved

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

Volunteering

Volunteering can be a rewarding, beneficial experience. We provide training and ongoing support.

Work for Bath Mind

Our teams work at different locations across Bath and North East Somerset, with our main offices in central Bath.

Events

We host a variety of community events, including wellbeing courses, workshops and fun fundraising events. Many of these are free!

Join our Members' Panel

A group with lived experience of mental health, our Members' Panel has 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 ill health in our local community.

Share your Story with us

By contributing to our 'Your Stories' blog, you can share your own lived experience. Speaking about mental health can be a powerful tool in breaking stigma, educating people and empowering yourself.

Fundraising

There are lots of ways you can support Bath Mind and our mental health services. Whether it's by taking part in an event, taking on a challenge, holding a quiz night, selling cakes, or by simply donating.

No matter how you fundraise, we are grateful for your vital donations and support.

Our dedicated fundraising team are here to support you every step of the way.

Email: fundraising@bathmind.org.uk



Scan QR code to get involved with Bath Mind activities!



Thank you for helping us to make a difference.



Scan QR code to support Bath Mind



Thank you for helping us to make a difference.



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

- Trustworthy and Safe
- Courageous and Empowering
- Person Centred and Collaborative
- Creative and Adaptive
- Compassionate and Empathetic
- Interconnected
- Supporting autonomy

