

Issue 13

 mind Bath

FREE

Wellbeing

Bath and North East Somerset

COMMUNITY MATTERS

**Support
for your
mental health
and wellbeing**

What is EDIE?

**Meera's Top Tips
for goal setting**



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



Bath Mind Bath

Wellbeing Walks:

FREE WALKS AT A GENTLE PACE TO SUIT ALL

- Socialise and make new friends
- Improve mental and physical wellbeing
- No need to book - just turn up!



Weekly walk:

Every Thursday 11am - 12pm

Monksdale Rd Allotment car park (BA2 2JD)

Getting active can have a positive impact on our mental health and wellbeing.

Visit Bath Mind's website for more tips on how to support your mental health.

bathmind.org.uk/walks



Need help with your mental health,
but not sure where to start?

Bath Mind can help.



**Our Access Community Mental Health team
walk alongside you every step of the way, making
sure you can access the support you need.**

Contact us to book in a friendly chat:
Open 09.00am to 5.30pm, Monday-Sunday.

0808 175 1369 access@bathmind.org.uk

Freephone line. Service for anyone 16 years old and over in BANES.



www.bathmind.org.uk/access

Monthly Sharing Hub:

A place to share simple food and conversation, and find out what's happening locally that could benefit your wellbeing.



When:

31st January

28th February

27th March

24th April

29th May

26th June

31st July

28th August

25th September

30th October

27th November

18th December

All sessions 12pm - 2pm

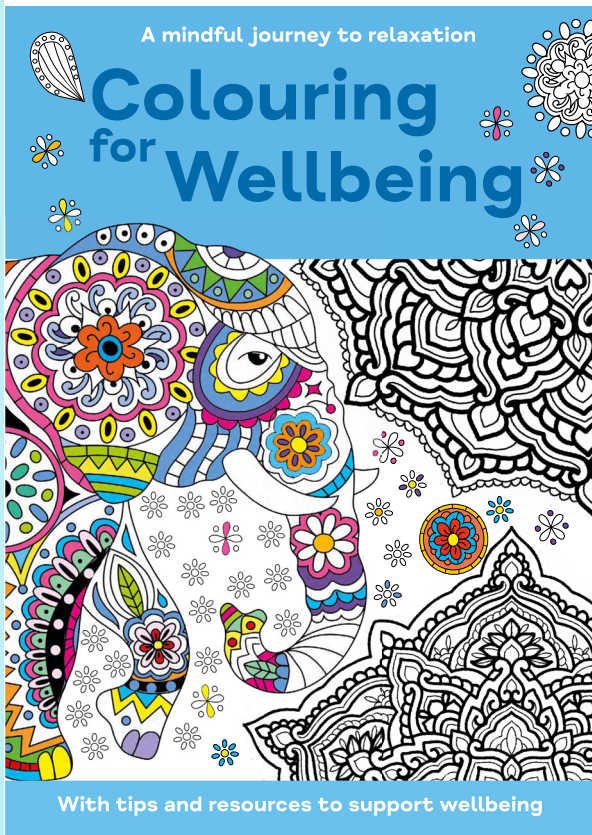
Where:

The Bubble.

St John's Foundation, Bath

BA1 1SQ



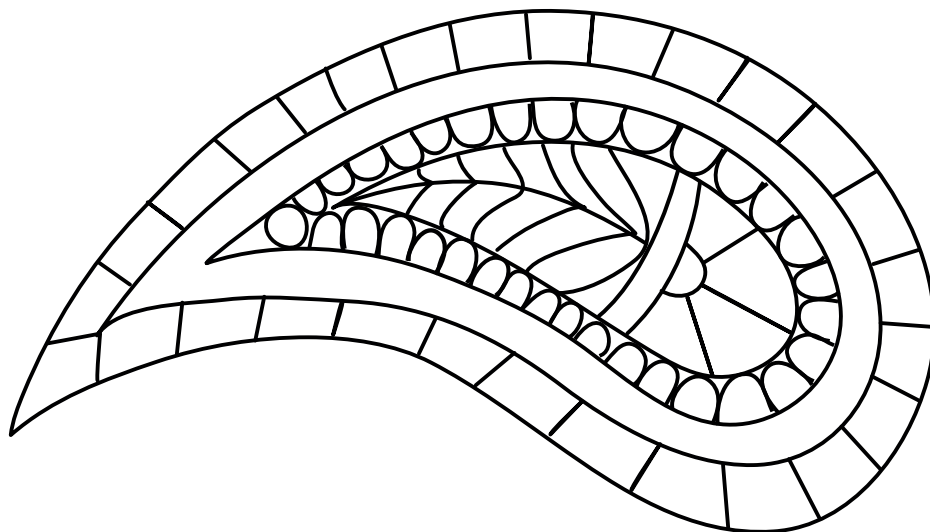


Support your wellbeing with this great Colouring for Wellbeing book by Bath Mind.

Packed with tips and resources to support wellbeing and fantastic images to colour.

Available from Bath Mind's website shop now!

www.bathmind.org.uk/shop



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





Meera's Top Tips: Setting Good Goals

How many times have you set yourself a goal, only to fail and then beat yourself up for it? This is a problem that most of us can relate to. Fortunately, we can solve this problem by learning how to set good goals and hold ourselves accountable to taking action.

Try these 5 top tips for setting and achieving your goals:

Get SMART

SMART goals are:

Specific • Measurable • Achievable • Realistic • Time-framed

Take time to make sure your goal is:

- Specific enough to measure progress
- Practically doable and you're not setting yourself up to fail!
- Attached to a deadline so that have a date attached to it for accountability.

Break Your Goals Down

We often set goals that sound something like, "I want to be healthy," "I want to get in shape" or "I want to be happier." These are all good ideas but hard to achieve in practice because they are vague and broad. What does it mean to be healthy, in shape, or happy?

When broken down, the goal around being healthier sound something like this:

- I want to improve my diet by preparing and eating home-cooked meals Monday-Friday.
- I want to improve my fitness by exercising for 20-minutes three times a week.
- I want to give myself enough rest by going to bed by 10pm every night.

These broken-down goals are now Specific and Measurable because you have defined being healthy as improving your diet, fitness and sleep, and have a clear action attached to each area. This gives you a way of measuring if you've done it – you either have, or you have not.



Break Your Goals Down Again!

Once you've broken your broad goal down into one that is more Specific, break it down further to identify smaller steps. A bit like having a project plan, you can start to move on to listing all the steps that we can take towards achieving this goal.

Preparing home-cooked meals Monday-Friday may be broken down into smaller steps like:

- Making a meal plan and writing a shopping list on Saturday
- Going shopping on Sunday morning
- Batch cooking on Sunday afternoon

This way, when Monday arrives, you are prepared for action.

Problem Solve and Troubleshoot

Once we have clear goals, we need to be honest with ourselves about everything that's going to get in the way of us achieving them. By doing this, we're making sure the goal is Achievable and Realistic. Things have stopped us before and they can stop us again! But if we know what they are, and we learn from our experiences, we can put strategies in place to manage this.

If feeling tired after work has been a barrier to your goal to exercise, try exercising in the morning. If struggling to wake up early enough is a barrier to that, try laying your gym clothes out the night before to make it quicker to get ready.

Review Your Goals

We often fall into the trap of setting a goal, having the initial buzz from the intention to work towards it but then lose momentum when it comes to action and find that days, weeks or even months have passed us by and we've lost our focus. When you set a goal, set a Time-Frame for reviewing your progress with this goal. If you've not made the progress you want, repeat the initial 4 steps again to help get back on track.

Bonus Tip: Remember Why You Want This

A goal should be set because it matters and it important to you. When you're going through these five steps, keep in mind why you want to work on this, what is going to motivate you, and how you will feel once you've achieved this.





Mental Health and Me

When my mental health is bad,
I feel helpless, angry,
Unmotivated
and sad.

But there are steps I often take,
To help improve my mood,
And you can give them a try,
For they may help you too.

I go walking with my two dogs,
To clear the mental fog,
I nourish myself with wholesome food,
To chase away the low mood.

I limit the hours on my phone,
For social media can make me feel alone,
I watch movies in a relaxing bath,
Especially ones that provoke a laugh.

Finally, remember to reach out.
In person, by text, by letter or by phone,
However you're feeling
Please know that you are never alone.

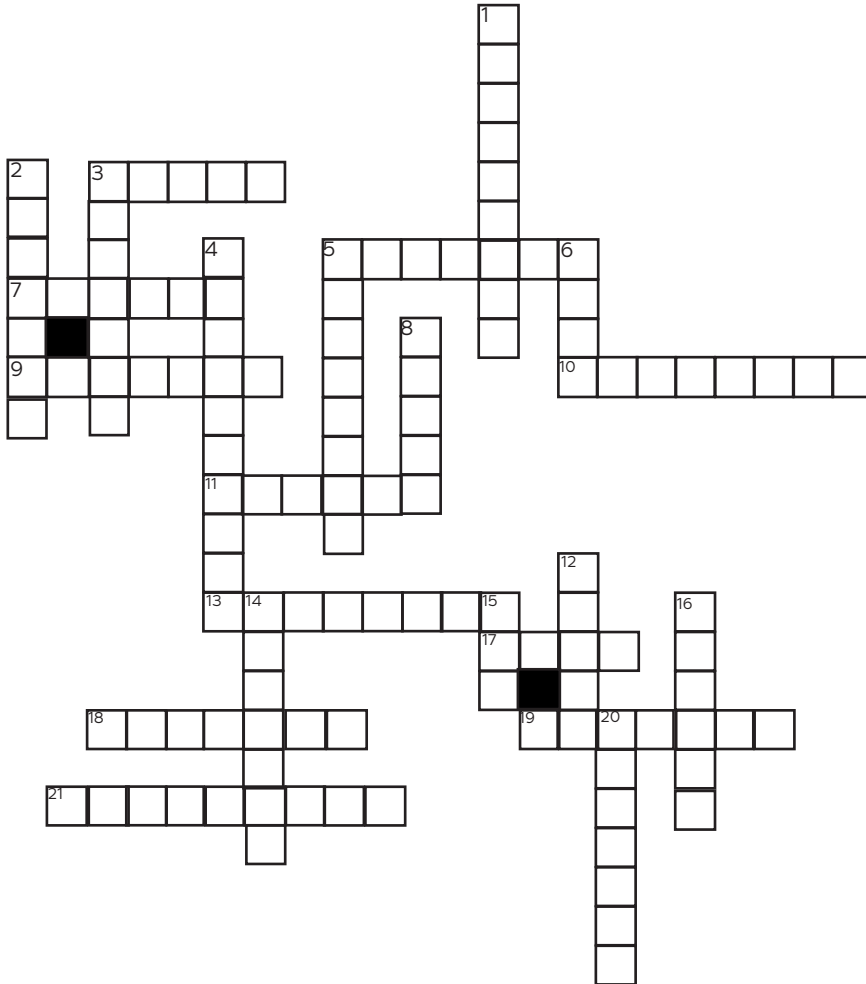
Poem by Emily

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





Movement for Wellbeing



ACROSS

- 3 Try to hit the bullseye
- 5 Riding the waves!
- 7 Often played at school with a stick and ball
- 9 Intensive exercise usually wearing trainers
- 10 Much loved team sport also known as soccer
- 11 Played with a racket and ball
- 13 Variable intensity exercise in water
- 17 Stretching positions to help the body and mind
- 18 The sport which has wickets
- 19 You will need a bicycle for this sport
- 21 Played on a court with a shuttlecock

DOWN

- 1 Low intensity movement, tending plants
- 2 Shooting arrows at a target
- 3 Movement to music, alone or in a group
- 4 Sport with vaults and beams
- 5 Not only for children - jump through the rope
- 6 Played in open grassy areas with a club
- 8 Rolling balls across a green
- 12 Faced paced team sport - score a try!
- 14 Gentle exercise we can do every day
- 15 A place people go to exercise and lift weights
- 16 Usually downhill fast in snow
- 20 Pushing pucks across ice (unless 'new age')



Bath Mind are delighted to have been chosen as ‘Charity of the Year’ by the incredible Community Matters



Community Matters is a not-for-profit shop, which was established by Michelle Braithwaite in May 2021. Michelle says: “I came up with the idea of Community Matters after the pandemic. Observing the escalating demand for charitable services, I firmly believe that a localised effort can authentically transform the landscape for Bath’s local charities. Together, as a community, we aim to not only raise crucial funds but also awareness about the invaluable contributions made by our local charities.”

Since opening, Community Matters has raised over £120,000 (to date) for local charities. “Our community and its charities face daunting challenges and need support. Our mission is clear: to offer vital aid by generating funds and visibility. By annually spotlighting different Bath charities, Community Matters endeavours to raise awareness and funds for as many local causes as possible, amplifying their reach and impact.”



Bath Mind recognises the important role which Community Matters plays in supporting local people. With the decline in small independent retailers, many in our community may have lost the important but simple connection of seeing friendly faces on a regular basis in local shops. Places like Community Matters are vital to the wellbeing of our community, with regular donors and customers often popping in for a chat.

Community Matters has 12 volunteers which includes 8 in store volunteers and 4 remote volunteers. Volunteering itself can provide many benefits which support our wellbeing, including connecting with others, helping people back into work and being part of a local community.

“We aspire to create meaningful volunteering opportunities, whether within the store or remotely, fostering a sense of belonging and connection within our community.”

“At the heart of Community Matters lies a commitment to sustainability, salvaging perfectly usable items from ending up in landfills and advocating for the purchase of preloved goods. This endeavour not only aids those facing economic hardships but also champions environmental causes, lessening our impact on climate change.”

Community Matters are supporting Bath Mind.

Your **local** and independent **mental health** charity.



Scan to view Bath Mind services operating across Bath and North East Somerset.



www.bathmind.org.uk

Bath Mind are delighted and hugely grateful to be Charity of the Year for Community Matters. Our ethos and values are very much aligned, through supporting individuals in our community and working for social good. Community Matters is a shining example to us all of how one person can make huge social change, and we truly appreciate the hard work and dedication which Michelle Braithwaite has put in to enable Community Matters to support so many local charities, creating a huge impact across our community.





Ingredients

- ¼ cup olive oil, more for later
- 2 medium onions, peeled and chopped
- 8-10 garlic cloves, peeled and chopped
- 2 large carrots, peeled and chopped
- 2 large potatoes, peeled and cubed
- 1 large sweet potato, peeled and cubed
- Salt
- 1 tbsp Harissa spice blend
- 1 tsp ground coriander
- 1 tsp ground cinnamon
- ½ tsp ground turmeric
- 2 cups canned whole peeled tomatoes
- ½ cup chopped dried apricots
- 1 pint vegetable stock
- 2 cups cooked chickpeas
- 1 lemon, juice of
- Handful fresh parsley leaves



Instructions

1. In a large saucepan, heat olive oil over medium heat until just shimmering. Add onions and increase heat to medium-high. Saute for 5 minutes, tossing regularly.
2. Add garlic and all the chopped veggies. Season with salt and spices. Toss to combine.
3. Cook for 5 to 7 minutes on medium-high heat, mixing regularly with a wooden spoon.
4. Add tomatoes, apricot and stock. Season again with just a small dash of salt.
5. Keep the heat on medium-high, and cook for 10 minutes. Then reduce heat, cover and simmer for another 20 to 25 minutes or until veggies are tender.
6. Stir in chickpeas and cook another 5 minutes on low heat.
7. Stir in lemon juice and fresh parsley. Taste and adjust seasoning, adding more salt or harissa spice blend to your liking.
8. Transfer to serving bowls and top each with a drizzle of extra virgin olive oil. Serve hot with flatbread and couscous.

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.

**Call 0300 247 0050 and ask for
Bath Mind Befriending**

bathmind.org.uk/befriending

 **mind Bath**



Social Exclusion and Mental Health



We interview Liz, who is Diversity and Inclusion Lead at Bath Mind. Liz works across the organisation to design and implement Equality, Diversity, Inclusion and Equity (EDIE) strategies and initiatives. Liz also chairs Bath Mind's EDIE Network which is open to staff and volunteers for peer support and promoting EDIE across the workplace and beyond.

TRIGGER WARNING: This content discusses discrimination and mental health outcomes (such as homophobia, racism, sexism and ableism), which some people may find triggering.

What is Equality, Diversity, Inclusion and Equity (EDIE)?

These terms are real buzzwords at the moment, but it is hard to know what they mean in practical terms.

For me, equality means that we are ensuring everyone has the same opportunities and rights, regardless of differences. It means that each individual or group is given the same resources and opportunities.

However, equity differs from this and recognises that we all have different personal circumstances and comes from different starting points in life (such as some people having more income than others).

Diversity recognises the value that having a range of backgrounds, experiences, and perspectives individuals bring whereas inclusion is about creating an environment where diverse individuals feel welcomed and respected.

What are 'marginalised communities'?

The terms 'marginalised communities' or 'marginalised people' are those who have faced unfair treatment and/or exclusion because of characteristics including their sex, gender, sexual orientation, race and ethnicity, religion, socio-economic status, age etc.





Why are marginalised communities more likely to suffer mental ill health outcomes?

Whilst mental health struggles can be experienced by anyone, the pressure can be even harder for those from communities such as the LGBTQ+ community, people of colour, and those from lower-income households. There are many reasons for this, but some key factors include:

- Discrimination and stigma- these social negative experiences can lead to conditions such as chronic stress, anxiety and depression.
- Economic inequality and access to resources - inability to access healthcare, education, employment opportunities living requirements may make it harder to access support.
- Cultural and language barriers
- Lack of representation in mental health services
- Social isolation – some communities, often communities of colour, live in isolation.

All of these factors can increase chronic stress and consequently increase the likelihood of experiencing anxiety and depression and other mental health conditions.

Individuals from marginalised communities may face more than one type of stigma: for example, people may fit into more than one of these categories (such as being black, gay, woman) could experience racism, homophobia and sexism can increase their experience with inequality.

Experiences of discrimination amongst these groups may have more pronounced effects on mental health, leading to social exclusion.

What can we do about this?

Recognising that our colleagues, loved ones, etc from marginalised backgrounds may be at more adverse risk for mental outcomes is important. Being mindful of this, when in discussions about mental health and challenging any stigmatising language used, can be as simple as letting someone know you are there to support them and by keeping language neutral and asking open questions.

There is lots of free support out there that can be useful, and inclusive places like Bath Mind ensure that everyone can access mental health and well-being support.





Mental health support that you can trust.



Bath Mind offers in person and remote support available when you need it.



Can you support our life changing services?

Donate today!

Find out more at:

www.bathmind.org.uk