

Issue 12

FREE

 mind Bath

Wellbeing

Bath and North East Somerset

Support for
Mental Health
and Wellbeing

Tasty
Budget
Recipes

Mindful
Colouring

Self-Care
on a
Shoestring

Managing
Money &
Mental
Health



**MENTAL
HEALTH
MATTERS !!!**

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

Welcome to Issue 12 of the Wellbeing in BaNES Magazine!

At a time when many of us are feeling the pressure of rising costs, Bath Mind know how important it is to have access to affordable, practical wellbeing support.

This issue brings together free resources and support, designed to be kind to your mind and budget.

From coping tools and creative activities, to cost of living tips and where to find support near you.

In This Issue:

Money and Mental Health

Understand the link between money and mental health

Service Spotlight

Learn the valuable work our Welfare Benefit service does

Top Tips for Wellbeing

Read our staff's expert tips to support wellbeing

Free Wellbeing Resources & Activities

Enjoy anagrams, Spheres of Influence worksheet, mindful colouring, 5 Ways to Wellbeing, and budget-friendly recipes

Low Cost and No Cost Self Care

Get inspired by our affordable ways to care for yourself



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



www.bathmind.org.uk

Registered Charity No: 1069403

Start a conversation - get talking about mental health.



By talking, we can support ourselves and others.

If you are able to, please consider making a donation 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.



Registered Charity No: 1069403

Money and Mental Health

For those of us with mental health problems, the current cost of living crisis may be particularly tough: money problems can lead to poor mental health and poor mental health can make it harder to earn and manage money.



These are some ways your mental health can affect the way you deal with money:

- If you're feeling low, you may lack motivation to manage your finances. This could include not opening bills or not checking your bank account.
- Spending may give you a brief high, so you might spend more to feel better.
- If your mental health affects your ability to work or study, this might reduce your income.

These are some ways money issues can affect mental health:

- You may not be able to afford the things you need to stay well - this could include housing, food, heating, or therapy.
- Worrying about money could be causing sleep problems.
- Money issues could affect your social life. You might feel isolated or like you can't afford to do things with friends.

Organising Your Finances

There are things you can do to help you feel more in control of your money. Here are some tips you could try:

- Make sure you are claiming any benefits or support you are entitled to.
- Put all important documents in one place - this could include bank statements, payslips, receipts and bills.
- Make a plan for ways to distract yourself if you notice changes in your mood that might affect your spending.
- Set up direct debits for bills and other regular payments so they don't pile up.

Getting Support



- Citizen's Advice provide advice on benefits, debt and employment.
- moneyhelp.org.uk has information on managing your money if you are in hospital or can't work due to mental ill health.
- Contact a helpline, such as Bath Mindline or Samaritans, for confidential, non-judgemental mental health support.

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

Service Spotlight - Welfare Benefit Service

Bath Mind are part of a joint project with Citizens Advice BANES, advising individuals on complex benefit problems.

A caseworker can support you to:

- Identify what benefits they can claim
- Maximise income via better off calculations
- Fill in benefit forms
- Challenge decisions
- Negotiate with DWP, including Job Centre
- Appeal decisions



**“I was on the verge of giving up before you got involved.
I can’t believe the difference you made. Thank you.”**

All referrals are taken by Citizens Advice. Unfortunately, due to the high demand for our service and the complex nature of the work, our caseworker does not take outside referrals.

Need help with your benefits? Contact Citizens Advice direct:
Online: www.citizensadvicebanes.org.uk
Tel: 0808 278 7897

Wellbeing Anagrams

Unscramble the words below!

LMCA

Hint: A state of peacefulness

RPSEETN

Hint: To focus on the moment

ABLACEN

Hint: Keeping things in harmony

calm - present - balance

Answers

The 5 Ways to Wellbeing



Bath Mind

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



Sharing Hub:

ENJOY A MEAL, CUPPA AND CONNECTION.

At the monthly Sharing Hub, Bath Mind offer wellbeing support, signposting to services, and access to our Welfare and Benefits Lead for guidance.

You can also benefit from occasional visits by external services sharing valuable information.

Sessions:

| | |
|---------------|----------------|
| 29th January | 30th July |
| 26th February | 27th August |
| 26th March | 24th September |
| 30th April | 29th October |
| 28th May | 26th November |
| 25th June | 17th December* |

All sessions 12pm - 2pm

*except 17th December 12.15-1.45pm

Central Bath

£2
per session

Contact us if you'd like to attend:

FoodForThought@bathmind.org.uk
079 606 21681

Bath Mind Top Tips

Practical tips from our experienced staff on looking after your wellbeing, especially during challenging times.

"It is okay to strip things back to basics and take pressure off ourselves to achieve a lot when we are struggling."

"Schedule cheap or free self-care activities (such as reading, crafting or walking) into your diary. This helps us prioritise wellbeing and creates structure and routine."

"Break things down into manageable, smaller chunks to help take steps towards where you want to be. Small actions, carried out consistently over time, will all add up and in time things can look very different."

"Mental health is up and down. If you have a day where you are low, please know that this doesn't undo all the steps you have taken. It's about using the tools you have found that work for you to help you in those moments."

"Feeling anxious or overwhelmed? Try the 5,4,3,2,1 Grounding Method to engage your senses. Note 5 things you can see, 4 things you can hear, 3 things you can touch, 2 things you can smell and 1 thing you can taste."

Your Top Tips

What things do you find helpful to support your wellbeing? Write some ideas down in the space below.

1.

2.

3.

4.

5.

Help Managing Uncertainty and Overwhelm Around Money

Uncertainty is a normal part of life – but when it lasts a long time, it can affect our wellbeing. Worrying about money, in particular, can leave us feeling anxious, stuck, or out of control.

One helpful step is to pause and think about what's within your control, and what's not. This exercise can bring a bit of clarity, even in challenging times.

Use the circles to write down the things you can influence, the things you have some influence over, and the things that are outside your control.

Most Control

Our everyday choices and habits that we can influence, such as:

- How we budget and track money
- Daily spending decisions
- How we care for ourselves – getting rest, eating well with what we have, and asking for help when needed.

Some Control

No Control

Things we can influence, but might depend on others or external factors too, such as:

- Household bills or subscriptions
- Accessing community support – like food clubs, advice services, or energy grants.
- Conversations about money – talking with family, employers, or support workers.

Things outside our power, such as:

- Rising food and energy prices
- Government funding cuts
- Other people's spending habits

No Cost or Low Cost Self-Care

Looking after yourself doesn't have to cost a thing. Sometimes the smallest, simplest actions can have the biggest impact.

Here are a few low or no cost ideas to care for yourself.

Pick a few fresh mint leaves from the garden (or ask a neighbour if you don't have any). Steep in hot water for a soothing, grounding mint tea. Cost: £0



Take a moment to write down something encouraging, loving, or something you are proud of. Stick it on your mirror or put it in your purse. Cost: £0

Step outside barefoot onto the grass or earth. Take a few deep breaths, feel the ground beneath you. Give yourself permission to pause. Cost: £0



Swap a skill with a friend. Perhaps swap a home-cooked meal for a haircut, or a book you have finished reading for a plant cutting.

Community care is self-care! Cost: £0

Put on your favourite song and enjoy! Dance, sing along, or just lie back and listen. Cost: £0



Pick a flower from the garden or treat yourself to a single bloom from the shop. Place it somewhere you will see it often. Cost: £0-£2

RECIPE: Minestrone



INGREDIENTS (serves 4)

2 tbsp olive oil
1 large onion, finely chopped
2 large carrots, chopped small
2 sticks celery, chopped small
1 medium potato, diced
2 cloves garlic, finely chopped or crushed
400g can chopped tomatoes
1l vegetable stock
2 tsp rosemary or sage leaves, finely chopped (or 1 tsp dried)
Large handful cabbage (or kale leaves), shredded
50g orzo or broken spaghetti
400g can cannellini beans
Handful chopped parsley
Grated hard cheese to serve

METHOD

Heat the olive oil in a large pan. Add the onion, carrots and celery and fry until the onion is starting to brown. Tip the potato and garlic in, stir well and cook for a few minutes.

Add the rosemary or sage, tomatoes and stock, and bring to the boil, stirring regularly. Reduce the heat to simmer and cook partly covered for 30 mins.

Stir in the cabbage and pasta. Cook for 10-15 mins or until both are cooked.

Drain and rinse the beans. Add to the pan with the parsley. Season well with salt and pepper, then serve topped with grated hard cheese and warm crusty bread.



RECIPE: Stovetop Apple Crumble



INGREDIENTS (serves 4)

6 apples or other pieces of seasonal fruit, peeled, cored & cut into small wedges
3/4 Cup flour
1/4 Cup sugar plus 1 tablespoon (optional for fruit)
Pinch of salt
3 tablespoons butter
1/4 Cup water

METHOD

In a medium mixing bowl, combine the flour, sugar and salt. Mix to combine. Then cut in the butter and use your fingers to incorporate it into the flour mixture until you have a crumble mixture. Set aside.

Pour the crumble topping into a skillet set over medium heat on the hob. Leave for about 2 minutes and then start to gently stir it. You should notice that the bottom of the crumbs start to slightly brown. Continue to stir every few minutes until the crumble is slightly browned and cooked. This will take about 10 minutes. Remove from the heat.

In a saucepan set over a medium heat, add the apples and any other fruit you're using, and sprinkle over the tablespoon of sugar (if using). Cook the apples for a few minutes and then add a bit of your water.

Continue cooking until all the water has absorbed and then add more water if the fruit is sticking. Continue cooking until the fruit is soft, which should take about 15 minutes. Remove from heat.

To serve, put the fruit in a bowl and top with the crumble mixture. Serve with cream, ice cream, yoghurt or custard.



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

To learn more about Food for Thought, visit our website:
www.bathmind.org.uk/wellbeing-groups

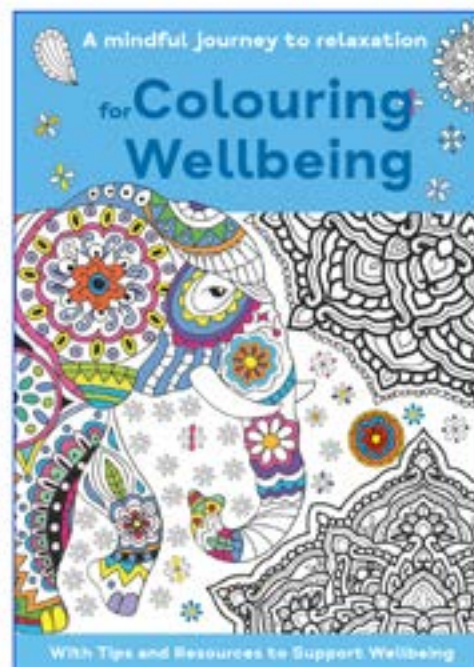
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✿ Colouring for Wellbeing ✿ A Journey To Relaxation



32 A4 pages of colouring for mindfulness and relaxation.

A way to bring quiet to busy minds or to keep fidgety fingers occupied.

A great activity for parents to engage with young people.

Wellbeing tips from Meera Phull, Brighter Minds.

Affirmations from Madeline Blackburn, The Soul Spa.

Tips and ideas to support wellbeing with nature, animals, breathing and relaxation.

£6 per copy

Buy yours from bathmind.org.uk/shop or
St Michael's Church, Bath BA1 BA1 5LJ

All proceeds go directly to charity.

In aid of
 **mind Bath**

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www.bathmind.org.uk
Charity No: 1069403

 Mind Bath

Bath Mindline:

MENTAL HEALTH SUPPORT SERVICE



A trained, listening ear.

Freephone: 0808 175 1369

Press option 2



**Monday - Friday
5pm - 9pm**