

**Autumn 2025**



**We're here to fight for mental health.  
For support.  
For respect.  
For you.**



**In this edition read about:**

**The Worrying State of the Nation's Mental Health!**

**How Volunteers Make Basildon Mind Awesome.**

**c2c's Kick for Kindness.**

**Why Community Engagement is so Important.**

**Mind's Big Brunch.**

# Who we are.

Basildon Mind was established in 1970 to help and support people experiencing mental health issues in hospitals and in the community.

## Our Services:



### Counselling

A free service to 7-18 year olds, and adults for £5. . Private Counselling at £45 per session



### Helpline

The Helpline operates for 10 hours on Monday to Thursday 6 hours on Friday, and 4 hours on Saturday



### Housing

We operate 4 group homes and 3 flats for those with severe and enduring mental health difficulties.



### Wellbeing,

exercise and social interaction support mental health, so we have now a weekly Yoga session as well as our 5 weekly walking sessions for anyone



### Allotment

Our allotment provides wellbeing benefits to its volunteers, with social engagement, outdoor activity whilst growing fantastic food.



### Partnerships,

we work to deliver services across Essex, such as the Crisis Sanctuary Wellbeing Service, Positive Pathways for Adults, and the local Crisis Sanctuary Plus House

# Welcome.

The spring and summer months have both been a challenge and positive for Basildon Mind. Hopefully this newsletter will share both of those aspects with you.

One of the biggest challenges we have faced is devising our Strategy for 2025-2028. We invited as many stakeholders as possible to share their thoughts and input into our decision-making process. I thank everyone who gave us their thoughts.

Whilst the strategy is now in place we are never closed to change and I encourage you to please contact us if you know of an area of support that we are not at the moment covering. Our size allows us to be more flexible than most and we are always open to new services.

If you have a thought for how we can get better, email me at [denise@basmind.org](mailto:denise@basmind.org).

Basildon Mind is one of 5 local Minds in Essex. When we work with Essex government organisations such as the NHS or the Police, we wanted to speak with one voice. We often work together to deliver programs such as the Crisis Sanctuary Wellbeing Service and Positive Pathways. But now our relationship has been formalised with a Partnership Agreement, and we will soon be launching **Mind in Essex**.

Volunteers are the life blood of Basildon Mind and this newsletter focuses on their importance in our ability to look after our community. If you can spare some time please join us in fighting for better mental health.

We continue to be your local independent charity providing mental health services, training and support in our community.

**Best Wishes, Denise CEO**

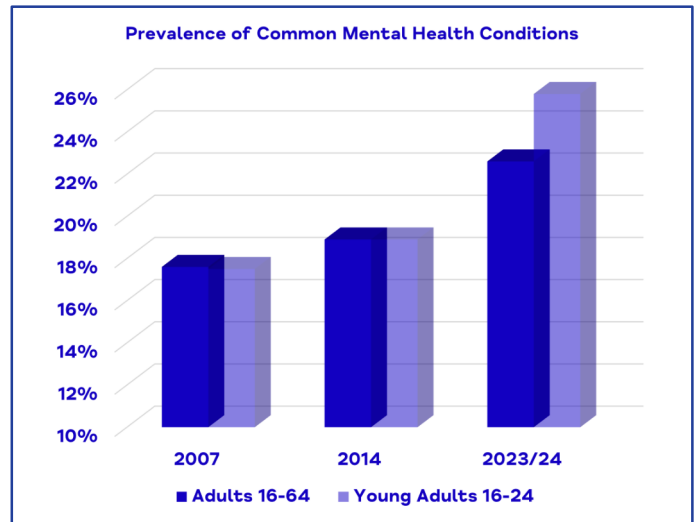
# The State of Our Mental Health.

This June saw the publication of [NHS England's Survey of Mental Health and Wellbeing](#).

The survey confirmed what we already knew. That the UK's mental health has been deteriorating. The proportion of 16- to 64-year-olds, identified with a common mental health condition, increased from 17.6% in 2007 and 18.9% in 2014, to 22.6% in 2023/4. The proportion was higher in women than men at each point.

**Young adults remain a key group.** The proportion of young adults (aged 16 to 24), with a common mental health condition, rose from 17.5% in 2007 to 25.8% in 2023/24

And socioeconomic inequalities in mental health persist. Adults with problem debt and those who were not in employment were more likely to have a common mental health condition, report lifetime non-suicidal self-harm and to screen positive for PTSD.



Self-harm and suicidal thoughts have risen sharply, particularly among young women.

There have been improvements in treatment access, **but still more than half of people don't get the help they need.**

**Whilst demand for support has increased, funding as a percentage of the NHS budget is falling, from 9% in 2023/34 to a projected 8.71% in 2025/26.**



Dr Sarah Hughes, Chief Executive of Mind, said Mr Streeting, the Health Minister, “has acknowledged that we have a mental health crisis and that services are in a dire state but, despite having safeguards that are supposed to ensure the proportion of spending on mental health increases in line with the overall growth of funding to NHS, **the reality is we're going backwards,**”

“The Government wants to fix the NHS and to help get people who can work back into employment. To do that, we need to tackle long waits for mental health, improve the quality of in-patient care and address the drivers of poor mental health.”

At Basildon Mind, we know that we are facing an ever-increasing need for our services as we need to diversify our funding sources. That is a big challenge faced by many mental health organisations and some are having to take some very tough decisions. Here at Basildon Mind, we are taking that challenge on. That challenge will rely on the support of our local community.

**Together we won't give up until everyone experiencing a mental health issue gets support and respect!**



# How Volunteers Make Basildon Mind Awesome!

Ever wondered what happens when you volunteer at Basildon Mind? It's simple: you're not just helping others—you're helping yourself too! Volunteering is all about sharing your time and energy, and it's one of those rare things that gives back in so many ways.

At Basildon Mind we depend on volunteers to keep everything running smoothly. Without them, it would be almost impossible to offer the support and services to people in need.

## Helping More People

Volunteers make it possible for Basildon Mind to reach a lot more folks who need a helping hand. Whether you're chatting on a helpline, running a wellbeing group, or spreading the word at community events, you're helping people feel less alone.

## Bringing New Skills and Ideas

Everyone brings something different to the table. Maybe you're good with computers, organising events, or just love listening and chatting. All those talents help Basildon Mind offer even better support.

- Unique Skills: Volunteers add all sorts of skills, from art to tech to listening.
- Fresh Ideas: New people mean new ideas—volunteers help keep things fresh and exciting!



## Connecting with the Community

Our volunteers are great at spreading the word about mental health and what Basildon Mind does. Whether you're talking to friends or posting online, you're helping beat stigma and helping people find support.

- Advocacy: Volunteers share info through events and social media, reaching people who might not know about Basildon Mind.
- Peer Support: If you've had your own mental health journey, your experience helps others feel understood and supported.

## Saving Money and Making Things Last

Like most charities We run on a tight budget, volunteers help Basildon Mind do more with less. Your time means more money goes directly to helping people, and many volunteers stick around for years—helping build a strong, caring community.

We estimate using the UK Office for National Statistics calculation that the economic value of our volunteers to Basildon Mind is an amazing **£249,600 p.a.**

## Creating a Friendly and Caring Place

Volunteers help make Basildon Mind a welcoming, supportive space for everyone. Being kind and open encourages others to do the same, making it a place where people can feel safe and valued.



# How Volunteering Benefits You!

Volunteering isn't just good for Basildon Mind—it's great for you too! From new friends to new skills, it's full of perks.

## Growing as a Person

Helping out can really boost your confidence. It feels good to know you're making a difference, and you'll probably discover strengths you didn't know you had.

- Confidence: Tackling new challenges helps you believe in yourself.
- Purpose: Seeing the positive impact you make brings real satisfaction.
- Empathy: Meeting people from all walks of life helps you become more caring and understanding.



## Picking Up New Skills

You'll learn loads—everything from teamwork and leadership to communication and problem-solving. It's all useful, whether for work, school, or life in general.

- Transferable Skills: The things you learn volunteering look great on your CV or uni application.
- Experience: Students and jobseekers can get valuable experience and references.
- Learning: Basildon Mind offers all the training and support you will need to fill whatever role you decide is best for you.

## Finding Friends and Community

Volunteering is a great way to meet new people and feel part of something bigger. You'll make friends, work as a team, and feel the buzz of doing good together.

- New Connections: Lots of volunteers make lasting friendships.
- Belonging: Being part of Basildon Mind makes you feel connected and valued.

## Boosting Your Well-being

Studies show that volunteers are often happier and healthier. Helping others is good for your mental and physical health—it can lower stress and lift your mood.

- Lower Stress: Doing meaningful work helps you feel more relaxed.
- Feeling Good: Volunteering leads to greater happiness and well-being.

## Wrapping Up

**Volunteering at Basildon Mind is a win-win.** You help others, learn new things, and become part of a community that cares. Every hour you give supports people facing tough times and builds a kinder, stronger society—for everyone. Why not give it a try and see the difference you can make?

**To find out what roles we are looking to recruit for, please email [info@basmind.org](mailto:info@basmind.org), visit our website or click on this [link](#).**

# Our Volunteer Stories

## Volunteer from our Charity Shop

I started volunteering in Basildon Mind's charity shop in June 2023. My paid job had stopped, and I was sitting at home with little to do. I thought volunteering in a shop would teach me new skills. My mum's a Counsellor at Basildon Mind. She brought an application form home. I filled it in, and Shop Manager Julie contacted me almost straight away.



I started doing 2 shifts per week. My first job was 'steaming' clothes. This was great because I was tucked away in the corner of the back of the shop, which gave me time to get used to the place and meet the people. I loved the supportive atmosphere and family feel. There are some great people at the shop.

Once settled in, I wanted to do more so shop manager, Julie, started me on till training. Another volunteer John, who is older and wiser taught me how to perform the till role. There's more to it than you'd think: as well as entering items and their prices and collecting payment, there's the whole business of interacting with customers. I was nervous about both pushing buttons and meeting new people.

Once I understood how the till worked, it wasn't as scary as I'd thought. Trainer John was so patient and gave me all the time I needed to learn. More important was the fact he always had my back – he was always there for me if I needed him. We worked together for 2 months during which I gained experience facing customers. I was gradually left alone until I worked by myself. I felt like I'd climbed up a rung on my personal ladder of life.

Dealing with people is a challenge. As well as taking payment and clarifying prices, I had to watch out for shoplifters or people trying to hassle the price down. I learnt how to be assertive when needed, which made me feel great. Learning how to deal with people with confidence was like climbing another rung on my ladder.

I feared the worst but I found that I could do it on my own. If I make a mistake, a manager would come and help me. Knowing that the manager had my back made me feel more relaxed. It was definitely not as bad as I thought. In fact, my confidence developed and I learned not to put myself down and fear the worst. I could do this now!

I always wanted another paid job but lacked the confidence to try. My experience in the shop taught me not to fear the worst because things aren't as bad as I used to fear. After about a year I started looking for a job. **I applied for a position assisting a gardener. I got the job and left the shop.** However, after a few months the work dried up. I'm now about to start a new delivery job. This time I should have time to volunteer in the shop again in between paid work. The shop has served me well and I want to give something back.

My advice to others is volunteering gives you experience. It's great to learn new skills in a friendly, supportive environment. It builds up your self-confidence and stops you worrying – **why not give it a go?**

# Our Volunteer Stories

## Madison's Experience of being a Helpliner

Working on the Helpline on route to becoming a Student Counsellor enabled me to gain a unique perspective. It has allowed me to gain an understanding of the process that both the client and counsellor experience and also meant I can learn different therapeutic techniques from those who are qualified and from other students who are on their own learning journey.



The Helpliner role varies, from talking to clients by phone, greeting them in person, offering them a drink – essential for making them feel welcome and starting a positive relationship – to dealing with payments. There is a range of different calls received, including clients looking for someone to talk to (a listening ear), those who need signposting to other organisations for more focused support, to counselling referrals. Taking referrals over the phone is crucial as the first step in someone getting the help they need. It is important to recognise that there may be times when you may get a crisis call, though there are Counsellors around you and safeguarding policies in place for support.

The most crucial aspects of the Helpline process include the diary, the CRM and the message book, where most of the communication between Helpliners and Counsellors happens. It is the Counsellor's responsibility to add clients to the diary, but the Helpliner must note when a client has arrived and be aware when rooms are available for allocations.

Being a Helpliner before seeing clients as a Student Counsellor has allowed me to gain an appreciation of the work behind the counselling process. It has made me feel better prepared for seeing clients, know the systems, better communicate with different types of clients and helped in building my confidence and communication skills.

Students looking at doing their placement at Basildon Mind should consider first working on the Helpline: it facilitates relationships with the Counsellors, enables you to learn new techniques and improve your skills. There have been many occasions where conversations I had during my shift can be applied to my coursework, skills practise at university or client hours. It also allows you to communicate with clients before you start counselling.

There is more to counselling than accumulating client hours and being on the Helpline helped me truly appreciate that. Having the CRM system training and knowing how everything works is useful, so when you start seeing clients you don't have to learn everything at once. Already being in a settled and supported environment, with people around you to encourage and guide you, is good when starting counselling.

The reason I chose Basildon Mind for my placement is because I know the work they do has a massive impact. Spending time here, I have been able to appreciate the Managers, Counsellors and Helpliners. **I enjoy volunteering with BasMind as not every day is the same**, there are different calls, different clients, different problems and each day is a new learning experience with guidance from someone at each step. There are opportunities for learning and Continuing Professional Development (CPD), e.g. a recent baby loss training course.



# Mental Health Awareness Week 2025

Mental Health Awareness Week (MHAW) is an annual event across the UK, designed to raise awareness about mental health, reduce stigma, and encourage people to take positive steps for their wellbeing. In 2025, the theme was “Community”, emphasising the importance of local connections, support networks, and shared action in improving mental health.

For Basildon Mind, MHAW was a chance to let the local community know about the services and support available. Show that we are present all year round, not just during awareness week and strengthen the links with local partners and residents through visible community events.

The weeks events included the **annual sponsored walk** hosted by our Walk and Talk team. After meeting outside the Charity Shop the walkers (and a dog) set off to walk around Gloucester Park.

The group then ended their walk with refreshments at the Craft Shed cafe.

The group raised more than £600 to support the wellbeing groups.



To raise awareness of Basildon Mind in the community, our CEO Denise joined volunteers Gill and Anne at the HumanKind Café in Billericay, highlighting that Basildon Mind also supports the Billericay community.



Julie, the Charity Shop Manager, and the rest of her team placed a table outside of the shop in the Basildon Shopping centre. The aim was to promote the wellbeing services that Basildon Mind offers to the local community. The table attracted a lot of interest from passers by.



## Ironmongery Direct

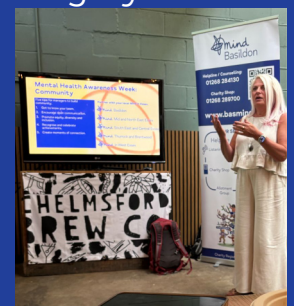
Each year our friends at Ironmongery Direct produce research on the Mental Health of their customers in the Trades industry. This years piece, released in MHAW, was entitled “The Tools to Talk”.

The research highlighted that over half of tradespeople experience work-related stress at least once a week and yet 22% said they do not know how to access the support services available to them.

To highlight the report, Stuart from Basildon Mind, Emily from Ironmongery Direct and Karen from Essex Business Partnerships were invited to talk about the report on Phoenix FM’s drive show.



Then our CEO and Stuart presented the report to EBP’s construction trade members at the Chelmsford Brewery. We hope that our highlighting of the report will improve the awareness of our services to the trades!



# Our Supporters

## c2c's Kick4Kindness

Once again our friends at c2c have shown their support for Basildon Mind.

On the 7<sup>th</sup> May at Roots Hall, the home of Southend United F.C., 20 teams from all over England came together for a 7-a-side football tournament

Teams included rail industry companies Govia Thameslink Railway, the Rail Delivery group, East Midlands Railway, Elizabeth Line, Southeastern, as well as c2c's security partner Amulet.



There was also a team from the charity Run Free Official which is a community initiative using sport- particularly football and tennis- to support individuals living with mental health conditions.

The staff of Southend United also formed a team as well as a team called "Team Platt" in memory of James Platt, the late husband of c2c's Head of HR Gemma Platt.

Along with the football tournament, teams took part in a penalty shootout, and a Crossbar challenge. There was also a raffle with prizes donated worth over £1,000 and an auction featuring sporting memorabilia, match tickets and theatre tickets.

**The amazing event helped raise awareness of the support available for those in need of support with their mental health as well as £7,404 which was equally split between the two local branches of Samaritans and the two local Minds, Basildon Mind and SECE Mind.**

**Thank you c2c and Southend United!!!**

## Stroll (Don't Run) for Better Mental Health



March 25<sup>th</sup> saw the third annual Walking Football Tournament. Over 130 men and women came to take part in what was a friendly but still very competitive tournament.

Teams from Bexley, Billericay Town, Chelmsford City, Cheshunt, Concord Rangers, Leyton Orient, Paradise Pedestrians of Ely, Redbridge and Southend competed playing a minimum of 60 mins

of walking football.

Both Paradise Pedestrians of Ely and Leyton Orient Red lost out in the semi finals with Bexley going on to beat Chelmsford City Clarets 1 in the final.

Thank you to all that took part especially the referees, that gave their time for free.



**The tournament raised a magnificent £2,541 for Basildon Mind.**

**Thank you all, especially Billericay Town WFC for hosting us again!!!**



# Our Supporters

## Jet Hairdressing Academy

We are in our second year of partnership between JET Hairdressing Academy and Basildon Mind, and the relationship continues to flourish and grow. We know that JET Hairdressing takes the mental health wellbeing of their learners and trainers incredibly seriously and for Mental Health Awareness Week, the management arranged for a group of the learners to complete their Mental Health Awareness Skills Boost.



Fundraising for a good cause, especially with friends and colleagues as a team is more than simply raising money- it's about connection, purpose and positive change. That's why the leadership team at JET Hairdressing invited all its team to run 5km along the seafront of Southend in support of Basildon Mind on June 8th.



The aim was to foster teamwork and collaboration. Sharing the goals, jointly planning, and collectively celebrating the achievement brought the team closer together, strengthening their relationships and creating lasting memories.

Basildon Mind provided t-shirts for those taking part as by running along the seafront they importantly raised awareness of Basildon

**Mind. They set a target of £1,000 and the group of 27 team and family members topped that by raising £1,057. What an achievement!**

As part of their training week for employees, Basildon Mind invited the team to visit our allotment at Vange and get a break from the office and share some moments in the fresh air whilst working on our fruit and vegetables. The group seemed to enjoy the different environment, and we hope to see them back soon.

And as also part of that training week in June, Basildon Mind's John and Chvonne visited the JET offices to have an interactive session with the employees to help educate them on understanding young peoples struggles with mental health and how to address them. However, it wasn't just about the learners but also how to cope with their own mental health wellbeing and make sure that everyone has the techniques to improve their mental health. Chvonne shared that her personal important technique is being able to have the strength to say "NO" to friends and family when this could impact her own mental health.



**Thank You and we look forward to increasing our partnership with JET Hairdressing going forward!!!**



# Our Supporters

## Renaissance Asset Finance

It is always great to hear that one of our supporters, Billie, had launched a fundraising event via JustGiving for Time to Talk. Time to Talk is the nation's biggest mental health conversation. It's a day for friends, families, communities and workplaces to come together to talk, listen and change lives.

The fundraiser, supported by the company itself, continues to keep going and has raised over £700 so far for Basildon Mind.

And it isn't just fundraising, a team from RAF visited our allotment for the second year running to provide some much needed help with maintenance.

**Thank You Billie and all those at RAF!!!**

## John Lewis Partnership

Our thanks go out to our colleague Debbie who introduced us to Amanda at John Lewis in Chelmsford. Amanda arranged a donation of £1000 to us. We also received a large supply of paint, initially used by John Lewis for their displays, which has already been used to brighten up our office space at Whitmore Way.

**Thank You Debbie, Amanda and the John Lewis Partnership**

## Adam Benson

Adam bravely took part in a skydive on 9<sup>th</sup> August. Adam has raised an amazing £316. We only know of Adam's fundraiser through JustGiving and if you know him please pass on our thanks.

**Thank You Adam !!!**

# Our Community Engagement

**Mental health affects everyone**, yet too often it remains hidden, misunderstood, or stigmatised. For many people, the biggest barrier to seeking help is not a lack of need, but a lack of awareness, confidence, or knowledge about where to turn.

Many people do not realise that support is available locally, or they assume services are only for those in severe distress. Basildon Mind helps bridge that gap.

**That is why it is vital for Basildon Mind to be visible and active in the community.**

## Basildon and Pitsea Carnival & the Billericay Summerfest

Carnivals are fun events, but some people may be struggling with their mental health. By attending carnivals and other fun shows we are able to share information on our services in an entertaining way.

At the Basildon and Pitsea Carnival, the team have had a tombola to engage with visitors for the past few years. This allows people, nervous about being seen seeking help, to find the information on how to access our services discreetly.

This year we will be attending Basildon Pride and the Wickford Carnival. **Please come along and see us.**



# Our Community Engagement

## Fellas Fair

The Fellas Fair was a men's health and wellbeing event held at Billericay Town F.C. on Saturday, 19 July 2025, organised by Healthwatch Essex in collaboration with Prostate Cancer UK, Basildon Borough Council, and the Essex County FA.

The event was designed to use the power of football, showcasing walking football, as a conversation starter to break down barriers and encourage men across Essex to engage with health topics in a supportive, familiar environment.

With our strong relationship with Billericay Town F.C. Basildon Mind was invited to have a strong participation in the event.

Jo from Phoenix FM invited Bill from Billericay Town, Scott from HealthWatch Essex, and Stuart from Basildon Mind to promote the event on her Drive Time show, 15<sup>th</sup> July.



Scott talked openly about his own mental health whilst Stuart said how important it was for Basildon Mind to promote its services and Bill ended by saying how important Walking Football is in improving Men's Mental Health.

The day started at 11am with the Essex Walking Football League Over 60's Cup, and then in torrential rain, a mini-competition between a Prostate Cancer Survivor Team. 2 teams from the Arsenal Prostate Cancer Walking Football squad and a team from Billericay Town Walking Football Club.



Walking Football combines gentle, structured exercise with social connection. For men recovering from prostate cancer, this dual impact—improving both body and mind—makes it a powerful, safe



and enjoyable tool in rehabilitation and long-term wellbeing.

Billericay Town F.C. offered free entry to the ground, for the senior team's friendly against Aldershot for anyone before 1pm to encourage men to watch the walking football and to attend the information stalls inside the clubhouse. The stalls offered men's health advice on such subjects as prostate health, mental health and general wellbeing. Sadly the result of the game did not go Billericay's way. Even with that disappointment, Nick Hutt (co-Chair BTFC) is keen to make this an annual event.

**Thank You Nick, all at BTFC, and the HealthWatch Essex team!!!**

## Club Kingswood

We were grateful to Club Kingswood to invite us to have a pop-up at their Men's Health Check organised by the Men's Health charity CHAPS.

The event was held on the afternoon of 20<sup>th</sup> March and focused on Prostate Cancer Screening. However Basildon Mind had a great opportunity to engage with male members of the club, distributing information and having informal discussions.





# Your Wellbeing

Simple activities such as gardening, going for a walk or practising yoga can make a big difference to your mental wellbeing. They help reduce stress, boost your mood and improve sleep by getting your body moving and releasing natural “feel-good” chemicals in the brain.

Being outdoors in nature or focusing on your breath brings a sense of calm and helps you stay present in the moment. These activities also give a sense of achievement and can be enjoyed with others, reducing feelings of isolation.

For many years, Basildon Mind has been providing Wellbeing activities for the community. If you are interested in joining one of the groups email or call us.

## Wellbeing Allotment

Our allotment in Vange goes from strength to strength. Gardening is one of the most positive activities for your mental health.

Over the summer we have seen two of our corporate partners send groups of volunteers to help with work at the allotment. We look forward to inviting other local businesses to come and see how they can help their colleagues improve their mental health whilst bonding together. Please contact [fundraising@basmind.org](mailto:fundraising@basmind.org) for more information.

Come along and join us every Tuesday morning from 9am and our new session the 2<sup>nd</sup> Saturday of the month from 9am-1pm



## Wellbeing Walk and Talks



Gentle exercise such as Walking increases blood flow to the brain, improving focus and energy. The rhythm of walking calms the mind and is often compared to a moving meditation.

All our walks are led by a trained walk leader and attended by an experienced Talking Therapist.

At our sponsored walk in May, our walkers were asked to write down how they felt about the Walk and Talk group.

Many wrote of gaining new friends, interaction in a social group, getting a routine, **feeling happy** and not alone, more motivated to stay active but **most mentioned an improvement in their mental health.**

We now have 5 sessions having just launched a walk in Wickford Memorial Park on a Thursday at 10:30. If you are interested in joining please check our Facebook page.

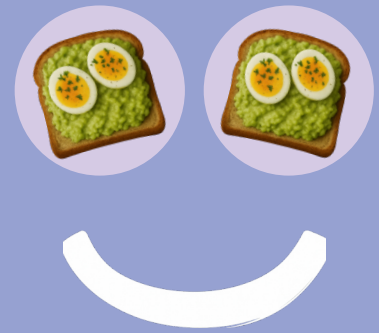
## Wellbeing Yoga

Yoga is great for mental health! It combines physical movement, breathing exercises, and mindfulness, all of which help reduce stress, anxiety, and depression.

Our Yoga sessions are held on Fridays at the King Edward Community Centre, 11:15-12:45. Booking is required so please email [yoga@basmind.org](mailto:yoga@basmind.org)



# Mind's Big Brunch!



## From 1<sup>st</sup> October until 31<sup>st</sup> October

We are asking our friends, colleagues and supporters to come together with the rest of the country to host your Big Brunch.

World Mental Health Day is 10 October. But a Big Brunch can make life feel better any day. So, gather guests. Butter the bagels. Craft the coffee. Smash the avocados. It's time to host your Big Brunch.

**Your Big Brunch will make a big difference.** Choose whether to support Basildon Mind or national Mind, or share between the two. But whoever you choose to support you know that your support will help improve everyone's mental health.

**We will provide you with all the support you need, from invite templates to ideas on recipes.**



Whatever you choose to do, make your hosting easy by **carefully planning ahead**. Confirm your date and then spread the word via WhatsApp, socials, your company intranet or hand out the invites directly.

**Give yourself enough time to prepare**, before the doorbell starts ringing—simple might be better. If preparing food for a lot of people is not your thing, **ask friends to bring their favourite dish to share**.

### Make fundraising fun

Donations on the door is a fab way to fundraise, so ask your guests to donate, we suggest £10, to join the fun.

People love games. Add some fundraising frolics to your Big Brunch to boost your donations such as:

**Organise a raffle:** please ask for an official letter from us if you want to contact local businesses.

**Plan some games.** How about guessing the number of blueberries in a bowl.

**Plan a quiz.** By personalising questions to your friends will go down a treat.

Scan the QR code to  
Sign-Up



**We're here to help.** If you have any questions or need fundraising support, email [fundraising@basmind.org](mailto:fundraising@basmind.org).

# Volunteer Opportunities

Volunteering for Basildon Mind will not only benefit the people of Basildon Borough but will make you feel better yourself. By volunteering you will grow in self-confidence, learn new skills and make new friends. Please have a look at the selection of opportunities we have but, if you have any skills you think would be useful to Basildon Mind please contact us at [volunteering@basmind.org](mailto:volunteering@basmind.org)

<b>Charity Shop</b>	<b>37 East Walk, Basildon</b>	<b>4-hour shifts</b>
Gain experience of working in a retail environment learning skills in marketing, stock management, customer service and visual marketing.		
<b>Helpliners</b>	<b>Whitmore Way, Basildon</b>	<b>3-hour shifts</b>
Volunteers will need to be non-judgemental in listening to the calls as well as having a patient personality.		
<b>Billericay Representative</b>	<b>Human Kind Cafe, Billericay</b>	<b>3-hour shifts</b>
Attend the Cafe, provide a listening ear and then signpost people to the right service for them.		
<b>Social Media Volunteer</b>	<b>Home based</b>	<b>2-4 hrs per week</b>
Responsible for updating all our social media platforms with new content. The role has the possibility to construct the social media and communications strategy to improve the awareness of our services and events along with supporting our fundraising.		
<b>Volunteer Walk Leader</b>	<b>Various locations</b>	<b>2 hours per week</b>
Our walk leaders guide our wellbeing walks, encouraging conversation, promoting wellbeing, ensuring safety, and supporting participants' mental health positively.		

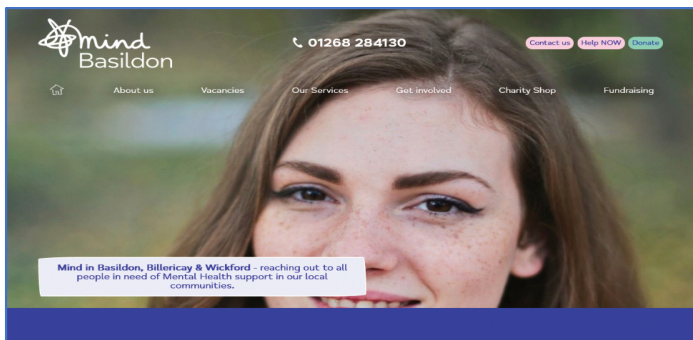
## Our Events and Awareness Calendar

<b>1<sup>st</sup>-30<sup>th</sup> September</b>	<b>John Baron Fun Walk</b>
<b>6<sup>th</sup> September</b>	<b>Basildon Pride</b>
<b>10<sup>th</sup> September</b>	<b>World Suicide Prevention Day</b>
<b>13<sup>th</sup> September</b>	<b>Wickford Carnival</b>
<b>1<sup>st</sup> to 31<sup>st</sup> October</b>	<b>Mind's Big Brunch</b>
<b>10<sup>th</sup> October</b>	<b>World Mental Health Day</b>
<b>December</b>	<b>Our Christmas Raffle</b>
<b>6<sup>th</sup> or 7<sup>th</sup> December</b>	<b>Mental Elf 5k Run/Walk</b>
<b>12<sup>th</sup> December</b>	<b>Christmas Jumper Day</b>
<b>14<sup>th</sup> December</b>	<b>Max out for Mind 2025</b>
<b>6<sup>th</sup> February</b>	<b>Time to Talk Day</b>
<b>24<sup>th</sup> March</b>	<b>Stroll (Don't Run) Walking Football</b>
<b>11<sup>th</sup>-17<sup>th</sup> May</b>	<b>Mental Health Awareness Week</b>

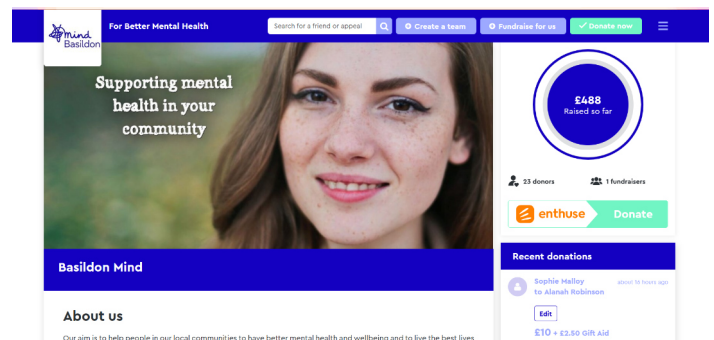


Keep in contact with our Social Media

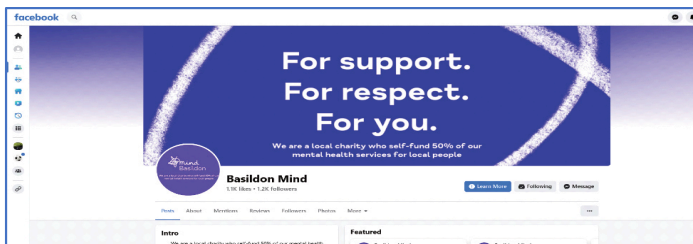
## Our Website



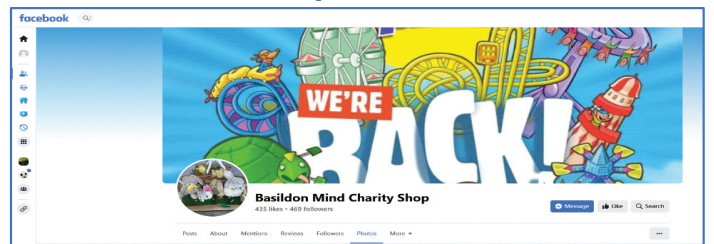
## Our Fundraising Website



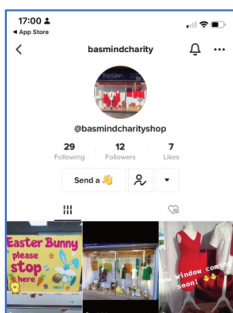
## Our Facebook



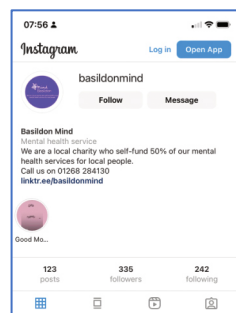
## Our Shop's Facebook



## TikTok



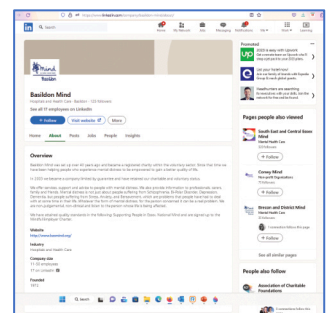
## Insta



## X



## LinkedIn



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