

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



## Supporting mental health in your community

In this edition read:

Ricky's story of his amazing 500km run.

Find out what is happening with our walking group.

When Basildon Mind went to Essex Pride and Basildon Pride.

Our upcoming fundraising events

How you can make a difference

# Who we are.

Basildon Mind was established in 1970 to help and support people experiencing mental health difficulties in hospital and in the community. We are affiliated to National Mind and required to follow its stringent quality standards, audited under the Mind Quality Mark (MQM) program. Basildon Mind was last awarded MQM in 2021.

## Our Services.



**Counselling**, a free service to 7-17 year old's, and adults for £5. Private Counselling at £45 per session.



**Helpline**, the phones are manned for 10 hours Monday-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 2 weekly walking sessions for anyone.



**Allotment**, our allotment provides wellbeing benefits to its volunteers, with social engagement, outdoor activity and growing food.



**Forensic Advocacy**, we provide advocacy for patients at Brockfield House, Wickford.



**More information** is available at [basmind.org](http://basmind.org)  
email: [info@basmind.org](mailto:info@basmind.org)  
or call 01268 284130

# Welcome.

This is our first newsletter where we want to let you know about Basildon Mind. I hope it is informative but also a little entertaining.

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

Basildon Mind is your local independent charity providing mental health services, training and support in our community.

Whilst affiliated with National "Mind", we rely on our local fundraisers and supporters to fund our work, helping people in need of mental health support.

I am sure many of you will have seen our shop in East Walk, but you may not know is that we also provide counselling services above the shop and also services at Whitmore Way.



In these difficult times for everyone, there is increasing demand for our services. That is why we have ambitions to expand our services across the Basildon Borough.

To make sure that we are able to support all of the individuals that require one or more of our services, we need the support of the community to volunteer with us and raise the funds for our services.

If you can support us in anyway, your help will be greatly appreciated.

Best Wishes, Denise, CEO



## Ricky's 500km Run

Ricky used Basildon Mind's counselling service in 2019 when he "didn't know where to turn". His counsellor taught him "some tools to cope". One of these was to use his interest in running.

In 2021 Ricky sadly lost his dad and needed to do "something with purpose". An encounter with Basildon Mind's Counselling Manager led to 'Ricky's 500km Run' in late 2021.

Ricky ran 10 kilometres a day for 50 days to raise money to counsel youths aged 7-18 at Basildon Mind.

**"I was told there was a backlog of Youths waiting to help. I wanted to do something to help. My counselling at Basildon Mind helped me so I was sure it could also help these kids. This sparked a fire and I set off."**

Ricky completed his 500km on Christmas Eve 2021, outside Basildon Mind's charity shop where he was welcomed by a large crowd.

The money Ricky raised was used to reduce Basildon Mind's Youth waiting list by an amazing two thirds! Ricky is thinking about his next venture.

**"My run helped other people and it helped me."**

If you fundraise for us do you know that -

- |       |   |
|-------|---|
| £100  | will provide a shift of help through our free Helpline.   |
| £500  | will provide 12 hours of free counselling to a young person.  |
| £1000 | will provide supported housing for a month for someone suffering from long-term mental health issues. |



## Meet the staff



**I'm Andy and I work as a Forensic Advocate** at a secure Mental Health unit in Wickford: Brockfield House is primarily a hospital run by the NHS. Basildon Mind has held the Forensic Advocacy contract for 20+ years.

We provide a service to Sectioned patients. Because I don't work for the NHS, this enables me to support the patients independently. The word forensic is used because, the majority of patients have committed a crime but were deemed mentally unwell at the time, so they were sent to the Hospital for treatment instead of prison.

My role entails

explaining to patients their rights under the Mental Health Act, supporting them at tribunals, dealing with complaints and supporting them on fortnightly ward rounds and gathering the correct information so that they are informed in every aspect of their treatment and care. Advocacy should enable the patient to feel empowered, in a period of their lives when they have had a lot of their rights taken away. It is client led, and confidential, as long as there is no risk involved to the patients. It's a rewarding role, which I've been doing for 10 years.

My other role at Basildon MIND is as an Integrative Counselling Therapist and Supervisor. I started my Counsellor placement at Basildon Mind in January 2010, and have worked with a wide range of client issues, including Anxiety, Depression, Abuse, Bullying, Self-harm, OCD, Loss, Bereavement and Relationship breakdown. I can work with Children, Youths, Adults and Couples. The term Integrative Counselling, means I can use many different theoretical models with my clients to best benefit them to move on with their lives.

As a Supervisor, I support 12 Counsellors and also our wonderful Helpliners, on a monthly basis. Basildon Mind works under the British Association for Counselling and Psychotherapy (BACP) code of ethics. This states every Counsellor must have 1.5 hours' of supervision monthly, where they bring their caseload to a Supervisor in a safe, confidential place to discuss and raise any concerns they may have. Supervision is a safety net, especially around Risk or Safeguarding. It's a vitally important role, giving the Counsellor ideas, advice and support.

In my 7 years' supervising, I have learnt so much myself from the skills and knowledge of our amazing team at Basildon Mind. As Therapists, we never stop learning and growing!

So many of our services at Basildon Mind rely on the help and donations of our supporters.

A donation of: £10 will provide support to our helpline

£50 will provide 1 hour of counselling to a young person.

# Volunteer for us

**Basildon Mind relies on its volunteers** to support our services to the local community. If it was not for the 80 volunteers that regularly perform duties, from counselling on the helpline, to steaming and sorting the donations at the charity shop, the charity could not support those in need.



There are many benefits for you by volunteering at Basildon Mind. Volunteering provides you with a chance to make new friends, learn new skills, gain confidence and improve your own mental health. For some it is a chance to give back to the community that in the past has supported them. We have a number of volunteer vacancies so please contact us if you can offer some of your time.

Contact [volunteering@basmind.org](mailto:volunteering@basmind.org) or call 01268 284130

## Here we highlight 2 current vacant roles:

### Counselling Receptionist

We urgently need volunteers to help run our counselling service.

We need someone to manage appointments, the diary and safely welcome clients into and out of our secure environment.

Hopefully, you will have good organisational, admin and IT skills. You should have the ability to communicate effectively and a strong team working ethos.

You will be based at the Charity Shop, 37 East Walk. We are asking for a minimum of 4 hours a week, during the hours of 09:00-17:00 Monday to Friday.

Full training, support and supervision will be provided.

This role may require a Disclosure and Barring service check.

### Billericay Representative.

Would you like to help local people in Billericay?

We're looking for volunteer "Ambassadors" to represent Basildon Mind in the Billericay Community Hub.

You will provide a listening ear, signposting and sharing information about our services.

We are looking for someone who is a good communicator and non-judgmental listener,

We are looking for someone to volunteer every Wednesday either between 12pm-3pm or 3pm-6pm.

Full training, support and supervision will be provided.

## Gardening at our allotment improves your mental wellbeing.



We know gardening reduces stress, raises self-esteem and psychological wellbeing. Our allotment provides an opportunity for anyone to work as a team reducing negative thoughts and feelings.

Every Tuesday morning a group of volunteers meet at our allotment in Vange between 8am and 1pm.

The allotment is quite large, around a quarter of an acre, and mainly used to grow edible crops, such as tomatoes, potatoes, runner and broad beans, sweetcorn, courgettes, peas, parsnips, and rhubarb, as well as strawberries and blackberries. Part of the allotment is a triangle of “wild” land which is boggy in winter and bone dry in summer making it unsuitable to grow edible crops.

At the allotment we are always trying to look after our natural environment, so this year we decided to do even more by planting some traditional flowers. Some like the sweet pea only flower for a short time but the Nasturtiums flowered all the way through to the start of the autumn. Their flowers are a great addition to salads. Next year, having planted some flower bulbs we hope to brighten up the plot in spring, and also go towards helping our smaller wildlife partners.

For our creepy crawly friends, our eight-pallet high “bug hotel” is full of rotting and decaying unwanted vegetation that we have cleared from the allotment. This will provide ample food for our overwintering insects. The “bug hotel” consists of plenty of small plant pots, plastic tubes and rolled up paper, encouraging a variety of insects seeking shelter from the cold.



We are currently working on preparing the earth for next year’s crops, hoping the weather holds out so we can complete the work by Christmas. Mind you, several hardy crops sown earlier this year will be available as we go into winter, such as brussels sprouts, parsnips and leeks. As all gardeners know the longer these are left in the colder weather the better they taste.

The work is labour intensive but rewarding.

**New volunteers are always welcome and if you wish to join us contact [Jill@basmind.org](mailto:Jill@basmind.org).**

## Fundraise for us.

We are always grateful to those who go out of their way to raise money for Basildon Mind. Recent examples include “Ricky’s 500km run” and Ross’ Golf day. The more money we can raise, the more free services we can offer to people who live in the Basildon Borough and are suffering with their mental health.

Please consider choosing Basildon Mind as the recipient of your next fundraising event. Would you consider recommending that your company makes Basildon Mind its Charity of the Year.

### Upcoming Events

11th  
December

#### 108 Sun Salutations.

Supporter Natasha to lead a yoga class in Billericay.

19th  
December

Charity Shop  
Christmas Raffle  
Draw £1 ticket

2nd  
February



6-12th  
February

Children’s Mental  
Health Week

## The Charity Shop.

Shop

# PRE-LOVED

### this Christmas

Pop in to our Charity Shop at  
37 East Walk, Basildon for great  
pre-loved gift ideas for Christmas

You'll be getting a bargain  
and helping to support your  
community's mental health



The charity shop is all set for Christmas with lovely Christmas goodies, Christmas jumpers, Pyjamas, Trees and Decorations, Toys, Cards and all kinds of Stocking fillers. Pop by and pick up a bargain. But if you can't get to us in person, visit our [eBay store](#).

## Follow us

Our social media accounts are a great way for you to find out about what we are up to. Just search for Basildon Mind on your favourite social media and follow us.

## Print partner

This publication is designed in-house but we use a commercial printer for hard copies. We would welcome a partner to print this publication in the future.

Basildon Mind, 37 East Walk, Basildon, Essex SS14 1HA. Registered Charity No. 1107896; Company Limited by Guarantee. Registered in England No. 5305203



# Contact Us



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