

Autumn 2023



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



**Supporting mental health in your community**

**In this edition read about:**

**The new “Right Care, Right Person” policy.**

**Our fundraisers: Wing Walker, Marathon Runner, Bike Riders , Walker, & Dessert servers.**

**The Charity Shop went Green for World Suicide Prevention Day.**

**Basildon Mind @ Essex Pride and Basildon Pride**

**The benefits of volunteering at Basildon Mind**

# Who we are.

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

## Our Services.



**Counselling**, a free service to 7-17-year olds, 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.



**Partnerships**, we work to deliver services across Essex, such as the Crisis Sanctuary Wellbeing Service., Positive Pathways for Adults, a local Crisis Sanctuary Plus House and a Mental Health Recovery Program.

# Welcome.

Welcome again to our newsletter. In this episode we highlight the change in care for those suffering severe mental health distress.

We continue to be your local independent charity providing mental health services, training and support in our community. Basildon Mind is part of the Mind Federation. Please read how we differ from national Mind when considering fundraising for us.

We rely on our local fundraisers and supporters to fund our work. We have fundraising packs with great ideas and guidelines for both individuals and companies. If you would like one of these please either visit our website or email: [fundraising@basmind.org](mailto:fundraising@basmind.org).

We rely on volunteers to help us provide our essential services to our community. Please consider applying for one of the positions that we have highlighted in this Autumn's newsletter.

**Best wishes, Denise CEO**

## The Charity Shop



In the week leading up to World Suicide Prevention day, Basildon Mind's Charity shop joined the "Creating hope through light" campaign by turning the shop window green. The campaign aimed to challenge people to talk about preventing suicide and to take the localised [ZSA suicide prevention training](#). Look out for our Halloween and Christmas windows over the winter.

We rely on your donations to raise money for Basildon Mind. If you are able to make a donation, please take the time to sign-up to Gift Aid.

*giftaid it*  
making donations go further

When we sell your donation, we will be able to claim an extra 25% of the sale from the government. It costs you nothing but your time.

## The Drop-in @ the Community Hub Billericay

We continue to gather information from our Drop-in, at the Community Hub in Billericay, from the local residents about the services that they would like Basildon Mind to provide. The Hub is open 2pm-5pm every Wednesday. Every Wednesday morning, we are also at the Billericay reading Rooms and we also had the opportunity to have a Pop-Up at the Billericay Library. All part of raising awareness of Basildon Mind in Billericay.



# Right Care, Right Person

Here at Basildon Mind, we want to highlight an important change in how the police and other emergency services will now be responding to calls regarding a person in mental health distress.

July saw the NHS, Police and Government committing to a new approach they believe will ensure those requiring urgent mental health support receive care from appropriate agency.

A new National Agreement has been signed to ensure that patients experiencing a mental health crisis will be treated by the most appropriate agency, helping free up Police time and ensuring care is provided by someone with the most relevant skills and experience.

Local health partners and police forces in England will work together on joint plans to implement the approach, working towards ending what is viewed as the inappropriate involvement of police where no crime is being committed or there is no threat to safety. Where police officers take a person in a mental health crisis to a health setting under the Mental Health Act, this agreement emphasises the need for local partners to work towards handovers happening within one hour.

## How will this change impact on residents of the Basildon Borough?

It is too early to say. But residents of the borough will benefit from two innovations developed and funded by Mid and South Essex Integrated Care Board for all who live in Mid and South Essex.

### **1/ Mental Health Urgent Care Department**

The first of its kind in Essex. It will be open 24 hours a day, seven days a week and will be located in the Basildon Mental Health Unit. It does not cater for Under 18's though. It will be staffed by a team of specialist doctors, nurses, and other healthcare professionals from EPUT, Mid and South Essex NHS Foundation Trust, and East of England Ambulance Service.

“The way this decision has been framed is deeply worrying and sends completely the wrong message to the public and to local police forces. One in four of us has a mental health problem. This decision has the potential to affect any of us. Above all, at the heart of any decision like this should be the people that the police serve not the potential hours of work saved.

“This announcement goes nowhere near offering enough guarantees that these changes will be introduced safely – there is no new funding attached and no explanation of how agencies will be held accountable. It is simply impossible to take a million hours of support out of the system without replacing it with investment and mental health services are not resourced to step up overnight. These changes must be introduced slowly and carefully, so no one is abandoned without support.”

Dr. Sarah Hughes, Chief Executive National Mind.



# Right Care, Right Person

## 2/ The Mental Health Joint Response Car



The car is manned by an ambulance clinician and a mental health specialist and available 7 days a week from 1pm to 1 am. Clinicians can make assessments about the physical welfare of patients and can provide pre-hospital care, while the mental health professionals have the ability to triage patients straight into mental health services.

The scheme has been designed to ensure patients 'get the right help' and assist with issues where someone could be deemed at risk of hurting themselves.

The service will also provide support from community services and the charity sector. The team will work with people to understand how they are feeling, what has triggered their crisis and provide support to return home or facilitate a referral to an appropriate service.

Please contact us if you have any concerns or want more information.

## Our Counselling Service

Counselling is talking therapy that aims to:

- give you a safe time and place to talk to someone who won't judge you
- help you make sense of things and understand yourself better
- help you resolve complicated feelings, or find ways to live with them
- help you recognise unhelpful patterns in the way you think or act and find ways to change them (if you want to).



Our qualified therapists will work with you, listen to you and help you make changes or improve your wellbeing. Wellbeing is all about being comfortable, healthy and happy.

We provide counselling to adults, children, couples and families. Our fundraising subsidises much of the counselling we undertake and we also offer a private counselling service.

All our counsellors are members of the [British Association of Counselling and Psychotherapy \(BACP\)](#).

All our services are confidential. If you think this may be of help to you then please call 01268 284130



**Sometimes it's hard to talk to family and friends and you just need that one person who takes the time to listen.**



# Billericay Town Charity Football Club



8<sup>th</sup> September saw the first game of the new season for the Billericay Town Charity Football Club in support of Basildon Mind. The team won the game handsomely against a spirited Romford Bull Sharks, who were playing their first match.

Please check-out the fixtures on our Upcoming Events page.  
Come along and support the team.



## Basildon Pride and Essex Pride



This summer Basildon Mind attended two Pride events. These are really joyful events, but we need to remember that one in eight LGTBTIQ+ people aged 18-24 attempt to end their life each year.

This is a great way for us to make everyone aware of the services we provide. Our Chair, John, gave two presentations at the Basildon Pride Discovery Hub. We spoke with many people and met friends for the first time like Denise from Unite.

Next year we hope to expand our presence at Basildon Pride, with more information and fun games centered around good mental health.

Why don't you put it in your diary now.



## Mind or Basildon Mind when fundraising

“what’s the difference”?

Fundraising for Mind can sometimes be confusing. Mind is a federation of just over 100 independent charities of local Minds under the umbrella of Mind, the national charity. Local Minds, like Basildon Mind, are responsible for sourcing their own funding for the services they provide in their local communities. This sometimes leads to people fundraising or donating to the national Mind, when they really want to fundraise for or donate to the provider of the local services that have supported family members, friends or in many cases themselves. Mind understands that people can genuinely make a mistake in their fundraising or donating. So, there is a way in which, here at Basildon Mind, we can approach the national Mind and have that fundraising or donation rerouted to us. So, please check with us when making a donation or fundraising and use our Basildon Mind dedicated fundraising page [basmind.enthuse.com](https://basmind.enthuse.com)



Or



### Our fundraisers

#### The Fat Turk, Brentwood £650

We would like to thank The Fat Turk for making us their charity of the year, 2022/2023. They have raised a wonderful £650 by including a £1 donation in the price of a dessert.

“The Fat Turk have been proud sponsors of Mind over the last year, supporting mental health in the local community.

Emma, The Fat Turk



THE  
FAT TURK

## Our fundraisers

### London to Brighton Cycle Ride September 10th



This summer we had four supporters participate in this iconic 55-mile cycle ride. The route starts from Clapham Common before travelling through Mitcham, Carshalton, Chipstead, Turners Hill, Haywards Heath, Ditchling before finally reaching Brighton.

#### Simon **£504** (**£354 for Basildon Mind**)

Simon completed the grueling cycle ride in an amazing 3hrs 35min.



“

The heat was definitely the hardest part, was hard getting enough fluid down you to replace what was lost, but overall, a really great experience!

When my uncle was at his lowest point, Basildon Mind provided critical support alongside those within Basildon Hospital. The cycle ride was a great opportunity to raise funds for this cause in memory of my uncle, such that the team at Basildon Mind can continue their vital work helping others with their mental health through difficult periods.

*Paul Harvey 16/7/1957- 20/01/2023*

”

#### Laura, Mira and Jennie. **£531**

“ On 10th September I completed the 55 miles London to Brighton cycle ride. Myself and two friends trained hard for this, early morning rides and also rides on our fitness bikes to get some extra miles in. This was the most challenging thing I have ever done both physically and mentally. I wanted to fund raise for Basildon Mind as I have struggled with my Mental Health for a huge number of years and continue struggling daily.

I would like to say a special thank you to everyone who donated to this special charity close to my heart and also to my two friends Jennie and Mira who got me over that finish line.

”

Laura





## Our fundraisers

### Sam £1,842

On September 9<sup>th</sup>, Sam ran the Bewl Water Marathon. The marathon runs around the stunning trail route, one of Kent's best known beauty spots, not far from Tunbridge Wells. Sam had set himself a fundraising target of £1,500 and smashed that raising his £1,842 from 63 different supporters.

“ I wanted to set myself the challenge of running a marathon to push myself, to start doing things that I wasn't comfortable with in order to grow.

With heat clocking in at 30 degrees on the day and the course being a mix of trail running and up/down steep country lanes it's safe to say my legs had never experienced anything like it! But getting round in 5 hours 54 I was more than happy despite the time being off what I'd set myself, I'd achieved my ultimate goal of pushing what I thought I could do.

I'd overcome adversity. I'd also been able to raise over £1,800 for Basildon Mind to further help people improve their mental health and overcome their own challenges and adversity they face in life. I hope that by being on my own mission I inspire others to find their own and pursue it, whatever it may be. ”



### Libby £2,600



Libby had set a fundraising target of £1,000 and as you can see absolutely pummeled it. Apart from raising much needed funds, Libby wanted to raise awareness of mental health in memory of her very special friend, Harriet.

If you were in Gloucestershire on September 13<sup>th</sup> and looked up to the heavens, you may well have seen Libby standing on top of the wings of a 1940's biplane. Libby has raised funds for us before, but I am sure that this was her most adrenalin fueled piece of madness.

“ Harriet was a beautiful soul whose smile could light up any room. H is for Hope, H is for Happiness, H is for Harriet. ”

## Our fundraisers

### Sarah £61



On Friday September 22<sup>nd</sup>, Sarah took part in the 2023 Fun Walk. Sarah walked around Northlands Park. The annual event raises funds for a number of local charities with walkers asked to walk either a 2km or 5km sponsored route. **Congratulations Sarah!**

**We really do appreciate  
the support from all our  
fundraisers.**

**Thank You!!**

## How does your support help people?

### Wellbeing Groups

**Participating in one of our group activities reduces stress, raises self-esteem and psychological wellbeing.**

#### Wellbeing Walking Group



Our Walking Group's Summer Picnic

Our walks provide a great physical and mental outlet. Walks are held on alternating Wednesdays from 37 East Walk and Wat Tyler Park SS16 4UH and on Fridays at Northlands Park, SS13 1SD. All start at 10:30 am.

#### Wellbeing Gardening Group

Our Gardening group meet every Tuesday morning between 9am and 1pm at our 1-acre site in Vange. No experience is needed. The wet August meant a bumper harvest for the gardeners to take home and cook.



Even in the upcoming autumn and winter months, there is still plenty to do, making homemade compost, planting seeds in the polytunnel, and making sure the bug hotels are not disturbed.

Contact [Jill@basmind.org](mailto:Jill@basmind.org) for more info.



# Volunteering.

With busy lives, we know it can be hard to find time to volunteer. However, the benefits of volunteering can be enormous. Volunteering with Basildon Mind offers vital help to people in need in our community, but the benefits can be even greater for you, the volunteer. Volunteering at Basildon Mind can help you to find friends, connect with the community, learn new skills, and even help you with your career.

Volunteering has also been shown to help protect your mental and physical health. It can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose. While it's true that the more you volunteer, the more benefits you'll experience, volunteering doesn't have to involve a long-term commitment or take a huge amount of time out of your busy day.

## Current opportunities

**Charity Shop Volunteers** 4-hour shifts Monday-Sunday am/pm in the shop.

**Community Hub Reps** 3-hours on Wednesday pm in the Billericay Hub.

**Helpliners** One or more 3-hour shifts per week at Whitmore Way.

If you can offer any help, please contact [denise@basmind.org](mailto:denise@basmind.org) or call 01268 284130

## Upcoming Events

Every  
Wednesday &  
Friday



Walking Group, alternate Wednesdays from Shop and Wat Tyler Park. Fridays Northlands Park SS13 1SD.

Every Tuesday



Gardening at the Allotment in Vange. 10am. Contact [Jill@basmind.org](mailto:Jill@basmind.org)

10<sup>th</sup> October



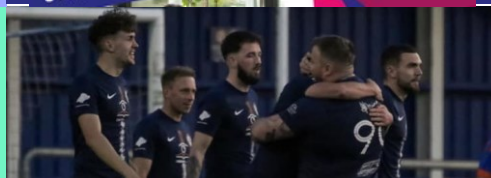
World Mental Health Day

1<sup>st</sup> November



Stress Awareness Day

24<sup>th</sup> November



Charity Football Match versus @ BTFC 20:00

15<sup>th</sup> December

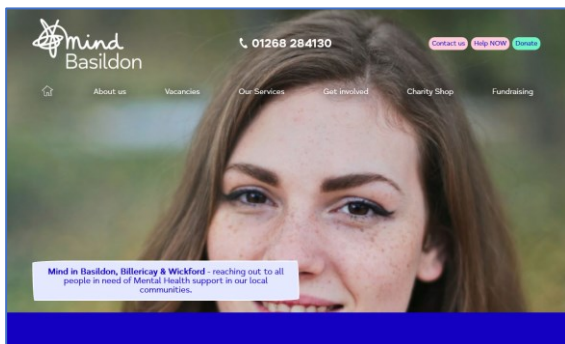


Charity Football match versus TBC @ BTFC 7:45

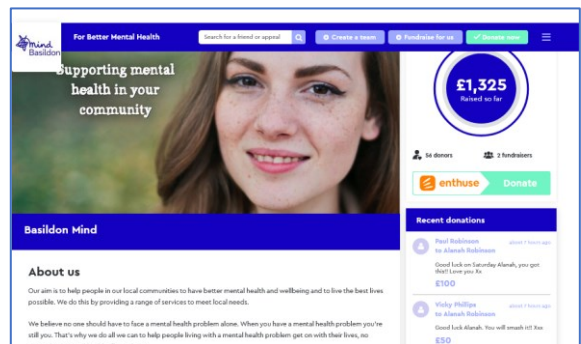
# mind Basildon

Keep in contact with our Social Media

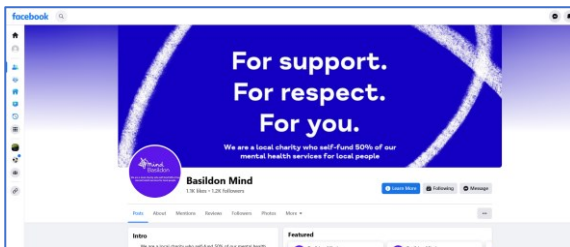
## Our Website



## Our Fundraising Website



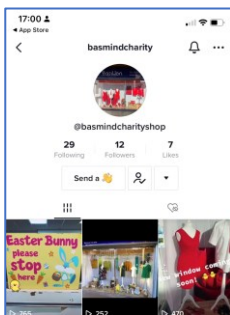
## Our Facebook



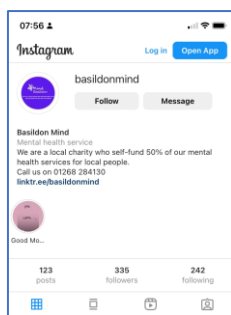
## Our Shop's Facebook



## TikTok



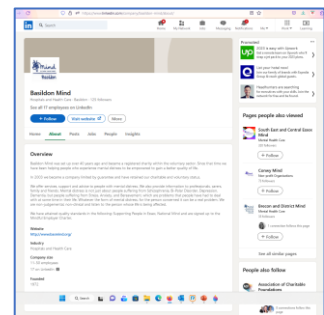
## Instagram



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## Our LinkedIn



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