

Spring 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:

Our new Drop-in in Billericay

Our fundraisers and our new fundraising website

The walking group's new route

What's new in the Charity Shop

Jon's and Ciara's stories

Monster sprouts

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. There are lots of exciting developments we have this spring at Basildon Mind.

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

We rely on our local fundraisers and supporters to fund our work, and to aid them with this we have revamped our digital fundraising. We also have fundraising packs with great ideas and guidelines for both individuals and companies. If you would like one of these please email: fundraising@basmind.org.

Later in this newsletter you will hear about our expansion in services into Billericay, something we have been striving towards for a number of years.



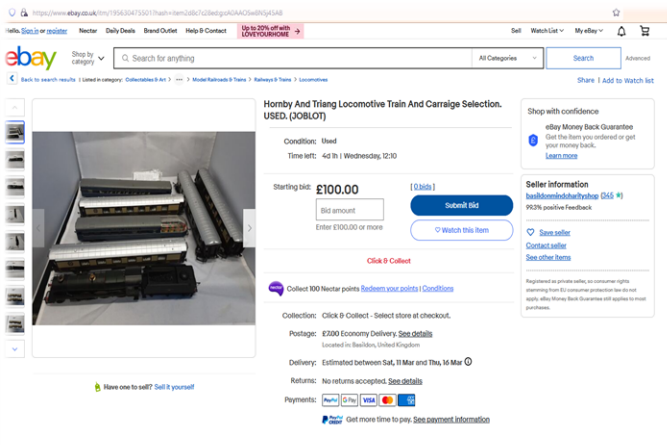
If you can support us in anyway, your help will be greatly appreciated

Best wishes, Denise CEO

The Charity Shop

Our charity shop continues to thrive in East Walk. We regularly change the window display, and our Christmas display won the “Best Dressed Business” from Basildon for Business. We hope they bring some seasonal cheer to everyone.

After the success of our Christmas raffle that raised £401, we are running an Easter Raffle for £1 a ticket where you can win this lovely hamper.



If you can't visit the shop we do sell on eBay, we have a 99.3% approval rating. There are currently 160 items from shoes and clothes, Lion King Mugs, Door Knockers, a Beatrix Potter rotating music ornament, and a Hornby & Triang Locomotive Train and Carriage set.

This year we are partnering again with Adventure Island to sell wristbands. If you purchase them from us, you will save £££s.



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.

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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.

Basildon Mind, 37 East Walk, Basildon, Essex SS14 1HA

Drop-in at the Billericay Community Hub.



Left to right, Penny, Faridat, Emma and Basildon Mind CEO Denise

On the 1st March we opened our Drop-in center at the Community Hub 8-10 High Street, [CM12 9BQ](https://www.google.com/maps/place/8-10+High+Street,+Billericay+CM12+9BQ). Initially it will be open between 2-5pm every Wednesday. The Drop-in was organised and launched by our new volunteer Faridat along with volunteers Emma and Penny. Here we are able to support visitors with their mental health, informing them of the services we provide and if necessary, signpost visitors to other services more relevant to their needs.

We continue to look for volunteers to help man the Drop-in on Wednesday afternoons. If you can help, please either visit the Community Hub or email volunteering@basmind.org.

It is important that Basildon Mind extends its reach to the whole borough of Basildon, including Billericay, Wickford and the surrounding villages. Through the Drop-in center, we will be able to find out what services are required in Billericay and gauge the level of demand. We know how important it is that we provide support to everyone in the borough and are investigating the possibility of opening in Wickford as well.

“ I would like to work together to get us to the point where people think of Mind when they think of mental health, to see us as a reliable point of contact to either help them with the mental health concern directly, or to refer them to where they can find the help that they need! ”

Faridat

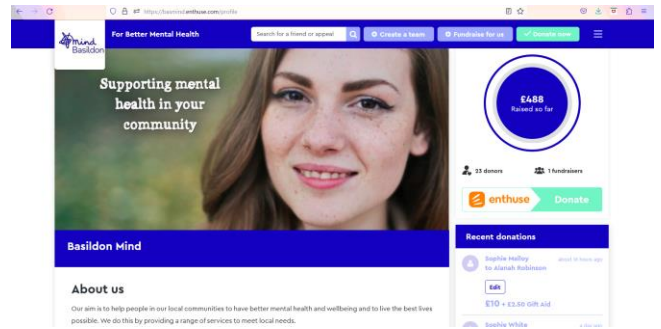
Our new digital fundraising platform.

We truly appreciate all our fundraisers, and to support you with your fundraising we have launched a platform that makes your fundraising easier.

If you, or any of your friends and family are looking to raise funds for us, will have the opportunity to build your or their own fundraising page.

The new fundraising site can be found here:

<https://basmind.enthuse.com/profile>. Have a look.



Our fundraisers

Ross' Golf Day £4,800



Ross decided to donate to Basildon Mind after "I saw a number of people I knew from school and my adult life struggling with their mental health during the Covid-19 pandemic".

On 8th July 2022, around 100 golfers congregated at the South Essex Golf Club after Ross chose Basildon Mind as his charity of the year. His choice was helped by visiting us at Whitmore Way to meet the team and his fundraising was supported by banners and leaflets for the day. Thank all of you !!

“

I live in Billericay and I particularly wanted to donate to a local charity and I understood that Basildon Mind is the 'Local Mind' which delivers mental health services in my local area. I believe if you go local, it means a lot more to your local area



Ross

Tash's Yoga Class £320



On a cold Sunday morning, Tash, and her yoga class, raised much needed funds for Basildon Mind.

Tash led the class in 108 Sun Salutations. A Sun Salutation is a traditional yoga practice involving 12 poses, in a continual movement. Thanks Tash and her Yogis!!

“

Yoga has always been a very important part of improving my mental health. So, I decided that I wanted to raise money for Basildon Mind by leading a yoga class where along with my fellow yogis I completed 108 Sun Salutations.



Tash

Our fundraisers

FC Redwing Cycle Ride £880



Thank You FC Redwing!!

After thinking about how the recent lockdown was affecting the players mental health, they arranged some additional sessions and online games to stay in contact.

They then formed a team made up of Hywel, Steve, Chris, Rob, James & Andy who undertook a gruelling sponsored charity bike ride earlier this year.

The bike ride took place from Lowestoft to Billericay, and raised some well-earned monies for us at Basildon Mind.

Well done & many thanks again to FC Redwing – onwards to your next adventures!!

Roger and Carol Savage £450



Big thanks to our lovely friends Roger & Carol Savage – who recently arranged, set up & ultimately ran a Christmas & Comestibles fayre at Little Burstead Village Hall, and sold some lovely plants & paintings in support of Basildon Mind.

Fantastic achievement and many thanks again!!

We really do appreciate the support from all our fundraisers.

Thank You!!

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.

Give Your Business a Purpose

Mental Health in the workplace can be improved if the workforce has a belief that a business has a social purpose, giving back to the community it comes from. By choosing to partner with Basildon Mind your business has the opportunity to improve your employee perception of your business. Basildon Mind have produced a Corporate Partnerships Welcome Pack filled with great ideas for your business in how they can fundraise for Basildon Mind.

The pack will give you all the information you need such as:

- The best techniques to make your fundraising a success.
- The wording for your company's intranet.
- How to set-up a fundraising page on our website.
- How to order fundraising materials.
- The legal side to fundraising- what you can and can't do.
- How to raise awareness of our mission.

Having Basildon Mind as your charity of the year, will certainly go some way to meeting your employees need for your business to do social good, but if your company goes that one step further than just fundraising for us, by providing your employees with actual opportunities to volunteer will get even better payback. Would you consider allowing your employees paid time off to volunteer for Basildon Mind. We have plenty of opportunities to allow your employees and colleagues, either individually, or as a team to volunteer for us. This Employer-Supported Volunteering has a number of benefits for your business:

- **Improved employee retention.**
- **Pride in working at your business.**
- **Stronger more connected teams.**
 - When whole teams participate in a worthwhile activity for a good cause, even just for a day, a sense of teamwork is fostered.
- **Happier, healthier staff.**
 - If you offer volunteering days at Basildon Mind you will see a reduction in sick leave as employees want to work for a company that values them and gives back.
 - They feel more satisfied, motivated, so staff morale is higher.
- **New Skills**
 - Volunteering at Basildon Mind s can enable your employees to learn and develop new skills.
 - Learning a new skill adds to a person's sense of worth, can boost their motivation, make them feel valuable and positively affect their overall wellbeing.

Give your business a purpose by partnering with Basildon Mind and improve your workforce's mental health. For more information in making us your Charity of the Year or volunteering opportunities please contact us at fundraising@basmind.org

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.

Full training, support and supervision provided for all roles.
Contact volunteering@basmind.org or call 01268 284130

Here we highlight 2 current vacant roles:

Helpliners

Working in the Whitmore Way office, answering phone calls and carrying out counselling admin.

A wide range of people call our Helpline, ranging from those with simple enquiries, to those with serious mental health issues. Phone calls can last between a few and thirty minutes, can be intense and challenging.

Shifts are normally 4-hours between 10:00 and 20:00, Monday-Thursday and 10:00 to 16:00 on Friday.

No experience is necessary as full training will be given.

Billericay Representatives

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 a non-judgmental listener,

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

Basildon Mind's Walking Group

Our friendly walking groups have added another location, Wat Tyler Country Park, to help improve inclusivity and allow more to join our walks. We know how physical exercise can improve your mental health.



The approximately 1-hour long walks, have a qualified walk leader and a trained counsellor to provide tips and support for all the walkers.

Everyone is welcome.

The Wednesday walks alternate between 37 East Walk, Basildon at 11:00 am and Wat Tyler Country Park, Pitsea, SS16 4UH at 10:30 am.

The Friday walk starts at the Vange Community Centre, SS16 4DA at 10:00 am.

Please check our social media to confirm start times prior to the event.



Why not come and give it ago!

News from the Allotment

Our gardening group meet every Tuesday morning at our quarter of an acre allotment in Vange. As you can see, they have grown some monster vegetables last year, put down to the “many barrowfuls of the brown stuff which we spread and dig in each autumn” according to our Volunteer Dave.

We know gardening reduces stress raises self-esteem and psychological well being. Read Jon's story on how the allotment has given him purchase.



How does your support help people?

Jon's story

Jon became a Basildon Mind Allotment volunteer in summer 2021. "I was really struggling with my mental health so the Basildon Hospital Mental Health Unit Crisis Team referred me to Basildon Mind."

"I have always liked gardening and find it is good for my mental health. The Basildon Mind allotment seemed a really good next step at a time when I really needed help".

From the start "I felt part of the friendly team. We all have the same interest and I really like the team. The project is run as a democracy and I have as much say as anyone else. This boosted my confidence because I felt listened to and it felt like I had something worth saying".

He continues "when I'm at the allotment, my problems don't seem so big. I feel like I've made friends – which is something I was not expecting".

After more than a year, "the allotment has given me something to carry on for. It's helped my self-confidence and I'm now able to join other groups away from Basildon Mind. More importantly, the allotment has given me purpose. it's the best thing that's ever happened to me!"

Jon's advice to other people suffering with their mental health is to consider the Basildon Mind Allotment. "It has brought me so much. It can open so many doors and help mentally that it's worth trying.

Ciara's story

Ciara used Basildon Mind's Youth counselling service in 2016/17. She was referred by her doctor to help her cope with her 'Non-Epileptic Attack Disorder'.



Ciara said "I suffered from sudden absences which I found humiliating and degrading. My GP recommended counselling to try and help me understand, accept and live with what was happening."

As a teenager at a difficult age she was not keen to attend. However, her mum persuaded her to try one counselling session. With "a lot going on" she reluctantly attended her first session, after which she changed her mind.

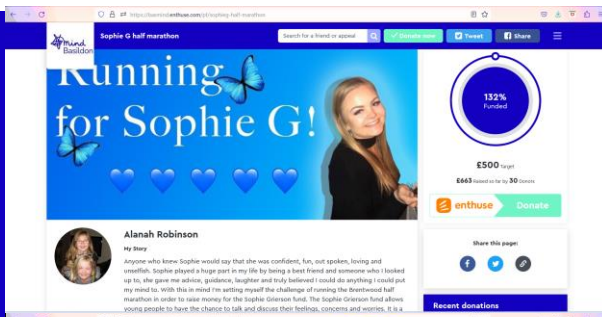
It didn't take long for Ciara to realise that counselling could help her. "Even at the end of the first counselling session, I couldn't hide the fact that I already felt better". During the next 4 months, Ciara and her counsellor worked together so she could come to terms with her medical condition.

Ciara's experience of Basildon Mind was really positive. She felt "100% listened to by her counsellor."

Ciara has achieved her counselling goal. "I learned to accept that everyone is different; to accept that the bad bits are just as much a part of me as the good bits."

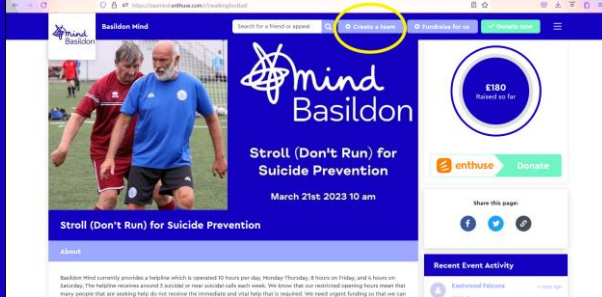
Upcoming Events

12th March



Alannah is running the Brentwood Half Marathon in memory of her friend Sophie G and the Sophie Grierson Fund. She has already raised over £700

21st March



Billericay Town Football Club are hosting a Walking Football Tournament in aid of the Suicide Prevention line operated by Basildon Mind

5th April



The Basildon Mind Charity Shop is hosting an Easter Raffle. Tickets are available now at a cost of £1.

15th-21st May



On the theme of Anxiety, get involved in Mental Health Awareness Week 2023. We'll be letting you know what we can do together.

June



Liberty will be Wing Walking in memory of her friend Harriet. She has already raised over £1,500

10th October

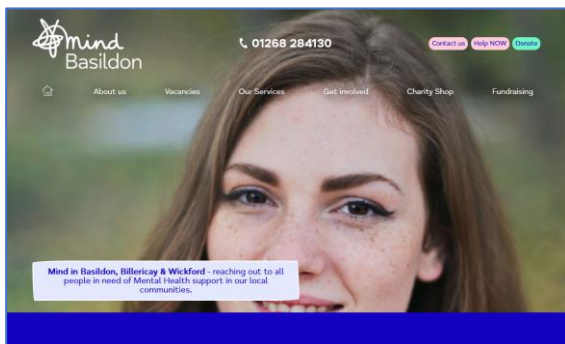


We will be hosting an event to raise awareness and provide an opportunity for everyone working on mental health issues to talk about their work.

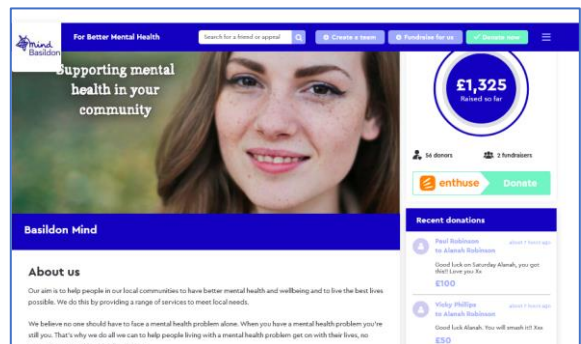
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Keep in contact with our Social Media

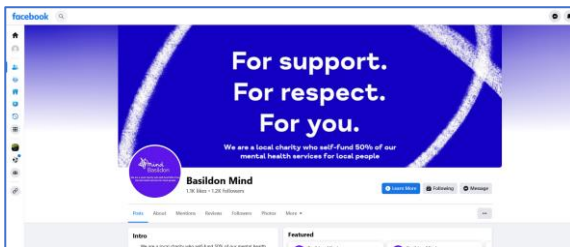
Our Website



Our Fundraising Website



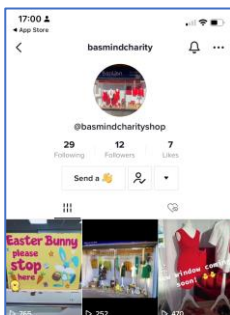
Our Facebook



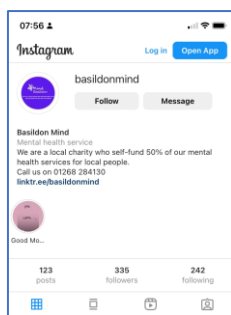
Our Shop's Facebook



TikTok



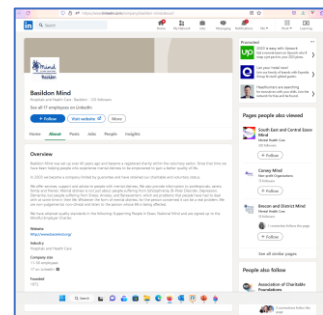
Instagram



Twitter



Our LinkedIn



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