

Spring 2024



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



In this edition read about:

“Spare the time for Better Mental Health”

Focus on our Volunteers, Helen, Anne and David

Our Supporters including the Windmill Theatre Pantomime

**Jet Hairdressing Academy makes Basildon Mind their
Charity of the Year.**

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
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, soon to be 4 in April, weekly walking sessions for anyone



Allotment

Our allotment provides wellbeing benefits to its volunteers, with social engagement, outdoor activity whilst growing fantastic 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 want to highlight the invaluable work that our volunteers commit to every week. Without them charities like ours could not exist to provide the much-needed services to our community.

As part of our commitment to our volunteers, I am pleased to say that we have appointed a Volunteer Engagement lead so that as an organisation we can better support our volunteers with better training and support.

Later in this newsletter you will see the benefits to you of volunteering with us.

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

Although we are a charity, we are also part of the local business community, providing important services. We see more businesses focusing on the well being of their staff. As such, it has been a pleasure recently to be invited to present to company employees at learning sessions on good Mental Health. We look forward to doing more in the coming months.

Best Wishes, Denise CEO

Volunteering at Basildon Mind

Volunteers at Basildon Mind account for four fifths of our people providing the essential services to our community for better mental health.

Do you know that new research puts the value of volunteering in England and Wales at a whopping £324bln, a staggering 14.5% of GDP. At Basildon Mind we like to use the quote from Sherry Anderson, **“Volunteers don’t get paid, not because they’re worthless, but because they’re priceless.”** Sadly, the numbers of those volunteering at least once a month in England & Wales has been falling over the last decade. The cost-of-living crisis and the fallout of the pandemic meaning many have chosen to give up their once loved volunteering. This is preventing many charities from expanding or even maintaining their services. It’s no different at Basildon Mind, we urgently need to find new volunteers. That’s why we are launching our new volunteer recruitment campaign,

“Spare the Time for Better Mental Health.”



Our volunteers are at the heart of everything we do.

Some bring skills to the organisation that otherwise would be needed to be outsourced. Others bring empathy, hard work, dedication and love to our service users and clients. Some work from home, others in the counselling centre, others in the shop, some at events, and many fundraise.

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

Leo Buscaglia

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.**

By volunteering you will:

1. Improve your self-esteem, confidence and wellbeing.
2. Gain invaluable work experience.
3. Use your existing skills and knowledge to benefit the Basildon community.
4. Meet new people and make new friends from a range of backgrounds.
5. Receive high quality training and develop new skills.
6. Feel valued and part of a team.
7. Improve your own mental and physical health.

Download our volunteer brochure from our website or email: volunteering@basmind.org

Our Volunteer Stories

If you are thinking of volunteering at Basildon Mind, you might want to hear what has motivated our current volunteers to join us and how they have got on.

Helen

I'm Helen and I was born and brought up in Manchester. I still retain my northern accent despite having lived in Essex for over 36 years!

My career was in education where I taught students with learning difficulties. I taught in the primary and secondary sectors where I often found myself acting as advocate for the students, whilst supporting their parents as they fought to get their child's educational needs met.

My hobby has always been gardening. I first heard about Basildon Mind at the Billericay Reading Rooms where Chair John B mentioned the Allotment group that meets on a Tuesday morning. I was encouraged to go along, where I discovered a welcoming and peaceful environment, enhanced by the wildlife. There are two resident foxes who oversee the gardening: I suspect they view themselves as quality control!

I have taken part in various volunteering activities, including helping at the shop which I find a vibrant and busy place, where customers are valued and made to feel welcome.

“Although I am writing this as a new volunteer, I must confess to feeling that **Basildon Mind has already given more to me than I can ever imagine giving back, but I shall try my best to do so.**”

Anna



I have recently started volunteering for Basildon Mind. I have been retired for a while and I previously worked in Essex for over 20 years as a Psychiatric Nurse both in hospitals and in the Community. I have also worked for many years with service users experiencing substance abuse and mental health issues. I have previous experience with another service, and I was eager to volunteer for a local Charity. As Basildon Mind is looking to expand its service in Billericay, where I have lived for many years, I decided to enquire about volunteering with them. I thought that the skills and experience I have may be useful as a volunteer with a mental health charity particularly as Basildon Mind's presence in Billericay grows

I have been volunteering at the Billericay Hub on a Wednesday afternoon and have met some of the other volunteers. I'm looking forward to meeting more people soon.

Our Volunteer Stories

David

I heard about Basildon Mind through the Basildon Borough magazine: I saw an advert in early 2022. I've always been a walker and I've always been interested in Mental Health. This started when I did some youth work which I found interesting. It led to me qualifying as a Youth and Community Worker and later as a Counsellor.

Having retired and experienced the Covid-19 pandemic, I felt quite cut off from my local community and felt the need to re-engage, start walking at a pace and using my skills

I joined the Basildon Mind Friday walking group, who meet outside the Vange Community Hall every Friday at 10am. I was made to feel very welcome by the Walk Leader, the Talking Therapist and group, which is quite diverse and very friendly. Basildon Mind's 'Walk and Talk' is led by a qualified Walk Leader, accompanied by a qualified Counsellor who walkers can talk to during and after each walk. That part of Vange is pleasant to walk around

My next step was to support the Talking Therapist during some training she wanted to run. I felt I could support her having done lots of training in the past. So far we have run 2 Suicide Prevention workshops together. The demand is so high that we will run more.

Joining Basildon Mind's walk and volunteering with them has been great for my physical health and allowed me to use my work experience to help others.



Some of our current Volunteering Opportunities

Community Hub Representative. **Wed 2pm-5pm**
As we look to expand our services into Billericay, we need volunteers to listen to Billericay residents, find out their needs and if necessary signpost them towards our services or those of other organisations.
For this role, we are seeking individuals that are good at listening and have clear communication skills. But, most importantly are non-judgemental.

Charity Shop **Mon-Sat 09:00-17:00**
Sun 10:00-16:00
This is a great opportunity for anyone seeking experience of working in a retail environment. Everyone gets a chance to do everything. From sorting and pricing donations, stock management, bookkeeping, visual merchandising, customer service and customer relations.
We are looking for reliable volunteers that can fill at least one four-hour shift per week.

Helpliners **Mon-Fri 10:00-16:00**
Sat 10:00-14:00
Our helpline provides a service to all the people of Basildon Borough. Calls can be as simple as handling enquiries, signposting towards services we and others provide or providing a non-judgemental listening service to those in mental health distress or to their families or friends.
We are looking for volunteers with good listening and communication skills. Volunteers will need to be non-judgemental in listening to the calls as well as having a patient personality. Volunteers are asked to take a 3-hour shift, at least once a week.

Basildon Mind Ambassador **Various times throughout the year.**
As an ambassador for Basildon Mind, you will attend events representing the organisation. These events will most likely be during the weekend but may also involve some weekday events at our corporate partners.
We ask our ambassadors to attend a training session to give them full knowledge of Basildon Mind's services.
We would expect that an ambassador would have confidence in being able to represent Basildon Mind, have strong communication skills and experience of public speaking

Our Supporters.

We are always grateful to our supporters both individuals, teams and companies. Without these volunteers Basildon Mind could not exist.

IronmongeryDirect



We are so grateful for the ongoing support from IronmongeryDirect. Last Christmas the employees held a raffle with prizes donated by some of the company's supporters. **They raised a superb £1,229 for Basildon Mind**

Chair John Birkett received the cheque from IronmongeryDirect at their offices on 25th January.

HR and Comms coordinator Beth Jones said: **"We have been working with Basildon Mind for a**

few years and all our staff are really proud to be supporting such an important charity in our local community. We are so pleased that our efforts will go some way in helping keep vital services for the charity running and provide people in need with support and information about help in their area."

At Basildon Mind we are so appreciative of the support that IronmongeryDirect has provided with us over the last few years. Tragically, on average 687 tradespeople take their own life each year. That is why we will offer support and guidance to IronmongeryDirect as they look after their colleagues' wellbeing.

Arc (UK) Systems

In October Arc (UK) Systems held a Mental Health Week for their employees. As part of this Basildon Mind Chair John Birkett attended their offices to make a presentation on the work that Basildon Mind does in the local community.



Our Supporters

Ground Control



In December Basildon Mind was invited to attend one of Ground Control's "Lunch and Learn" sessions. Denise, our CEO, and Jill, our housing manager, took the audience through the history and services that Basildon Mind provide. Given that the audience was national, the session being shared on Teams, also detailed the services provided by most local Minds around the country. Jill shared what influences Mental Health and the risk factors in our life that can contribute to developing poor mental health.

Given the timing, just prior to Christmas, part of the session focused on the anxiety experienced by many caused by money and financial worries. The Money and Mental Health toolkit, co-designed by Mind and local Minds, was developed using lived experience as part of Mind's service development work. If you as a company would like to learn more, please email denise@basmind.org.



After Denise had shared a light-hearted quiz with everyone, the session ended with a Q&A session. One participant highlighted the fact that whilst Ground Control's workforce is majority male, the audience had been primarily female. Understanding that many men are uncomfortable talking about their mental health, Basildon Mind will seek to hold more sessions going forward with a male focus, including a speaker with lived experience.

Ground Control made a generous donation of £250

Jet Hairdressing Academy

We were very pleased to receive an email at the beginning of the year from co-owner Stacie, stating that Basildon Mind had been chosen as their charity of the year. The students will be fundraising by making donations when they take a snack from the larder, asking clients to donate for treatments, and by taking part in a 5k run.

Importantly, we at Basildon Mind will support the students and staff in understanding how to acknowledge their own and others mental health. We plan to hold sessions, first with staff, and then with everyone to improve mental health. Jet already has a Mental Health First-Aider and we hope to be able to help her in her essential work.

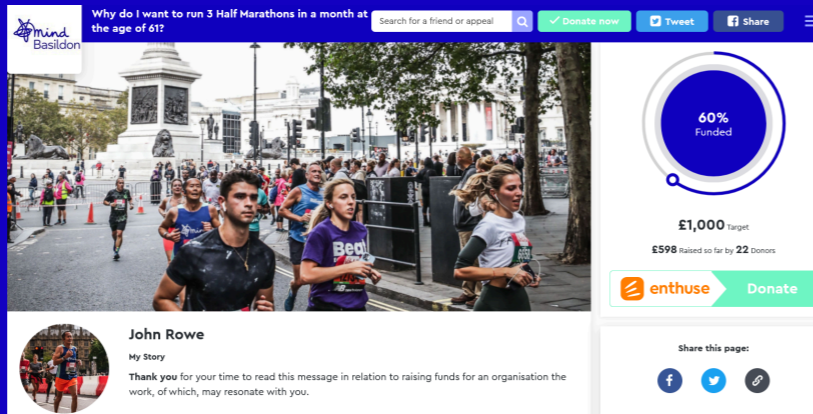
Thank you to the staff and students for choosing Basildon Mind as your charity of the year!



Our Supporters

John

At the age of 61, our treasurer has taken on the challenge of running 3 half-marathons in the space of one month. It all starts with the Chelmsford half-marathon 3rd March, then the sunshine of Portugal and the Lisbon half-marathon before ending with the London Landmark half-marathon on 7th of April.



John is well on the way to achieving his fundraising target of £1,000 which will be split between National Mind and Basildon Mind. Please support John by clicking on his fundraising page picture.

Cameron



Cameron has chosen to take on the daunting prospect of running 25km along the Thames from Putney Bridge to Henley. His entrance fee has been subsidised by National Mind and he has set himself the target of £480 in support of National Mind which he has already, at time of writing, reached 68% of. Thank you Cameron for supporting our Mind federation

Steer Chelmsford

We want to thank Lee for encouraging his colleagues at Steer in Chelmsford to "eff and jeff" as much as they liked as long as they paid for it. **The Swear box raised £128.50** in 2023 and we hope that the "effing and jeffing" continues in 2024 to raise more funds for us here at Basildon Mind.

If you would like a collection tin for your own swear box email us at fundraising@basmind.org. If you wish we will even brand it with your own company logo.



Neighbourly & Gallagher

At the end of last year, we received an email from Neighbourly, an award-winning giving platform that matches businesses with local good causes across the UK and Ireland. It read "Great news! Your good cause has been nominated by an employee of Gallagher UK to receive funding as part of their matched giving programme."

The amount was £700. It was a very pleasant surprise, although the employee who had nominated us remained anonymous, we would still like to thank them. We are now fully set up on Neighbourly as an approved and fully vetted local good cause.



Our Supporters

Windmill Theatre School



Over the 2nd and 3rd of February, the Windmill Theatre School performed their pantomime "Red Riding Hood & The Three Little Pigs" at Stock Village Hall. The shows raised funds for 3 charities, Basildon Mind being one. Netta, the School's Principal, has asked that Basildon Mind's share goes towards the Sophie Grierson Fund. The SGF provides emergency counselling for young people in severe mental health distress.

Thank you to all of you that took part, those that bought show tickets, donated on the day, and entered the raffle. Your support is greatly appreciated.

The Windmill Theatre School raised a wonderful £627.90 for the Sophie Grierson Fund @ Basildon Mind



Isla and friends.

December saw Isla (9) and her two friends want to raise funds for Basildon Mind. At their school, Thundersley Primary, they set up a shop where they sold their loom band jewelry, some arts and crafts they had made and also their unwanted toys. Isla and her friends understood the difference in fundraising for Basildon Mind and National Mind. We love the entrepreneurship that the girls have shown, maybe in a few years we will see them on The Apprentice or Dragon's Den.

Isla and friends raised a superb £32.33. Thank You!



Our News

Charity Shop

The shop window is constantly being updated with different themes to attract customers. Winter saw a spooky Halloween theme and a spectacular Christmas window.

Easter will bring with it our raffle and we thank everyone that has donated prizes for us.

We always welcome quality donations of clothes, Bric-à-brac, toys, DVD and books.



Wellbeing Walking



In November our Walking Groups were “Highly Commended” for “Health and Wellbeing” in the 2023 Basildon Activity Awards. Walk leader Kate and Talking Therapist Chvonne received the award from Basildon Mayor Luke Mackenzie.

Our weekly wellbeing walks were recognised for the benefit that all participants receive in improving and maintaining their physical and mental health.

On alternate Wednesdays the walks are started in Wat Tyler Park or the Charity Shop, 37 East Walk. On Fridays the walk is at Northlands Park. All walks start at 10:30. Please check our social media for more information and updates.

Wellbeing Allotment

Our quarter acre allotment is located just off Clay Hill Road in Vange. It is easily accessible with a good bus service and plenty of parking. Half of the 10 growing beds are raised for easier access. The winter wouldn't normally be thought of as a growing season but, for Christmas, potatoes were planted in large containers giving all gardeners some new potatoes for their Christmas dinner.



The poly tunnel provides the ability to propagate plants and this winter 30 strawberry runners have developed into small healthy plants to be planted this spring.



Our sessions are Tuesday mornings 9:00-13:00

Why not come along to one of our wellbeing groups, improve your physical and mental health. But most of all, make new friends and have fun.

New News

2 more Social Prescribing Groups

Fast Walk/Slow Run

April 9th will see the start of a new group catering for those wanting to walk fast or run slow. The 60 minute activity will start at the Basildon Sporting Village, 18:30 every Tuesday for approximately one hour of social interaction with a trained Walk/Run leader and a Talking Therapist. We ask for a £1 donation to cover costs.

Billericay Walk & Talk

On April 15th we launch our latest “walk and talk” session at Lake Meadows Billericay. Led by a trained walk leader with a therapist attending, the 1hr walks will be every Monday at 10:30. The walks will end at a local cafe where you can purchase refreshments.

Please email volunteering@basmind.org for more information.

Our Events and Awareness Calendar

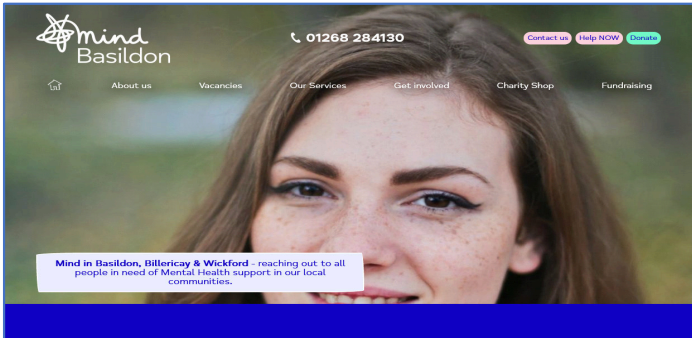
Date	Event
March	Our Easter Raffle @ the Charity Shop
26 th March	Stroll (Don't Run) Walking Football Tournament @ Billericay Town F.C.
13-19 th May	Mental Health Awareness Week
27 th May	MHAW Sponsored Walk
6 th -7 th July	Billericay Summerfest
27 th July	Basildon & Pitsea Carnival
7 th September	Basildon Pride
10 th September	World Suicide Prevention Day
10 th October	World Mental Health Day
December	Our Christmas Raffle @ the Charity Shop
8 th December	Mental Elf 5k Run/Walk
13 th December	Christmas Jumper Day

Please check our social media for more information.

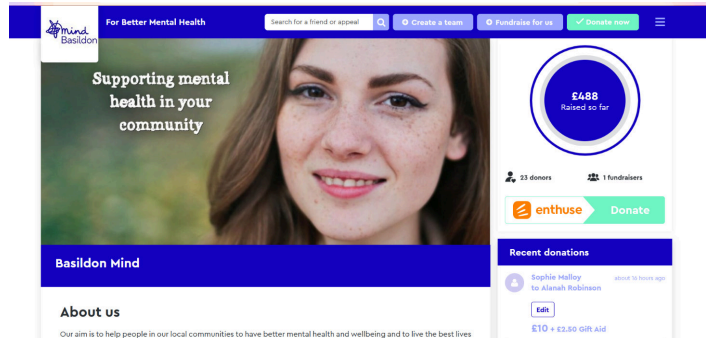


Keep in contact with our Social Media

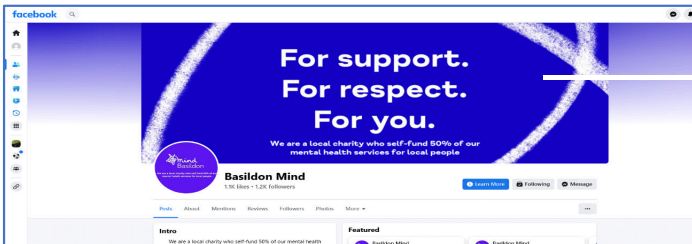
Our Website



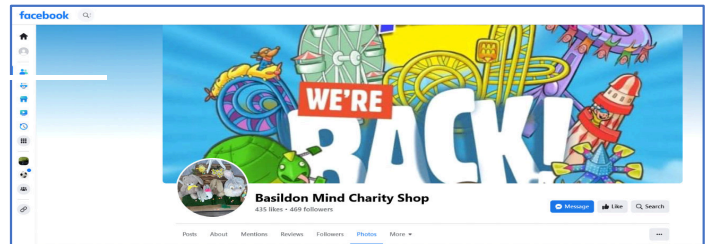
Our Fundraising Website



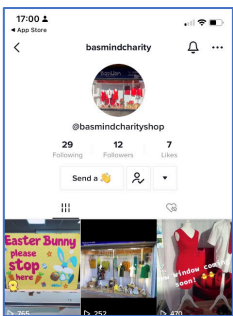
Our Facebook



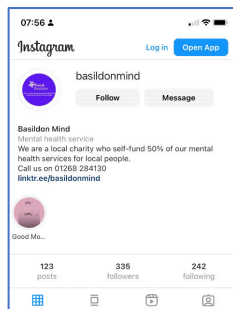
Our Shop's Facebook



TikTok



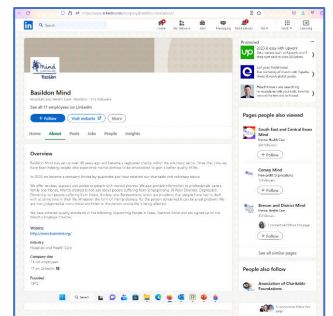
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LinkedIn



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