

Summer 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 Partnerships for People in Mental Health Crisis**

**Our fundraisers**

**Wellbeing Groups**

**Our Summer Campaign and Appeal**

**Dan and Lauren's story**

**IronmongeryDirect Partnership**

# 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. We 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](mailto:fundraising@basmind.org).

In March we celebrated Mental Health Awareness Week, We would like to thank all of those pubs, shops and other organisations that helped raise awareness of Basildon Mind by putting our posters up prominently in their businesses.

It was also Volunteers' Week at the beginning of June. I would personally like to thank all of the volunteers that help Basildon Mind provide the top-quality services that we do.

Best wishes, Denise CEO

## The Charity Shop



Along with the rest of the country, our shop celebrated the coronation of their Majesties King Charles III and Queen Camilla.

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.

*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. Please come and visit us and help us understand your needs better.



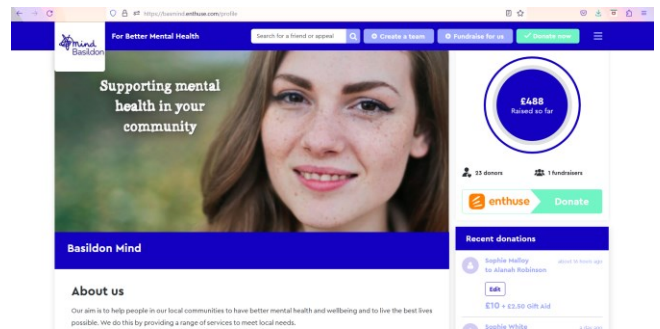
## Our digital fundraising platform.

We truly appreciate all our fundraisers, and to support you with your fundraising we launched our 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 fundraising site can be found here:

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



## Our fundraisers

### Alanah £1,148

Alanah was the first person to use our digital fundraising platform. Alanah initially set herself a goal of raising £500 running the Brentwood Half Marathon on March 12<sup>th</sup>. We know that by setting a fundraising goal it incentivises donors to give more.

Alanah used her social media to improve her fundraising.

49 Donors helped Alanah raise £1,148 for the Sophie Grierson Fund. The fund was set-up by Ray and Emma Grierson in late 2019 following the tragic loss of their beautiful daughter Sophie aged 19.



The specific aim of the fund is to quickly provide 12 sessions of counselling to very distressed 14 to 24 year-olds.

*“Anyone who knew Sophie would say that she was confident, fun, outspoken, loving and unselfish. Sophie played a huge part in my life by being a best friend and someone who I looked up to, she gave me advice, guidance, laughter and truly believed I could do anything I could put my mind to. With this in mind I set myself the challenge of running the Brentwood half marathon in order to raise money for the Sophie Grierson Fund.”*



Alanah

# IronmongeryDirect and ElectricalDirect

**Leading specialist trade suppliers IronmongeryDirect and ElectricalDirect have raised £5,483** in aid of Basildon Mind. Employees took part in a number of fundraising activities across the year. The WOW Team recognised the vital role undertaken by Basildon Mind to help people in need and selected Basildon Mind as part of its mission to help local causes.

The WOW team hosted various fundraising activities, for us. Their efforts to raise money included an employee Christmas raffle, with prizes donated by the companies' suppliers, and a silent auction, the proceeds of which contributed significantly to the final total.

In-line with Mental Health Awareness Week, IronmongeryDirect surveyed UK Tradespeople to highlight the issue of work-related stress within the industry. The report highlights the issue of work-related stress within the industry. 68% of tradespeople surveyed said that they experienced work-related stress at least once a month.

The company made a mural of 687 hi-vis jackets to represent the number of tradesman that on average take their lives each year. The mural was placed on a construction site on Charing Cross Road, London.



“

The WOW Team is a group of employees who represent each department and work together to organise company events, charity events and are the voice of all employees across the business. Giving back to the community is integral to who we are as a business, and we are very proud to be supporting Basildon Mind this year. The charity was chosen as our partner due to the fantastic work they do in providing advice and support to anyone experiencing a mental health problem in our local community.”

Steve Macpherson,  
Head of WOW for IronmongeryDirect  
and ElectricalDirect.

“

We want to thank all the staff at IronmongeryDirect and ElectricalDirect for supporting us and raising this fantastic sum of money to help our cause. ” Denise CEO

Basildon Mind have produced a Corporate Partnerships Welcome Pack filled with great ideas for your business showing how you can fundraise for Basildon Mind.

The pack will give you all the information you need to make Basildon Mind your charity of the year.



## Billericay Town Charity Football Club

During the Covid lock down of 2020, Dan, who loved his social life and spending time with his friends and family, suffered with his mental health. He became depressed and insular which manifested with him attempting to take his own life. Dan reached out to South-East and Central Essex Mind for help. He attended counselling sessions that improved his mental health.

He, along with his wife Lauren, were very thankful for the support and help he received from their local Mind. So much so that they decided that they should give back and fundraise for Mind. Understanding that men have historically found it difficult to talk about their mental health, they founded Every Man Matters Charity Football Team.

They contacted local football clubs to ask if they could use their facilities but found nothing suitable for the team locally to them in Southend. They then contacted Billericay Town FC that offered the use of their stadium 4G pitch. The superb facilities became home to the team and the first game was played on 14<sup>th</sup> August 2020. Over the coming years they raised over £12,000 for South-East and Central Essex Mind.

In 2019 Dan and Lauren moved to Billericay. Now they have taken the decision to support their local Mind, Basildon Mind. They also wanted to recognise the support that they had received from Billericay Town F.C.

So with the support of Basildon Mind they will be renamed **Billericay Town Charity Football Club in support of Basildon Mind** for the new season.

Please check-out the fixtures on our Upcoming Events page.

Come along and support the team.



## Stroll (Don't Run) Walking Football Tournament



21st March saw the inaugural Walking Football tournament. 15 teams took part from all over Essex. **The tournament raised £1,390.** We would like to thank all that took part, but special thanks go to all at Billericay Town Football Club that generously provided the

In a very sporting gesture, or perhaps just through exhaustion, the finalists Leyton Orient and Billericay Town, chose to share the trophy after the final ended 1-1.



## Our fundraisers

### Steve and the Rayleigh Golf Club Seniors Section £6,037



When the person who was supposed to become Senior Section Captain withdrew, Steve assumed the role. The first thing he did was decide who should become the Rayleigh Golf Club's Senior Section Captain's Charity of the year.

In 2020, a friend of his family sadly took their life, and no-one knew why. Then the Covid-19 pandemic left people Steve knew struggling with their mental health: they didn't know what to do or where to go. This gave Steve a strong desire to choose a mental health charity. A former work colleague of his, volunteers at Basildon Mind so Steve, thankfully for us, chose Basildon Mind.

It all started with the Captain's Drive In on his first day, which kicked off the fundraising. The first big event in July was the Captain's Charity Dinner. This dinner/dance was attended by 110 and raised £1000.

At the September Invitation Event which consisted of a round of golf, followed by dinner, almost 100 participants raised £500.

Next came the *Christmas Ryder Cup* golf tournament and quiz, which raised hundreds more pounds. In March 2023 was the *Youngsters vs Olders* where 2 of the better players from the Seniors played their counterparts from the main club. The match was followed by a raffle and sweepstake and the funds raised were split between the two captains' chosen charities. Another few hundred pounds were added to Steve's fund.

Due to the generosity of the Seniors Section Steve raised an amazing **£6,037**. This money will be used to counsel local children and youths aged 7-18 who are suffering with their mental health, which Steve felt was a most worthwhile service.

“

*Mental health seemed to resonate with our club and some of my golfing colleagues told me it's a subject close to their hearts and they know people who've got issues. I hope the money we raised will enable Basildon Mind to spend the money I saved them on its other worthwhile services.*

” Steve

**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.

# How does your support help people?

## Our partnerships for people in Mental Health Crisis

Whilst Basildon Mind is an independent charity, we partner with other organisations to provide services further afield than Basildon Borough.

Two of our partnerships provide Mental Health Crisis support throughout South-Essex.

### The Crisis Sanctuary

Firstly, in partnership with Thurrock and Brentwood Mind, we provide a Crisis Sanctuary service at the Log Cabin in Grays. The Crisis Sanctuary, opened initially at the start of the Covid-19 pandemic, provides a response to people in crisis and prevents escalation of mental health problems and unnecessary referrals to secondary mental health services, A&E departments, and other emergency and out-of-hours services. The Sanctuary provides a safe place for individuals experiencing an emotional or mental health crisis. It offers practical and emotional support in a warm, welcoming, and friendly environment. It also operates an outreach service during the day in Basildon, Brentwood, and Thurrock. A referral can be made for service users who dial 111 and choose option 2, mental health.

In the first 4 months of the year, the Crisis Sanctuary has supported 564 service users, with referrals coming from the Clinical Response Service, Community Mental Health Teams and First Response Team. Clients request support for a variety of issues with the most common being unable to regulate emotions, suicidal or intrusive thoughts and depression or anxiety.

The service is open from 10am-1am weekdays and 6pm-1am at the weekends.

### Sanctuary Plus Crisis House

As an extension to the Crisis Sanctuary and part of the 24/7 Mental Health Crisis Response covering Mid and South Essex, Basildon Mind working with other Local Minds opened the Sanctuary Plus Crisis House. The House had its first service user on 24<sup>th</sup> June 2022. The Crisis House, which is located in Basildon, offers intensive short-term support to help service users manage a mental health crisis in a 4-bedded residential setting, rather than in hospital. Basildon Mind provides 2 Peer Support workers and 2 Housekeepers as part of the total 15 staff members.

The service operates 24 hours a day, 7 days a week and 365 days a year.

Since it opened in June 2022 114 people have benefitted from the service. Referrals to the Crisis House have come from the Crisis Sanctuary, Crisis Resolution and Home Treatment team, CRS and Mental Health Liaison Team.



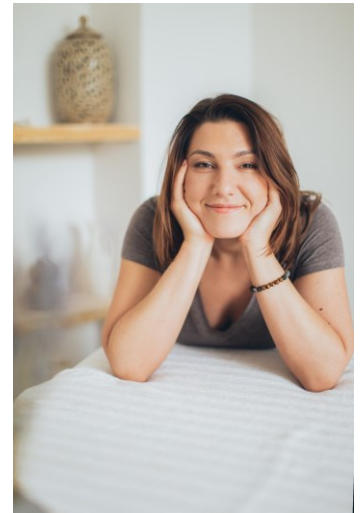
# How does your support help people?

## Wellbeing Groups

Social prescribing is a key component of the NHS's Universal Personalised Care. It is an approach that connects people to activities, groups, and services in their community to meet the practical, social and emotional needs that affect their health and wellbeing.

Basildon Mind has long been linked with the practice of social prescribing in our community. When people are socially isolated, it can impact negatively on their mental health. So, we arrange groups for people to meet and talk with others who have similar life experiences. Our range of activities are based on the principles of the 5 Ways of Wellbeing: Connect, Be Active, Take Notice, Keep Learning and Give.

Our "Walk and Talk" sessions held every Wednesday and Friday, are led by a qualified walk leader with a trained counsellor to provide tips and support for good mental health. The allotment in Vange, offers anyone the opportunity to work collectively in a friendly environment in the fresh air every Tuesday morning. Volunteering at Basildon Mind, either in the charity shop on East Walk, or at the offices both in East Walk and Whitmore Way, provide an opportunity for people to make new friends, learn new skills, gain confidence and improve your own mental health.



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

### Become a Member of Basildon Mind

Are you interested in mental health in the Basildon Borough (Basildon, Billericay and Wickford)? Do you want to support a local mental health charity? If you answered yes to the above questions, please consider becoming a 'Member' of Basildon Mind.

Basildon Mind is run by its "Members, who attend AGMs and elect the Executive Committee.

#### Role of Being a Member

- Be interested in mental health and Basildon Mind.
- Influence how we are run and what we do.
- Vote for the Executive Committee.
- Consider our Annual Report and Accounts.
- Select our external auditor.

#### Benefits of Being a Member of Basildon Mind

- Entitled to vote at AGM (elect Board, etc).
- Receive our monthly Newsletter.
- Have access to our specialist library.
- Opportunity to volunteer for Basildon Mind.

Membership costs £3 per year. Please email [info@basmind.org](mailto:info@basmind.org) for more details.

## Our Summer Appeal

Being LGBTIQ+ doesn't automatically mean someone will have mental health issues but may mean they're at higher risk of experiencing poor mental health. A recent study by Stonewall found that over the year

- half of LGBTIQ+ people had experienced depression, and three in five had experienced anxiety
- one in eight LGBTIQ+ people aged 18 to 24 had attempted to end their life
- almost half of trans people had thought about taking their life.

That is why this year we are launching an appeal to raise funds for our counselling services at Basildon Mind and a campaign to raise awareness of the issues that members of the LGBTIQ+ people might face.



**24<sup>th</sup> June to 2<sup>nd</sup> September**

**Please fundraise for us by collecting donations or organising events.**

**Sign-up at [basmind.enthuse.com](https://basmind.enthuse.com)**

# Upcoming Events

Every  
Wednesday &  
Friday



Walking Group, alternate Wednesdays from Shop and Wat Tyler Park. Fridays Vange Community Centre.

Every Tuesday



Gardening at the Allotment in Vange. 10am. Contact Jill@basmind.org

24<sup>th</sup> June-  
2<sup>nd</sup> September



Pride Campaign. Starting at Essex Pride and ending at Basildon Pride. Sign-up and fundraise for us.

30<sup>th</sup> June



Charity Football Match versus Wandering Crow F.C. @ BTFC 7:45

2<sup>nd</sup> July



Basildon Mind @ Billericay Summerfest

14<sup>th</sup> July



Charity Football match versus TBC @ BTFC 7:45

29<sup>th</sup> July



Basildon Mind @ Basildon & Pitsea Carnival

4<sup>th</sup> August



Charity Football match versus Mate United @ BTFC 7:45

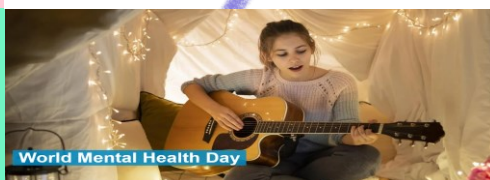
9<sup>th</sup> September

## Sam's Marathon for Basildon Mind

Bewl Water, East Sussex, September 9th 2023

Sam's Marathon @ Bewl Water, East Sussex.

10<sup>th</sup> October

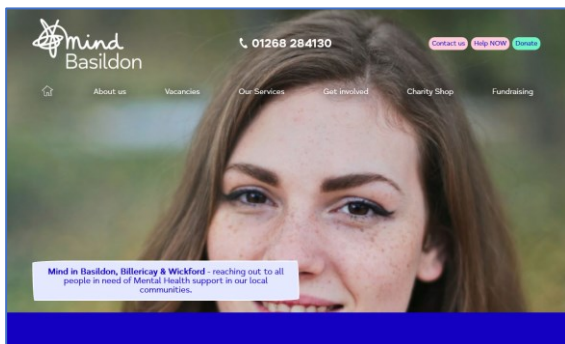


World Mental Health Day

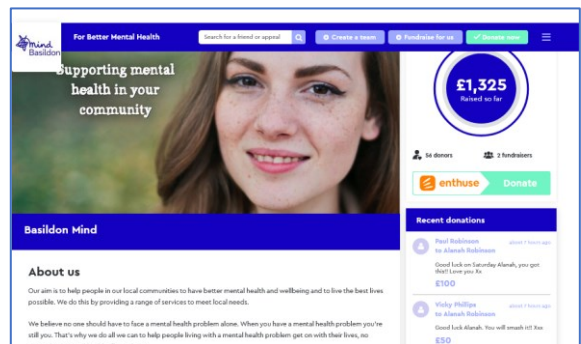
# mind Basildon

Keep in contact with our Social Media

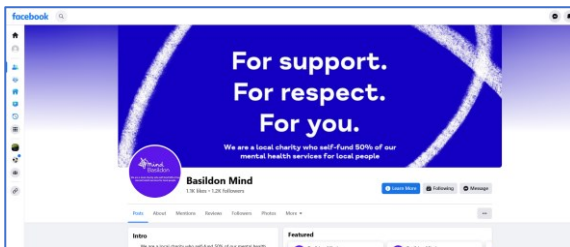
## Our Website



## Our Fundraising Website



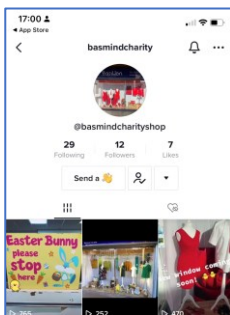
## Our Facebook



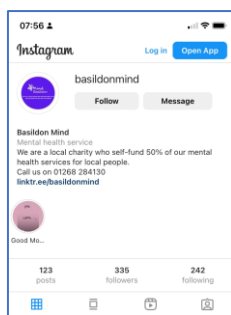
## Our Shop's Facebook



## TikTok



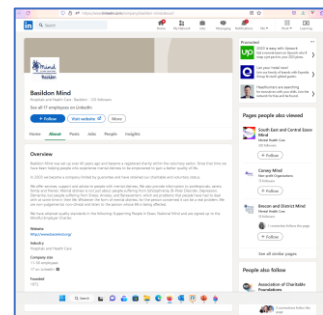
## Instagram



## Twitter



## Our LinkedIn



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



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**FUNDRAISING  
REGULATOR**

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