



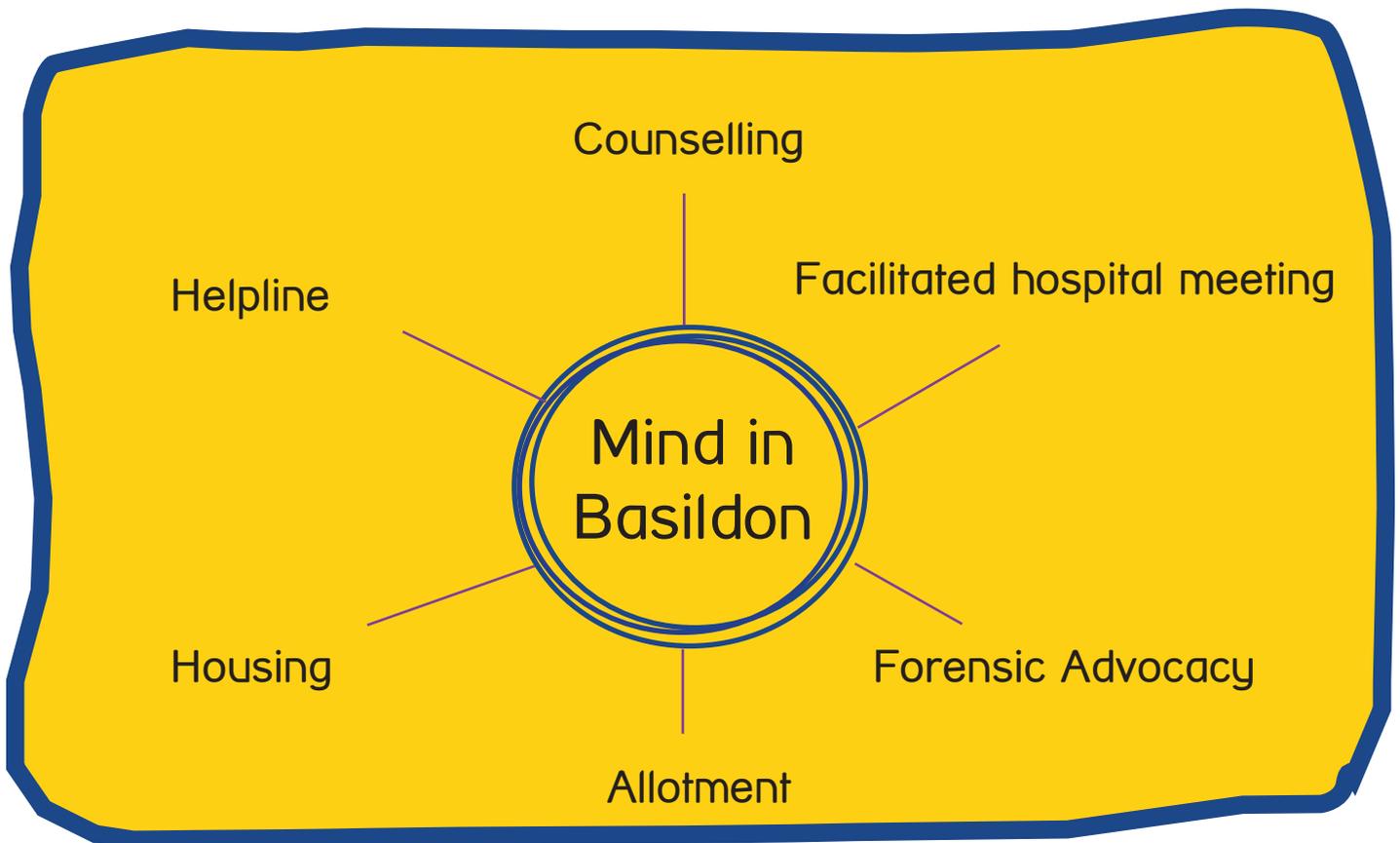
Basildon Mind

A guide to our services

Who are Mind in Basildon?

Basildon Mind is a registered charity, campaigning for anyone with a mental health problem. Working in the Basildon area for over 40 years, we offer support, advice and services to enable and empower those experiencing mental health problems to gain a better quality of life, to live independently and lead a full life.

We do this by working with strong local partners, listening to the needs of our community and acting on those needs, speaking out fearlessly and never giving up.



Basildon Mind 2020-2021

Basildon Mind plans for 2020-2021: -

- Achieve National Mind 'Mind Quality Mark' (MQM) Accreditation
- Partner with West Thurrock Mind on the South East Essex Crisis Sanctuary (instant Mental Health support, referred via 111)
- Extend Counselling services
- Launch a Community Hub via the SHED Project
- Launch Support Groups based in local venues
- Deliver training to our local community (e.g. Suicide Prevention)
- Deliver Mental Health awareness talks to the local community (in schools, local business, Job Centre, etc.)
- Work together with other service providers, to better coordinate the Mental Health services we offer our local community



We're here for you. We're on your doorstep, on the end of a phone or online. Whether you're stressed, depressed or in crisis. We'll listen, give you support and advice, and fight your corner. And we'll push for a better deal and respect for everyone experiencing a mental health problem.

To achieve this, we must work with our local community and partners (users of our services, fund-raisers, suppliers, local charities, local businesses and the general public).

A guide to our services

Over 40 years of service has given us extensive knowledge and insight into how we can support our community.

Counselling Services- Adults and Children

Counselling is a shared process between client and counsellor and aims to help the client understand themselves and their life situation more clearly. We provide confidential counselling services for both adults and children.

All counsellors adhere to the professional Code of Ethics and Practice of British Association for Counselling and Psychotherapy (BACP). All counsellors have undertaken rigorous professional training and are in regular supervision to maintain healthy professional working practices.

We provide a free and confidential counselling service for children aged 7 upwards.

Our bespoke counselling is funded by donations and we are also able to offer tailored counselling to private companies.

Mindful Counselling Service

(Private Counselling) is a paid for service, available to those looking for appointments outside normal work hours and who require more urgent support.



A guide to our services

Telephone Helpline

Our telephone helpline is currently manned 10am-8pm. If you are in distress please call us today. Many people who contact our helpline can be helped by one of the services provided at Mind in Basildon or can be signposted to further relevant services or support.

Housing Project

Our housing project was established to help people suffering with long-term mental health problems, enabling residents to live and thrive in the community, with the aim of eventually moving into mainstream housing.

We work with various local partners and agencies providing care and services to residents. Currently consisting of 4 houses and 3 single occupancy, self-contained flats, people can be referred to the service by GP, Care Worker, Social Worker, Support Worker, by self-referral or family.



We use the Recovery Star methodology to generate Support Plans for people who use our housing service and to support the improvement of their mental health.

Advocacy

Basildon Mind provides formal advocacy for patients on forensic wards at Brockfield House Hospital.

A guide to our services

Allotment

Gardening and being in the fresh air can promote both physical and mental wellbeing. Our well-established allotment, run entirely by volunteers, supports people with experience of a mental health problem to make healthy lifestyle changes, as well as encouraging local community engagement.

If you enjoy gardening, horticulture or just being in the fresh air and would like to volunteer at our allotment, please get in touch.

Mini Specialist Library

Our mini specialist library on mental health problems is for Professionals, Mental Health Service Users, or anyone with an interest in learning more.

A variety of topics are covered, together with first-hand accounts of mental illness and different approaches within therapy. Our Library is located at Whitmore way, Basildon.



Mind Charity Shop

Based in the heart of the Basildon town centre, our Charity Shop is open Monday to Saturday 9am to 5pm. All money raised goes to support our services and to support people with mental health problems in Basildon.

We welcome those looking to volunteer their time and any donations of goods are always gratefully received.

A guide to our services

Volunteers

Basildon Mind has over 50 volunteers who give up their time to help provide our services. Volunteers can assist in a variety of areas, ranging from helping at our Charity Shop, Befriending, manning our Telephone Helpline and many other roles.

Donations

As a registered charity, Basildon Mind relies on donations and funding to continue to provide and expand the services needed to support people with mental health issues in the local area.

If you wish to make a donation or organise a fundraising event on behalf of Basildon Mind, then please get in touch.



2019 key data

Housing Key Data

Basildon Mind runs the following supported housing, located in Basildon: -



Facilitated hospital meetings Key Data

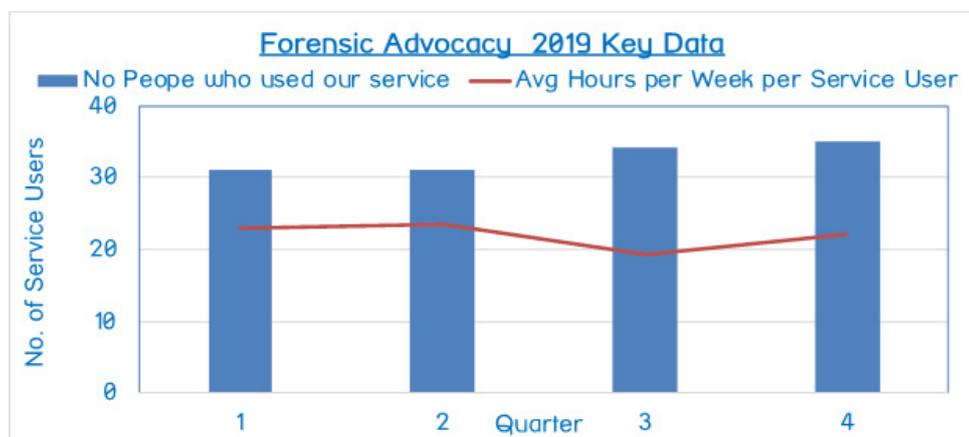
Basildon Mind runs a hospital visiting service: -

- 2 Wards in Basildon Hospital
- 2 Wards in Rochford Hospital

We visit regularly to ensure any patients concerns are understood.

Forensic Advocacy Key Data

Basildon Mind visit Brockfield House Hospital to represent patients: -



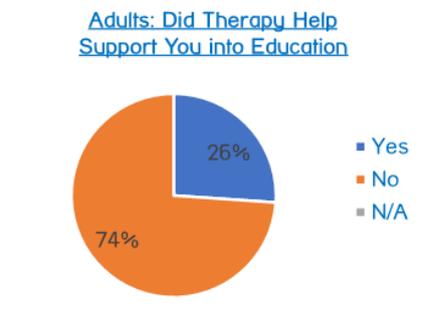
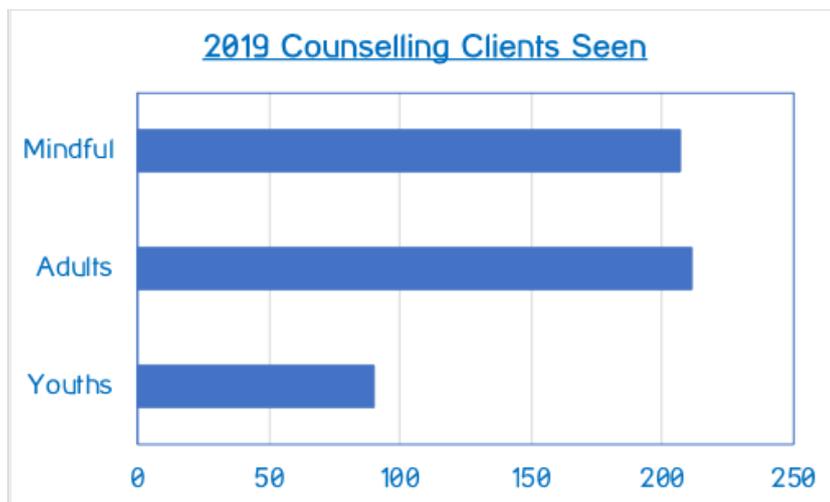
Key counselling data

2019 key counselling data

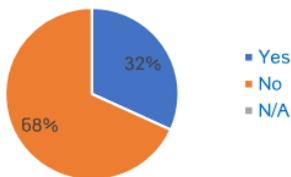
Basildon Mind offers 3 different counselling services: Youths (7-18 years' old), Adults and Mindful (private counselling).

Our data shows the impact of our counselling and the positive impact on our clients.

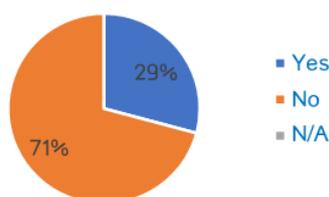
- 1 in 3 Adults were able to return to employment /voluntary work,
- 30% were able to reduce or stop medication,
- 25% were able to go into education and
- 2 in 3 achieved their counselling goals.



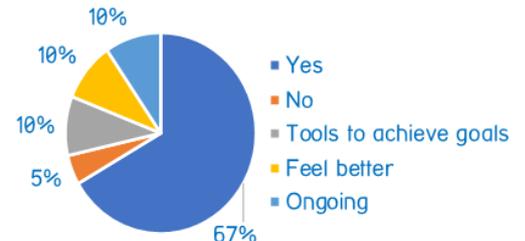
Adults: Did Therapy Help Support You Back into Employment / Voluntary Work



Adults: Did Therapy Help You Reduce/Stop Medication



Adults 2018: Did You Achieve Your Goal in Therapy





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 Counselling tel. (01268) 284130
 Charity Shop tel. (01268) 289700
 Donations tel. (01268) 289700
 Helpline/library tel. (01268) 284130
 Housing tel. (01268) 289700

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for better mental health

Basildon