



Service Guide

Summer 2024



www.bathmind.org.uk
Registered Charity No. 1069403

About Us

Bath Mind is a local and independent mental health charity operating across Bath and North East Somerset.

We offer a diverse range of support services across the community, tailored to individual needs. Our aim is to provide comprehensive support that empowers individuals to thrive.

You can self-refer to most of our services by using the contacts shown in this guide, or you may be referred by a health professional.

If you are unsure about which service is most suitable for you, please call our Access Community Mental Health Team on 0808 1751 369.



**Scan QR code
to view our
services online**



Contacts

Access Community Mental Health

access@bathmind.org.uk
0808 1751 369

Befriending

befriending@bathmind.org.uk
0300 247 0050

Breathing Space

breathingspace@bathmind.org.uk
0808 1751 369

Community Support

communitysupportservice@
bathmind.org.uk
01225 316199

Counselling

counselling@bathmind.org.uk

Food For Thought

foodforthought@bathmind.org.uk

Fundraising

fundraising@bathmind.org.uk

Greenlinks

greenlinks@bathmind.org.uk

Intensive Service

intensiveservice@bathmind.org.uk

Orchard House

orchardhouse@bathmind.org.uk
01761 252 770

Open Space

alisonchadwick@bathmind.org.uk

Press and Publications

press@bathmind.org.uk

Registered Care Home

housing@bathmind.org.uk
01225 448396

Safe Space

wellbeing@bathmind.org.uk
0753 811 3890

Supported Housing

housing@bathmind.org.uk
01225 448396

Training and Workshops

training@bathmind.org.uk

Volunteering

volunteer@bathmind.org.uk

Welfare Benefits

www.citizensadvicebanes.org.uk
0808 278 7897

Wellbeing Groups

wellbeing@bathmind.org.uk
0753 811 3890

One to One Mental Health Support

Access Community Mental Health

Help to access the right mental health support at the right time, with a focus on future independence and increased resilience.

When: Every day 9am - 5.30pm

Email: access@bathmind.org.uk Freephone: 0808 1751 369

Befriending

Regular telephone support and signposting for those feeling lonely, anxious or who have low mood.

When: Monday to Friday 9am - 5pm

Email: befriending@bathmind.org.uk Telephone: 0300 247 0050

Breathing Space

Evening mental health support for those experiencing crisis or needing to talk. We work with people to de-escalate feelings of crisis and produce a plan to support them.

Telephone support: Every day 5.30pm - 11pm

Face to face support: Every day 6pm - 10.30pm (call by 5pm on the day you wish to attend)

Email: breathingspace@bathmind.org.uk Telephone: 0800 1751 369

Counselling

Up to 12 weeks of affordable counselling sessions available for people aged 18+. Waitlist is currently 4-6 months, however we can process initial assessments in the meantime.

When: Monday to Friday 9am - 4.30pm

Email: counselling@bathmind.org.uk

Emergency Department Adult Intervention Service

Trauma-informed person-centred support to people aged 18+ who present to the RUH's Emergency Department with mental health crisis behaviours, low mood, depression and anxiety.

When: Every day 8.30am - 5.30pm

Royal United Hospital Bath Emergency Department, BA1 3NG

Young People's Mental Health Support

Bath Mind is committed to supporting young people throughout our community. In addition to our specific services for young people, our wellbeing groups welcome people over the age of 16 who are registered with a GP in Bath and North East Somerset.

Open Space

A space where young people can explore different activities, share ideas, and get creative. Many activities take place outdoors, where we benefit from the natural world. The aim is to build confidence, resilience and raise awareness of social action. We work with schools and home learners.

Various dates, times and locations.

Email: alisonchadwick@bathmind.org.uk

Safe Space

An online and in-person peer support group for young people aged 16-25. Members take part in activities such as guided art sessions, theatre and physical activity, as well as regular social gatherings.

When: Mondays 5pm - 6.30pm

Email: wellbeing@bathmind.org.uk Telephone: 07538 113 890

Cost: FREE

We offer free Wellbeing Sessions and Workshops to schools in Bath and North East Somerset. Please get in touch if you are interested.



Wellbeing Groups

Based around the 5 Ways to Wellbeing, groups support people to create new connections, learn new skills and build a sense of routine.

Email: wellbeing@bathmind.org.uk
Telephone: 07538 113 890

Crafty Minds

Relaxed crafting including macrame, upcycling, and jewellery making.

When: Mondays 1.30pm - 3.30pm

Where: The Hive, Peasedown St John, BA2 8DH

Cost: £3

Food for Thought

Nutrition courses and workshops giving an opportunity to try new foods and learn new cookery skills. Various dates and locations.

Football

A fun football game in partnership with Bath City FC Foundation.

When: Thursdays 5.30pm - 6.30pm

Where: Bath Recreation Ground, Pulteney Mews, BA2 4DS

Cost: £1

Greenlinks

An opportunity to connect with nature, garden, grow food, access fresh produce and meet new people.

Monksdale Road Allotments,
Bath, BA2 2JD

Tuesdays 11.30am – 2.30pm

Thursdays 10am – 1pm

The Potting Shed, Ammerdown,
Radstock, BA3 5SH

Wednesdays 10.30am - 1pm

Cost: £2

Gentle Badminton and Table Tennis

Non-competitive and fun games. All equipment is provided.

When: Tuesdays 1.30pm - 3pm

Where: Bath Leisure Centre, North Parade Road, BA2 4ET

Cost: £2

Wellbeing Groups

Hope Space

An evening group with games and quizzes, as well as mental health guidance and signposting to support.

When: Tuesdays 6pm - 8pm

Where: The Bubble, Chapel Court, Bath, BA1 1SQ

Cost: £2

Monthly Sharing Hub

Share simple food with others and learn about what's happening in our local community that can benefit wellbeing.

When: Last Wednesday of each month 12pm - 1pm

Where: The Bubble, Chapel Court, Bath, BA1 1SQ

Cost: £2

Open Opportunities

A variety of activities, such as mindful drawing, quizzes and drama.

When: Mondays 1pm - 2.30pm

Where: The Bubble, Chapel Court, Bath, BA1 1SQ

Cost: £3

Radstock Wellbeing Group

A space to enjoy conversation and creative activities such as felting, card-making and drawing.

When: Tuesdays 11am - 1pm

Where: The Swallows Cafe, Radstock, BA3 3QG

Cost: £2

Wellbeing Walks

Gentle walks where you can meet new people and enjoy nature. In partnership with Bathscape.

When: Thursdays 11am - 12pm

Where: Monksdale Road allotments car park, Bath. BA2 2JD

Cost: Free

Supported Living

Supported living services are offered to individuals within their own homes or within the community. We work closely with clients to achieve their goals and develop their autonomy.

Community Support

Our BaNES accredited recovery service provides one-to-one interventions to anyone who needs support due to their mental health or neurodiversity. This can be online or in the home and is tailored to the needs of the individual. Cost is £25 per hour for remote support or £30 per hour for face-to-face support for 6 or more weekly sessions.

Open for self-referrals for anyone aged 16+ and living in BaNES.

Email: communitysupportservice@bathmind.org.uk

Telephone: 01226 316199

Intensive Outreach

We aim to allow a smoother discharge from psychiatric care, or to prevent people needing to access hospital, by providing short-term intensive support in clients' homes. We work with the client's mental health team and provide flexible, trauma-informed mental health support. The maximum duration of support is 6-12 weeks. People can be referred into the service up to 3 times a year.

Only available for referrals via Avon & Wiltshire Mental Health Partnership Trust (AWP).

Email: intensiveservice@bathmind.org.uk

Orchard House

Our non-medical house based in Midsomer Norton provides 7-10 days' accommodation and support for those in mental health crisis living in the community and those leaving an in-patient setting. Staff work with the individual's mental health team to ensure they have the right support in place for when they leave Orchard House.

Only available for referrals via Avon & Wiltshire Mental Health Partnership Trust (AWP).

Email: orchardhouse@bathmind.org.uk Telephone: 01761 252 770

Supported Living

Dual Diagnosis Service

Provided by Bath Mind in collaboration with Developing Health and Independence (DHI), this service supports people age 18+ who are working on recovery from drug or alcohol use by offering mental health support at the same time.

Referrals to this service are currently closed.

Welfare Benefits

In collaboration with Citizens' Advice BaNES, our experienced mental health support worker assists individuals in understanding and applying for benefits, navigating the benefits process, and providing support during any appeal stages.

Due to the complex nature of the work, all referrals are taken via Citizens' Advice BaNES.

www.citizensadvicebanes.org.uk Telephone: 0808 278 7897

Residential Care Home

Our house in Bath provides non-nursing care and support for eight people aged 18-65 with long-term mental health problems. Residents are supported 24/7 and are required to be supported by Avon & Wiltshire Mental Health Partnership Trust (AWP).

Registered with the Care Quality Commission.

Email: housing@bathmind.org.uk Telephone: 01225 448396

Independent Living

Bath Mind manages self-contained flats in Bath and Chippenham, supporting tenants moving towards independent living up to a 2-year period. We work with each tenant on a one-to-one basis, enabling them to define their recovery goals and achieve their potential.

For Bath referrals, visit www.housingsupportgatewaybathnes.org.uk

For Chippenham referrals, email: housing@bathmind.org.uk
Telephone: 01225 448396

Weekly Timetable

Monday	9am-5pm 9am-5.30pm 1pm-2.30pm 1.30pm-3.30pm 5.30pm-11.00pm 5.00pm-6.30pm 6pm-10.30pm	Befriending Service Access Community Mental Health Open Opportunities Crafty Minds Breathing Space Telephone Service Safe Space Breathing Space Face-to-Face
Tuesday	9am-5pm 9am-5.30pm 11am - 1pm 11.30am - 2.30pm 1.30pm - 3pm 5.30pm-11.00pm 6pm - 8pm 6pm-10.30pm	Befriending Service Access Community Mental Health Radstock Wellbeing Group Greenlinks Monksdale Road Gentle Badminton and Table Tennis Breathing Space Telephone Service Hope Space Breathing Space Face-to-Face
Wednesday	9am-5pm 9am-5.30pm 10.30am - 1pm 5.30pm-11.00pm 6pm-10.30pm	Befriending Service Access Community Mental Health Greenlinks Ammerdown Breathing Space Telephone Service Breathing Space Face-to-Face
Thursday	9am-5pm 9am-5.30pm 10am - 1pm 11am - 12pm 5.30pm - 6.30pm 5.30pm-11.00pm 6pm-10.30pm	Befriending Service Access Community Mental Health Greenlinks Monksdale Road Wellbeing Walks Football Breathing Space Telephone Service Breathing Space Face-to-Face
Friday	9am-5pm 9am-5.30pm 5.30pm-11.00pm 6pm-10.30pm	Befriending Service Access Community Mental Health Breathing Space Telephone Service Breathing Space Face-to-Face
Saturday/ Sunday	9am-5.30pm 5.30pm-11.00pm 6pm-10.30pm	Access Community Mental Health Breathing Space Telephone Service Breathing Space Face-to-Face

Digital Support and Resources

Resources and Wellbeing Activities

There is a variety of free information, resources and activities on our website which can support your mental wellbeing, including:

- Wellbeing Activities
- Breathing Exercises
- Craft Activities
- Online Wellbeing Courses
- Recipes
- Wellbeing Worksheets
- Wellbeing in BaNES Digital Magazine



Newsletter

We send a monthly newsletter which shares our charity news, upcoming events, current opportunities, and wellbeing tips.

Scan the QR code to sign up to our mailing list.

Support Directory

Our online support directory contains details of organisations and services available to people living in Bath and North East Somerset.

Whether you are struggling with mental ill health yourself, or have a friend or family member who needs support, you can use our directory to find suitable services.



Training and Workshops

Bath Mind has extensive experience within the field of mental health training and is recognised as a leading provider of mental health-related training in Bath and North East Somerset.

We develop and deliver high-quality training services, including courses, workshops, and talks, both online and in-person. Our programmes cater to individuals and voluntary, statutory and private sector organisations locally (and nationally) with a focus on mental health and wellbeing.

Our training offer includes:

- Mental Health First Aid qualifications
- Suicide First Aid qualifications
- Wellbeing in the Workplace programme
- Bespoke workshops, talks, training courses and resources
- Training for young people



Email: training@bathmind.org.uk

All proceeds from our training courses go straight back into supporting mental health in the local community.

“An excellent short course. The material was very good and we had an excellent presentation from Bath Mind. I now feel more confident dealing with people with poor mental health.”



Fundraising

Our fundraisers are the heart and soul of our charity. Whether you raise £50, £500, or £5,000, your contribution directly supports our mental health services in Bath and North East Somerset.

Although we are affiliated with the national Mind charity, like all local Minds we are responsible for raising our own funds, creating and delivering our own services, and organising our own events.

Without the help of amazing fundraisers like you, we would not be able to do any of this!

Whether you support Bath Mind by participating in an event, taking on a challenge, holding a quiz night, selling cakes, or by simply donating, we are so grateful for your vital donations and support.

Reach out to our dedicated fundraising team with your fundraising ideas and receive our free fundraising guide!

Email: fundraising@bathmind.org.uk



Get Involved

There are many other different ways you can join the fight for mental health and get involved with our work here at Bath Mind.

Volunteering:

Volunteering at Bath Mind can be a rewarding and worthwhile experience. Volunteering can bring many benefits as well – whether that's learning new skills, rediscovering old skills and passing on skills, building confidence, meeting new people or feeling empowered and valued.

Email: volunteer@bathmind.org.uk
www.bathmind.org.uk/get-involved/volunteering

Work for Us:

Join our team of over 150 staff, working towards better mental health in Bath and North East Somerset!

Email: recruitment@bathmind.org.uk
www.bathmind.org.uk/get-involved/job-opportunities

Events:

Throughout the year, we host a variety of community events, including wellbeing courses, workshops and fun fundraising events - many of which are free!

www.bathmind.org.uk/get-involved/events

Members Panel:

Our Members Panel is a group of individuals with lived experience of mental health difficulties who have a say in how Bath Mind works. We empower those involved to have a voice and ensure that the services we offer reflect the needs and views of people living in our community.

www.bathmind.org.uk/get-involved/members-panel

 Bath Mind

We are Bath Mind.

We are here to promote and nurture everyone's mental health through the provision of information, activities, advice and support.



**Sunday
16th March
2025**

Run the Bath Half for mental health!

By running the Bath Half Marathon 2025 in aid of Bath Mind, you will receive:

- A £15 discount off the regular entry fee
- Free Bath Mind running vest
- Exclusive training plan and support from Bath Mind's running coach



Sign up:

bathmind.org.uk/bathhalf



Our Vision

Our vision is of a society that promotes and protects good mental health for all and treats people with experience of mental ill health fairly, positively and with respect.

Our Mission

We are here to promote and nurture everyone's mental health through the provision of information, activities, advice and support.

Our Values

Empowering
Compassionate
Connected
Courageous

www.bathmind.org.uk
Registered Charity No. 1069403