

Annual Impact Report

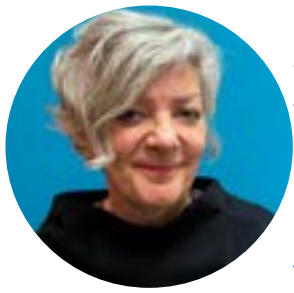
2023-2024



People are at the heart of everything we do.



Local and independent, supporting mental health in BaNES since 1985.



Kate Morton - CEO

Welcome to Bath Mind's 2023-2024 Impact Report in what has been a very busy year with some exciting developments and new services coming on board. This includes the opening of our 24/7 crisis house, Orchard House, in Midsomer Norton.

Over the year we have continued to support the wellbeing of over 150 colleagues who deliver the wide range of vital services we offer, and we have focused on demonstrating the impact of our work and the level of quality of our services, which supports people's self-care and resilience to live well in their community.

We have also worked as an organisation to hone our core values which we embed into every aspect of our work; this includes our approach to recruitment, supervision and appraisals of colleagues and in the co-designing of services.

Our Values are:

Empowering We take pride in building confidence in the people we support, giving them the tools and ability to take ownership of their own mental health and wellbeing. We empower our staff and volunteers, supporting them in their personal development to maximise their full potential.

Compassionate We provide an individualised approach, and we make sure that each person is seen, known and at the very centre of their own support. We offer a tailored approach to the people who use our services, our staff and our volunteers including using the most effective communication methods possible. We prioritise and respect an individual's privacy, dignity, preferences, uniqueness, and freedom to express themselves.

Connected Through our empathic, innovative approach we ensure that we are connected, relatable and fair to all. Effective communication and our collaborative ethos ensures we are united to improve mental health and wellbeing through mutually agreed methodology.

Courageous We aim to support positive experiences for our communities, staff and volunteers through a culture of confidence to be bold and creative, expressing opinions, even if it differs from others. We feel comfortable in speaking up when we see something that doesn't look right, and will actively engage in resolving problems.

As we go forward into 2025, we know there will be a number of challenges to face. However, by remaining agile, focused, and holding true to our values we can continue to be robust and sustainable - a vital and necessary solution to the mental health needs of our communities.

We are grateful to those amazing individuals and organisations in our community and beyond who support Bath Mind through fundraising, grants, legacies, trusts and from engaging with our training services. As a local, independent charity, this support is vital in enabling us to continue tackling stigma around mental health and supporting individuals in our community.

Bath Mind is the amazing organisation it is because of our colleagues, trustees, volunteers, and community champions, all of whom make this the best place to work. I want to extend my thanks to each and every one. I am looking forward to the year ahead where we will continue to build on our foundation as a trusted high quality provider and partner of services.

Bath Mind Members Panel

Throughout the year, the Bath Mind members panel has grown into a lively and vibrant forum for us to hear from our service users. The panel meets quarterly in Bath city centre.

As well as reflecting back to us about the support we provide, the panel has hosted fascinating discussions on the role of money, housing, news and social media in mental health and wellbeing issues.

Panel member Louise says: "I love hearing about other Bath Mind groups and being a voice about problems people face with their mental health."

Pip Galland - Chair of Trustees



Bath Mind has, once again, navigated difficult economic challenges posed by the cost of living crisis, alongside further funding cuts; all against the backdrop of increased demand for services from those struggling with their mental health in BaNES. Despite these challenges, we have continued to meet the mental health needs of those in our community - and as our Impact Report demonstrates, we have a lot to be proud of in terms of what we have achieved this year.

I remain in awe of the commitment from all those at Bath Mind. By providing a safe space for those who need care and support, they are making our local community a happier, more inclusive and accessible place.

In addition to strengthening the scope and reach of our impact in BaNES, Bath Mind remains committed to its colleagues and to being an employer of choice. Guided by our shared values, founded on compassion and courage, and characterised by our inclusive behaviours, we have worked hard to give back to our colleagues and to ensure that our workplace culture remains a positive one. This is central to our strategy and to who we are as an organisation.

The work that Bath Mind does is incredible; for many its services are life-changing and for others they are life-saving. I am privileged to chair its Board. Thank you to everyone at Bath Mind for their dedication this year and I look forward to seeing what 2025 has in store.



42,292
interventions
across
BaNES



Access Community Mental Health

The Access Community Mental Health (ACMH) team help people to access the correct mental health support for them, and learn more about other services in the local community.

“You made it easy to be open about challenging subjects, your demeanour made me feel at ease. Found I was able to speak freely.”

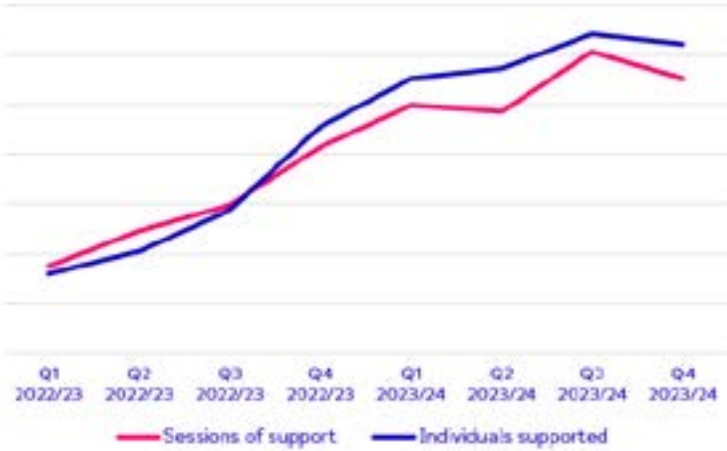


Ayisha’s Story

Ayisha referred herself via the website. She experienced childhood trauma and lives with a diagnosed personality disorder. When she sought support, she was experiencing suicidal thoughts and intent to end her life. Ayisha wanted to have some support for developing daily routines, decluttering and hoarding support. Ayisha engaged well with the support offered and after 12 sessions she rated her progress as 10/10 for every goal.

“Honestly, I don’t think anything could have made the experience better. I didn’t know what to expect, but it was well structured, and I felt really supported. Felt ‘held’.”

“You have been fantastic. I have never worked with a service so understanding of what I need rather than what people think I need based of their understanding of Autism. It is nice to feel seen for once, and seen for who I am as a person, beyond my disability.”



10,705
interventions
supporting
people across
BaNES

1,014
GP Referrals
to Access
Community
Mental Health

“This has been one of the most useful services for me. [Your approach] worked for me and actually got me out of the house.”

“Without them I wouldn’t have met the people from my support group who are some of my closest friends now.”

Breathing Space

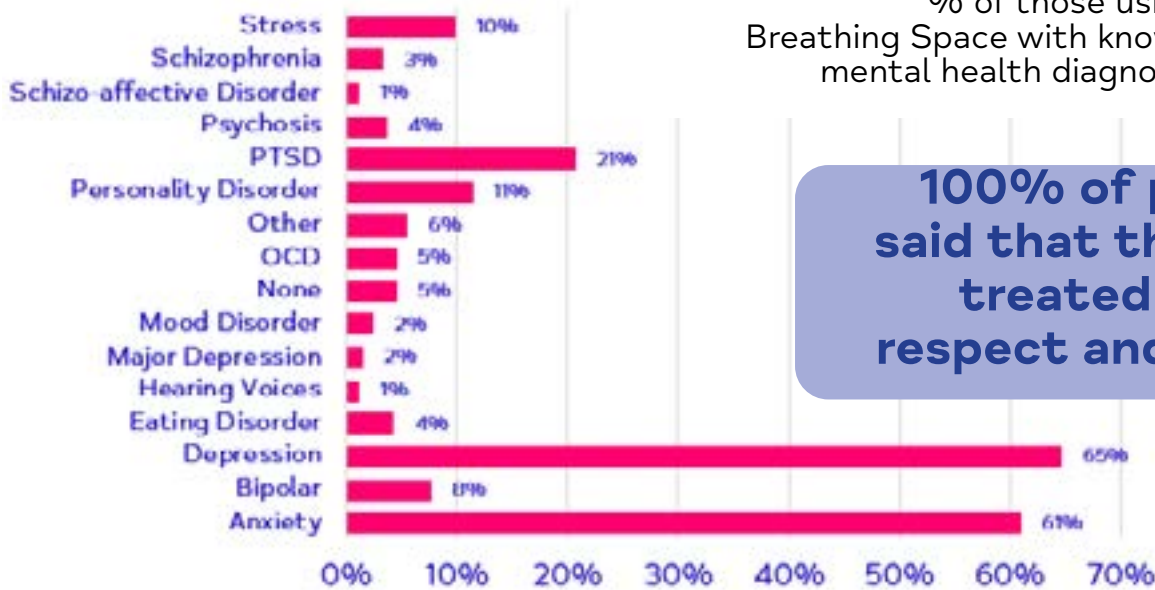
Breathing Space service consists of a face-to-face and a telephone service, offering calm, non-clinical support for individuals experiencing or at risk of a mental health crisis.

The services offer a compassionate listening ear and signposting to relevant services.

3,155
crisis calls
supported



“I just had a really helpful chat with breathing space. They handled me and my difficult situation very well. I just want to say thank you for the amazing job that you all do. Thank you for being a lifesaving service”



% of those using Breathing Space with known mental health diagnosis

100% of people said that they were treated with respect and dignity

1,680
1:1 in person
sessions with
our crisis team

73,440
minutes
of crisis
support
calls

Annie's Story



Annie had been diagnosed with BPD/EUPD and was supported around intensive feelings of wanting to self-harm and suicidal thoughts.

Annie had just started DBT and found the first few sessions difficult. These sessions lead them to having increased urges to take their own life. Breathing Space supported to de-escalate, provided a safety plan for the evening and organised plans for the week ahead.

Annie became noticeably calmer, Breathing Space then supported with accessing the skillful podcast which is related to DBT. Annie said they had never had this kind of support and would like to use the service again if the intensive feelings came back.

Befriending

“You’re a superstar and have turned my life around in ways I thought were never possible.”

Bath Mind’s Befriending service is so much more than some may think. Our dedicated team of experienced staff are there to listen, offer advice, promote positive health and wellbeing, supporting access to wider services and communities and building confidence.

We have supported people to connect within local communities, reducing isolation and increasing their peer support networks.

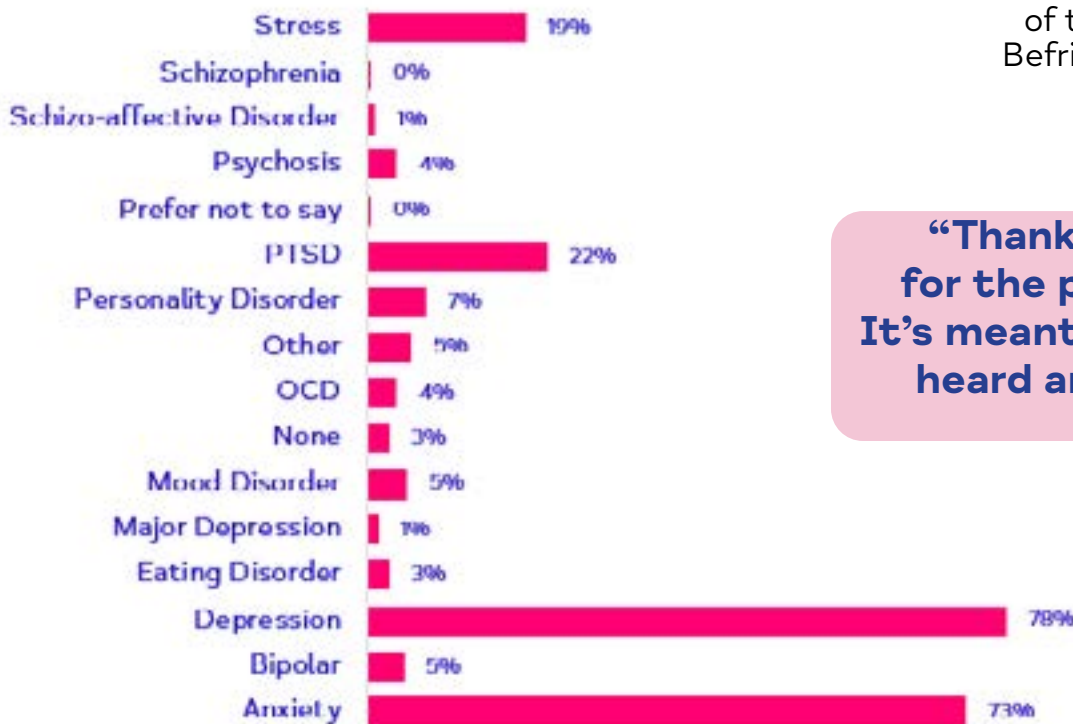


Paula and Colin’s Story

My husband had a very major heart surgery. And as a result of that, six weeks afterwards, he had a very bad psychotic incident. And subsequently, over the last few years, he’s had to be sectioned. As a result of that, I obviously needed some support. My son had had some dealings with (Bath) Mind himself, and he recommended getting in touch. So, I spoke to someone regularly for nearly two years. And then they suggested that we try the Befriending service with my husband, which is what I did. Subsequently, my husband has been talking to Bath Mind staff member regularly for the last few years, and it’s really been beneficial.

Our experience has been very, very positive. I mean, because my generation isn’t used to having counselling or anything like that, I initially didn’t think of it, to be honest. So, it was mainly to satisfy my children that I approached Bath Mind. To be honest, without them telling me I needed to do something, I might not have done it. I’m very pleased that I listened to my children.

Clinical Mental Health Diagnosis
of those using our
Befriending Service



**“Thank you so much
for the pep talk today,
It’s meant so much to feel
heard and validated.”**



4,334
befriending
support calls
made

On average
we support
17 people a day
who otherwise may
have had no contact
with anyone.

292
people
supported

Community Support

Those supported by the service typically have multiple complex needs, such as long-term health conditions or autism, alongside their mental health diagnoses.

The team provide one to one support tailored to the needs of the individual and, as well as providing strategies to improve mental health, also help with everyday tasks such as household management and organization, paperwork, accessing the community, building social connections and taking steps towards employment.

Most of those supported had a Care Act Assessment and received funding from the council, while others were self-funding.

Nearly all consistently progressed towards their goals over the year, engaged with meaningful activities and were better managing their mental health, and five people also gained or maintained employment.

“The team are really empathetic, encouraging and have a holistic approach.

They provide a support network and mental health safety net for me and help me to be more confident and try new things.”

5,402 hours
of
community support
provided to people living
in their own homes.

Jacob's Story

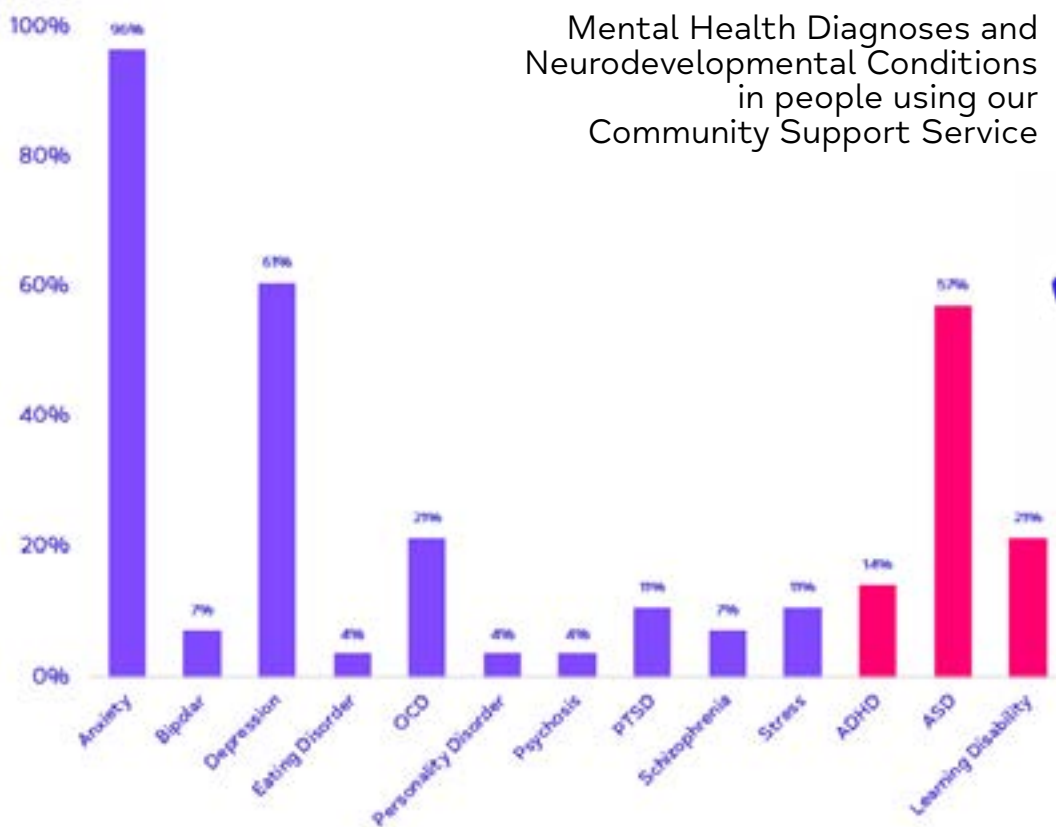


Jacob experiences high social anxiety and low mood due to his autism.

He was referred to Community Support to help him access social and leisure opportunities and build daily living skills.

Jacob learned to better manage his anxiety so he was able to engage with support sessions and has progressed towards his goals; building a community of gaming friends, learning to budget, gaining confidence to access local shops and cooking during support sessions.

Recently Jacob fulfilled a long-held ambition and visited Wolves of Wiltshire, with support.



In our annual evaluation 100% would recommend our Community Support Service to family and friends!

Counselling

“I found closure and compassion within myself.”

It has been a challenging year for our affordable counselling service with an increase in demand and consequently longer waiting times.

For most clients we offer 12 sessions of one-to-one weekly counselling with either an experienced practitioner or a student on placement towards the end of their extensive training.



“It has been life changing. I am no longer feeling constantly worried and I know I am not alone.

My therapist was magical.”

**1,662
counselling
sessions**

We have managed to increase the number of counselling sessions completed each month without increasing our staffing or overheads by using empty slots more creatively and working in a hybrid way with clients to involve online and face to face.

**73%
of clients
have shown an improvement
in outcome scores.**

*Based on those who completed Short Warwick Edingburgh scores

**“Amazing!
It has been really helpful and made
sense of a lot of aspects of my life.”**

**Most significant increase was in
Clients feeling more optimistic about
the future**

**1,935
hours of
1:1 counselling**



Maureen's Story

I had a fantastic counsellor.

And he really taught me things I never thought I'd learn. Having always struggled with mindfulness and having some control over my mind.

He showed kindness, compassion and understanding allowing me to feel less alone and make an impact on my life that will far outweigh the 12 weeks of sessions.

This is my second time having counselling through Bath Mind. They have been there with me through some of the hardest and darkest times of my life: I will never be able to sum up my gratitude and how life changing the remarkable counsellors are.

With nothing else out there for people struggling they are saving lives, working tirelessly to support people who need it.

I feel blessed to have had the support of my counsellors and thankful for the tools and impact they have had on me. Bath Mind are there for everyone at anytime, and that's rare. Be lost without them.

**449
referrals
into our
counselling
service**



Dual Diagnosis



“I had already planned to take my own life, but you have helped me so much, I am glad that I did not go through with it.”

The Dual Diagnosis service, a collaboration between Bath Mind and DHI, provides comprehensive support for individuals recovering from substance or alcohol use.

This service offers mental health assistance alongside DHI’s specialised substance misuse support, enhancing the likelihood of successful recovery.

Unfortunately, despite the service’s successes, additional funding has not been secured, and the programme ends on 30 September 2024.

“I managed to reduce my alcohol intake by learning healthier coping strategies working with Bath Mind. This has led to me being able to access a therapeutic intervention.”

EDA & Safety Planning

Our skilled, trauma-informed practitioners have provided emergency support to over 550 people, as well as emotional support techniques to manage mental health challenges, safety plans and supporting individuals taking the next steps to enhance their mental health and wellbeing.



“Thank you for everything, you have been so easy to speak to and I do not usually find it easy to open up to people.

You have been such a great support for the last few weeks. I would not have found the fibro group on my own.”

“The support from (staff member) has been the only meaningful mental health support I have ever received.”

Claire’s Story



Claire has a diagnosis of OCD and was experiencing severe anxiety. This led to increased use of alcohol, and she was referred to the Dual Diagnosis service for mental health support alongside her support for alcohol misuse.

Claire learnt strategies to manage her anxiety, one of these was to create a worry box for moments of overwhelm. Claire was also supported to work on her sleep hygiene, with a goal of managing to sleep in her own bedroom by the end of support (which was achieved).

Claire managed to reduce her alcohol intake and her referral to Talking Therapies was accepted because of this. She was also supported to further understand her ADHD diagnosis which helped to reduce her overwhelm and anger outbursts.

100% of people said that issues negatively affecting their lives had been addressed



Ellie’s Story

Ellie self-presented at the RUH following an infection of daily self-harm wounds. Ellie was experiencing low mood and struggled to regulate their own emotions.

The Emergency Department and the Safety Planning Services supported Ellie with follow-up calls to ensure that Ellie had the right support moving forward.

A person-centred safety plan was created for Ellie, support to access taught courses for managing chronic pain, access to local wellbeing groups focussing on peer support for fibromyalgia and coping strategies through grounding and distraction techniques. Ellie shared that they have not engaged in self-harm in over 3 weeks by the time the team provided the final follow-up call.

In August 2023 we opened our Safety Planning Service and created over 80 safety plans.

Housing

“The manager and staff are the glow of all glows...they are professional and kind and are the best support I’ve ever had.”

Bath Mind Housing Service consist of a residential home and supported living accommodation in two blocks of flats.

Our team of psychologically informed staff follow a person-centred approach, treating clients as individuals with their choices at the forefront of their care.

Our 8 bed residential home offers 24 hour support to those experiencing complex and chronic mental health difficulties.

Our supported living accommodation supports people to return to fully independent living.



James’ Story

James had been in hospital after a time struggling to cope independently in his flat. He was presenting with suicidal ideation and engaging in self-harm. During the year with Bath Mind, he has regular conversations with his support worker without feeling overwhelm and distress, and has been signposted to the out of hours crisis services.

Staff have supported him with implementing grounding techniques and self-soothing strategies that have helped him to improve his confidence and focus on building his social life. He now has connections in the community and is starting voluntary work with his local church. He is being supported to bid on Homesearch and he now feels ready to move into his own flat again.



Alan’s Story



Alan is now thriving after residing at 82 for several years. He initially arrived experiencing anxiety that presented as verbal aggression and self-neglect.

Staff have used a Trauma-Informed Care approach, involving creating more of a structure to alleviate some of the anxiety and creating a detailed collaborative care plan to ensure his support needs are identified and managed. As a result of this, his anxiety levels have visibly reduced and has become a sociable member of the house, engaging in a wide range of activities such as: music, art, cooking and gardening.

Alan faces daily physical challenges due to his leg amputation. However, due to his determination and high level of physical fitness, he manages to independently walk to the shops at least once per day. The team at 82 support his independence by regularly checking in to determine whether he needs additional support with shopping and facilitating regular conversations to ensure his physical health needs are being met.



“Staff help me deal with barriers to achieving my goals by encouraging me to open up about my feelings and experiences.

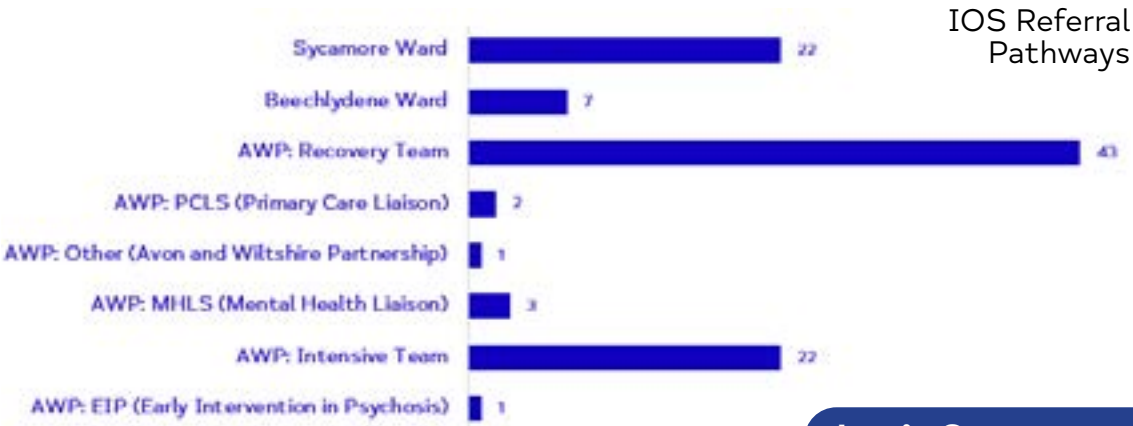
This has helped me to start talking about hearing voices. It seemed like I’d gained a victory over the voices.”



Intensive Outreach Service

“I truly believe without your input I would have given up a long time ago.”

The Intensive Outreach Service supports those under the care of AWP, working closely with a clients' mental health team to provide flexible, trauma-informed, person-centred mental health support. This aims to relieve bed pressures in psychiatric wards and support NHS mental health teams.



“In short words, Bath Mind Intensive Outreach Service is the best post-crisis support I have ever had.”



Lee's Story

Lee has a diagnosis of schizoaffective disorder and was hospitalised for 3 months after a deterioration in his mental health. Lee was feeling anxious about being discharged home as he was aware that in the lead up to his hospital admission things had become chaotic, and he had accrued a significant amount of debt. Lee also felt he was lacking in confidence to manage daily life skills independently.

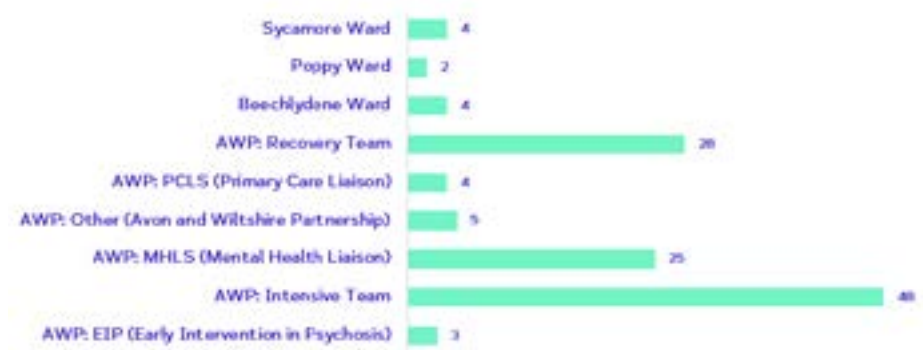
Upon discharge, IOS were able to support Lee in his home 3 times a week to build his confidence accessing the community, with isolation as well as building his independent living skills. Lee also created a WRAP plan which allows him to recognise early relapse indicators. Lee received support applying for PIP, as well as receiving a grant for help with his electricity debt. Onwards referrals were made to Men's Shed and to Bath Mind's counselling service.

Orchard House

Orchard House opened in September 2023, providing non-medical accommodation for adults experiencing a mental health crisis.

Offering 7-10 days' accommodation, via referral from the NHS Avon & Wilts Mental Health Partnership, we provide a step-up service for people living in the community who are experiencing difficulties with their mental health and need support to avoid hospital admission and a step-down service for those leaving an in-patient setting who would benefit from additional support before returning home.

Orchard House Referral Sources



“Every single one of you went out of your way to help me and make time for me. Not many people in my life have done that. Orchard House is somewhere I have never felt judged, and you are all there to help me.”

“Orchard House staff and arrangements were unbelievably good. I felt welcomed and supported. The staff were knowledgeable and professional without being distant the days I was there I was able to maintain emotional stability and avoid the worst of my current circumstances. I was hugely impressed by both the organisation and execution of delicate care.”

Volunteering

Volunteering offers a snapshot of society, who we are and how we're feeling. The last year, it's been particularly heartening to see increased engagement from across our community.

“Volunteering at Bath Mind always puts a smile on my face - I love the sense of community that comes across from the groups. It's a really rewarding organisation to be involved with.”

Bath Mind activities supported by volunteers:

- Greenlinks (Monksdale)
- Greenlinks (Ammerdown)
- Hopespace
- Safespace
- Breathing Space
- Radstock Wellbeing
- Members Panel
- Wellbeing Groups
- Football Group
- Food For Thought
- Women's Group
- Crafty Minds
- Wellbeing Walks
- Harvest Supper
- Burns Night Supper
- Volunteer Counsellors
- Business Development
- Fundraising Events



63 amazing volunteers

“Thank you to all your wonderful volunteers; their dedication, honesty and kindness was very special.”



Corporate Volunteers

- Wessex Water
- Buro Happold
- Sea Salt Cornwall

“Volunteering for Bath Mind attracted me because I enjoy volunteering and being outdoors. It's a great way to meet others and I like people. I feel fortunate to be able to offer my time and enjoy helping out.”

2,825 hours given by volunteers

Welfare Benefits

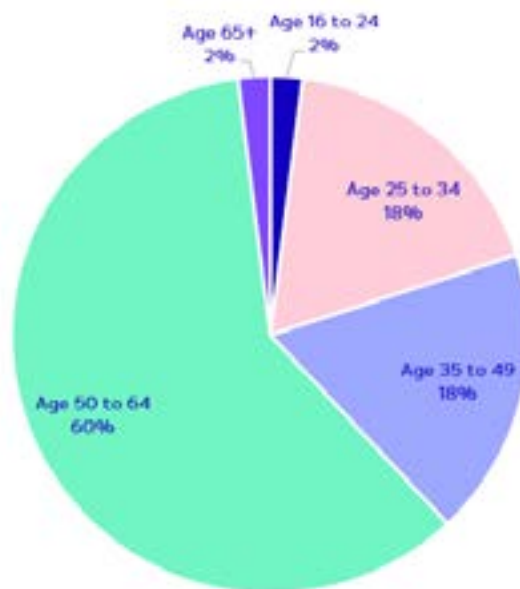
Our Welfare Benefits service supports people with mental ill-health to access the benefits which they are entitled to.

Our Welfare Benefits lead also supports organisationally, training Benefits Champions within each team, to understand the benefits system so that they can manage service user expectations, support with completion of benefits applications and throughout the assessment process.

“Thank you very much for your help with PIP. I've got the letter today confirming that they are awarding enhanced care and enhanced mobility and they backdated it from October.

I couldn't and wouldn't have been able to do it without you!”

“I was on the verge of giving up before you got involved. I can't believe the difference you made. Thank you.”



Ages of those supported.

£1,045,655

achieved in Welfare Benefits claims

Wellbeing Groups

Our wellbeing groups support hundreds of people across BaNES in creating new connections and support systems.

Our wide range of groups and short courses which offer opportunities to connect with new people, engage in activities and be supported by our dedicated, experienced team.

Activities are based around the 5 ways to Wellbeing and people are supported with many aspects of their lives which contribute to their overall wellbeing, empowering them to improve and maintain their mental health.



I was petrified at the thought of this activity, thought I was such a failure at writing but you were so kind and supportive that I realised that I could put words

down and not be criticised or belittled. You created a calm supportive environment which helped me relax enough to engage.

What I thought was completely beyond my capability, you showed me that I could and it has given me the confidence to possibly try and use this as part on my own as a way to clear my feelings and emotions.



I remember the first time somebody spoke to me; they were very welcoming, and they didn't make me feel like I was being judged, and that's a really big thing I've sometimes found with other places.



I was a bit nervous when I first went, a bit quiet. I wasn't sure if I would get on with everybody, and then gradually, as time went on, I started to talk a bit more to staff and then began to speak a bit more to people in the group.

Then I started to realise that everyone there had their own mental health issues, so I didn't feel so alone and isolated because it can feel like you're the only one that's feeling like that and that everyone around you is just getting on alright, but as times gone on, I've realised that everybody has some mental health struggles sometimes even if they don't realise it themselves.

Our Wellbeing services continue to empower individuals and increase sustainability in an increasingly challenging financial environment

The Radstock wellbeing group is transitioning to become peer led, with three members now volunteers at the session, involved in the organisation and planning of sessions, and fundraising!

Our Crafty Minds group continues to flourish under peer leadership.



I was under hospital care for treatment for mental health, and they recommended that I try some social groups to help with my confidence.

We have delivered workshops in creative writing, singing, chair yoga and clay modelling.

If someone were considering going to football, I would say it's a really good group. It's lots of fun, and everybody's got different abilities.



It's a mixed group, and everybody gets a chance to score a goal. Even if you haven't kicked a ball before, there have been people like that, and they've come and done well and enjoy coming every week.



Referrals into Wellbeing came from:
 BaNES Recovery Team - RUH Oncology - GPs
 Clinical Psychologist - Youth Counsellors - Primary Care Liaison
 Social Prescribers - DHI - Community Matron - Salvation Army
 Curo - Community Wellbeing Hub - Southside Family Project
 Social Worker - Freeways Salvation Army - Discharge Nurse

The huge impact of our Wellbeing Service

L had recently retired and was facing challenges with her mental wellbeing when a social prescriber suggested Bath Mind's walking group.

Slowly, L started coming out of her shell and found herself making conversation with those around her. "You're encouraged to speak if you want to, but you don't have to speak. The first couple of times, I didn't really talk to people much; I just walked and looked at things when we stopped. But gradually, I found I would even start a conversation, which is so unlike me. I'd be walking next to someone, and I'd ask a question about how long they'd been doing it or whether they came every week, and I found myself able to ask those questions."

L was at a fete with her granddaughter, and was surprised at her ease in conversation with a stall-holder: "Now, normally, I would have walked away; I would not have engaged. And afterwards, my granddaughter said, 'Nan, do you realise you had a conversation with that man? That's not like you!' I'd been asking him if they washed up well, which wasn't like me, but it was from being in these groups....For her to notice at eighteen, I didn't realise she would notice something like that, but that was a change for me. I would have put my head down and scurried away if someone spoke to me that really changed."

L found that the group also had a significant impact on her physical health. "I've had type two diabetes for the last four years. Since I've been doing this, I've got a new routine and a more active lifestyle because even when I was working, I sat at a desk all day. **Now, from getting out and being out, I'm two or three points off putting my diabetes in full remission, and they hope that the next time I go for my blood test, it will be with this new lifestyle;** I'll be totally in remission, so that is amazing. That I'm that much better. I'm not even taking the tablets. Now. I'm just back on diet control. So, fingers crossed, that's all good."

"The other physical thing was I used to get cramps in my legs at night. It was awful—agony, three or four times a week. I'd be up in the night, screaming with the pain, and sometimes, I couldn't get as far as the bathroom. Sometimes, it was almost impossible to walk there and plunge your legs in cold or hot water, whichever was helping most. I have not had it. I think I had it once the whole time since I started walking, after the first three or four weeks It just stopped..."

"It's very strange when you're home, and you're depressed, and you don't eat well; sometimes you'll eat just for comfort. So, it's changed my lifestyle in loads of ways, just by walking."

"It was better than joining a class, talking online, or anything where you're just talking about feelings. I didn't feel that was for me. And it's no good someone, oh, you can read this for me. I'm not that sort of person, either. I need something to physically give me a kick and someone to help me get there. The right help is there."

"The benefits are unbelievable, and I feel that people don't know about these things."

297
 referrals
 into our
 Wellbeing
 service

500
 wellbeing
 groups,
 courses &
 workshops

3,745
 wellbeing
 session
 attendances

1,010
 hours of
 Wellbeing
 Groups

Greenlinks

The Greenlinks gardening team have two beautiful gardens in Bath and Ammerdown (Radstock), where we offer people the opportunity to connect with nature, grow food, learn gardening skills, have access to fresh produce, socialise and improve general health and wellbeing.

Our Monksdale Allotment site won an award for Best Horticultural Achievement by a Group and an Outstanding in the It's Your Neighbourhood award!



“It’s expanded my social experience and made me more comfortable with people from different backgrounds, getting along with them and accepting their differences.”



We have hosted various activities including, watercolour workshops, a nature and foraging walk, and a landscaping course.



Group members have benefitted from:
 Improved physical health
 Improved mental wellbeing
 Increased resilience
 Reduced social isolation
 Increased self-esteem
 Increased confidence
 Learning new skills
 Developing a routine and structure



Food for Thought

“Eating well makes you feel better and being with people helps to not ruminate at home.”

Food for Thought runs workshops and courses with a focus on teaching participants ways of cooking tasty and healthy food on a budget - using ingredients from food pantries and cheaper cooking methods.

We continue to use food grown on our Greenlinks allotment and make use of surplus food from local supermarkets and restaurants wherever possible.

1,790Kg food saved from landfill
 Equivalent of **9,365 meals**



“I have tried new things each week and feel more confident in a group. I have been encouraged to do new things which has surprised me. The course has introduced me to eating healthier.”

“The course has helped me achieve a sense of confidence in the group. I have learnt new things about cooking that I am glad to know. For future courses I would like to learn about even more unusual ingredients and possibly different appliances too. It has been a great experience!”

Support for young people

Safe Space

Wellbeing Support for ages 13-25 has grown significantly in the last year. We have listened to the voices of local young people talking about the issues that impact on their mental health and wellbeing, which has helped us shape and deliver effective and in some cases life changing support.

The group has enjoyed a wide range of activities over the past year:

- Engaging with a mindful artist - Jewellery making
- Peer-led online Zoom quizzes - Board games
- Creativity Workshops - Peer-led collage making
- Creating 'top tips' for Wellbeing magazine
- Visits from guest speakers - Peer-led jar decorating
- A sleep hygiene session - Stress management
- Healthy cooking and nutrition session
- Nature connection and mindfulness
- Peer-led group bowling
- Sound Bath at The Soul Spa
- Visit from Vera Hobhouse

We created volunteering and peer support opportunities for members of Safe Space group.

We recruited a Youth Engagement Officer to scope the local need and identify gaps in provision in support for young people in BaNES.

“Safe Space has been a lifeline for me.

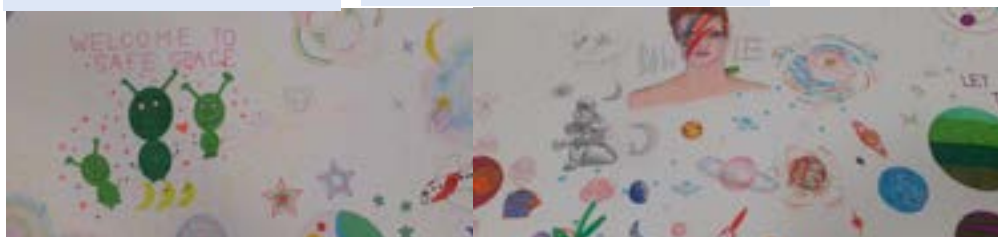
I felt so alone and had so many questions with a late ADHD diagnosis.

With Safe Space, I have found those answers and made friendships for life.”



We supported young people across our community:

- Share the Love Festival - Bath College
- Time to Talk Day - Oldfield School
- Tea and Chat - Bath College/Norton Radstock
- Attended The Princess Trust Course at Bath College to increase awareness of mental health support for young people
- Supported Bath University psychology placement students working within safe space and across other Bath Mind Services



We presented the ‘Safe Space Project’ at a national Webinar about ‘How to Build Resilient Communities’.

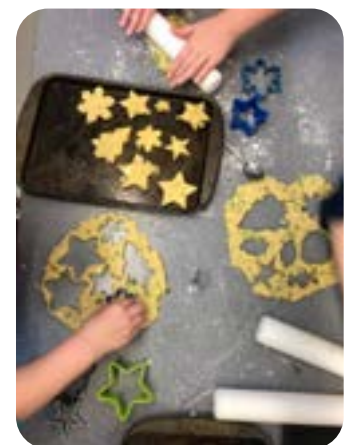
Room 627

“I’ve loved how switched on to mental health it’s made her too – in a really gentle way. She’s Bath Mind’s biggest fan.” (Parent)

Room 627 helps young people navigate the changes of moving from Primary to Secondary School with kindness, compassion and creativity.

The project works with schools and Home Learners within BaNES, supporting young people to understand their thoughts and feelings, to connect with the natural environment, and to build confidence and resilience. Over the past year, we have worked with several groups of young people at our allotment space.

Every child that was able to attend the sessions has loved every minute at the allotments. They have grown, not only in their communication skills, but have become more open generally. The growth in their confidence was evident.



When in schools, we have used the framework of our 5 ways to wellbeing. A focus on each area has helped build a good understanding of how to boost a positive mindset. We have worked alongside schools to help the students devise fundraising plans and carry those through. Young people understand the importance of engaging with the community and the act of giving evokes gratitude.

How did you feel at the end of the session?
“Calm, Happy, Content, Inspired and Energised.”
Robert - Age 9

Fundraising and Events

Bath Mind had a fantastic year with community fundraisers out in force to support the valuable work we do across BaNES.

Mental Elf

Bingo!



World Mental Health Day, brought a Bingo evening at Cassia and we asked our community to 'Wear it Blue'



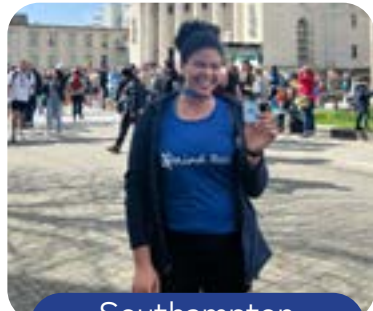
Bath Half Marathon

An incredible 219 runners

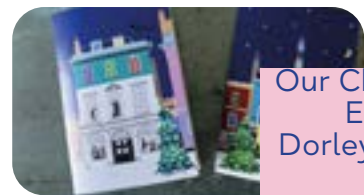
took part in two Bath Half marathons in October 2023 and March 2024,

raising a mammoth £69,000

to support Bath Mind. **Our thanks to you all!**



Southampton Half Marathon



Our Christmas cards, courtesy of Emma Taylor and Jason Dorley-Brown, continue to be an annual success!



Our first Mental Elf 5K fun run was a sell-out. This family friendly run raised an incredible £6,000! It was a great day with amazing support from our community despite the adverse weather conditions! Thank you to Buro Happold, our corporate sponsors for the event.



Bristol Tattoo Convention

'As someone with lived experience of mental health, I was really keen to raise money for Bath Mind so that their charity can help ensure no one has to struggle with their mental health alone.'

Jon Toogood

Our Colouring for Wellbeing book has supported people's wellbeing through creativity whilst raising vital funds.



Communications

Our website now offers a wealth of mental health support information and resources, including a comprehensive signposting directory.

We introduced new Resource pages to our website, offering self-care tips and signposting for issues like Anxiety, Men's Mental Health, and Women's Mental Health.

We enhanced our print and online materials with new publications, including a self-harm leaflet, wellbeing worksheets and leaflets featuring our self-referral services, which were distributed to GP surgeries and made available online.

Our Wellbeing magazine has been hugely successful and particularly supports those who may be digitally excluded. We have had a fantastic volunteer who has delivered thousands of copies to local pick-up points!

Bath Mind has featured in outlets like Pukka Bath, InBath Digital, and The Bath and Wiltshire Parent, helping us raise awareness and combat stigma around mental health.



88% increase in mailing list subscribers

31,434 website users

8,367 follows across social media

15% increase in social media engagement

10% increase in website traffic

Training

1,110 people joined our mental health training

Bath Mind has a well-established and successful training programme, offering a variety of qualifications, courses, talks and event presentations.

In 2023-2024, 1,110 people chose Bath Mind's training programme to support and improve mental health and wellbeing for themselves, or within their organisation. We are proud trainers of local NHS staff, as well as training Mental Health First Aiders to support many different workplaces across BaNES.

We delivered talks around Menopause, Stress in the Workplace, Nutrition for Wellbeing, and more!



386 people trained as Mental Health First Aiders



We have been supported by some amazing local businesses over the last year who have sponsored events, come up with some brilliant fundraising ideas, volunteered for us and engaged with our training programme.

With your support we continue to support people living in our community and tackle stigma around mental health.

Our Ambassadors

Madeline Blackburn



It is such an honour to work with Bath Mind. As many people are beginning to grasp the importance of looking after

their mental health, Bath Mind is there for everyone with a huge selection of different support mechanisms. The whole team is completely dedicated to being there for individuals and the community. We are so lucky to have them!

Jason Dorley-Brown



Having had my own challenges achieving and maintaining positive mental health, Bath Mind is a local charity that has

always been close to my heart. Working with Bath Mind has introduced me to so many wonderful people, mostly volunteers, and brought into sharp focus the ever-growing need for the incredible and important support that the charity offers the local community in Bath and beyond.

Meera Phull



Over this past year, I've had the pleasure to meet with the Bath Mind team and learn about the breadth of services

provided to the local community. By working together and sharing ideas, expertise and resources, we empower people to improve their wellbeing and play an important role in supporting our wider community. It is a pleasure to support a charity doing such brilliant work.

Our Patrons

Thank you to our patrons:
The Mayor of Bath - Wera Hobhouse (MP)

Thank you to the organisations who have supported us

Anthem Publishing - Bath Building Society - Bath Spa University - Bath Stone Property - Buro Happold
CaliUnity - Chartwell Funding - Contracts Advance - Cornish Bakery - Farrans Construction - Fidelius
Future Publishing - Hall and Woodhouse- John Lewis - Juno Bar - Marks and Spencer - Seven Hills
Spec Savers -The Crescent Restaurant - University of Bath Gardening Club - Zen Rebel Studios
King Edwards School - Kingswood School - The Paragon School - Baskervilles - Bath Rotary Club
Freemasons - Radstock and MSN Lions - Southgate British Land Trust - Widcombe Social Club
The Roper Charitable Foundation - Pavers Foundation - The Medlock Charitable Trust
The National Lottery -The Norrie Trust

Our Year in Pictures



Finance 5-a-day

- Check your balance every day.
- Open just when it arrives.
- Say no to offers you don't need.
- Save a little every day.
- Choose only good bigger meals.

PSYCHOSOCIAL COLLABORATIVES
www.bathmind.org.uk



May is Borderline Personality Disorder Awareness Month.

Mind Bath



Let's break the silence around men's mental health struggles.

Mind Bath



World Meditation Day:

Enjoy a free online meditation practice from The Soul Space.

PSYCHOSOCIAL COLLABORATIVES
www.bathmind.org.uk



Mental wellbeing tips:

Dealing with stressful news

Mind Bath



JOIN US FOR BATH MIND BINGO

18TH MAY 2023

Support your local mental health charity



Your Stories.

Looking to write about your lived experience? We need you for our online blog.

bit.ly/BathMindBlog



Neurodivergent people's brains are simply wired differently, not wrongly.

- Hannah, Chair of Bath Mind's staff Neurodiversity subgroup

Neurodiversity Celebration Week

Mind Bath



Want to support Bath Mind?

We have a charity wish list!

Mind Bath



It took a lot for me to phone Bath Mind and it was a real breakthrough for me.

Mind Bath



Stress Awareness Month:

How can we empty our stress buckets? with Bath Mind Trustee Pip Gellard

Mind Bath



Benefits of Walking:

- Boosts our energy levels.
- Can reduce stress and worry.
- Releases endorphins which boosts mood.
- Helps us connect with others.
- Improves our sleep routine.
- Decreases our mental distress.

Mind Bath



Big emotions, big thoughts, big heart in this chaotic world. This is me in all my shades.

- Marilyn

Neurodiversity Celebration Week

Mind Bath



What's on our charity wish list?

- Mental counselling for our wish list
- Fundraising event supplies
- Grantwriting support for our Donorline fundraising group

Mind Bath





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

Our values underpin everything we do and are a core part of who we are.

Empowering

We take pride in building confidence in the people we support, giving them the tools and ability to take ownership of their own mental health and wellbeing. We empower our staff and volunteers, supporting them in their personal development to maximise their full potential.

Connected

Through our empathic, innovative approach we ensure that we are connected, relatable, and fair to all. Effective communication and our collaborative ethos ensure we are united to improve mental health and wellbeing through mutually agreed methodology.

Compassionate

We provide an individualised approach, and we make sure that each person is seen, known and at the very centre of their own support. We offer a tailored approach to the people who use our services, our staff and our volunteers, including using the most effective communication methods possible. We prioritise and respect an individual's privacy, dignity, preferences, uniqueness, and freedom to express themselves.

Courageous

We aim to support positive experiences for our communities, staff, and volunteers through a culture of confidence to be bold and creative, expressing opinions even if they differ from others. We feel comfortable in speaking up when we see something that doesn't look right, and will actively engage in resolving problems.

www.bathmind.org.uk