



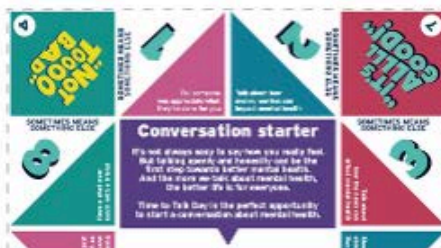
## COMMUNITY MATTERS SHOP SUPPORTS BATH MIND AS THEIR 'CHARITY OF THE YEAR 2024'

Bath Mind are delighted to have been chosen as 'Charity of the Year' by the incredible Community Matters shop in Chelsea Road, Bath.

Community Matters is a not-for-profit shop, which was established by Michelle Braithwaite in May 2021. Michelle says: "I came up with the idea of Community Matters after the pandemic. Observing the escalating demand for charitable services, I firmly believe that a localised effort can authentically transform the landscape for Bath's local charities. Together, as a community, we aim to not only raise crucial funds but also awareness about the invaluable contributions made by our local charities."

Since opening, Community Matters has raised over £120,000 for local charities. "Our community and its charities face daunting challenges and need support. Our mission is clear: to offer vital aid by generating funds and visibility. By annually spotlighting different Bath charities, Community Matters endeavours to raise awareness and funds for as many local causes as possible, amplifying their reach and impact."

Bath Mind recognises the important role which Community Matters plays in supporting local people. With the decline in small independent retailers, many in our community may have lost the important but simple connection of seeing friendly faces on a regular basis in local shops. Places like Community Matters are vital to the wellbeing of our community, with regular donors and customers often popping in for a chat.



Community Matters has 12 volunteers which includes 8 in store volunteers and 4 remote volunteers. Volunteering itself can provide many benefits which support our wellbeing, including connecting with others, helping people back into work and being part of a local community.

"We aspire to create meaningful volunteering opportunities, whether within the store or remotely, fostering a sense of belonging and connection within our community."

Bath Mind CEO, Kate Morton, says "Bath Mind are delighted and hugely grateful to be Charity of the Year for Community Matters. Our ethos and values are very much aligned, through supporting individuals in our community and working for social good. Community Matters is a shining example to us all of how one person can make



## Community Matters Time To Talk Day 1st February 2024

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Scan to see  
Bath Mind's  
services across  
BaNES



## COMMUNITY MATTERS



Community Matters has twelve volunteers, working in store and remotely. Volunteering can provide many benefits which support our wellbeing, including connecting with others, helping people back into work and being part of a local community. "We aspire to create meaningful volunteering opportunities, whether within the store or remotely, fostering a sense of belonging and connection within our community."



Community Matters  
1-2 Chelsea Road  
Bath BA1 3DU

# "NOT TOO BAD"

SOMETIMES MEANS I FEEL LOST AND ALONE  
Have a conversation about mental health

#TimeToTalk



Charity No: 1060...

Bath Mind are here to support the...  
and wellbeing of all...

Time to Talk Day highlights opening conversations around our mental health and wellbeing. Come along and take time to talk with Bath Mind. For venues and timings, please check our social media, newsletter or visit our website. Take time to talk with your neighbours, engage with community shops like Community Matters, and think about how you could have conversations which support the wellbeing of your community - be it your friends, family or wider community.

REVIVE

BATHROOM  
Revival

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Thank you so m



## Building Stronger Corporate Partnerships and Promoting Workplace Wellbeing

In today's fast-paced corporate landscape, companies are increasingly recognising the importance of fostering positive relationships with their communities and prioritising employee mental health and wellbeing. Bath Mind can support with this, offering corporate partnership opportunities and comprehensive mental health training programs, aimed at creating supportive workplaces.

Charity of the Year partnerships with Bath Mind represent a deep commitment to community welfare. Recent partners include Bath Building Society, Buro Happold, Specsavers, Crescent Restaurant, and Community Matters. Whether a large corporation or a smaller organisation, Bath Mind welcomes all to join them in supporting mental health initiatives!

Partnering with Bath Mind goes beyond philanthropy, signalling dedication to mental health advocacy and enhancing a positive corporate culture. Benefits include a dedicated Bath Mind contact, social media promotion, fundraising materials, regular updates on Bath Mind's initiatives and events, corporate volunteering opportunities, and access to mental health resources.

The partnership model allows for diverse engagement, from direct donations to organising fundraisers and team challenges, ensuring that each partner can contribute in a manner that suits their capabilities and preferences.



For organisations seeking to deepen their commitment to mental health and wellbeing, Bath Mind also offers comprehensive training programs! including Mental Health First Aid training and tailored workshops designed to address specific organisational needs. These courses equip staff with essential skills and help to foster a supportive environment where mental health is prioritised.

Together, through partnerships and proactive measures, we can create workplaces that nurture mental health and communities where individuals thrive.

To explore partnership opportunities or inquire about mental health training programs, contact Bath Mind through their website or email [partnerships@bathmind.org.uk](mailto:partnerships@bathmind.org.uk)

 **mind Bath**



## Bath Mind launches 5K A Day Challenge in support of Mental Health Awareness Week

4th April 2024

FEATURED

GENERAL NEWS

♥ 0

**Bath Mind**, a local and independent charity dedicated to supporting mental health across Bath and North East Somerset, is proud to announce its upcoming event, the **5K A Day Challenge**, in alignment with Mental Health Awareness Week from 13-19 May 2024.

This year's theme for Mental Health Awareness Week is movement, emphasising the benefits of physical activity for mental and physical wellbeing. Research has shown that regular physical activity can help with managing stress, improving sleep, enhancing mood, boosting confidence, and fostering connections with nature and others.



## Join the 5k A Day Challenge!

13th - 19th  
May 2024

**Mental Health Awareness Week**

Complete a 5k activity of your choice each day to support your local mental health charity.

- Raise vital funds for Bath Mind
- Support your physical & mental wellbeing
- Raise over £25 and get a FREE t-shirt!





Unpaid carers shoulder significant responsibilities, often at the expense of their own mental health and wellbeing, with 31% of carers saying their health and wellbeing had suffered due to their caring role (Carers Week, 2023).

Amidst the ups and downs of caring for a loved one, implementing self-care and seeking support are so important. With lighter and brighter days ahead, Bath Mind, a local independent mental health charity, share their five essential tips for nurturing your mental wellbeing, while fulfilling the vital role of a carer.

### 1 Stay connected

Having meaningful connections with family and friends is crucial for nurturing your mental wellbeing as a carer. Building a strong support network also ensures you have a safe space to express yourself authentically, and receive the encouragement and understanding your need to navigate the challenges of your caring journey.



### 2 Maintain a structured routine

Establishing a routine can provide a sense of stability and control amidst the unpredictability of caring. Utilise planners or schedules to organise tasks and appointments, but also be flexible and forgiving with yourself when things don't go as planned. Adaptability is



## 3 Practice self-care

Try to make time for yourself amongst your other responsibilities. Even small breaks can boost your energy and perspective. Whether it's engaging in hobbies, exercise or simply sitting quietly with your phone off, self-care is essential for sustaining your mental wellbeing.

## 4 Accept assistance

Don't hesitate to accept help when offered by your local support network or loved ones. Delegating tasks or seeking respite care alleviate some your responsibilities and prevent burnout.



## 5 Prioritise physical health

Remember that physical health and mental health are interconnected. Nourish your body with nutritious food, engage in regular exercise and try to get enough rest. A healthy lifestyle contributes to overall wellbeing and resilience in managing the day-to-day challenges you may face.

If you need inspiration, Bath Mind's website has a variety of free downloadable resources including recipes and physical activity ideas!



You can always find support in your caring community. Our carer cafés and peer support groups offer a safe space to express yourself and receive encouragement from others facing similar challenges. Flip to pages 7 and 8 to find out more!

If you are struggling with your mental health, please remember that you're not alone. Bath Mind's **Breathing Space support line** can offer emotional support. Call **0808 175 1369** any day of the week between 5.30pm – 11pm.

## Breathing Space:

Bath Mind's evening support hub and phone line



**Calm, safe, supportive.**

### EVENING SUPPORT HUB

Hub open every evening from 18:00-22:30. Call or email by 5pm to self-refer.



**A trained, listening ear.**

### TELEPHONE SUPPORT LINE

Telephone line open every evening from 17:30- 23:00.

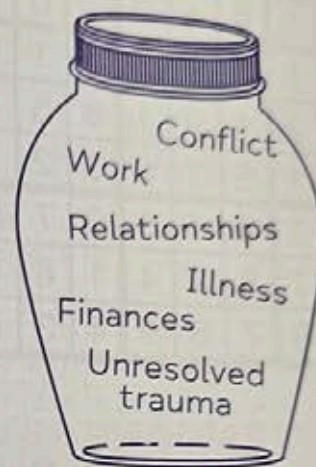
**Freephone: 0808 175 1369**



## Stress Awareness Month with Bath Mind:

Your 'stress container' holds all of the different stresses (big and small) in your life.

Your stress container can overflow, which can lead to overwhelm and burnout.




### What are some useful ways to remedy and release stress?

- Breathing exercises
- Connecting with others
- Movement
- Getting enough sleep

- Mindfulness
- Spending time outdoors
- Creative activities
- Create boundaries

For tips, information and support visit [www.bathmind.org.uk](http://www.bathmind.org.uk)

 Bath



May 2, 2024

# Mental Health Third Sector Alliance continues to make an exceptional impact across BSW

A Third Sector Alliance (3SA) of local organisations focused on mental health made up of Bath Mind, Swindon and Gloucestershire Mind, Rethink and Alabaré continues to have a profound impact in BSW, enhancing the accessibility and quality of mental health services.

Through innovative collaboration with the Bath and North east Somerset, Swindon and Wiltshire Integrated Care Board, primary and secondary services, the 3SA ensures prompt access to services, appropriate interventions, and crisis support.

Over the past two years, the 3SA has facilitated over 26,000 contacts, on the phone and in person, providing a brand new option of mental health support to the population of BSW. The 3SA is fully embedded in system discussions around mental health strategy development and transformation plans in BSW and poised for closer integration with partner providers such as Avon and Wiltshire Mental Health Partnership.

The 3SA mission spans from de-escalating crises to fostering self-care, bolstering confidence, and building supportive networks.

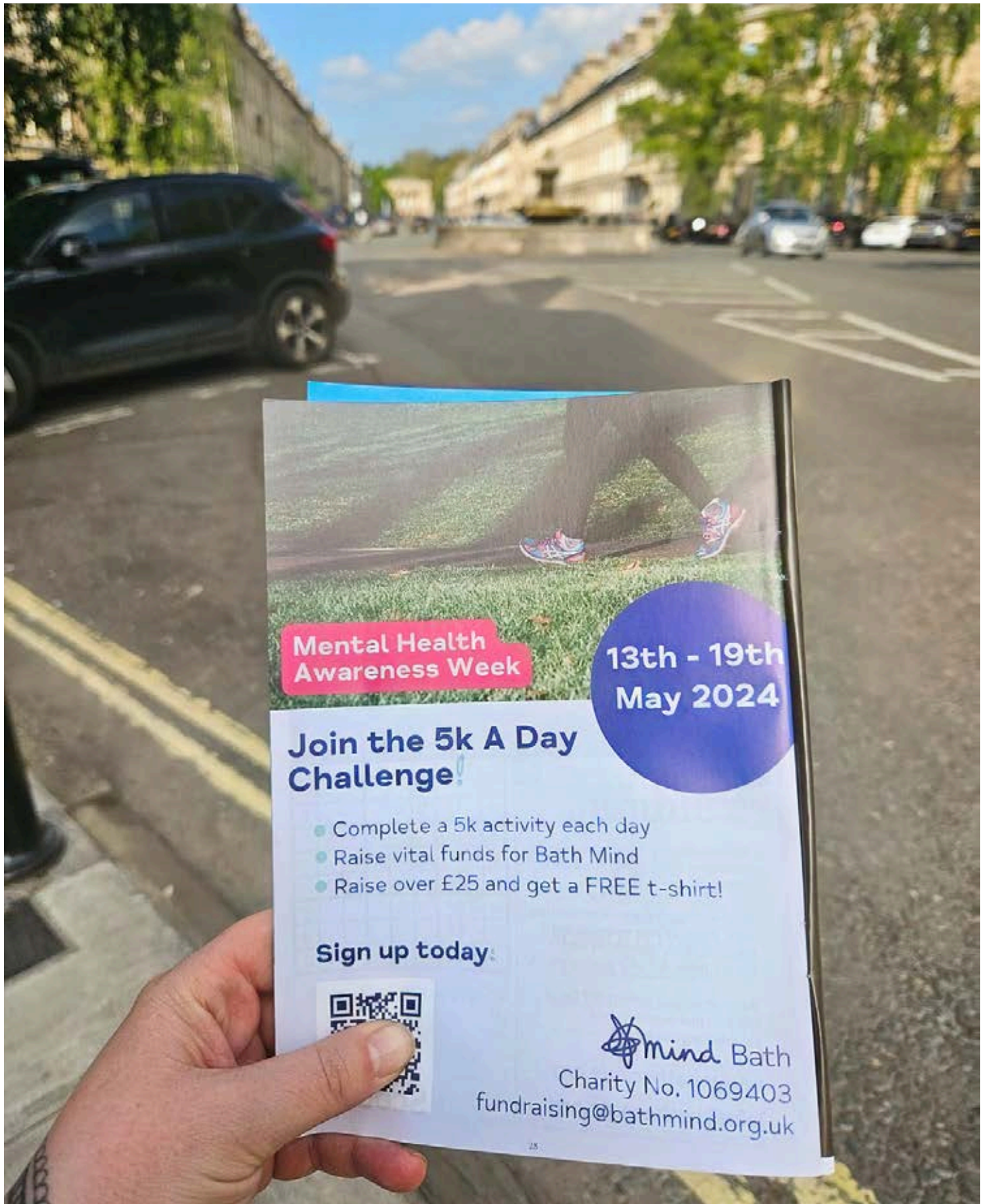
At the forefront of the model is a daytime phone support service aligned with out-of-hours crisis lines, serving as a comprehensive "front door" accessible from 9 AM to 11 PM, seven days a week. This includes personalised walk-along services and an online community platform, Clic, supporting diverse mental health needs and access to local information and forums.

Work has also begun on supporting community development opportunities with local groups and organisations, ensuring pathways are connected for people and that communities are empowered and supported to grow a thriving offer to those who live there.

Their workforce includes individuals with lived experience, trained according to Health Education England's Peer Support Worker Competency Framework, ensuring tailored and high-quality service delivery. With backgrounds in social work, nursing, and occupational therapy, they bring a wealth of expertise to mental health care.

Feedback from users for 3SA's services includes comments that the teams are extremely supportive, helpful and encouraging with one user saying "With their support I am able to stand up for myself and do things that help me and my wellbeing. I have been able to do things that I have been putting off."





Mental Health Awareness Week


13th - 19th  
May 2024

## Join the 5k A Day Challenge!

- Complete a 5k activity each day
- Raise vital funds for Bath Mind
- Raise over £25 and get a FREE t-shirt!

Sign up today



 Bath

Charity No. 1069403

fundraising@bathmind.org.uk





## Mental Health Awareness Week

No one should have to struggle with their mental health alone.

With your help, Bath Mind can be there for everyone who needs us.

"Improving my physical health has helped my mental wellbeing. Bath Mind staff were encouraging all the time."



Donate today:



Bath Mind Bath  
[www.bathmind.org.uk](http://www.bathmind.org.uk)



## Bath Mind launches '5k A Day Challenge' in support of Mental Health Awareness Week

By Nick Batten on 7 May, 2024



Bath Mind, a local and independent charity dedicated to supporting mental health across Bath and North East Somerset, has announced its upcoming event, the 5K A Day Challenge, in alignment with Mental Health Awareness Week (13th to 19th May 2024).

This year's theme for Mental Health Awareness Week is 'Movement,' emphasising the benefits of physical activity for mental and physical well-being. Research has shown that regular physical activity can help with managing stress, improving sleep, enhancing mood, boosting confidence, and fostering connections with nature and others. Additionally, incorporating movement into daily life can play a crucial role in managing symptoms of depression and anxiety, enhancing memory and brain functioning, and promoting heart, muscle, and bone health, helping to reduce the risk of developing long-term health conditions.



One of the fundraising team at Bath Mind

Bath Mind's 5K A Day Challenge invites organisations to partake in a meaningful initiative during Mental Health Awareness Week. By engaging in a daily 5-kilometer activity, employees can demonstrate their commitment to mental health advocacy while fostering team spirit.

Whether it's incorporating a cycle into the daily commute or organising group walks during breaks, every 5K completed contributes to raising awareness about mental health and supporting Bath Mind's vital mental health services across the local community.

Hannah Roper, Director of Business Development at Bath Mind, said, "We're thrilled to launch the 5K A Day Challenge as part of Mental Health Awareness Week. This event not only promotes the importance of physical activity for mental wellbeing but also enables our community to come together in support of mental health services across Bath and North East Somerset."

Participants who raise over £25 will receive a free Bath Mind t-shirt, and all entrants will be automatically entered into a prize draw to win a meal for two (food only) at Crescent Restaurant and Bar in Bath.

To participate in the 5K A Day Challenge and learn more about Bath Mind's initiatives, please visit Bath Mind's website. [www.bathmind.org.uk/5k-a-day-challenge/](http://www.bathmind.org.uk/5k-a-day-challenge/)

### UPCOMING EVENTS

[View All](#)

[Submit an Event](#)

#### The Business Exchange June Big Breakfast



June 6 @ 7:30 am - 9:00 am at Cumberwell Park

Join us for The Business Exchange Big Breakfast at Cumberwell Park on Thursday 6th June from 7:30-9a...

#### The Business Exchange South West Charity Conference & Expo 2024



June 13 @ 8:00 am - 4:00 pm

at Bath Racecourse

The 6th annual Business Exchange South West Charity Conference & Expo is returning to Bath Racec...

#### TBE Show



September 12 @ 8:30 am - 4:00 pm

at Bath Racecourse

The Business Exchange is delighted to





## Bath Mind launches new Teen Wellbeing Group at local allotments

17th May 2024

FEATURED GENERAL NEWS  0

Bath Mind has announced the launch of its new Teen Wellbeing Group, starting on Wednesday 5 June. This free group is open to children aged 13-18 who live in Bath and North East Somerset.

The weekly sessions will take place at Bath Mind's Monksdale Road allotments in Bath from 3:30pm to 5:30pm, and participants are welcome to drop in at any time during the session.



**CALLING ALL 13 - 18 YEAR OLDS!**

mind Bath

Do you live in Bath and North East Somerset?

## JOIN OUR TEEN WELLBEING GROUP!

**FREE to attend**

- Drop in to enjoy outdoors activities such as creative expression, mindful exercises and gardening
- Boost your confidence and wellbeing

**Where:** Monksdale Road Allotments, Bath  
**When:** Wednesdays 3.30pm - 5.30pm  
**Starts:** Wednesday 5th June

**Email Ali to sign up:**  
[alisonchadwick@bathmind.org.uk](mailto:alisonchadwick@bathmind.org.uk)

The Teen Wellbeing Group offers a variety of activities designed to help young people relax and connect with nature. Activities include creative expression, mindful exercises and gardening. The aim of the group is to provide a supportive environment where young people can take a break from their daily stresses, engage with their peers, and boost their wellbeing and self-confidence.

Hannah Lees, Bath Mind's Youth Engagement Worker, says, "Mental health matters at every age. Every one of us has mental health. Our new Teen Wellbeing Group gives young people aged 13 to 18 a space and time to relax and spend time in nature, engaging and connecting."

To secure a spot for your child, please email Alison Chadwick at [AlisonChadwick@bathmind.org.uk](mailto:AlisonChadwick@bathmind.org.uk).

## About Bath Mind

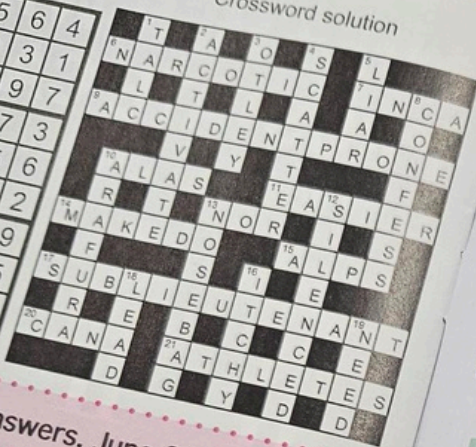
Bath Mind is a local mental health charity whose mission is to provide support and information to anyone experiencing a mental health problem in Bath and North East Somerset.



Sudoku solution

7	1	5	6	4
8	9	2	3	1
6	3	8	9	7
2	1	7	3	
8	9	5	6	
5	4	8	2	
3	2	9		
7	1	5		
6	4	8		

Crossword solution



## Quiz Answers, June 2024

8. Steam locomotive
9. George Orwell
10. Vincent Van Gogh
11. Bristol Rovers
12. The Black Death
13. Indonesian Islands
14. Swan lake
15. Gold
16. St Ives
17. Exmoor



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## Summer Self-Care with Bath Mind:

Whilst the warmer weather and longer days of summer can boost many people's mood, for others, this time of year can heighten feelings of stress, anxiety and loneliness.

Here are some summer self-care suggestions:

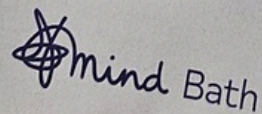
- Spend time outside
- Connect with others
- Stay active
- Keep a good sleep routine
- Try a new hobby

- Create a summer playlist
- Make time to relax
- Plan something to look forward to
- Keep a journal

If you're struggling with your mental health this summer, it's OK to ask for help. Bath Mind are here for you.

**Freephone 0808 175 1369**  
**Open 7 days a week 9am - 11pm**

For more tips, information and support visit [www.bathmind.org.uk](http://www.bathmind.org.uk)





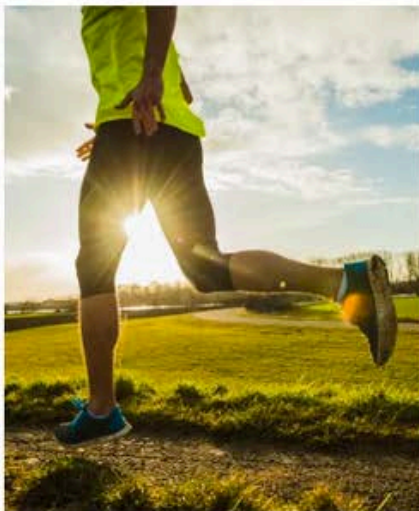
HOME

CONTENTS

## Run the Bath Half for mental health!

Bath Mind is thrilled to announce the launch of charity spaces for the Bath Half Marathon 2025. As one of the premier events in their fundraising calendar, the Bath Half Marathon plays a vital role in supporting Bath Mind's local mental health services, ensuring support is there for those who need it.

Becki Fox, Fundraising Manager at Bath Mind, expressed her excitement about the event, stating, "The Bath Half is a highlight in our event calendar and as someone who has previously run it, I can honestly say it really is a special day for the whole city which brings the community together and creates a city-wide buzz. By choosing to run in aid of Bath Mind you will be raising funds for a local and independent mental health charity who supports thousands of people across Bath and North East Somerset by providing accessible and affordable mental health services and wellbeing activities."



Runners who sign up to run for Team Bath Mind will receive some great benefits, including a free Bath Mind running vest, an exclusive training plan, and support from Bath Mind's dedicated running coach, Hannah Lees.

Hannah is an award-winning running coach, honoured as the England Athletics Run Leader of the Year in 2019. Based in Bath, she has supported more than 180 runners with their Bath Half training. Passionate about supporting people of all ages, sizes, and abilities, Hannah dedicates herself to helping individuals overcome self-doubt and achieve their running goals.

In addition to these benefits, each runner is asked to pledge to raise £250. In total, Bath Mind aims to raise £20,000 from this event. These funds will directly support their mental health services across Bath and North East Somerset, including evening crisis support, affordable counselling, weekly wellbeing groups, a befriending service, and much more.

Participants will also receive regular updates about the event and fundraising tips throughout the year, ensuring they are well-prepared for race day!

"We have an amazing fundraising support team and our very own running coach to help you on your journey right up to and including the day!" added Becki Fox.

"We can't wait to welcome you to Team Bath Mind so sign up to one of our charity places today by visiting our website or contacting our fundraising team at [fundraising@bathmind.org.uk](mailto:fundraising@bathmind.org.uk)."

Don't miss this opportunity to join Team Bath Mind and run for mental health. Sign up [here](https://www.bathmind.org.uk/bathhalf).

**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](https://www.bathmind.org.uk/bathhalf)



Bath Mind  
10 Westgate Street | Bath | BA1 1EQ  
01225 316199  
[admin@bathmind.org.uk](mailto:admin@bathmind.org.uk)  
Registered in England 3831040  
Charity No. 1069403





## Bath Mind launches charity spaces for the Bath Half 2025

By *Nick Batten* on 18 June, 2024



Bath Mind has announced the launch of charity spaces for the [Bath Half Marathon 2025](#), inviting businesses to participate and support local mental health services.

As one of the premier events in the charity's fundraising calendar, the Bath Half Marathon plays a vital role in ensuring support is there for those who need it across Bath and North East Somerset.

Businesses that sign up to run for Team Bath Mind will receive several benefits, including a free Bath Mind running vest for each participant, an exclusive training plan, and support from Bath Mind's dedicated running coach, Hannah Lees.

Hannah is an award-winning running coach, honoured as the England Athletics Run Leader of the Year in 2019. Based in Bath, she has supported more than 150 runners with their Bath Half training and is passionate about supporting people of all ages, sizes, and abilities.

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### UPCOMING EVENTS

[View All](#)

[Leadership Dialogues @ Bath](#)



July 3 @ 9:00 am - 4:00 pm at The F  
Leadership Dialogues @ Bath is an event designed to inspire and connect leaders and aspirants...

[TBE Show](#)



September 12 @ 8:30 am - 4:00 pm at Bath Racecourse

The Business Exchange is delighted to announce that we're hosting our first...



## Summer Self-Care Ideas from Bath Mind

As summer unfolds with its warmer weather and longer days, many of us feel an uplift in our mood. However, for some, this season can bring heightened stress, anxiety, and loneliness. Local mental health charity Bath Mind understands the unique challenges summer can present and are here to offer some low-cost self-care suggestions to help you navigate the season with ease and joy.

### 1. Create a Summer Playlist

Music has a powerful impact on our emotions. Curate a playlist of your favourite summer tunes that make you feel happy and relaxed. Listening to music can be a great way to start your day on a positive note or to wind down in the evening.

### 2. Spend Time Outside

Embrace the outdoors to boost your mood and wellbeing – this could be reading outside, or enjoying some movement outdoors, such as yoga or walking. If physically going out isn't an option, simply open your windows and doors to let in fresh air and natural light. Enjoying the breeze and the sounds of nature can make a significant difference in your day.

### 3. Connect with Loved Ones

Social connections are vital for mental health. Plan a picnic in the park, arrange a phone call, or send a text to friends, family, or people you trust. Sharing your thoughts and feelings can provide comfort and reduce feelings of loneliness.

### 4. Maintain a Good Sleep Routine

With longer daylight hours, it can be tempting to stay up later. However, maintaining a consistent sleep routine is crucial for your wellbeing. Aim for a regular bedtime and ensure your sleeping environment is conducive to rest.



### 5. Enjoy Seasonal Produce

Eating fresh, seasonal produce can boost your mood and energy levels. Delight in summer fruits and vegetables like strawberries, beetroot, and rhubarb.

### 6. Spend Time by the Water

Studies show that being by water can reduce feelings of stress and anxiety. Whether it's a trip to the beach, a walk by the river, or simply listening to the sounds of a fountain, spending time near water can improve your overall sense of wellbeing.

Remember, if you're struggling with your mental health this summer, it's OK to ask for help. Bath Mind is here to support you. Call Freephone 0808 175 1369, available 7 days a week from 9am to 11pm.



Bath Mind  
10 Westgate Street | Bath | BA1 1EQ

Registered in England 3531040  
Charity No. 1069403





**Companions Who Care**  
WITH A HELPING HAND

we support  
friendship to  
individual needs

**OUR SERVICES INCLUDE:**

- Home help and light housework
- Laundry and bed changing
- Shopping and meal preparation
- Trips out / help to attend appointments
- Companionship / support with interests
- Dementia support
- Hospital discharge support
- Welfare checks
- Medication prompting
- Help with admin / IT support
- Respite breaks for carers
- Dog walking / pet care

EMAIL hello@companionswhocare.co.uk  
ions .co.uk

**mind Bath**  
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](http://bathmind.org.uk/bathhalf)

**mind Bath**



## Orchard House approaches first anniversary



**On September 4th last year, Bath Mind opened their new short term respite facility Orchard House in Midsomer Norton.**

As their first full year in service approaches, I was thrilled to be invited by Megan Bullus, Service Manager, to meet her and some of her staff, to learn more about their vital work and the impact this had on the lives of people struggling with mental health challenges.

Orchard House provides short-term support (7-10 days) for individuals experiencing a period of difficulty with their mental health. The service operates 365 days a year, with trained staff on site supporting a maximum four clients at any one time, offering advice and strategies to improve their mental health so they can return safely to their own homes.

Over the last year, the house has supported over eighty clients, with some visiting several times. Looking at the many letters and cards of thanks

pinned up in their office, it is truly clear what a positive impact Orchard House has had on clients using their facilities.

Megan said:

“Our clients come with a range of mental challenges, and we provide a safe space for them to reconnect in their lives. I see clients changing before my very eyes when given time, understanding and a safe environment to work through a mental health issue which has been holding them back.”

Despite some early concerns from local residents unsure what Orchard House would be offering, relations with neighbours remain positive. Following a well-attended public meeting facilitated by Cllr Auton, Orchard House continues to have an open-door policy and residents have visited the house to meet staff, look around the facility and enjoy a cup of tea.

Orchard House provides support for people experiencing difficulties with their mental health



[Home](#) [News](#) [Events](#) [Reviews](#) [About us](#) [Contact](#) [Advertise](#)

## Bath Mind encourages schools and families to take part in Wear It Blue For Mental Health

4th September 2024

FEATURED

GENERAL NEWS

♥ 0

**Bath Mind** is inviting schools, families and communities to Wear It Blue for World Mental Health Day on 10 October.

Bath Mind aims to raise £2,000 through this campaign to continue supporting individuals and families in the community. Every donation helps! You can organise school fundraisers, bake sales or simply make a donation. A suggested contribution for Wear It Blue is £1 per person.





## ...moves ahead

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legal challenge, as it said there were "minor technical issues" with their scheme and it had missed its slot with the contractors. But now it has brought the scheme back with a new experimental traffic regulation order (ETRO).

A council statement said: "The trials were due to start in August but were put on hold to address a procedural error in legal notices which have now been fixed."

But the group who brought the challenge criticised the move to bring it back.

A spokesperson for the group said: "The council has made no changes to the design of the Wini-fred's Lane ETRO, despite our best

efforts to explain the dangers and seek compromise."

Others have welcomed the scheme. Malcolm Baldwin, the chair of the Circus Area Residents Association, said in January: "The ongoing and unabated increase that significant parts of our catchment area are evidencing in terms of visitor/tourist footfall will be more safely and effectively managed as a result of these improvements."

The liveable neighbourhood will officially be in place as a trial and a consultation will run for the first six months while it is in place. A decision will then be made on whether to make it permanent.

...in the absence of a  
other circumstances prevailing w  
come to an end on 30th Novemb  
2025.

As a result allotment holders are being asked to vacate their plots by 31st October 2025 which allow enough time for the council to reinstate the land as required by the terms of its own lease.

## Fireworks show to light up sky

A spectacular fireworks display with music will light up the sky over Bath on Saturday (November 2) when the annual Bath Rotary charity fireworks display takes place on the Recreation Ground.

Over 6,500 people are expected to attend, with many more watching from surrounding hills and gardens.

Tickets are available online until the display starts at 6pm, from [www.rotary-bath.co.uk](http://www.rotary-bath.co.uk).

## Relocation of Key Mental Health Services

Bath Mind's evening crisis support service, Breathing Space, and Access Community Mental Health team are moving on 4th November.

CEO, Kate Morton, says "This exciting move will unify several frontline and support services, making them more accessible and agile, to meet the diverse needs of our communities."

Bath Mind is a local, independent charity providing vital mental health services across BaNES.

New address from 4th November 2024:  
Beauford House, 8-9 Princes Street,  
Bath BA1 1HL



If you or someone you know needs support with their mental health, Bath Mind are here for you.

Visit their website to get in touch.  
[www.bathmind.org.uk](http://www.bathmind.org.uk)

Registered Charity No: 1069403



# The Bath and Wiltshire Parent

# Oct 2024

The Bath & Wiltshire **Parent**



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## Tickets for Bath Mind's family friendly Mental Elf 2024 Fun Run now on sale

15th October 2024

Editor: 07811 321235

[editor@thebathparent.co.uk](mailto:editor@thebathparent.co.uk)

### Events Calendar

« October 2024 »						
M	T	W	T	F	S	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3



Junior Nanny Course with Freckles: October  
October 15 - 9:00 am



Junior Nanny Course with Freckles: October  
October 15 - 9:00 am



# The Bath and Wiltshire Parent

# Oct 2024

Bath Mind is thrilled to announce that tickets for the highly anticipated Mental Elf 2024 fun run are now on sale. Following last year's success, which saw over £6,000 raised for Bath Mind's essential mental health services, the local charity is setting its sights even higher this year.

With 200 tickets available and a fundraising goal of £8,000, the charity is calling on the community to lace up their running shoes and spread some festive cheer while supporting a vital cause.

Taking place at Odd Down Sports Ground, Bath on 8 December, Mental Elf is a family-friendly fun run open to participants of all ages and fitness levels. Whether you're a seasoned runner or simply looking for a joyful activity to enjoy with friends and family, this event offers something for everyone, with routes offering 2km and 5km options.

A promotional poster for the Mental Elf Fun Run. The background is a vibrant teal color decorated with white snowflake icons. At the top, the Bath Mind logo is displayed in a blue, hand-drawn style. Below it, the text 'Mental Elf Fun Run!' is written in large, bold, blue letters, with a red exclamation mark. A circular inset photograph shows a diverse group of runners of various ages and abilities, many wearing festive hats and costumes, cheering with their arms raised. Below the photo, the event details are listed: 'Sunday 8th December' and 'Odd Down Cycle Track, Bath'. A bulleted list highlights key features: 'Choose from a flat 2km or 5km route', 'Free medal for all runners', and 'Raise funds for Bath Mind's local mental health services'. A QR code is positioned in the bottom right corner of the poster, and the website address 'bathmind.org.uk/mentalelf' is printed at the very bottom.

To add to the yuletide flavour, festive attire is encouraged – elf hats, Santa costumes, Christmas jumpers and more!

By participating, you'll be making a meaningful difference to mental health services in Bath and North East Somerset. Bath Mind is asking all participants to raise £80 in sponsorship, which will go directly towards supporting individuals in the community experiencing mental distress or at risk of poor mental health.



## Junction 18 – LIVE!



Playing all your favourite numbers with all profits going to Bath Foodbank

Saturday, November 30<sup>th</sup> 2024, 7.30-10.30pm

St Mark's Community Centre, BA2 4PA

Join Junction 18's Never Say Never world tour and.....dance your socks off!

Bar – Raffle - Be there!

£10\*

Bath Foodbank is part of Genesis Trust, registered charity (No. 1154233)



## Support for anyone affected by memory loss



Free activities for people living with memory loss:

- ▶ Team Games 13th November  
A fun session of Curling and Table Tennis based at a community venue in Twerton.

Free support for loved ones and carers:

- ▶ Refreshing Carers Day 7th November  
Enjoy mindfulness, relaxation techniques and creative activities at The Holburne Museum.
- ▶ Practical Carer 25th November  
Practical tips for when a loved one's dementia progresses. Ask questions to experts including occupational therapists, physiotherapists and an Admiral Nurse.

To sign up contact:  
[info@reminduk.org](mailto:info@reminduk.org)  
01225 476420





## Mental Elf Fun Run!

### Sunday 8th December Odd Down Cycle Track

- Choose from 2km or 5km
- Free medal for all runners
- Raise funds for Bath Mind's local mental health services



[bathmind.org.uk/mentalelf](http://bathmind.org.uk/mentalelf)





CONTACT  
T: 01225 94  
[www.myrem](http://www.myrem)

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# The Bath and Wiltshire Magazine

# Nov 2024

**December Christmas Fair**  
Bath Elim Church  
81497740532/  
JOIN US AT THE VOICES.  
**Christmas FAIR**  
DECEMBER 2024  
EVENT TIMES:  
11:00 AM - 4:00 PM  
RAFFLE - FOOD -  
TALENT SHOW  
AND THE



**Bird of Prey Project**  
3-5pm. Enjoy the sunset with a warm drink, Christmas atmosphere and owls flying silently overhead.  
[birdofpreyproject.org](http://birdofpreyproject.org)

**8 December Mental Elf Run**  
Odd Down Cycle Track  
2km or 5km festive runs to help raise funds for Bath Mind's essential mental health services.  
[www.bathmind.org.uk](http://www.bathmind.org.uk)



**18-22 December Dick Whittington with Bath Unity Players**  
Kingswood School  
[www.ticketsource.co.uk/unity](http://www.ticketsource.co.uk/unity)

**13 December A Winter's Tale**  
Trowbridge Library  
10-11am. The snow is falling and getting ready. She wants everything to be really rat-tastic! But will her friends make it through the snow to the winter woodland revels?  
[www.ticketsource.co.uk](http://www.ticketsource.co.uk)

**12 December & 9 January Open Events**  
Weston All Saints Primary School (WASPS)  
[www.wasp-school.org.uk](http://www.wasp-school.org.uk)

6-8.30pm. A magical evening of festive performances, readings and refreshment.  
[ruhx.org.uk](http://ruhx.org.uk)

**December Evenings**  
[net.co.uk](http://net.co.uk)

concert with  
All Saints Centre

Spl  
p  
pain  
scatter  
private  
workshop  
Bath  
Bristol  
Worcester



## Donations to Bath Mind's Big Give Christmas appeal to be doubled

TUESDAY 26TH NOVEMBER 2024

BATH ECHO NEWS TEAM

COMMUNITY



Donations to local charity Bath Mind during the Big Give Christmas Challenge are set to be doubled, helping the most vulnerable in the local community.



Image © Bath Mind

Funding cuts are threatening the survival of the charity's vital services, which support thousands of people across Bath and North East Somerset every year.

Bath Mind helps people improve their mental health, build communities and changes and saves lives.



For just one week, every pound that is donated to Bath Mind will be doubled through the Big Give's Christmas Challenge.

- £5 doubled to £10 could support someone at risk of suicide calling their crisis line.
- £10 doubled to £20 could support an isolated young person to meet new people and feel part of a community.
- £50 doubled to £100 could support a group of young people to learn new skills and develop new opportunities to improve their futures.

Christine Swift, Interim Head of Business Development at Bath Mind said: "People we support may be vulnerable, lonely, isolated, in crisis, and have nowhere else to turn. Bath Mind are here for everyone living in BaNES, 365 days of the year.

"With our support, people may be able to continue caring for family, remain in education or employment, live independently in their own home, engage in their community.

"Through one-to-one support, groups and activities, we help people navigate life's challenges, build confidence, learn new skills, make connections, find a sense of purpose and belonging."

A member of Bath Mind's Safe Space group for young people said: "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."

A Bath Mind Wellbeing Group member said: "I started to realise that everyone there had their own mental health issues, so I didn't feel so alone and isolated.

"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 time's gone on, I've realised that everybody has some mental health struggles sometimes, even if they don't realise it themselves."

Bath Mind have just one week to reach their £4,000 target.

Donations will be generously matched by Big Give and The Monday Charity Trust during the campaign, meaning your money can support twice as many local people who are struggling with their mental health.

Donate [here](#) from 3rd December through to 12pm on Tuesday 10th of December.





Tesco Express  
Tesco Express Weston High Street,  
The Cafe at The Hub, Mulberry Park and  
counter copies in Newton Farm Shop,  
the cafes on Moorland Road and  
Chelsea Road, Bath.  
We also leave copies in some of the  
shops in Southdown, Bath.  
or you can view online at  
[www.pukkabath.co.uk](http://www.pukkabath.co.uk)



Sunday 16th March 2025

- ✓ Discounted entry
- ✓ Free running top
- ✓ Tips from personal trainer



Sign up by  
scanning QR  
code:



REGULATOR

## mind Bath

### Mental health Support Over the Festive Season

**Access Community  
Mental Health**  
Help to access mental health  
support and services  
[access@bathmind.org.uk](mailto:access@bathmind.org.uk)  
Freephone 0808 175 1369  
9am - 5.30pm

**Breathing Space**  
Mental health crisis support  
[breathingspace@bathmind.org.uk](mailto:breathingspace@bathmind.org.uk)  
Freephone 0808 175 1369  
5.30pm - 11pm (phoneline)  
6pm - 10.30pm (pre-booked in-  
person)

**Open 365 days a year**



Support your local Mind charity:  
[www.bathmind.org.uk/donate](http://www.bathmind.org.uk/donate)



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## Festive Wellbeing Tips

For many of us, Christmas can be a challenging time. According to findings from the national Mind charity, one in ten people find themselves struggling to cope at Christmas time, and this number rises to a third of people for those of us living with mental ill health.

Find Christmas a difficult time of year? Here are some practical tips to help:

**Plan Ahead:** If you'll be in an unfamiliar environment over Christmas, consider what will help you feel comfortable. You could prepare by packing items that bring comfort and help you have a sense of routine, such as your pillow from home or favourite teabags. Write down the opening hours of any services you may need over Christmas and ensure you have enough of any prescribed medications.

**Stay Active:** Staying active during busy periods can alleviate anxiety, lift mood, and boost energy levels. Try to incorporate gentle activities into your schedule such as yoga, a walk in the park or festive games with friends and family.

**Prioritise Sleep:** A good sleep routine plays an important role in our wellbeing. Try to maintain a regular sleep pattern during the busy Christmas period by avoiding screen time before bed and giving yourself the space and time to rest. This will help prevent irritability and low energy.

**Eat and Drink Well:** Christmas can be a time of overindulgence, but what we eat and drink can impact how we feel. For example, too much sugar can have a noticeable effect on our mental wellbeing in the short and long term. And while it's great to catch up with friends or colleagues in the pub, alcohol can lead to negative feelings, such as anger, depression or anxiety.



**Self-Care Rituals:** Recognise what self-care looks like for you - whether it's connecting with nature, preparing your favourite seasonal meal, or engaging in a calm activity like colouring. Need some festive self-care inspiration? Explore [Bath Mind's website](#) for festive-themed activities, recipes, and free wellbeing advent calendar!

**Reach Out for Support:** If you find yourself struggling with poor mental health, emotional distress, or overwhelming feelings this December, Bath Mind are here for you. Call Freephone 0808 175 1369. The phonenumber is open every day of the year (even Christmas Day!) from 9am until 11pm.

Bath Mind supports thousands of people across BaNES every year, improving mental health, building communities, changing, and saving lives. This Christmas, help make a difference by donating at [bathmind.org.uk/donate](https://www.bathmind.org.uk/donate)

### Bath Mind are here for you this Christmas:

**Access Community Mental Health**  
0808 175 1369

Telephone mental health support. Open every day of the year 9am till 5.30pm

**Breathing Space**  
0808 175 1369

Telephone crisis line and in-person hub. Open every day of the year 5.30pm till 11pm.

Reminder

You are not alone

[www.bathmind.org.uk](https://www.bathmind.org.uk)