



Impact Report 18-19

This review is a summary of what has been a highly successful year for Mind in West Essex.



Our staff, volunteers, trustees and counsellors all deserve great credit for the work they do, and for the way they aspire to give each and everyone a positive and beneficial experience of their contact with us. We are very proud to be part of this organisation.

It's always a challenge working in the charity sector, this year was

no different, and the next year is already proving more so.

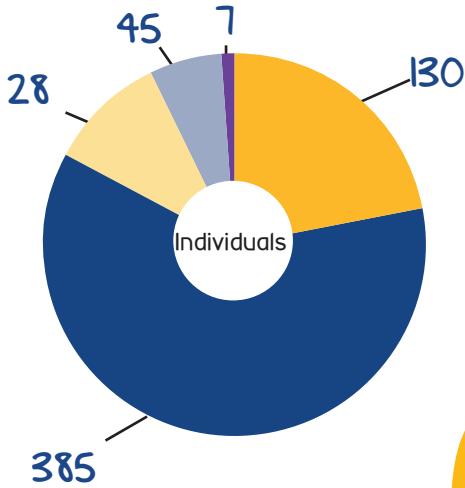
Our aim however continues to be to support people as many people as possible affected by mental ill health to make positive changes in their lives and in doing so to improve their mental health and emotional resilience.

Take care
Alison Wilson - CEO
Richard Crone - Chairman



Offering a diverse range of support tailored for our communities.

Community Services



- Support Time and Recovery
- Futures in Mind Service
- Wellbeing Assistant clients
- Volunteers
- Befriending

The support I have received from my STaR worker has been fantastic, and my confidence levels have grown so much.
Sincerely RG.

Fundraising and Donations

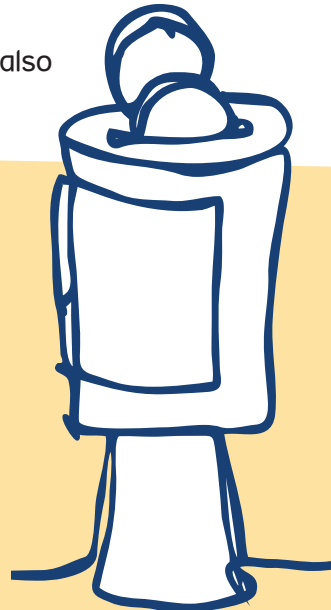
Challenges have included epic runs, climbing mountains, hosting Talking Tea Parties and nominating us is Asda.

Facebook have made it easy to support us and you can also find us on Easyfundraising and AmazonSmile

£31,757



raised in '18-'19



Counselling Services

Affordable Counselling



2,663

1:1 sessions attended

 x 10 people

IAPT*



1,667

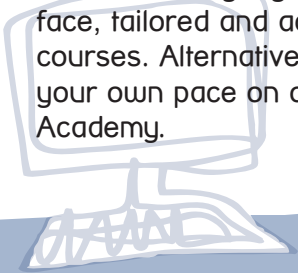
1:1 sessions attended



*IAPT - Improving Access to Psychological Therapies in association with Healthy Minds

Training Services

For all learning styles we offer face to face, tailored and accredited training courses. Alternatively you can learn at your own pace on our online Training Academy.



We delivered

129 mental health
courses to
1,455
people



I was blown away by the course, it is so handy and I can go back at anytime - Online STEW Training

Partnership working

Together we are united and stronger. We have seen the huge benefits working on existing projects such as Futures in Mind, a drug/alcohol misuse and mental health recovery service. We continue to strive to offer the best services for our community.

This year we have partnered with different organisations to develop and provide new services locally, countywide and on a national programme.

Essex Befriends

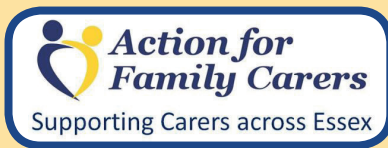
We are a partnership service that has brought together years for experience to deliver an inclusive service. Essex Befriends has drawn on the knowledge, skills and passion of Action for Family Carers, Mind in West Essex, Hamelin Trust and Independent Age.

We offer free adult befriending services to Carers, older people and those with mental ill health or a learning disability.

Trailblazer

Working in schools and colleges in Harlow, providing a combination of individual support and group work. Delivering a whole school approach with children and young people, parents/caregivers and educational staff.

We have partnered with the NHS and Department for Education to deliver on this national programme.



Poetry for Positivity

Poetry for positivity is a 6 week course that was on offer free of charge thanks to funding from the Mulberry Trust.

The gardener does the first cut on the lawn,
the green grass clumps and sticks as it is still wet,
cold air makes me hold my coat tightly in Bush Fair,
Bright blue skies,
the promise of springtime,
Sun blinding my vision
warm feeling in the car,
birds walking along the damp green grass,
The morning wind brought a chill and
a realisation, the class ends today,
Thoughts jumping from one to the other
feeling stressed and restless,
clouds now covering the blue sky,
Hair whipping, face going numb,
sadness, a void opening inside,
This is the start – it is always
the start and yesterday's winds
have become a breath of breeze,
I walk a last familiar route to the poetry club,
to the relaxed faces I have only just begun to know,
I am free to enjoy creativity and
verse without the pressure of
the clock ticking and the parking ticket,
I'm feeling accepting, the group is coming to an end,
I can take my memories with me and
who knows, we may all meet again,
Must leave early for
London, wishing for no rain,
Worries crowding in, biting
and ripping like the wind,
trying to ignore but gradually losing,
The threat of a break in the dam, if it is
breached it may become an unstoppable flood,
But let the ink flow and with it your
words will be the startling blossoms of
your Spring - flood the landscape of your scene.

**Great programme -
much needed & fun
way to encourage self
expression**

Written by : Rowen Saunders,
Amanda Rawlins-Caterall,
J P, Rose May, Christopher
Nash, Jemma Humphrey, Sam
Pearson



West Essex Time to Change Hub

We are delighted to be an Organic Time to Change Hub. Following our previous years engagement with organisations signing the pledge to break stigma and discrimination. Thanks for the support from Essex County Council.

We are always looking for Time to Change Champions, so if you want contribute to stamping out mental health stigma and discrimination, get in touch about training at timetochange@mindinwestessex.org.uk.

Mind in West Essex Ambition



It is our ambition to play a key part in making West Essex a mentally healthy place to be.

Contact Us

The WELLbeing Centre
10-11 Corner House
Bushfair
Harlow, CM18 6NZ

Mind in West Essex
45 Stortford Road
Great Dunmow
CM6 1DQ

01371 876641

Support Us

- > Donate
- > Fundraise
- > Volunteer
- > Befriend
- > Become a Trustee

mindinwestessex.org.uk

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in West Essex