



About Buckinghamshire Mind

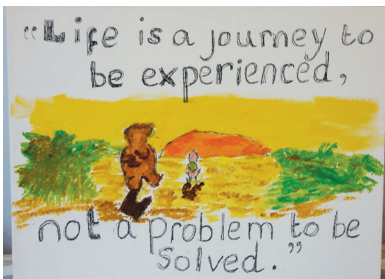
We are Buckinghamshire Mind, the mental health charity. Our vision is that everyone with a mental health problem gets both support and respect.

We connect. We support. We influence. We deliver services in our local communities, in Buckinghamshire & East Berkshire. We promote wellbeing and recovery; we prevent mental ill health; we offer talking therapies & we provide support in times of crisis.

We are affiliated to national Mind and proud to play our part in the local Mind network. Together we are Mind. Open, caring, experienced, unstoppable, together.

We stand up for mental health. Our services change lives. For support. For respect. For you.

Buckinghamshire Mind is run by local people for local people and is responsible for its own funding and the services it provides. To donate or fundraise for us, please visit www.bucksmind.org.uk/support-us



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Buckinghamshire Mind is affiliated to national Mind and is quality assured under the Mind Quality Mark.

Buckinghamshire Mind (The Buckinghamshire Association For Mental Health) is a Registered Charity (No: 1103063) and a Company Limited by Guarantee (No: 5000185)

 **mind** Buckinghamshire



Wellbeing Services



Wellbeing Services

What we do

Buckinghamshire Mind's Wellbeing Services aim to help reduce isolation, build confidence and improve self-esteem through the provision of structured, fun activities.

Buckinghamshire Mind provides a wide range of activity groups at our premises in Chesham, High Wycombe, Aylesbury and Chalfont St Peter.

All our activity groups are supported by experienced Wellbeing Workers and fully trained volunteers. The social aspects of the groups are as important as the activity and enable people to try new things in a supportive environment with others who have shared experiences.

Activities include music, cooking, arts and crafts, board games, puzzles, quizzes, pool, darts, sewing, knitting, card making, flower arranging, bowling and day trips.

Group members are encouraged to be involved with the development of the group and planning of activities, with full support from Buckinghamshire Mind, to promote increased confidence and self-esteem.

How we provide support

Buckinghamshire Mind's Wellbeing Services seek to create a friendly, non-judgemental and inclusive environment. We provide a safe and secure place for the people we support to meet and socialise with other people experiencing mental health difficulties so that they can benefit from mutual support.

We offer opportunities to engage in activities both at our premises and out in the community. We support and encourage involvement in decision-making, with activities planned around what our service users tell us they want to do. We place a strong emphasis on independence and recovery. We provide support that is tailored to the needs of each individual.

Who we support

We support people over 18-years-old who are experiencing mental health difficulties and who would benefit from social support in a group setting.



How to access services

Our activity groups are accessed by referral from the Adult Mental Health Team who will arrange a visit so we can assess your suitability for a particular group, to ensure you will benefit from it and that we can meet your needs. There is a fee and you may be eligible for funding through direct payments from Buckinghamshire Council but you will need to discuss this with your Care Coordinator. You can also self refer in collaboration with your GP.

For more details about our Wellbeing Services, please visit www.bucksmind.org.uk/services

“Thank you to all the Buckinghamshire Mind staff for getting me to where I am now. If it wasn't for them I don't know where I'd be. They've really helped me so much. If anyone is experiencing mental health problems and you need to come to Buckinghamshire Mind's services then they definitely should come because it really will help.”

Wellbeing Service User