

We are Buckinghamshire Mind

Impact Report 2022 - 2023



 mind
in Berkshire

 mind
Buckinghamshire

Our vision

Everyone experiencing a mental health problem gets both support and respect.

Our purpose

We are **Buckinghamshire Mind** – 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 connect. We support. We influence.** We are at the heart of our local communities, in Buckinghamshire and East Berkshire. We promote wellbeing and recovery; we prevent mental ill-health; we offer talking therapies and we provide support in times of crisis. **We stand up for mental health. Our services change lives. For support. For respect. For you.**

Our values

Open - we reach out and welcome anyone with a mental health need.

Caring - we treat everyone with compassion and kindness.

Experienced - we stand shoulder to shoulder with people with lived experience, ensuring our services make a difference.

Unstoppable - we speak out fearlessly and won't give up.

Together - we are stronger in partnership and respect everyone's contribution and background.

A warm welcome from our CEO, Andrea McCubbin, and Chair of Trustees, Lesley Michaelis

We are delighted to share our 2022-23 impact report with you – showcasing the amazing work that takes place every day across the communities we support in Buckinghamshire and East Berkshire.

Our heartfelt thanks go out to all those colleagues, volunteers and people who share their lived experience with us for their commitment, skills and drive for continuous improvement over the past year.

We were proud that our in-year Mind Quality Mark review highlighted “The organisation has developed a very comprehensive offer of services for people seeking support... As a result, people benefit from having considerable control and choice to access the support that is more relevant and appropriate to them.” During the year we have touched the lives of 8,926 people. To meet this growing demand and help ensure mental health services meet the needs of local people, the charity is going through a period of growth; sustaining this growth will be a key focus for the year ahead.

We were also pleased to build on the success of our work in East Berkshire and gain agreement from national Mind to formally expand our operating area. Services are now being delivered as part of Mind in Berkshire – our strategic partnership with Oxfordshire Mind.

We continue to see the lasting mental health effects of the Covid pandemic, amplified by the impact of the rise in the cost of living. The scale and complexity of support needs across our communities is increasing, along with a widening gap in health inequalities. We have made considerable strides to ensure all members of the community feel our services are accessible and inclusive.

As a local Mind, we will work hard, with national Mind and the federation of over 100 local Minds, to step up to the plate, galvanise real change and demonstrate our commitment to system wide leadership – standing shoulder to shoulder with those with lived experience. As your local Mind, our vision will remain unchanged: To be there when it matters for people living with mental health problems in Buckinghamshire and East Berkshire. We hope you enjoy learning more about the work of our organisation and are inspired to join us in championing our vision.

Andrea McCubbin
Chief Executive

Lesley Michaelis
Chair of Trustees

Our Year in Numbers

8926

lives touched



76%

of people we support
report improvement in
their mental health

8306

hours given by our
volunteers



10,532

people attended
Champion
the Change
events



1030

people trained in
Workplace Wellbeing

129

new Befriending
partnerships



100

times Safe Haven
was chosen as an
alternative to A&E

332,384

people reached through our
website and social media



150

people supported via
Outreach Services

1382

people supported
by Community
Link Workers

501

people supported by
our Peer Support
Services

3364

children, parents and school staff
supported by our Mental Health
Education in Schools service



4429

attendances
at our Wellbeing
Groups

166

partner
organisations
we made referrals to



110

people supported by
the Rough Sleeper
Initiative

843

students engaged
in our Peer Support
in Schools

119

people were
supported by
Community Connectors

“Befriending gives me structure, support and a focus to my week. It’s a time when I know I will be listened to.”

“Outstanding, helpful professionals that truly care.
I would recommend 10/10.”

Dylan's Story

Dylan was living at home, spending all his time in his bedroom. He had little motivation and no social network.

Our Information and Options Worker helped Dylan find groups he enjoyed. Dylan started at the Bucks Mind music group, attending every week. He became a very important part of the group, helping to co-run the group on some days.

Dylan says: “Thank you for all the help. I work in a care home now and every Wednesday I bring my guitar and sit with the residents, singing classics. I've got a flat and I've been working full-time for over a year. I'm even starting a part-time college course in Counselling. The walks down the canal, the music groups and all the chats really helped more than I could say and I really appreciate everything.”



Champion the Change

Champion the Change, the campaign run by Bucks Mind and Buckinghamshire Council, is a partnership of local organisations and people who are committed to ending mental health stigma and discrimination.

In 2022, Champion the Change launched a new partnership with Buckinghamshire New University (BNU). The partnership aims to encourage students to speak openly about mental health, to be more able to identify low mental health symptoms in themselves and others, and know how to access support.

Champion the Change undertook a number of activities, including a large-scale event at the university, which consisted of wellbeing workshops including yoga, pet therapy and arts and crafts. The next step is to launch a student-led campaign to positively transform attitudes about mental health.



The Champion the Change stand at the event in 'The Lounge' at BNU.

“This collaboration is vital and has been extremely beneficial to our students. It has ensured that our students understand how important it is to speak up about mental health.”

Students are also now aware of the local support services including the opportunity to attend Time to Talk sessions - a collaboration that enables students to speak openly and honestly in a safe space.”

Annicc Thomas, Safeguarding Lead at BNU

Golden Threads

Our golden threads run through everything we do. They shape the ambitions for the organisation. They describe the mindset with which we approach our activities. They are areas in which we agree we must continue to do more.

Agile

Successful in three tender applications — Mental Health Safety Planning, CYP Counselling and expansion of the Community Connectors service.

Farewell to Ashton House — helping us to be more cost effective while also ensuring there was no impact on service provision.

National Mind approved Designated Area status for our work in East Berkshire.

Inclusive

Bucks Big Chat event held by Champion the Change, focusing on ‘Connecting to the Community’.

Published the Listen, Learn, Adapt report with four other major Bucks charities, investigating how services can be more inclusive.

Dedicated resource to ensure we continued our commitment to our Equality, Diversity and Inclusion journey.

Awarded Mind Quality Mark (MQM) —

The MQM is a rigorous quality assurance standard. It sets the bar of good practice and legal compliance for all organisations in the Mind Federation.

Shortlisted for Mind Network Excellence Award —

Highly Commended in Leadership category.

Quality & Evaluation Team created to help achieve our strategic aims.

Informed

Published the Money and Mental Health report with Citizens Advice Bucks, to explore how we can work together to help those affected by the cost of living crisis.

Launched rollout of a new Customer Relationship Management software, giving us a better view of the data across our organisation.

Engaged in new opportunities by working more closely with the Mind Federation.

Progress against our objectives

This was the second year of the delivery of our strategic plan 2021 - 2024 and our priorities were based around our five strategic ambitions:

PEOPLE

We will ensure we are a great place for people to work, volunteer and experience our services.

Our structured and costed training and development plan ensures colleagues have access to opportunities to build their confidence and skills and succeed in their role. We were delighted that seven colleagues were promoted to new roles in 2022/23.

We have expanded the ways in which the people we support can get involved and influence the shape of our services. We call this Lived Experience Leadership. 50% of our colleagues bring their lived experience to our charity.

A volunteer development working group has been established to focus on supporting our much-valued and committed volunteers.



IMPACT

We will target our services to where we have the greatest impact.

We have secured four new contracts with a focus on the prevention of mental health problems and continue to speak out for preventative approaches across the mental health system.

We have developed more sophisticated ways to understand our reach and demonstrate both the short and long-term impact of our work through capturing data and improving our storytelling.

“Thank you for everything. I will continue to take positive steps and I now have the resources to do just that. You have made a positive impact on my life.”



ENGAGEMENT

We will build engagement, increase our influence and champion our vision for mental health.

We were proud to publish the Listen, Learn, Adapt report alongside four other Buckinghamshire charities. This has informed a widespread programme of work that includes:

- Improved mechanisms to collect Equality, Diversity and Inclusion data.
- Creating an inclusion library of resources.
- Partnership working with local organisations to raise mental health awareness amongst racialised communities.

SUSTAINABILITY

We will improve sustainability at a time of unprecedented need, building collaborations and partnerships with service providers.

With national Mind's agreement, we have expanded the geographical area we support to officially include East Berkshire. This underpins our Mind in Berkshire collaboration with Oxfordshire Mind, and allows us to build on our established portfolio of services operating in the area.

Our strategic partnership with Citizens Advice Bucks is focused on the opportunity to support the wellbeing of people experiencing financial hardship with new, integrated approaches.

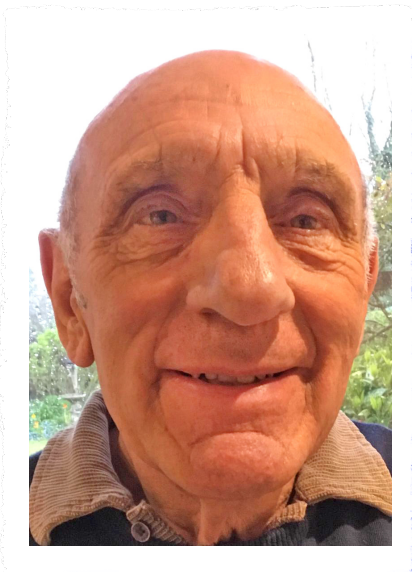


RESOURCES

We will invest in and maximise our resources to develop an organisation fit for the future.

The rollout of a new Customer Relationship Management system is going to plan. This allows us to put evidence at the heart of our decision-making processes in relation to the services we offer and the allocation of resource.

Securing larger, multi-year contracts, such as the expanded Community Connectors service, helps to build our financial resilience.



Terry's Story

“I had been struggling with anxiety, low self esteem leading into depression for a number of years.

One day I decided to contact Friends in Need (FiN). I met the Co-ordinator for my area who gave me a full rundown of FiN. I joined and I enjoyed the activities I got involved in.

Six months later I became a volunteer at FiN. New opportunities opened up for me, instigating some new group ideas. I found myself leading those groups. I was actually asked by another organisation to give a talk about FiN to their group.

I'm excited by the opportunity I have been given to lead, to encourage, being sensitive to individual needs and to enable changes to people's lives.

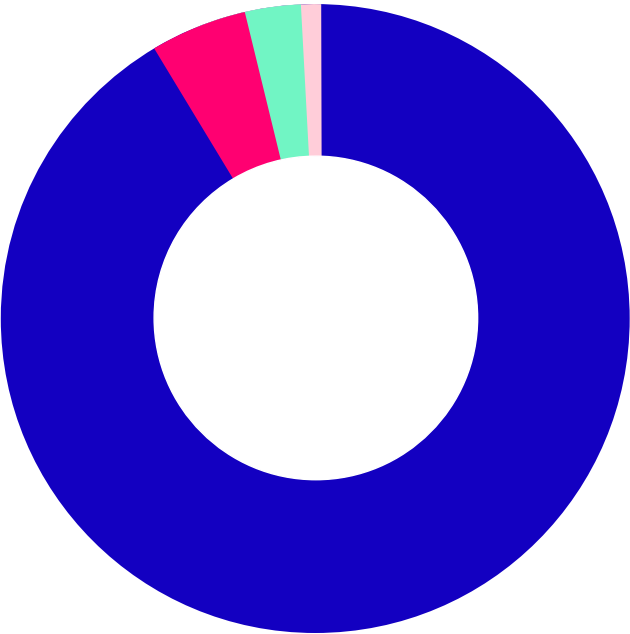
Friends in Need has helped me to realise my worth and encouraged me to help others. Depression, anxiety and lack of self confidence can be an isolating state to be in. I believe doing what I'm doing is giving Members confidence and belief in themselves as worthy individuals. Through this, my own confidence and self-worth have been growing and I have a better understanding of myself. Thank you.☺

“The support has meant everything to me. I now have my dream job and I'm very proud of what I've achieved.”

How we sourced and used funds

Buckinghamshire Mind is an independent registered charity and relies on its own resources to provide local services. We wouldn't be able to do what we do without the support of our wonderful community, our funders and our many supporters.

Thank You!

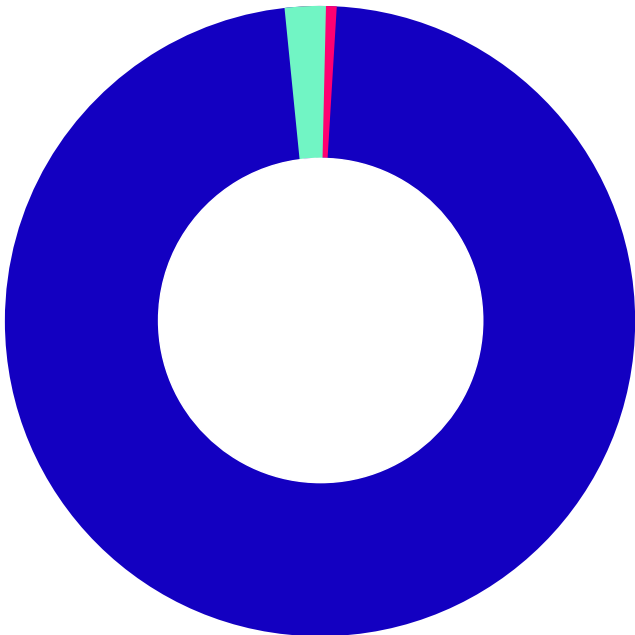


Income 2022-23

Charitable activities	1,861,640
Donations & legacies	98,982
Other trading income	58,414
Investments	19,637
Total income	2,038,673

Expenditure 2022-23

Charitable activities	1,981,629
Other trading expenditure	30,664
Fundraising expenditure	2,024
Total expenditure	2,014,317



The Impact of our Volunteers

Volunteers are essential to Buckinghamshire Mind's work, enabling us to provide more vital, life-changing services to people experiencing mental health problems in Buckinghamshire and East Berkshire.

We could not achieve all that we do to support people's mental health without the involvement and huge contribution of our volunteers.

Our adult volunteers gave an incredible 8,306 hours in 2022-23. At the same time, our Peer Support in Schools service, which works with young volunteers in Sixth Form and children in Years 5 and 6, engaged with 1,426 young people. **We are so grateful to all our volunteers, who have made such a difference to the lives of the people we support.**



A Journey of Recovery

“I attended Wellbeing Groups as a service user for several years. At the beginning I was very withdrawn and anxious and I struggled to attend regularly.



Over the years my confidence grew and I began to feel like I was part of the community within a safe and supportive environment. So, I decided that I would like to give something back by volunteering to help and support others.

Since volunteering I have had the opportunity to assist with many different activities and my confidence has grown further. I feel like I'm making a positive contribution and it's given me some purpose back to my life. I gain such a positive feeling when assisting others.

I feel that as a volunteer I am valued, listened to, and supported. This all helps with my personal growth, as they are the things that I've had very little of in my life. I also get to see others grow and be a part of their journey of development.

I can also say, for the first time in a long time, that I have a good structure to my week and a reason to start each day. My mood has been much improved and I'm learning to work with and manage my anxieties.☺

Community Fundraisers & Donors

Buckinghamshire Mind is hugely grateful to all our funders, commissioners, statutory partners, donors and fundraisers for their incredible support.

Every year, people in our community take on amazing challenges to support our work, as individuals, groups or businesses. Below are just a few examples. **Thank you!**



Himmet S Bahra and team raised **£1,391** by taking on the Mount Snowdon challenge.



Hollie and Daisy Hanson raised **£1,890** in memory of a loved one by completing a Tough Mudder course.



Allsorts Community Grass Roots Band raised **£929** by playing various events across Buckinghamshire.



We are delighted to be working alongside **Chesham United Ladies Football Club** to raise awareness of mental health amongst their club, fans and the greater Buckinghamshire community.



Mind in Berkshire attended **Flackstock** - a celebration of the life of Caroline Flack.



Alasdair Wilson raised **£3,000** riding in the **Chilterns Classic Cycle** in memory of a friend. His employers, Oxford Instruments, gave a matching corporate donation, bringing the total raised to an amazing **£6,000**.

“Excellent service, walked the extra mile to help.
Compassionate and understanding.”

To make a donation, please visit:
www.bucksmind.org.uk/donate

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