

About Buckinghamshire Mind

We are Buckinghamshire Mind, the mental health charity. We're fighting for a future where no mind is left behind.

We want to create a mentally healthy society. Through our information, services and campaigns, we tackle stigma, barriers and isolation so that everyone can access mental health support when they need it.

We deliver services in 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 are an independent charity that is proud to be affiliated with national Mind and to adhere to its quality standards of governance and service delivery.

Buckinghamshire Mind is run by local people for local people and is responsible for its own funding and the services it provides. Therefore, we rely on donations and community fundraising, which underpin all our vital mental health services. This support makes an incredible difference, ensuring we can be here to support our community's mental health needs now and in the future.

To donate or fundraise for us, please visit **www.bucksmind.org.uk/support-us**

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Contact Us

We are here to help and support you.
Please get in touch, we'd love to hear from you.

01494 463364
info@bucksmind.org.uk
www.bucksmind.org.uk

www.facebook.com/BucksMind
www.instagram.com/bucksmind
www.linkedin.com/company/buckinghamshire-mind

mind in Berkshire

www.mindinberkshire.org.uk

Buckinghamshire Mind is affiliated to national Mind and is quality assured under the Mind Quality Mark. Buckinghamshire Mind (Buckinghamshire and East Berkshire Mind) is a Registered Charity (No: 1103063) and a Company Limited by Guarantee (No: 05000185).

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Wellbeing Service



Our wellbeing groups are for adults aged 18 and over whose significant, ongoing mental health difficulties affect their daily life. We welcome people with different support needs. All group venues have wheelchair access and you can attend with a professional carer if you need physical or emotional support.

How we provide support

Our small, friendly groups offer activities in a private space. Activities are designed to lift your mood, offer a distraction and support your recovery and ongoing wellbeing. They are adapted to suit different learning abilities.

Within your first two sessions, staff will work with you to create your initial support plan. They will review it with you regularly.

Our staff work with mental health teams to support your individual needs. They can also help you find other organisations that offer further support.

What we do

Wellbeing group activities include art sessions, crafting, music groups, board game groups, needlecraft, wellbeing discussions, local outings and life skills courses.

Trained staff and volunteers lead the sessions. Groups meet in an inviting and safe environment to help reduce anxiety about attending.

There is no pressure to join the organised activity. You can choose something else, such as mindful colouring or a jigsaw, and use the group as a safe space to spend time with others.

Regular attendance gives you a routine and helps build confidence and self-esteem. This also enables you to build trust with the team and other attendees.

Benefits to attending wellbeing groups:

- Reduced isolation
- Increased support network
- Meeting others with shared/lived experience
- Regular support from trained staff and volunteers
- Safe and inviting environment to be yourself
- Building a routine
- Opportunity to learn new skills
- Partnership work with the Community Mental Health Team.





Cost

There is a fee for each wellbeing group session. You can pay yourself, or funding may be available through a care package, if you are eligible. If you already have a care package, you can ask about adding funding for the groups. If you do not have one, you can apply to Buckinghamshire Council for an Adult Social Care Better Lives assessment by contacting the Early Resolution and Safeguarding Team on 01296 383204 or emailing **ascfirstresponse@buckinghamshire.gov.uk**.

How to access the service

To join, you need a referral and a risk assessment. The risk assessment must be completed by a healthcare professional. If you self-refer, we will need your permission to contact your healthcare professional. We review the risk assessment before confirming whether you can attend.

Once your referral is accepted, we will invite you to a taster session with the professional who referred you or the Wellbeing Service Team Lead. At this session you can meet staff and volunteers as well as other people who attend, and join an activity to help you decide whether to attend moving forward.

For more information, please email **wellbeinggroups@bucksmind.org.uk**, call **01494 463364** or visit **www.bucksmind.org.uk/services/wellbeing-service**