

# Donation/Volunteer Form

If you feel you would like to volunteer for us or make a donation please fill in your details below:

## YOUR DETAILS:

Title ..... Initial/Forename.....

Surname.....

Address .....

.....

..... Postcode.....

Telephone.....

Email .....

## DONATIONS:



If you would like to make a donation please visit our page on the Just Giving website at [www.justgiving.com/bucksmind](http://www.justgiving.com/bucksmind)

Alternatively please send us a cheque made payable to 'Buckinghamshire Mind'

I would like to make a one-off donation of £ .....

I would be interested in a home/office collecting box. Please contact me.

I would be interested in volunteering. Please contact me.

**Please post this form back to us at the address below.**

*Thank you!*



## Service User Council

The Service User Council (SUC) has a really important role in Buckinghamshire Mind. The SUC is a group of people who use or have used our services and have decided to get more involved in how Bucks Mind work.

The SUC can be part of the running of Buckinghamshire Mind in many ways. Many of the members that are currently on the SUC have different qualities that they bring to the group. For example one of the members is a good writer so he volunteered to be secretary.

As a member of the SUC you can get involved in anyway that you like for example recruitment, membership or planning.

Members of the SUC who are interested can have training in interviewing and then help Bucks Mind choose their staff. Making sure that Bucks Mind get the best staff they can, with the right attitudes and skills, is critical to ensure that these services can meet people's needs.

We want to get Service Users involved in planning to make our services better. The SUC has an important advisory role in reviewing how Bucks Mind services operate and working out how they can make them better. The Service User Council can take on all sorts of projects in Buckinghamshire Mind.

In 2010 the SUC designed and sent out a survey to all our Service Users to find out how Bucks Mind were doing and what they could do better. The SUC then received the results and decided on what action to take. One action was to make sure Service Users had the right information about Bucks Mind. In 2011 the SUC designed and produced the Annual Report and also planned the Annual General Meeting.

The Service User Council is there to provide a direct link between our Board of Trustees and our Service Users. We also have trustees visit our SUC meetings.

If you would like to find out more about the Service User Council and how you can get involved then please get in touch. You can see more information about the SUC on the Buckinghamshire Mind website, or you can contact Head Office on **01296 437328** who will put you in touch or you can email the group at [suc@bucksmind.org.uk](mailto:suc@bucksmind.org.uk)

**Adam Makeham**  
Chair of Service User Council



For better mental health



## So, here it is...

**Buckinghamshire Mind finally has a newsletter.** I'm imagining the sound of jaws hitting floors in Chesham, Aylesbury and Wycombe, but after several years of requests, attempts and misfires we are up and running with a quarterly newsletter for service users, staff, volunteers, trustees and anyone else who wants to read it.

The newsletter is intended to do several things. Firstly, and most importantly, it's a chance for us to share information about what we do. Our services are spread across Buckinghamshire, which can make it difficult for people to keep track of everything we are achieving in all our locations and in our different types of service. It's long been a cause of frustration to our staff that they don't always feel part of something bigger and aren't able to draw on the experience of others in Bucks Mind. This newsletter is intended to go some way to changing that, by focussing on new developments, celebrating successes and giving an insight into what our services do. We will be looking for contributions for our 'Focus on...' sections from two service areas every issue, beginning with Counselling and Chesham Day Services.

Secondly, we aim to improve the way in which we are able to recognise and thank those people who support our work. We will be thanking volunteers, staff, fundraisers and service users who go the extra mile (or 100 this time!!) to help Buckinghamshire Mind.

Thirdly, the newsletter is a chance for us to publicise upcoming events which might be of interest. This month we have an exciting announcement about our upcoming Annual General Meeting, where I am delighted to say that we will be joined by Paul Farmer, Chief Executive of Mind who will be our guest speaker.

The newsletter is also intended as a way for the Board of Trustees to let staff know what they are doing and to introduce themselves. There will be regular updates on the work of the Board throughout the year.

Finally, it is intended that the lead article in the newsletter will highlight a particular issue relating to mental health. We're intending that it is informative, thought provoking and interesting. The article could be about a local issue like our concerns over the implementation of Personal Budgets in Buckinghamshire or the difficulties our clients have with work assessments. It could highlight a service user's experience of living with a mental illness, or a feature on a therapy or treatment which could help someone in distress. In this way,

# Buckinghamshire Mind



we hope that the spirit of 'The Eccentric Times', the newsletter formerly produced by our Aylesbury Service can live on.

We're launching this month to coincide with World Mental Health Day on 10th October, a day aimed at raising public awareness about mental health issues, promoting open discussion of mental disorders and investments in prevention, promotion and treatment services. The theme of this year's World Mental Health Day is 'Depression: A Global Crisis'. We'll be promoting events, distributing publicity materials and focussing on how we can do more to support people who have this poorly understood and debilitating illness.

We're also delighted that Rosemary Anderson, one of our new trustees will be facilitating a workshop for employers on stress in the workplace. We're running this event in conjunction with The Clare Foundation and Bucks Business First and I'm sure you'll agree that it's the sort of positive, pro-active and profile raising event everyone involved in Bucks Mind has wanted to see us running for a long time.

One of the greatest things about being a Mind Association is that people naturally look to us for information and will listen to what we say. We need to continue to use this platform to get out a positive message about mental well being and to combat the stigma and discrimination that affect people with mental illness.

**Rob Michael-Phillips**  
Chief Executive

## Forthcoming Event

### Annual General Meeting 2012

Friday 26th October, 11.00am  
Granville Street Evangelical Church, Aylesbury  
Guest Speaker: Paul Farmer, Chief Executive of Mind

## Wanted Secondhand Books!

Next year we will be running more secondhand book stalls on Aylesbury market to raise funds and generate local awareness.

**If you have any unwanted books please drop them into our Granville Street office.**

Buckinghamshire Mind Ashton House 14 Granville Street Aylesbury Bucks. HP20 2JR  
Tel: **01296 437328** email: [info@bucksmind.org.uk](mailto:info@bucksmind.org.uk) [www.bucksmind.org.uk](http://www.bucksmind.org.uk)



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# Newsletter

Autumn 2012

## Message from the Board of Trustees

**Hello everyone** – welcome to the first Bucks Mind newsletter, aimed at improving communication of all our good work both within and outside the organisation. It is produced in conjunction with the Board of Trustees and intended for anyone who may be interested in finding out more about who we are and what we do.

As Bucks Mind has gone through a lot of changes recently, we thought our readers may like to know a little about the various key people in the organisation. We will therefore be featuring a different person in each issue. To give all our employees a chance to settle down into their new roles we thought we would start with the Board of Trustees. So first of all:

### Who are the trustees?

The board currently comprises of the chairman Malcolm King and nine trustees, who are all volunteers wishing to help Buckinghamshire Mind achieve its strategic aims.

### What do the trustees do?

The trustees are selected for their expertise and experience and together oversee the running of the organisation. Our main aim is to provide strategic direction to Buckinghamshire Mind and to ensure that we comply with legislation and regulations including company and charity law. We have a responsibility to ensure the financial stability of the charity and to safeguard its good name and values. We are responsible for recruiting the Chief Executive and for monitoring his or her performance.

### How do they do this?

The whole board meet approximately once every two months, to review performance and to make decisions on what to do in the future. We also hear reports from sub-groups of the Board. Sub-groups are specialist committees who meet to focus on a particular area of work. Current sub-groups are Finance, Human Resources and Health & Safety. A new sub-group, known as the 'Profile Group' has also been set up to promote Buckinghamshire Mind, to fundraise and to improve internal and external communication. The Profile Group is responsible for producing this newsletter and, while we already have some good ideas we welcome any other ideas or contributions from our readers!

## Introducing...

### Malcolm King, Chair of the Board of Trustees



I have worked in mental health for over 25 years after qualifying as a social worker, both in community and inpatient settings. I have worked as an Approved Social Worker and a Senior Manager.

In 2001 I joined the Sainsbury Centre for Mental Health as Workforce and Leadership Development Lead before moving to the National Mental Health Institute in England (NIMHE) in 2005. NIMHE later became the National Mental Health Development Unit (NMH DU), and I was the Implementation Lead for the amendments to Mental Health Act 1983 contained in the Mental Health Act 2007.

In September 2009 I was appointed the Lead for Safeguarding for the unit and National Lead for Improving Health, Supporting Justice project. In September 2010 I was appointed to the Board of Bucks Mind and became chair a year later.

In April this year the Lord Chancellor appointed me as a Specialist Lay Member of the First-tier Tribunal, Health, Education and Social Care Chamber (Mental Health).

I have lived in Aylesbury for over 10 years and am married with two children and have five grandchildren. My grandchildren take up a lot of my spare time but if I have any spare I enjoy cycling, walking and supporting Norwich City Football Club.

One day a week I work as a volunteer lock keeper on the Grand Union Canal between Marsworth and Bulbourne.

I am committed to ensuring that Bucks Mind delivers effective services to people in Bucks and ensure service users are at the centre of decision making into what services should be delivered.

**Malcolm King**  
Chair of Trustees

### Collecting Tins

We've got our collecting tins in various businesses in the Buckinghamshire area. So far this year we've raised a **fantastic £230!!**

## Thank you...

We would like to take this opportunity to say a **HUGE THANK YOU** to everyone who supports Buckinghamshire Mind, whether this is through fundraising or by volunteering in our services. Sadly we don't have enough room in the newsletter to thank everyone individually, but I would like to thank in particular the Tiara Trekkers who raised £1500 through their sponsored walk and Harry and Hugh, who cycled 100 miles, raising £800. Incredible efforts both, and very much appreciated.

We hope to be able to highlight other fundraising and volunteering efforts in the newsletter in the future, and to highlight the efforts of our staff who do so much to make our services what they are.

In this issue we'd like to thank two staff who have left us after years of service, **Lesa Fisher** and **Jane Williams**. We wish both of you the very best for the future and thank you for all your hard work and dedication over the years.

## From the Staff...

**Hi my name is Bev...** As of April this year I changed my role to team lead in the Counselling service. My main task was to get the **Aylesbury counselling service for adults** up and running again.

Most people will be aware that in 2010 the Dove Centre had to close due to loss of funding. Buckinghamshire Mind have always been committed to providing a community based counselling service and I am delighted to announce that our adult counselling service in Aylesbury opened in July this year.

We provide one to one counselling to adults with a variety of mental health needs such as anxiety, depression, loss, relationship issues, difficulties with anger, recovery from traumatic life experiences or are struggling to cope with the pressures of life.

Clients do not need to go via a GP or other health care professional to access our counselling service, they can self refer. We now operate a single point of access from our site in High Wycombe for all counselling referrals. Anyone who would like to access our service can call Buckinghamshire Mind Counselling on **01494 463364**. All clients are offered an initial assessment to ensure Buckinghamshire Mind is the right service for them. Clients are then offered 10 ongoing sessions of counselling.

I am thoroughly enjoying my new role and have every confidence that the Aylesbury adult counselling service will grow and develop and Buckinghamshire Mind will once again be providing a valued service for the local community.

**Beverley Taylor**

## Friday Lunch & Social Group

One of our new services is the Friday Lunch Group, which meets every week at Sun House in Chesham. This provides a place for people to meet and chat over lunch, play games or do arts & crafts. There have also been several trips; we have been bowling, to the Drawing Room Tea House and for walks around Lowndes Park.

We would welcome any newcomers who are looking for something to do on a Friday, and might like to spend some time in a supportive and understanding environment with other people. Here are some of our service user comments:

*'I'm very impressed with the staff and we get lovely lunches. Everyone is very easy to get on with.'* **Alison**

*'I look forward to coming here and it is a good support group.'* **Annette**

*'It is a very cosy place to come.'* **Margaret**

*'It makes me happy to come here and I like coming here.'* **Linda**

*'It is something to look forward to on a Friday.'* **Paul**

**Martyn Walsh**

### Aylesbury Old Town Residents' Society

chose Bucks Mind's garden in Granville Street to open their Secret Garden event in June this year. The garden looked lovely thanks to the efforts of Daphne, Lorraine and Rob and the afternoon was very successful.

## News from the Profile Group

We would like to introduce ourselves as the new Profile Group for Buckinghamshire Mind. The Profile Group comprises of five trustees (Lorraine, Rosemary, Adam, Malcolm and Martyn) along with Daphne and Rob.

Our aim is to improve internal and external communication, fundraise and improve the profile of Bucks Mind. Our first idea was to produce this newsletter and while we already have some good ideas we welcome any other ideas and contributions from our readers. Please contact Lorraine via email: [info@bucksmind.org.uk](mailto:info@bucksmind.org.uk) or leave a message for her at Head Office.

Our first fundraising events have been to hold secondhand book stalls in Aylesbury Market. These have been extremely successful, raising over £500 to date and getting Buckinghamshire Mind's name known to a huge number of people.

Our July book stall enjoyed classic English summer weather! We kept our spirits up in between downpours by singing and dancing to the swing band playing that day. Here is a picture of Daphne dancing in the rain!



As we hope to run more book stalls in the future we would welcome any donations of books. Please deliver them to our Head Office in Granville Street or give us a ring to collect from Chesham or High Wycombe. We would also welcome any volunteers willing to man the stall. Dancing skills are helpful but not necessary!