

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: 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!

Human Library



On 9th March I took part in the Human Library event held at Aylesbury Library. A Human Library is an innovative method designed to promote dialogue, reduce prejudices and encourage interaction and understanding. Visitors to a Human Library are given the opportunity to speak

informally with "people on loan". A wide range of people, from many different walks of life are the "books" that people can borrow, and it is an opportunity to have a chat about a subject that you may not know much about.

There were about fifteen books in total, covering a wide range of topics, from the Mayor of Aylesbury, to an Autistic gentleman and also a local Councillor. I was a book called 'Buckinghamshire Mind: Psychosis and Addiction'. It was a fantastic opportunity to speak to many members of the public. It gave me a chance to explain that just because I hear voices, it doesn't make me dangerous!

Hopefully I have managed to break down some of the stigma that goes hand in hand with mental illness. I also tried to highlight the help that I have received from Bucks Mind and told people about the services that we offer. Hopefully some people may now be able to find the services that they need, or some others may now volunteer with us.

The day was very challenging for me, but I found people were very interested in trying to understand the paranoia, delusions and depression. It seems that in today's world, everybody now knows somebody with some form of mental illness, and hopefully by talking about my struggles, I might have made things a little better for somebody else.

Martyn Walsh
Trustee



For better mental health



Is it time to think as much about wellbeing as illness?

At Buckinghamshire Mind we are proud to be an organisation which works towards better mental health for people who are experiencing mental illness. Symptoms of mental illness can be debilitating, mental illnesses are generally poorly understood and people who experience poor mental health frequently do not have the right support available to them. This focus on illness is not going to change, as National Mind say, "we're here to make sure no-one has to face a mental health problem alone".

An ever growing body of evidence shows that mental health needs to be looked at in the wider context of wellbeing. We need to look at what keeps people well, as well as helping them to recover. We need to encourage people to take positive steps which will improve their quality of life, as well as being there to help when things don't go so well. It's for this reason that I am really excited that we are going to make the Five Ways to Wellbeing a focus across Bucks Mind in the coming year, and that we are about to embark on a major project as part of Prevention Matters, a major new service initiative in Buckinghamshire.



'Five Ways to Wellbeing' (Connect, Be Active, Take Notice, Keep Learning and Give) is an inspiring, evidence based concept which can be applied in a huge variety of situations, from our personal lives to how organisations work and provide services. It's particularly applicable to an organisation like Bucks Mind as it helps us explain the enormous value of the work that we do and also to identify new activities which we know will be of benefit to people. Our drop ins and activity groups help people connect, be active and learn new skills. Our confidence building and healthy working life courses are chances to keep learning. Our amazing volunteers give their time, all of which contributes to wellbeing and helps to maintain good health. In terms of looking to the future, we can look for activities which promote the five ways, to get more people thinking about their lives in terms of wellbeing and identifying steps they can take to feel better.

Buckinghamshire Mind

Wanting to promote wellbeing, as well as working with mental illness is the overriding reason for our involvement in Prevention Matters and why we are so pleased to be having seven Community Practice Workers joining our team in the next two months. Community Practice Workers will be providing a link between people, services and informal support. They will work directly with people who might be isolated, anxious or struggling to cope and work with them to improve their wellbeing by connecting them with others and with activities which will help improve their quality of life. This could be through accompanying them to a group they are nervous about joining, letting them know about local activities which they are not aware of, promoting volunteering opportunities, helping to set goals and to encourage progress and by being there to help people increase and maintain independence.

Everyone knows the adage that prevention is better than cure. Too often in the past there have not been enough resources put towards making prevention possible. It's great to see such an investment in prevention taking place and we're determined to make sure that this helps promote the importance of every one of us thinking about our wellbeing and the wellbeing of others.

Rob Michael-Phillips
Chief Executive

Service User Council Update

We're really excited to be recruiting! We are looking for people with Lived Experience of mental health issues to become sessional workers for Buckinghamshire Mind, helping us to develop lots of different aspects of the organisation.

The User Council decided that Lived Experience meant either having mental health needs yourself, or having cared for a close family member who has been mentally ill. We are looking for people who really understand what mental illness is like and want to get involved in Bucks Mind.

We have lots of different ways people can get involved, including supporting the User Council, interviewing and training staff and volunteers, doing presentations and helping with fundraising. We have decided to recruit a group of people to help, so we can get a range of skills and give people a bit of variety!

Sessional Workers will be trained, supported and most importantly paid! Look out for our posters which have all the details, or go to the Service User Council page on our website to find out more.

Adam Makeham, Chair, Service User Council



Dates for your Diary



- JUNE**
15th Volunteer Training Day, Sun House, 9.30 - 4.30
 - JULY**
2nd Lanterns Open Day, Chalfont St Peter, 12.00 - 2.00
9th Talk on Adolescent Mental Health at
The Clare Foundation, High Wycombe, 10.00 - 12.00
 - AUGUST**
10th Secondhand bookstall, Aylesbury market
 - SEPTEMBER**
21st Secondhand bookstall & tombola, Aylesbury market
 - OCTOBER**
9th Secondhand bookstall, Aylesbury market
12th Music Quiz, Hawkslade Community Centre, Aylesbury
- For more details or to keep up to date with what's happening at Bucks Mind you can follow us on Twitter and Facebook or have a look at our website.

Introducing...

Lorraine Evans, Trustee



Hello, my name is Lorraine and I joined Bucks Mind as a trustee in 2011.

After leaving school I had a few office based jobs, until 1990 when I worked at Prontaprint in Aylesbury. I started work as a typesetter in the studio, but after a few years was promoted to manager of the four centres that my boss owned. After 12 years and a change of owner I decided with another member of staff to set up independently and Bluepepper Designs has now been trading for the past eleven years.

I have been a supplier to Bucks Mind for over eight years and it was after attending their AGM and listening to an inspirational talk that made me want to become a trustee.

After joining I was made Chair of the Profile Group. So far we have run five successful secondhand book stalls on Aylesbury market raising over £800, produced a regular newsletter, organised a training day on Stress Awareness and are promoting Bucks Mind locally. We are also arranging our first big event which is a music quiz on 12th October at Hawkslade Community Centre in Aylesbury.

I am thoroughly enjoying my time as a trustee and in 2014 Bucks Mind will be celebrating their centenary so there are exciting times ahead.

I live in Aylesbury with my partner Mark and enjoy gardening, cross stitch embroidery, playing computer games, reading and eating out with friends.

If anyone has any suggestions on fundraising or would like to do a sponsored event to raise money for Bucks Mind I would love to hear from you. Please drop me an email on: lorraine.evans@bucksmind.org.uk

Lorraine Evans

Fundraising for Bucks Mind



A huge thank you to the pupils from Chesham Grammar School who have been fundraising for Buckinghamshire Mind. The idea came from ex-student Danielle Waterman after the death of her best friend and fellow ex-student, Frankie Thompson, who tragically committed suicide in October 2012.

Aiming to try and end the stigma attached to mental health, Danielle, along with Julia Thornton and Claire Dracott-Hope from Bucks Mind presented an assembly to Sixth Formers to raise awareness on mental health issues. Over a two week period they went to various forms with donation boxes to collect loose change and also received several very generous donations - in total raising £213 for the charity. Danielle is also running a half marathon in May and has so far raised £1,789 for National Mind.

Hi there, my name is Cam. My friends and I have made it our goal to do an annual event for charity. Last year we decided to keep it simple and ran a 3 mile fun run for Sport Relief. However this year we took it to the extreme and decided to do a 300ft bungee jump for the various charities we had chosen.

I chose Bucks Mind because I think what they do for people with mental health issues is fantastic (including helping my mum) and that the charity does not get the recognition it deserves.



When we arrived at the bungee site the staff weighed us and as I was jumping first out of my friends I knew it was too late to turn back! Once I was in the crane and being lifted up to the 300ft mark I could see my friends and family getting smaller and quieter. At this point I was feeling nothing - no emotions were coming to my brain. I just wanted to get the jump over and done with. Once the gate opened for me to jump, my emotions rushed back into my head and as the staff called out '3 2 1 bungee' I realised it was now or never and jumped.

It was the most overwhelming feeling of my entire life and hearing the support from the ground getting louder and louder made me even happier. I would like to thank every one who supported me and a bigger thank you for those who decided to sponsor me. So far I have raised over £300 for Buckinghamshire Mind.

Cam Hatt

Fundraising - can you help?

Our counselling service for adults operates in Wycombe and Aylesbury seeing clients with a range of mental health needs. We pride ourselves on having really high clinical standards, offering a fantastic service to our clients, many of whom would not be able to access support elsewhere. We do not receive any funding for our service and we are committed to our policy of never turning anyone away from the service who needs our support. Clients are asked to pay what they can afford, but many of our clients are on low incomes and cannot afford the £15 per session it costs to run the service.

It is for this reason that we are trying to raise money to support the service and to help us do more really valuable work. Counselling can have a huge impact on people's lives, helping people through difficult times at home or at work, preventing serious mental illness and improving wellbeing.

If you would like to support our service there are lots of ways you can do so. You can contact Head Office to make a one-off donation or a regular standing order or use our Just Giving page. This year we are particularly looking for people who want to do sponsored events for us, so if you are interested in doing so please email Lorraine at: lorraine.evans@bucksmind.org.uk to see how we can support you to support us!

Wanted Books & Tombola prizes!
If you have any unwanted books or new gifts please consider donating them to us for our market stall on 21st September in Aylesbury. Please drop them into our Granville Street office.

Befriending

Befriending is one of a range of services offered by Bucks Mind. Our staff recruit and train volunteers who then partner up with people from the local community. Chris and Finn partnered up 5 months ago and here is their story...

CHRIS

I found out about the befriending through my Community Psychiatric Nurse and I then went to have a chat to Pauline, one of the Senior Wellbeing Workers at Bucks Mind who was based in Chesham. Pauline told me all about the service and helped me to complete the forms and get signed up. Within a few weeks I had a call from Pauline to say that she had matched me with someone and we made arrangements for the three of us to meet up.

I felt quite nervous before our first meeting however Pauline made it really clear that it was my decision and if it didn't feel like a good match then it was important to say. I was introduced to Finn in November last year and decided to give it a go. At our first meeting we set some boundaries and ground rules about time keeping and cancellations to ensure that things go smoothly and this has been really helpful. I think that reliability is absolutely key from both sides.

The biggest benefit is that it has really built my confidence and I've become more social - I now manage to go to my local shop on my own, something which I didn't think that I would ever be able to do. I have more confidence now to try new things and because I know that there is no pressure it has had the effect of me wanting to try new things and come out of my comfort zone.

As well as meeting up for coffee or going for a walk Finn supports me with activities such as shopping. One of our regular walks is to Gerrards Cross and back which is 4.6 miles so as well as improving connecting with others I have managed to get fitter and been more active which then led me to stop smoking.

A few months ago I would never have contemplated giving an interview to someone I hadn't met before but this is another example of how I have moved forward in my life! My advice for anyone who is thinking of befriending is to give it a go but to be honest enough to speak up if you feel it's not working as there might be a better match for you out there.

FINN

I have worked in a voluntary capacity within mental health charities for around 4 years now and I came to Mind originally to help with the groups but then after chatting to Pauline, I decided to give the befriending a go.



Chris and Finn

The first step was to undertake some training and then in my first meeting with Chris we talked about how we would like to manage things. We both felt that the same day each week at the same time was important and how being on time was important too. Apart from car problems one week we have kept to this arrangement and this means that things work really well. Like Chris I think that reliability is vitally important.

I thoroughly enjoy the befriending. It means that as well as watching Chris's confidence build over the weeks, I can also see the pleasure of him broadening his horizons. I have also enjoyed getting fit with the walking and have had the unexpected benefit of Chris's expertise on computers and social media which has been extremely helpful.

I would encourage anyone who has a regular time each week to come and talk to Bucks Mind about training as a Befriender. Research suggests that giving is one of the routes to mental wellbeing and happiness and I would definitely agree!

And the last word from Pauline, Senior Wellbeing Worker
Befriending partnerships can be long or short term and they can be based around a particular activity, learning a specific skill or simply there to provide regular social contact; it all depends on what people want from befriending - it's their choice entirely!

I believe that the befriending can have a lasting impact on people's lives - do get in touch if you would like to find out more on 01494 773233.



Thank you to...

Jan Court and Evelyn Marr who have left Bucks Mind for pastures new!

All staff for helping with prizes for our tombola stall particularly Julia Thornton and Beverley Taylor. Julia also raised £75 through a sale of donated chocolate.

Emma Taylor, admin volunteer for her fundraising at Empire Cinema.

Cam Hatt for raising over £300 with his bungee jump.

Service Users Paul Nelson, Eve Challoner and Steve Drury for their help with our joint recruitment with Carers Bucks for CPWs.

Artscape Project Manager Tom Cox who visited the Aylesbury Art Group at the beginning of May.

Everyone can help to support Bucks Mind from simple things like putting up a poster to raise awareness, having a home or office collection tin to raising money through a sponsored event.