

# 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](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!



## Unshackled Project, (UP) (Outsider Artists)

In association with the host Charity, Bucks Mind

The Unshackled Project has been set up to help nurture artistic talent and raise valuable funds for charity, primarily within the mental health and wellbeing area. Thanks to the kindness and generosity of Bucks Mind, this opportunity has arisen for accessing talented/hidden artists.

The objective of the project, to increase awareness of mental health issues, finding those possibly excluded members of society and nurturing their talent, helping individuals explore ways and means of expression in a way that is supportive and unpressured and raising funds for important and underfunded charitable works along the way. Funding important projects such

as free counselling will be a big motivation through tapping that potential and creating sales of the works of hidden artists, the sales also being the main source of becoming a self-sufficient and successful group.

Those artists who do not wish, or who do not have the confidence to have direct, face to face contact with the whole art group will be visited at their home environment for link up to the group, and so can still be advised and guided – still possibly exhibiting their artwork – and positively contributing to the project in an unpressured timely manner. There will be no obligation for attendance to the group or to submit amounts of works by “deadlines”, etc.

Funds will be raised through group exhibitions and the promotion of solo shows, along with internet sales, donations, crowd funding projects, commissions and auctions.

Through advising, guiding, and nurturing each other's talents, there will be an increased quality within the artworks, unachievable if left untapped or kept isolated. This will be an art group with meaning and purpose. It will help to compose and nurture those who could otherwise be excluded from society's usual routes into the art world. This will include self-taught, vulnerable people, talented excludes, those who are socially isolated, with mental health issues, people with a story, unaware or unmotivated by the usual motives of society.

All those involved with the group will be hugely involved in the decision making process.

There will be a “Talent Search/Competition”, to find potential “Artists in Residence” of which there could be a fee to enter of £5, successful candidates becoming “Artists in Residence” for Bucks Mind. This could also be a good advertisement for the project. Other individuals of high calibre will be asked to join by invite to the group. Dates of talent search coming soon.

This group will be by invite only, and is not a FREE group as such as those individuals will contribute with their time, knowledge, financially, artistically or by sharing donated equipment. Charges and contributions towards the Unshackled Project will be discretionary and based upon each individual's circumstance, input, whether practical, or financial. Sadly all groups incur costs and expenses which need to be covered, but this project has the potential to be a huge asset to the community as well as those specifically participating.

Any artistic sales will be financially split as such to benefit all involved. 25% of sales and funds raised will go towards equipment/exhibitions/projects and costs. 55% (optional to the artist or put into prize fund and or for future projects, whichever is best for the artist's individual circumstances). 20% to Bucks Mind as they are kindly the host charity.

Please feel free to contact Steve Wassall on email: [wassallpyro@live.co.uk](mailto:wassallpyro@live.co.uk) for more information, questions, or contributions.

Steve Wassall



## NEW Free Advice Service for Chiltern and South Bucks

Finding the right advice has just got easier! Instead of wondering who to turn to for help, you can now call one phone number to access free, confidential advice on any issue: 0300 323 0121.

CAN, the Community Advice Network, is a new partnership of local voluntary advice agencies, co-ordinated by Chiltern Citizens Advice Bureau and funded by the Big Lottery. The partners are Chiltern and South Bucks Citizens Advice Bureau, Buckinghamshire MIND, Age UK Buckinghamshire, Bucks Floating Support Service and Carers Bucks.

When you call the CAN phone number for advice, a fully trained adviser will talk through your problem and refer you quickly to the appropriate partner who can best help you. For advice on any issue including debt, benefits, mental health, housing, employment and carer support, all you need to do is call 0300 323 0121. This number is charged at local rate from landlines and mobiles.



Advice has a positive impact on our health and wellbeing, reducing stress and anxiety and empowering people to make positive changes to their lives. Clients who are feeling vulnerable need an advice service that is easy to access and CAN aims to offer this, whoever you are, whatever the problem.

From welfare reform to the payday lending market, rising energy bills to the cost of housing, life is becoming increasingly complicated. That's why when you need advice it may be about a range of issues and it is not always clear who can best help you from the many local advice-giving organisations. So being able to call just one number to put you in touch with expert advice on any issue, and with no duplication, is a welcome step forward for the local community.

If you prefer speaking to someone face-to-face or want to go through forms and documents with someone who can help interpret them, you can drop into your local Citizens Advice Bureau. To find out about drop-in times or to arrange an appointment, visit: [www.canhelp.org.uk](http://www.canhelp.org.uk). There are centres

across Chiltern and South Bucks which help thousands of local people access the right help at the right time. If you are unable to travel, a home visit can be arranged for you.

You can also send a confidential email to this address: [help@canhelp.org.uk](mailto:help@canhelp.org.uk) and an adviser will be in touch to help with your problem.

If you don't know who to call for help and feel this service may be able to offer advice for your problem, give CAN, the Community Advice Network a call on 0300 323 0121 or email: [help@canhelp.org.uk](mailto:help@canhelp.org.uk). CAN offers free, independent, confidential and impartial advice. We value diversity, promote equality and challenge discrimination.

Interested in volunteering for CAN? We are looking for volunteers to help with CAN advice work. Work in a friendly team based in Iver and help develop an advice hub for your local community. For more information visit our website: [www.canhelp.org.uk](http://www.canhelp.org.uk). Full training provided.

Rosemary Watson, Marketing Executive  
Chiltern Citizens Advice Bureau Ltd



Editor's Note: We hope that the project will benefit our clients by providing better access to benefits advice and specialist support.

### Dates for your Diary



**JULY**  
15th Time to Change Training  
15th Five Ways to Wellbeing Training

**AUGUST**  
TBA Themed party for Older People's Services to celebrate 40 years

**SEPTEMBER**  
6th Time to Change Roadshow, High Wycombe

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.



## PREVENTION MATTERS

### Prevention Matters in action enjoying life at 100!



John Massey who was 100 in June, is a great example of how Prevention Matters can make a difference and help older people to continue enjoying life.

Once they'd met up and discussed John's needs, Steve, Community Practice Worker (CPW), took John along to Movers and Shakers at Barrowcroft in Loudwater, High Wycombe.

His daughter Viv said how Prevention Matters has helped John: "He's really enjoying doing the exercises at the new group – it's great for my Dad to be able to get out of the house, and do something different, it gives him something to talk about. Steve (the CPW) was very good; he talked and listened to Dad, who really enjoyed his company."

Is there anyone you know who would benefit from Prevention Matters? Call: 0300 666 0159

## Fundraising for Bucks Mind



### Denham Golf Club

A Charity Bridge Drive was held in February at Denham Golf Club; there were twenty three tables so a total of ninety two ladies and men playing bridge; the first prize was a Windsor Farm Shop food hamper.

The lady members of the Golf Club made a huge and delicious collection of cakes and sandwiches and the leftover cakes were sold at the end with the proceeds going to the charity. A raffle was held and there were a selection of prizes, including bridge accessories, playing cards, plants and wine.

A fantastic total of £1,358 was raised for Buckinghamshire Mind during a successful afternoon.

Clare Frost  
Lady Captain, Denham Golf Club

*Editor's Note: Thank you Clare and Denham Golf Club for raising such a great amount for the charity.*



### Second Music Quiz

We held our second music quiz in June. The event was well attended with over eleven teams. Everyone really enjoyed the evening which consisted of music questions (some very tricky), a fish and chip supper, a raffle and tombola. The evening raised a fantastic £513 for Bucks Mind.

We received this quote from a Bucks Mind volunteer who brought along some service users:

"Just to say how much the team enjoyed the Music Quiz. James was our star performer, up for it from the start and quick to spot the spare portion of fish and chips on offer; Mark is more comfortable in a one-to-one situation, but found added confidence and made some good assists; Gregan, was like me, a bit out of depth on the music questions but enjoyed some banter and the fish and chips. Overall our performance, like the England football team – plenty of scope for improvement and looking forward to the next challenge!"

A huge thank you to everyone that helped run the evening.

## Wings Day Centre

Bucks Mind is a champion organisation for the Five Ways to Wellbeing. We are developing the use of the Five Ways to Wellbeing throughout the organisation. This has started with some of our groups at Sun House with help from our volunteer, Imogen Flack. Wings at Aylesbury are taking the opportunity to explore the Five Ways to Wellbeing with their new gardening group.

Katherine Marshall who is undertaking her Social Work placement with us has designed and implemented the 'Wings therapeutic gardening project.' The aim of the project is to encourage all existing and new service users to become more active and learn fundamental new skills. Gardening also provides an outdoor activity where service users can socialise in a relaxed environment. The plan is for the project to run on a weekly basis. Health and safety tips, along with gardening tools and safety equipment such as gardening gloves and protective eyewear will be provided.

Union jacks, dumplings and land girls set the theme in Aylesbury to celebrate the D-Day 70th anniversary. The staff, volunteers and service users came together to commemorate the battle of Normandy. They dressed in traditional period outfits, listened to 1940s music, such as Glenn Miller and Vera Lynne, and ate traditional stew and dumplings. Thirty two service users attended and participated in activities such as bingo.

Cassia Maximen, Senior Wellbeing Worker

## Project News

### FOCUS GROUP

We are looking for between ten and twenty people connected to Buckinghamshire Mind who would be interested in coming to an information session/focus group around the subject of benefits and problems experienced when claiming or receiving them. The feedback will be used to inform Buckinghamshire County Council in understanding and supporting people through the changes to benefits.

The session is at our High Wycombe premises (Desborough Road) on Tuesday 22nd July 10.00am - 1.00pm. People can drop in but should be prepared to tell their stories and give their ideas/suggestions about budgeting, getting a job and getting advice and information about benefits. In particular, it is important to find out what worries people in terms of benefits and how improvements could be made.

We especially need single parents, people looking for work, people who are working but struggling financially, carers and people with disabilities. There is a financial incentive of £10 in High Street vouchers for those who attend and travel costs can be reimbursed. We want to hear peoples' views.

Join us to share your ideas about how Buckinghamshire people can be supported to make the most of their budget, get a job, use the internet, get information and advice about welfare. If you know or work with someone who would be suitable for this session and would like to come along please contact Vicky Royal on email: vicky.royal@bucksmind.org.uk or call 01494 792244.

### HEALTHY LIVING CENTRE

Catherine Horrocks, Community Practice Worker at Aylesbury will be starting a drop-in at the Healthy Living Centre from August 2014. This will give callers more information about the Prevention Matters Service. It will enable people to talk informally to Catherine and where appropriate, refer themselves to the service for help.

We are also putting together a project proposal to run a Buckinghamshire Mind drop-in at the Healthy Living Centre on a regular basis. Hannah Brookes and Adam Young, our two sessional workers will be available to chat to people.



Hannah is hoping to set up a group for art/craft activities. We are hoping that both of these drop-in facilities will increase access to our services for Aylesbury residents.

### THAMES WATER TRUST FUND

We are pleased to be working in partnership with Wycombe Mind on a new project in Buckinghamshire. This project will equip people who have experience of mental health problems with financial resilience and literacy. Debt prevention strategies will be developed through peer advocacy groups and e-learning. This will be achieved by raising awareness of the relationship of money management to mental health.

From January to June 2015, we will be running six peer advocacy groups in Aylesbury (one group each month). Peer advocacy groups will be advertised through GPs, CMHTs and our website nearer the time.

### SPICE AND VOLUNTEERING

Spice is an organisation which sets up and supports time credit programmes across England and Wales. Spice has been contracted as part of the Prevention Matters programme for Buckinghamshire County Council.

A time credit looks and feels like money. A time credit is always a unit of one hour and is always a time based currency. Time credits can be spent on activities at the place where they have been earned. They can be used between people so if a volunteer were to help an individual out on an hour for hour basis, the individual could give them a time credit as a gift for the help received.

Spice sign up partners where time credits can be spent including local leisure centres, gyms, cinemas, theatres. Time credits can motivate people to get involved in volunteering. In turn, time credits give the volunteer the opportunity to access a wider range of other opportunities such as social and physical activities. Buckinghamshire Mind is currently working with Spice to explore time banking for our volunteers.

Mandy Carey  
Operations Director

## Thank you to...

Everyone who has either raised money, given their time, donated books or raffle prizes or attended an event

Emma Taylor, Elaine Stewart and Vicki French who have left Bucks Mind

Janet Murphy who leaves us at the end of July after seven year's service with the Older People's Services

Katherine Marshall, our Social Work Student on placement at Lanterns and Wings who leaves us at the end of the month

Tracey White and Valerie De Lima for providing temporary admin support to the CPW Service

## Welcome to...

Fern White, Administration Co-ordinator for Day Services

Mandy Logan who joins the CPW team as Administration Co-ordinator

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.