

# 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!*

# Chiltern and South Bucks area - plans for 2014

Last year was a real success with plenty of opportunities for people in the area to access services. We provided free courses on Confidence Building in February and Stress Management in the summer both run by a tutor from Bucks Adult Learning. She had an excellent understanding of the needs of our service users and the courses were popular with positive results as reported by our clients.

These courses were supplemented by monthly opportunities for the learners to get together, have coffee and share experiences and coping strategies.



In 2014 we hope to build on the success of these courses by introducing an Assertiveness Course. This fits in with Bucks Mind being a champion organisation for the Five Ways, Our Ways Project funded by Public Health to promote the Five Ways To Wellbeing messages. The course will focus on confident communication.

Clients tell us that they often feel they don't have a voice or are not listened to, so this is an area that they need help with and that they would benefit from. The course will include: how to express yourself to get the best out of situations, building self-esteem and confidence, strategies to turn negative experiences into positive ones, dealing with confrontations and difficult people etc. It will be tailored to the requirements of our service users and be supported by Bucks Mind volunteers who know our clients well.

The course will start on 24th February and run for 6 weeks at Sun House, Chesham. If you are interested in joining please contact 01494 773233.

Vicky Royal



# Centenary Celebrations for Buckinghamshire Mind

The Profile Group, chaired by Lorraine have already had two meetings to start making plans for everyone to be involved in celebrating our centenary. We are hoping to have a series of events throughout the year so that we can all join in the celebrations across the three geographical areas where we are based: Aylesbury, High Wycombe, Chiltern and South Bucks.

Following on from the success of our bookstalls which have been held in Aylesbury Market Square, there are more planned to take place in March (29th), May, July and September - weather permitting! Chesham are also having their first bookstall which will be on 14th June.



As this newsletter goes to print, our first event of the year has just taken place. Staff and volunteers at Sun House, Chesham organised a general knowledge quiz. The event had a centenary theme as there were 100 questions. The quiz master for the evening was Chesham Town Mayor, Mark Shaw (pictured) who did a great job of keeping the questions flowing. The event raised a fantastic £363.

There will be another music quiz in June in Aylesbury and a general knowledge quiz in October.

The Counselling Service is planning on holding a networking event for professionals and we hope to have more information about this in the near future.

You will be aware of the Time to Change campaign which aims to challenge mental health stigma and discrimination. With help from National Mind, we will have the opportunity to bring the Time to Change Village to Buckinghamshire. As well as marking our centenary, this event will bring together staff, volunteers, trustees, service users, stakeholders and members of the public to facilitate conversations that challenge mental health stigma.

The Time to Change Village will support social contact between people with experience of mental health problems and people without, in order to change the public's attitudes and behaviours.

When we have moved our day services in High Wycombe (Friday art groups and Milestone which takes place every Wednesday) to our Desborough Road premises, we will be hosting a social event where we hope to encourage people from the local community to visit us.

Across the services in Bucks Mind we have artistic talent from our service users which is inspirational. As part of our centenary celebrations, we will be exhibiting this work locally.

We are going to take one day out of our services in the summer for our main Bucks Mind centenary celebration. This will be a social event for staff, volunteers, trustees and service users. It will be held at the Clare Foundation in Saunderton and transport will be provided so that everyone can attend.

Last but not least, we would like to appeal to anyone with information about the history of Bucks Mind such as newspaper clippings or articles. It would be good to produce a booklet or leaflet which incorporates our history since we started out in 1914. We may also use this in displays at our various events and in local libraries. Please contact Lorraine if you can help (email: [lorraine.evans@bucksmind.org.uk](mailto:lorraine.evans@bucksmind.org.uk)).

Mandy Carey  
Operations Director

# 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





## Introducing...

Dave Pugh, Vice Chair

My interest in mental health began when my father had a series of breakdowns and along with my mother I helped care for him.

I first started volunteering in the late 70s at the Springfield Psychiatric Hospital, when I was working as a bus driver in London and was recruited as a volunteer driver taking patients out on trips and also befriending on the wards. I also spent time helping to care for people with dementia at St John's Hospital, Wandsworth.

While working for a number of years as a full time officer with the Transport and General Worker's Union, I developed a particular interest in representing members with disabilities, many with mental health issues. I retired early when the effect of my own mental ill health difficulties meant that I could no longer work full-time.

Since then, I have been involved with a number of organisations and Government departments, including the Prime Minister's Strategy Unit, the Department for Transport, the Office for National Statistics, the Disability Rights Commission and the National Mind Policy Unit.

Up until joining Bucks Mind, I have been a trustee of four charities, two of them mental health charities, including a national charity supporting people with Bi-polar disorder, where I was Chair for three years.

Currently I am employed by the Employment Tribunals in Central London, where I specialise in dealing with cases of discrimination. I was recently appointed by the Minister for Prisons to the Independent Monitoring Board, Aylesbury Young Offenders Unit. I am also a director of HealthWatch Bucks.

I live in Aylesbury with my wife Glenys and dog Stanley.

Dave Pugh  
Vice Chair

### Thank you to...

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

Weavers Pub who have filled their collection tin for a third time and have raised over £100!

Rotary Club of Great Missenden who collected £156.50 with their Christmas Float

### Welcome to...

Our new service users joining us from Renaissance

Andrew Cooper, Mark Jenkins,  
Oliver Kent and Ilona Nagy

## Fundraising for Bucks Mind



### Music Quiz

We held our first music quiz in October last year. The event was very well attended with nearly 100 people over 15 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 £670 for Bucks Mind. A huge thank you to everyone that helped run the evening. We are running a second one in June so please keep an eye out for the date nearer the time.



### Craft Fair

In November we attended a Craft Fair at the Queens Park Centre in Aylesbury. There was a variety of stalls selling handmade items. The event was very well attended with over 400 people visiting. We took a range of greeting cards and calendars to sell plus knitted and cross stitch items which had been kindly made and donated to us. We raised £74 from the event.

If you are a local business and would be happy to have a collection tin in your shop/office please contact Lorraine on email: [lorraine.evans@bucksmind.org.uk](mailto:lorraine.evans@bucksmind.org.uk)

### Carol Concert

In December, a local brass band, Simply Sax played Christmas Carols for us in Friars Square Shopping Centre. As one passerby said "it was lovely to hear traditional carols". A big thank you to the ladies for playing for us. The event raised £51.25.

## Day Services News

The Aylesbury Day Services based at Granville Street Church continue to be offered successfully four days per week – Mondays, Wednesdays, Thursdays and Fridays. The 'drop in' has recently extended its opening times and is now open from 10.00am to 3.00pm. A new addition to the activity groups has been a 'ukulele group' to complement the already popular singing group. A chance to learn a musical instrument with experienced teachers in a fun, social and informal environment.

In High Wycombe in early 2014 we will be relocating both our Milestones Wednesday group and our popular Friday Art Groups into extra space acquired at Desborough Road. Our thanks to all at The Quaker Meeting House and The Hub for allowing us to use their venues up to this point.

We aim to make the new space both a convivial and creative environment to foster the artistic talent of our enthusiastic art group service users as well as a social environment akin to a drop in. We have purchased folding tables and chairs to provide a new feel to the space and will be adding sofas and soft furnishings as well. There are separate kitchen facilities to enable us to continue to provide meals to Milestones' attendees.

The extra space gives us an opportunity to look at developing new services – both day services and counselling. It is hoped to introduce a peer support group in due course, so that service users can be encouraged to share experiences and be supported in their mental health wellbeing.

We look forward to welcoming both current and new service users to Desborough Road in 2014.

Oliver Kent

## Park & Pippin Club News

Following the success of the first Open Morning in 2012, the Older Peoples' Team decided to make it an annual event as it gives Carers the opportunity to talk to staff and look at various displays of photographs and resources. A second Open Morning took place in November and was again well attended – a special thank you to Jean Booth for making a variety of tasty homemade cakes.



Park and Pippin Club welcomed the festive season with Christmas lunch at the Elgiva Theatre. Everyone was in good spirits and enjoyed a hearty three course lunch, followed by a sing song. Father Christmas put in an appearance at the Christmas parties (thanks to our volunteer Barry Fish); Pippin Club enjoyed the visiting local Junior School choir and Park Club were entertained by the Hampton Singers.

Since Christmas a Carers support/coffee morning has been set up, although in its infancy it is hoped that the number of carers attending will increase as it gives the opportunity to meet other carers caring for loved ones with Dementia. Another date is to be arranged in March.

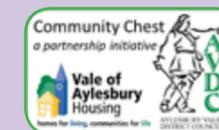
Julia Thornton

## Bucks Mind Projects

### ADULT COUNSELLING SERVICE

There are two exciting new developments for the adult counselling service at Aylesbury. We have funding from Aylesbury Town Council to provide free counselling sessions for a limited number of Aylesbury Vale residents who have mental health issues and meet certain criteria as listed: unemployed, socially isolated, residents with disabilities and single parents. Call us on 01494 463364 if you are interested in our service and you meet the criteria.

We have also been successful in securing funding from Aylesbury Vale Community Chest over a three year period (starting from April 2014) to provide free counselling sessions for Aylesbury residents who are experiencing mental health issues. We hope that this will make counselling more accessible to Aylesbury residents who are disadvantaged socially and/or financially.



AYLESBURY  
TOWN COUNCIL

### FIVE WAYS, OUR WAYS (5WOW) PROJECT

Buckinghamshire Mind is pleased to be a champion organisation for this project, which is funded by Public Health. This means that we can increase the awareness of the Five Ways to Well Being (5WTW) messages throughout our organisation. These are Connect, Be Active, Take Notice, Keep Learning and Give. Staff, volunteers and service users will be able to access training in resilience and self esteem as well as positivity training sessions, positive psychology and the 5WTW.

In doing so, this will help us throughout the organisation to champion the 5WTW messages and promote well being and self esteem.

We are looking for sessional workers who may like to be involved in this project and we already have a volunteer who is working on this project across services in Chiltern and South Bucks. If you are interested please contact Mandy Carey on email: [mandy.carey@bucksmind.org.uk](mailto:mandy.carey@bucksmind.org.uk)

### ASSISTIVE TECHNOLOGY

We have been successful in securing funding from Buckinghamshire County Council (BCC) for this project. This mainly involves texting service users to check on their wellbeing as well as referring to other facilities available from assistive technology at BCC. We have a volunteer who is talking to small groups of our service users in Chiltern and South Bucks by way of introducing the project. From this, assessment of interest in the project can be established.

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.