

# Annual Report 2018



## St. Helens Mind

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St Helens Clinical Commissioning Group

# Our Mission

## Vision and Mission

Our mission is to make our vision a reality. We will do this by:

- ◆ Supporting people in St. Helens Borough aged 18 and over who are experiencing mental health difficulties to achieve their full potential and play an active part in community life
- ◆ providing quality services designed to meet our service users' needs
- ◆ promoting increased awareness and understanding of mental health issues in the community
- ◆ working with partners who share our goals
- ◆ If a person's needs are not being looked after, we think it is right to do something about it. This report tells you what our service users tell us they want and what we need do to make that happen.

## Aims and Objectives

St. Helens Mind aims to promote and preserve good mental health and to assist those experiencing mental distress to regain their full potential.

Our aim is to support people aged 18+ who are experiencing mental health difficulties in St. Helens Borough so they achieve their full potential and play an active part in community life.

**I" feel more like myself, I have gone from not being able to go out to walking to town on my own and meeting my daughter in town for lunch, something that I never thought I would do."**

**A Befriender**

## Values

We aim to help people living in St. Helens regardless of their cultural, religious and lifestyle needs.



Our services are non-judgemental and offer opportunities to develop self-esteem and confidence by encouraging and supporting involvement.

## Quality

We are affiliated to Mind and are committed to their quality management programme (Quality Management in Mind (QMIM)). St. Helens Mind is committed to achieving high quality in the provision of services for people with mental health needs within the following principles:

- ◆ *To strive for continuous improvement in all that we do.*
- ◆ *To use recognised / agreed standards as a means of continuous improvement and not an ends in themselves.*
- ◆ *To agree quality requirements with commissioners and service users and to try to adhere to these at all times*
- ◆ *To work in the best interests of our service users at all times*

# Let us surprise you....

**Every year, one in four of us will experience a mental health problem. We believe no-one should have to face a mental health problem alone. We will listen, support you and fight your corner.**

## **We are St.Helens Mind**

St. Helens Mind is part of a network of around 140 'Local Mind Associations' across England and Wales, each affiliated to Mind UK - the leading mental health charity. The network supports more than 370,000 people.

Each local Mind is an independent charity run by local people, for local people. They are responsible for their own funding and services. That means they have to raise their own funding and deliver their own services, designed to help their local community. Mind UK supports the local Minds with campaigning, research and advice.

## **This may surprise you**

We receive no funding from Mind UK: our work depends on raising funds from the local community. Though the St. Helens Clinical Commissioning Group (part of the National Health Service) provides some of our funding, it doesn't cover the cost of all our services and is under serious pressure. Without donations, fundraising events and other support we couldn't help local people in need.

According to Rethink Mental Health it costs £350 a day to support someone in hospital. Last year it cost us around £45 a week to enable a person interested in supporting a vulnerable person to become a trained, able and trusted volunteer, who has been police checked, provided references and attended an induction. This includes volunteer expenses throughout their time with us.

We are helping to keep people from being hospitalised, or re admitted, by adding a layer of social, practical and people-friendly support and approaches, thus saving the NHS hundreds of thousands of pounds.

## **We aren't just there for people who are unwell**

You may think that St.Helens Mind is somewhere that people go when they are unwell. That is only a part of our work. But much more it is about helping people to focus on staying well, what is important to them and their family. Of course we encourage people to think about when they are unwell, but we also help people to consider how they want to spend the rest of their lives.

## **We want to share our vision**

Our vision is that there will be no stigma surrounding mental ill health, and for people experiencing mental health difficulties to have access to appropriate, timely, unlimited and effective support. We aim to improve the lifestyles of people living in St. Helens Borough regardless of their cultural, religious and lifestyle needs.

Our services are non-judgemental and offer opportunities to develop self-esteem and confidence by encouraging and supporting involvement. We are an independent, user-focused organisation providing quality services for local people who are experiencing isolation and distress due to mental ill health. We do this by:

- ◆ Providing a range of services appropriate to the needs of people experiencing mental distress that enhances their self-worth as valued citizens.
- ◆ Promoting increased awareness and understanding of mental health issues within the community.

**"I get lots of pleasure from helping to run the Wednesday group and hope everyone there enjoys going. I've met lots of lovely people, and hope they feel they can ask me for help if they need to.!"**

**Shirley, Group and Event Volunteer**

# Who makes it all happen?

## Volunteers

Each and every one of them make this happen! Without them we would not have a service, an effective one at that! Without their dedication, time, skills, experience, sense of fun, enthusiasm and willingness to represent St. Helens Mind we would not have a Befriending Service, Social Groups and the many other activities they help make happen.

## Trustees

A Trustee's role is to oversee the charity; make sure St. Helens Mind acts legally and ethically and uses finances to benefit others. Trustees also need to ensure they deliver on their strategic and business plans, achieve financial sustainability and manage the organisation's performance.

Martin Griffin	President
Bernard Pilkington	Chair
Jeff Hext	Treasurer
Jean Garlick	Secretary
Paul Pennington	
Dene McCormack	
Andy Wooding	
Helen Hynes	
Katherine Highton-Wiseman	
Rob Highton-Wiseman	
Ste Lingard	

## Staff Team

We are a small team, just four part time staff who share our skills and experiences on a daily basis to ensure a smooth, professional approach to all our services. We are dedicated to providing a valuable service and to be responsive to the needs of our service users and other stakeholders.



**Gill Ellison**  
Manager



**Lynn Bromilow**  
Administrator



**Graham Spencer**  
Support worker



**Esther Storey**  
Support worker

## Developing Partnerships

We have continued to develop partnerships with Age UK Mid Mersey and St. Helens Town AFC, with a view to taking ideas forward to gain mutual benefit and to enhance our services by pooling resources, skills and experiences.

Our second base at Age UK Mid Mersey's Mansion House site has enabled us to develop our service in response to suggestions and desires of service users. We are realising our dreams of user and volunteer led social activities, 'under one roof'. We have space to think, reflect, plan and work hard in a stunning environment. We are grateful for the opportunity.

Harry Blackman House at Peasley Cross hospital has also been our base for the past four years and we are enjoying working alongside staff from the Recovery Teams, Social Workers, consultants and all the teams who are based there.

This has been an excellent opportunity to create links with individuals and teams; gain referrals and process them swiftly; all on one site where we have expert knowledge at our fingertips. We are grateful to the North west Boroughs Healthcare for the opportunity to have a presence at Peasley Cross.

*Our first Fun Day, the volunteers did a superb job from start to finish. The visitors had a great time and so did we! It was hard work but very rewarding.*



# So, where did it all begin?

Firstly, a bit of history. We have come a long way in the last 21 years supporting local people. We began in 1995 operating from Market Chambers in Newton-le-Willows.

Six years later we established a new Executive Committee and moved to the Smithkline Beecham Building in Westfield Street. The following year we again moved, this time to College Street with shop front premises, making our services more accessible to the community.

By 2008, we were based alongside independent and statutory partners in Heath Park Lodge. Due to our approach to forming partnerships we gained a firm foothold in mental health services as the building became a resource centre for mental health services. Unfortunately, in 2013 the building closed and in 2014 a permanent base was established in Harry Blackman house, part of the Peasley Cross Hospital site. We remain there but have since expanded our provision through a base in Mansion House.

We are proud to be an independent charity run by local people, for local people and part of a wider network of 140 Local Mind Associations (LMAs). This year we achieved the Mind Quality Mark (MQM) of governance and service delivery, no easy feat in an increasingly demanding world where professional expectations needs to be met at a very high level – and we most certainly met them! We also share the ethos of Mind UK:

Involvement in planning  
local mental health services

Local campaigning  
and linking with Mind's national campaign work

Raising awareness  
of, and change attitudes towards mental health

Over the last 2 years we have really taken stock. We have looked critically at what we do and the way that we do it. We have expanded in some areas and been brave in reducing others.

## Continuing our work

We would like to thank the St.Helens Clinical Commissioning Group and Commissioning Manager, Julie Savage, for their support. We could not have achieved what we have without them.

Their financial contribution has enabled us to develop a robust, effective and successful Befriending Service, and we couldn't have done it without them.

By continuing our work in St.Helens, not only are we benefiting the individuals who are isolated and lonely due to mental health difficulties; we are saving the statutory service a vast amount of money for each person we support.

**“St.Helens Mind has been an amazing support. I was virtually housebound, until the lovely Rosemary became my befriender and gently encouraged me to do things (as well as bonding with my cat!)”**



**There's no judgement about people, no expectations, just a lovely, warm welcome and lots of opportunities. Certainly by far my best experience of mental health support.**

**Maya Angelou wrote: ‘I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.’**

**St Helens Mind has the knack of making everyone, whether volunteer or service user, feel good and accepted. I feel really privileged to be part of it, and look forward to graduating as a volunteer! It goes without saying, all the staff are brill.”**

**Rosie, Befriending Service & Volunteer**

# Bernard & Gill sum up the year

## Chairman's & Manager's Report



Bernard Pilkington, Chair

Each year when we are compiling the Annual Report, we feel nothing but immense pride, gratefulness and awe at how much work goes into making what we achieve, actually happen. This year has been no exception.

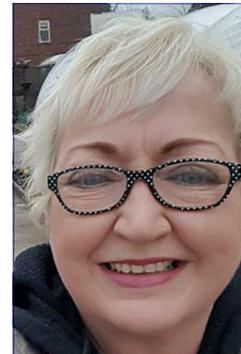
Graham, Esther and Lynn are on the frontline and keep everything running smoothly with some serious hard work, that can be challenging at times but very rewarding at other times. Our Board of Trustees offer support in many ways and the contributions from our two newest members, Katherine and Rob has been outstanding and a breath of fresh air, with even more ideas to help us to improve.

The small team tries to make time to see each other on a regular basis, but as part time staff it can be difficult. But somehow, it all comes together wonderfully well! With an increasingly capable and willing crew of volunteers, who often go way beyond what we expect of them, we have proved we can make enormous changes to the lives of local people who are isolated or lonely due to mental health difficulties.

Despite receiving funds to enable the Befriending Service to continue we are always looking for ways to finance our work to enable it to continue and develop. Becoming the Mayor's Charity has helped to raise our profile within the Borough and bring in vital funds.

We would like to thank Councillor Joe Pearson and his wife Sylvia for the support, genuine interest and the fabulous welcome our service users and volunteers received on visits to the Mayor's Parlour and for making the very busy year a whole lot more interesting!

We have made some great new partnerships this last 12 months; we became charity partner to St. Helens Town AFC as they started the season in their new home at Ruskin Drive and their social media presence has provided a real boost to our profile and even provided us with some free tickets!



Gill Ellison, Manager

We worked with The Latitude Group (Call Credit) whose staff helped with weeding at our gardening groups; then the BAM Construction team raised funds to help improve our allotment site and work is coming along nicely. There are far too many individuals and groups to mention who have donated both financially and by offering services. You will find them referred to within this Annual Report. The team and Trustees would like to thank each and every person who has offered support.

The public has also been behind us in various fundraising ventures, with Tesco's Bags of Help scheme and One Stop Shop's Carriers for Causes. These have enabled us to establish the Sound of Mind' choir and improve our gardening group by providing us with money to buy a shed and equipment.

We would like to particularly thank the St. Helens Clinical Commissioning Group for their support.

Their financial contribution has enabled us to develop a robust, effective and successful Befriending Service for which we are grateful.

**We would like to thank everyone for their continuing support and hard work, especially Lynn, Graham and Esther and the volunteers who help to make it all happen.**

# Our volunteers are amazing!

With a very small team of just four part time staff, St.Helens Mind could not operate successfully without our dedicated volunteers. You may be surprised at the skills and experience our volunteers bring with them.

Volunteers not only help with the role of befriending someone on a one to one basis or helping the social groups to run smoothly, they bring a wealth of skills to help us enhance our services and develop new projects.

We have the very talented Stuart who leads an art class, Sally who enthuses group members with craft projects, Dene and Michelle who not only get involved in our allotment project but manage a Ladies Creative Group. Becca and Steve support those who attend the allotment. Jim not only helps Graham with the Men's Group, he has helped fundraise by planning and entertaining at two concerts. Tamsin enjoys befriending, social groups and helps with events.

Some volunteers facilitate the social groups, freeing staff to concentrate on other projects; this is where Les, Shirley, Anne and Rod bring their organisational skills to the fore. Rob has recently started a new group where he uses his sound recording skills to capture poetry and music with a group of people who use our service.

Rosemary's Reading for Wellbeing Group meets weekly and has a themed session to explore various styles of literature and discuss the impact on the readers.

There are numerous roles for volunteers; we have a fundraising planning group who hosted a hugely successful family fun day in summer, with over 500 people attending. They help at community events, give their perspective when we deliver training to new volunteers and even help with publicity and awareness raising. With around 50 volunteers, not all can be named, but their contribution to St.Helens Mind and our services is undoubtedly paramount to our success.



**Tamsin,  
St.Helens Mind Volunteer:**

**“From starting off as a service user with as many nerves as everyone else, I was made to feel welcome and soon made several friends.**

**After a short while I started to help others with tasks and decided to become a volunteer. I helped out at groups and was keen to help promote the charity at different events.**

**I have also become a befriender and find this very rewarding, it can be as much or as little as necessary and you are paired with someone who is considered a good match.**

**St.Helens Mind is a great charity to be involved with and there is something going on for everyone! I'm very grateful to all who have supported me and I love getting the chance to support others .”**



*Les and Jim volunteer in a variety of ways; at groups, activities and events.*



**“I get a lot of satisfaction by helping others and it takes away my focus from my own health and other problems. I love the feeling of being with other people with whom I have things in common & the mutual respect and friendship. Most of all, laughter is the best medicine and there's loads going about in St.Helens Mind!”**

# Our volunteers are amazing!

St.Helens Mind relies on our dedicated volunteers to help deliver and develop our services. There are many opportunities for volunteering within our organisation and more roles become available all the time.

As well as helping to deliver our core service, befriending, they help at our social groups, with planning and hosting fundraising events, supporting people at the allotment and kitchen garden, or maybe sharing horticulture skills.

Others use their photography and journalism skills or deliver sessions such as 'Reading for Wellbeing', arts and crafts and even sound recording. Other volunteers offer administration skills or will attend public events; raising awareness and encouraging donations. With a small team of just four part time staff, the volunteers are a valuable resource.

St.Helens Mind Manager, Gill Ellison says:  
*"Many volunteers have been with us for a long time and their skills and experience means we have great confidence in them to represent the organisation and raise our profile. After all, they are the people who are delivering services directly to the local people who need it most. We also have volunteers who have, or are still, benefitting from our services. They could be mentors to support people new to our groups for example, or help at awareness raising events to add a personal perspective."*

**What our volunteers tell us:**

**"I applied for volunteering, purely to put back into the community, offer knowledge and experience that I had learned, and to help others that have the same interest and abilities."**

**Rob, Audio Group Volunteer**



**"I love being a volunteer. It gives my life purpose, something I've missed while not being well enough to work. I love doing crafts and creative projects, and helping others achieve things they didn't think they could do gives me such a great boost."**

**Some days I find it hard to motivate myself because of my health but going to the social group always makes me feel better; having a chat and a laugh really is good for me. And if I go home knowing someone's smiled, feels better or has got something off their chest, because of me, it's the best feeling in the world."**

**Sally, Craft and Events Volunteer**



**"I volunteered because I wanted to help people and to give something back. It dawned on me after a few weeks that I was enjoying it so much, I was being helped as much as I was helping."**

**Jim, Events & Group Volunteer**

# We were the Mayor's Charity

St.Helens Mind has benefited greatly after being chosen by the Mayor, Councillor Joe Pearson as his Mayoral Charity for 2017 - 2018.

As well as formal fundraising events throughout the year and early next year, the Mayor and Mayoress have already been to our Allotment Open Day as well as visiting our stand at Newton Show, Seneley Green Festival and were guests at an private performance by three members of the Royal Liverpool Philharmonic Orchestra.

They officially opened our hugely successful Family Fun Day and have been the perfect hosts when our volunteers and people who use our services have visited the Mayor's Parlour.

Volunteers, staff and people who use our service have all been welcomed to the Mayors Parlour for afternoon tea and enjoyed a chat with the Mayor and Mayoress.

A Black Tie Dinner was held with all proceeds to St.Helens Mind. Many local businesses supported the event by providing auction prizes and guests were treated to live music from local band, The Rookies.

Although this financial support is important, we have benefited from being able to raise our profile, attract new volunteers and hopefully find new trustees. More importantly we have been able to make those people who need our services, more aware of how we can provide support.

The Mayor of St Helens invited visitors to a charity event at the Town Hall, or to wear Christmas hats for the day and to make a contribution to St.Helens Mind. Many local schools also joined in, donating money raised to the Mayor's Charity.



*ABOVE*  
Volunteers enjoy afternoon tea in the Mayor's Parlour and we all agree the Mayoress' cakes are second to none.



*ABOVE*  
Graham was very keen to be in the stocks for the Fun Day.



*RIGHT*  
Gill helps with the auction at The Gala Dinner.



*The Rookies had the guests dancing at the Gala Dinner.*



*LEFT*  
The Christmas Lights Switch on was an opportunity to raise funds.

*BELOW*  
Being treated to afternoon tea by the Mayor and Mayoress.



'Valley Brass' performed a concert at the Town Hall, hosted by the Mayor where visitors enjoyed afternoon tea and music.

# People chose to support us

The year has been interesting and colourful for St.Helens Mind. As well as becoming the Mayoral charity for 2017-18 we became the Charity Partner of St.Helens Town AFC.

The Mayors Gala Dinner saw many local businesses, artists and entertainers donate auction and raffle prizes. The guests gave generously and we raised vital funds from ticket sales, an auction and raffle. Other donations to the Mayor have come from individuals, and organisations such as Soroptomists. Not only has our gain been financial, it has provided us with publicity and the chance to raise awareness of our work in St.Helens.

We have also been the beneficiaries of donations from individuals who have run marathons, raised sponsorship for walks and other activities. We have seen many local pupils wear festive hats to school to raise money, others have made a donation instead of sending Christmas cards.

Local shoppers have helped us to set up the Sound of Mind Choir and equip our garden at the Mansion House site. They did this by voting with Tesco tokens and by buying carrier bags at a local One Stop Shop. A market stall, Habiknit, has our collecting tins for donations from their customers and we would welcome any other businesses who would like to do the same.

This year we have Ste Lingard 'Beating the Bounds' to raise funds, a local lady jumping from a plane on her 50th birthday and being sponsored to do so and a Triathlon Club planning activities to help us to continue our work.

We are occasionally bequeathed donations in the memory of a loved one. We understand that at a sad time, family members can gain some comfort by doing so. I would like to take this opportunity to thank everyone, too numerous to list here, for their kindness and generosity.



*Ste Lingard raised funds with an 46 mile walk around the Borough's border, recreating the old tradition of 'Beating the bounds'.*



*Tracy Wilde raised over £2000 for us with a Sky Dive.*



*As well as a local magician entertaining the crowds at our Family Fun Day, we had great support at Seneley Green, Newton le Willows and Prescot Galas.*

**We welcome any fundraising ideas, donations or interest in our work. You can find us at [www.sthelensmind.org.uk](http://www.sthelensmind.org.uk), on Twitter @sthelensmind or even on our Facebook Page. You can email us at [admin@sthelensmind.org.uk](mailto:admin@sthelensmind.org.uk) or telephone 01744 647089**

# The services we provide

## Befriending Services

The Befriending Service provides support for people who feel isolated or alone due to the effects of mental illness.



A Befriender is someone who can be there to listen and give some time when it is most needed. A volunteer befriender might visit someone at home, go for a walk or even go to a doctors appointment or maybe shopping.

They can provide information about local clubs, groups etc. or even go with someone on new ventures, such as clubs or classes, for the first time.



## Telephone Befriending

We are now offering Telephone Befriending for people on our Befriending Service list who may be waiting some time to find a suitable befriender. This would involve a weekly phone call with a St Helens Mind Volunteer and would help to reduce isolation, provide the chance to have a chat and may help boost confidence and self esteem

### The Befriending Services aim to

- *Improve self confidence*
- *Improve self esteem*
- *Reduce isolation caused by mental ill health*
- *Reduce loneliness*
- *Enable people to cope with life after the Befriending Service*



*The Sound of Mind choir is only a couple of months old but is growing in numbers, it really does make you feel better!*

## Social Groups & Peer Support

Our Social Groups are for people who are experiencing mental health problems and who would benefit from an enjoyable, safe and welcoming place to meet with others. All our groups are different, but they all aim to:

- *Provide a place to go for company and mutual support*
- *Build confidence and self-esteem*
- *provide the opportunity to contribute skills and experience*
- *Support recovery*
- *Provide support to access mainstream opportunities*
- *Develop social skills*
- *Lessen isolation*
- *Have fun and enjoy activities*
- *Signpost and inform*

## Rosie enjoys the Cinema Group

**“Can I take the opportunity to say what a great group this is. Graham makes certain that the group members choose what we watch. The programme so far has catered for all tastes, and Lucem House is a very welcoming venue. People come along early for a chat and a coffee, and even toast and hamburgers and we are promised ice creams for the summer. But for the less confident members of the group, it is fine to just come along, watch the film and head on their way.**

**There's no pressure, and as someone with social anxiety among other things, I feel this approach is very supporting and enabling.**

**I enjoy meeting people, watching the films and the opportunity to take part in a non threatening way. And I'm grateful for Graham's facilitation, Paul's enthusiasm and the rest of the members of the group who come up with such good ideas. Its a great group to belong to.”**

**Rosie, Group Member and Volunteer**

# The services we provide

## Mixed Social Groups

Each group differs in what people can enjoy when they attend. There may be a quiz, a chance to chat or enjoy a board game. Some groups offer arts and craft activities. They are in Haydock, Newton-le-Willows and St.Helens.

## Men's Group

Held at the Mansion House site in Victoria Park, St.Helens. This men-only group sees lots of laughs and banter as well as a quiz or maybe a guest speaker or leisurely walk.

## Ladies Creative Group

The ladies meet weekly in Thatto Heath and enjoy a variety of arts and crafts as well as each others company.

## Audio Group

You can bring an instrument, sing, recite poetry and even have it recorded in this new group.

## Cinema Group

We visit the Lucem Community Cinema, enjoying films together in a safe welcoming environment.

## Ladies Active Group

With no regular base or day to meet, these ladies find interesting activities or events to take part in.

## Reading for Wellbeing

The Group meets weekly, exploring themes in literature and enjoying shared reading.

## A Place to Grow

Both our established allotment and a yet to be developed new garden provide a place for fresh air, company and exercise.

## Sound of Mind

Our choir sessions have members of all abilities and really proves that singing together can benefit physical and mental wellbeing.

## Social Evenings

Once a month we go out for tea and enjoy each others company at a local pub.



*The Ladies Creative Group not only enjoys crafting they sell their beautiful works of art at local events*



*The Men's Group take a break after a day out.*



*The Art Group, led by volunteer Stuart is building up a lovely portfolio and these talented individuals really need an exhibition soon!*



*The Ladies Active Group have been learning new skills such as making lamps at the Idle Women's Institute courtesy of the Heart of glass.*

# Support is given in many ways



## Are you a Co-operative Member?

Every time members shop at the Co-op, 1% of what they spend on selected own-brand products and services goes to the Co-op Local Community Fund.

The Co-op Local Community Fund has chosen St.Helens Mind as one of its beneficiaries. The fund is now open for members to choose and give their 1% to St.Helens Mind. This funding period is for 11 months until the 27 October 2018.

Along with other causes in your community we will also receive an equal share of the money raised from sales of carrier bags. Members in our local community will be able to choose St.Helens Mind and give their 1% from the 12 November.

Our designated store is on Elephant Lane in Thatto Heath. Each store has its own charities that they support. However you can shop at your nearest store if it is within 15 miles and select St.Helens Mind. You will need to do this via your online Co-op account or by calling **0800 023 4708**

**The more you shop, the more we share.**

**Sign up at**

**<https://membership.coop.co.uk/causes/13821/>**

**Allotment Upgrade  
thanks to BAM**



A team of young men from BAM Construction have been helping to update our allotment as part of an initiative the company uses to encourage new staff members to raise funds and design a project for the benefit of a community organisation or charity. The work is well underway and will be ready for our Annual Allotment Open Day.

## How your recycling can help St.Helens Mind

St Helens Recycling Rewards is an incentive scheme run by St Helens Council in partnership with Local Green Points to reward residents for recycling. It is funded by the Department of Communities and Local Government.

Your actions are measured and rewards given in the form of "points" based upon your participation in the scheme. After 12 months, the more points a community has collected the more influence they will have on how £10,000 is donated to local charities.

**This year St.Helens Mind is one of the local charities to benefit.**

If you haven't already signed up to the Recycling Reward scheme, you can request an information pack. The pack will contain everything you need to start participating in the scheme.



For further information, please call: 01744 676789 or visit [www.sthelens.gov.uk/recyclingrewards](http://www.sthelens.gov.uk/recyclingrewards)

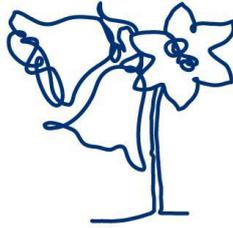


*The young men from BAM Construction participating in community involvement as part of the internship with the Company*

# A place to grow

## Our Allotment

Our allotment continues to bloom each year, despite having no formal funding to help it to develop. With dedicated volunteers and interested group members we manage to maintain it and have at least one Open Day every year.



We had to wave 'goodbye' to John Murray who had worked hard to encourage people to enjoy the site and looked after the volunteers and members. John has moved on to follow his passion for photography and other hobbies. We wish him well.



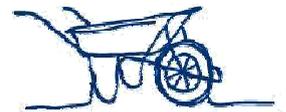
Ste Gaskell  
Allotment  
Volunteer

Ste Gaskell who has volunteered with us a befriender previously has taken on the role to oversee the Allotment Group and make it a real place to grow! Alongside Becca, Michelle and Dene and the members who are enthusiastic and enjoy the outdoors, he is building up the group.



## Yvonne, St. Helens Mind Volunteer

"I've come on so much from when I first joined. I was really shy and wouldn't say anything. The groups have helped me so much that I've become a volunteer and really enjoy what I do and all the lovely support from all 4 of you. It's the best group I've been to, where you don't judge anyone."



## Employee Volunteering

We have welcomed some very hard working staff members from The Latitude Group (Call Credit) in Warrington who left their desks to dig in and clear some of the overgrown beds at the garden and allotment.



# We became a charity partner

## St.Helens Town AFC

The last several months have been interesting and colourful for St.Helens Mind. As well as becoming the Mayoral charity for 2017-18 we became the Charity Partner of St.Helens Town AFC.

This has been a superb opportunity for us to raise our profile whilst offering support to the Club. We encourage our members and volunteers to attend and have enjoyed our time at home games. You may see our logo in the programme and on the training kit. Calendar sales have also been in support of our charity and we are immensely grateful for all the support we have gained as a result of the partnership.



The partnership will help us to support many of our service users to go out into social settings, and will help us talk about mental health issues with many new people. We look forward to working together

Town official John McKiernan said, *"We are delighted to extend our partnership with St Helens Mind and thank them for their support. We look forward to continuing a fruitful and long term partnership between our two teams. We will continue to provide a number of season passes for use by the charity and look forward to welcoming service users, staff and volunteers to Ruskin Sports Village throughout the 2018-19 season. We have also agreed to support the charity's fundraising activities over the next year."*

## Thatto Heath Crusaders

The volunteer coaches and managers at Thatto Heath Crusaders Under 12's were looking for sponsors for their 2018 kits and sought out local business' but we also strongly believe in local charities and community groups supporting each other and wanted a charity partner on our kit.



The volunteers and parents all felt that St.Helens Mind shared a lot of our values and as a charity we'd be proud to have on our kits.

We all know friends and family members who have been affected by mental health issues and the work St Helens Mind does it vital to our community.



# Come aboard!

We are currently seeking to recruit new members to our Board of Trustees with skills which will complement those of existing trustees and who are committed to the aims and objectives of our organisation.

The role of a Board member is to set the framework and organisational structure which will enable St.Helens Mind to deliver high-quality, innovative and user-friendly services for people with mental health difficulties.

We welcome people from all the diverse communities in the area, who have an interest in mental health. Good communication skills with people from all backgrounds and a sense of humour would be a real asset!

We are particularly interested in recruiting individuals with knowledge and experience in Human Resources, Finance, Strategic Planning, Campaigning, Quality Assurance, Change Management, Business Management, Equality and Diversity, Third Sector, ICT, Systems Management, Law and Fundraising.

The age of the average trustee in the UK is 59 years and the wisdom, experience and knowledge this brings is important for good governance in the voluntary sector.

**"I'm so grateful to have someone who wants to listen to me , and who has time for me in conditionally" dot RIP**

**Befriendee**

**"I feel more confident, and have more self esteem, i now feel able to tackle my physical health next."**

**Befriendee**

We also need enthusiasm, innovation and diversity in a rapidly changing world. The energy of new trustees ideally needs to be reflected. A recent study by the Charity Commission has shown that only 2 per cent of charities have a trustee under the age of 30.

Yet it's many of the qualities that typify younger professionals that are most urgently needed in the not-for-profit sector today: technological savvy, flexibility and entrepreneurial flair. Having grown up with social media, younger people are likely to have an instinctive feel for communication and connectivity. And they are more likely to be comfortable with innovative and exciting models of communication, engagement and fundraising.

Previous experience of working on a committee is not essential, neither is an awareness of charitable issues, indeed this may be your first opportunity to gain both.

Volunteering is rewarding and we are always looking for volunteers whose skills and enthusiasm can benefit the charity. St.Helens Mind is constantly developing and we are keen to recruit enthusiastic and motivated individuals who will play an active role in its future.

## Interested?

If you would like to know more about becoming a St.Helens Mind Trustee please contact 01744 647089 or email [admin@sthelensmind.org.uk](mailto:admin@sthelensmind.org.uk)



# Peace of Mind

Regular donors help provide us with the reassurance that we have a steady amount of money coming in to help us to maintain aspects of our work. You can do this on a regular basis via Virgin Money Giving. Donating online is the easiest and quickest way to support St. Helens Mind. You can choose to make a one off donation or set up a regular direct debit which helps us to plan for the future.

## Gift Aid makes a huge difference

If you are a UK taxpayer, the value of your gift can be increased by 25% under the Gift Aid Scheme at no extra cost. How? Simply complete a Gift Aid Form and send it to us along with your donation. We can provide you with a form or you can do so on the Virgin Money Giving Page.

**Donate by post** – send a cheque (payable to St. Helens Mind) to: St Helens Mind, Room G66, Harry Blackman House, Peasley Cross Hospital, Marshalls Cross Road, St Helens, WA9 3DR, don't forget to ask for a Gift Aid form!

## Virgin Money Giving

Donate online at [www.virginmoneygiving.com](http://www.virginmoneygiving.com), search for St. Helens Mind.

## Legacies and Wills

By pledging a gift in your Will to St. Helens Mind, you can help us to be there to support local people in the future.

## Donating in memory of someone special

Giving in memory of someone special is a personal way of remembering them. Donations made at the funeral, or during a celebration of their life are gratefully received. Every donation helps us reach out to people who need us, ensuring that no one is left to cope alone with a mental health problem.

## Local Businesses

We are working to create links with local businesses who may be able to help as well. This could be by helping financially, or offering a service like a print run of brochures, printing some t-shirts or other promotional goods or offering some time to help us organise events and activities. All ideas will be most welcome! And we would thank you publicly!



*"We wanted to help and support St. Helens Mind because we feel that not enough is done for organisations who support people with mental health difficulties. There is still a stigma attached to mental health issues and it needs to be made aware of and given more support."*

**Chris and Adrian,  
AlterEgo Superhero  
St. Mary's Market**

## One-off donations and Fundraising activities

Every donation, no matter how big or small can go a long way to helping someone. We aim to respond to every cry for help and you could make this happen.

We have received donations from businesses whose employees have raised money by holding raffles, cake sales, dress down days and even given us the profits from their team tuck shop. This helps us to nurture relationships with them and ensure they also have resources to provide support for each other in the workplace.

If you are feeling energetic you can run a half marathon or if you feel inspired, you could host a punk gig (just two examples of different ways to offer support). Previous fundraisers have organised a Ball, taken part in a Craft Fair and even togged up in fancy dress to pound the streets to raise funds. Let your imagination run wild!



You can find us at Virgin Money Giving for one-off donations or fundraising activities

# Imagine what more we could do?

We all like to know that we are spending our money wisely. Below is a list of ways in which your donation could be spent, to support those in the local area who need it most.

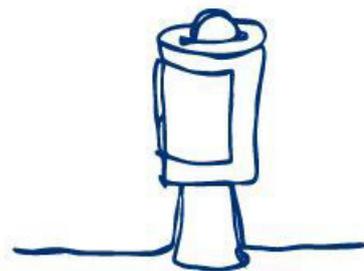
Develop our projects \* Continue running our Garden Project \* Help us set up new projects

Maintain good standards of training and support for volunteers

Train more volunteers to help us fundraise and attend events

As you can see, any donation you make, big or small, will make such a big difference to the lives of the people who use our services. If you would like your donation to go to a specific project or be spent in a particular way, please let us know.

- £5 volunteer expenses for each one to one Befriending Session
- £10 to process a police check
- £15 to have invaluable Volunteer Supervisions every 6 weeks
- £20 to process a referral to enable a person to access our services
- £30 to pay for games and activities equipment at the Social Groups
- £40 to make a person 'Volunteer Ready'
- £50 for a social group weekly session
- £60 a month to maintain the toilet/hygiene facilities at the Allotment/Garden
- £100 per year for catering and hygiene items at sessions and meetings
- £200 for production of leaflets
- £300 to provide an Induction session for up to 15 new volunteers
- £400 for art and craft materials
- £420 to make our second office internet ready
- £450 to enable our vital internet use
- £500 to keep our volunteers up to date with training sessions
- £600 to ensure all our police checks are kept up to date each year
- £1000 to sustain the Allotment / Garden Project for one year
- £1000 to keep the Ladies Craft Group running for one year
- £2000 for a Volunteer Befriender to support someone for a year
- £10,000 for a years tenancy with an office, groups space and meeting room provision



## And this one is priceless!

Our 'Match Meetings' are the most exciting and rewarding events! This is when a volunteer meets the person they aim to support, for the very first time. It is where the magic happens! It is the springboard for recovery for many people who access our Befriending Service and always an inspiring and exciting time for the team as well.



## THANK YOU

for helping us by providing grants & making generous donations, as well as offering services to improve the environment we work in.

- ◆ St.Helens Clinical Commissioning Group
- ◆ Steve Lingard for donating proceeds from his Beating The Bounds walk
- ◆ Habiknit for hosting our collecting tins
- ◆ The generous families and friends for donations made in memory of a loved one
- ◆ Tesco St.Helens - Bags of Help
- ◆ One Stop shop Greenfield Road - Carriers for Causes
- ◆ St.Helens Tri Club
- ◆ Tracy Wilde - Sky Dive
- ◆ Soroptomists St.Helens
- ◆ St.Helens NFU Ladies Branch
- ◆ BAM Construction
- ◆ Call Credit-Latitude Group

## All the local individuals and businesses who donated prizes or the Mayors Gala Dinner :

- ◆ Anne Sudworth Artwork
- ◆ Drunk Wolf Artwork
- ◆ Stillia
- ◆ Love IT Gallery
- ◆ Everton Signed Football
- ◆ Experience Days
- ◆ Ask Platt
- ◆ Director David Yates
- ◆ George Wrights Brewery & Talbot Ale House
- ◆ Star Wars Stuntman Will Willoughby
- ◆ Ruskin Leisure
- ◆ Jean Garlick
- ◆ Alma De Cuba
- ◆ Connoisseur Beers
- ◆ Les Roberts Hypnotherapy
- ◆ Rachel at Growth in Mind



