

Spring 2025



**We're here to fight for mental health.
For support.
For respect.
For you.**



In this edition read about:

Finally a new Mental Health Bill- what can you do to help!

Meet our new trustees.

How the Sophie Grierson Fund saves young peoples' lives.

Danny and Glenn's Max out for Mind.

Glam night at the Fox and Hounds in memory of Harriet.

Who we are.

Basildon Mind was established in 1970 to help and support people experiencing mental health issues in hospitals and in the community.

Our Services



Counselling

A free service to 7-18 year olds, and adults for £5.
Private Counselling at £45 per session



Helpline

The helpline operates for 10 hours on Monday to Thursday
6 hours on Friday and 4 hours on Saturday



Housing, we operate 4 group homes and 3 flats for those with severe and enduring mental health difficulties.



Wellbeing, exercise and social interaction support mental health, so we have now a weekly Yoga session as well as our 4 weekly walking sessions for anyone



Allotment

Our allotment provides wellbeing benefits to its volunteers, with social engagement, outdoor activity whilst growing fantastic food.



Partnerships, we work to deliver services across Essex, such as the Crisis Sanctuary Wellbeing Service., Positive Pathways for Adults, a local Crisis Sanctuary Plus House and a Mental Health Recovery Program.

Welcome.

Since we last sent out our newsletter in the summer it is safe to say that we have seen several changes. Politics, not just in the UK, has taken centre stage and is yet again creating uncertainty. At Basildon Mind we are not immune to these changes.

The changes to our employee costs will have a materially negative impact on our 2025/26 budget and going forward.

It looks also likely to affect the fundraising climate as after a period of improving confidence in their finances going forward, our supporters are yet again questioning what the future holds.

The good news is that at Basildon Mind our strong governance will hopefully keep us in a strong position to maintain our services to the local community.

That governance was recognised over the summer when we underwent our Mind Quality Mark review. MQM is used across the Mind family of charities, ensuring we all work to the highest standards. It has particular relevance as a framework that's grown and developed as an assurance that local Minds are well run and meet expectations of good practice. I am pleased to say that all the hard work of the volunteers and staff led to us passing with a very strong report. We will never stop to improve our services, and we hope that by us having the MQM, you will be reassured that here at Basildon Mind you know we deliver the highest quality services for people with mental health problems.

We continue to be your local independent charity providing mental health services, training and support in our community.

Best Wishes, Denise CEO

The New Mental Health Act

This year the Mental Health Bill is making its way through parliament. This bill aims to reform the existing Mental Health Act, which is the law in England and Wales which says when you can be detained (or 'sectioned') to receive mental health treatment against your will. It also outlines your rights during this time.

The new bill will, according to the government, "give patients sectioned under the Mental Health Act more dignity and say over their care". Among proposed reforms are:

- The introduction of statutory care and treatment plans
- The end of the use of prison cells to place people experiencing a mental health crisis
- Updates to Community Treatment Orders, which disproportionately impact black people

Whilst the Act is a significant moment, **Dr Sarah Hughes, CEO of Mind said: "Today's introduction of the Mental Health Bill brings us a step closer to a more progressive mental health system for the 50,000 people who are sectioned each year – but we still need to look at whether it will fully go the distance for meaningful change."**

Mind put forward some suggested changes to the Bill, "amendments", because with the right reforms we can **strengthen people's rights and voices, tackle racial inequality in the use of the Act and make it work for young people.**

As we go to press, the Mental Health Bill is in the committee stage in the House of Lords. Mind has been asking them to put forward their suggested changes as amendments to the bill. The good news is that members of the House of Lords have listened to them, and have added most of their amendments!

But there's still a long way to go. Soon the bill will be discussed in the House of Commons, by the MPs who represent us. It's MPs who have the power to make amendments into law. To show to MPs how crucial an opportunity this is to reform the Mental Health Act, Mind is holding a powerful exhibition in Westminster showcasing people's real experiences of the current Mental Health Act. Basildon Mind has 2 MPs, **Mr Mark Francois** and **Mr Richard Holden**, and we are asking everyone to email them and ask them to attend the exhibition.

Because everyone deserves support and respect.

Two new Trustees join our Executive Committee

A robust and effective board of trustees is fundamental to the success and sustainability of Basildon Mind. Our Trustees bring a wealth of knowledge, experience, and commitment to their roles, providing strategic leadership, financial oversight, and ethical governance.



Recently we have added two new trustees to strengthen our commitment to the people of Basildon, Billericay and Wickford. Sophie (left) brings a wealth of administrative experience at Basildon Mind along with her own lived experience. Lisa started her journey with Basildon Mind 20 years ago, as a student counsellor, and has worked in many counselling settings including Hospice Care, Children's Centres, Education and Rape Crisis. **Welcome!**



Counselling

We are pleased to announce that we have 3 newly qualified counsellors at Basildon Mind. After years of hard work, perseverance and determination, Emma, Andrew and Adam all achieved a Level 4 in Therapeutic Counselling.



We would also like to offer our congratulations to Benice, who achieved a 1st Class BA Hon Degree in Counselling.

That difficult journey towards a counselling qualification is highlighted with Adam's very personal story, written in his own words on the opposite page.

At Basildon Mind we have 35 counsellors including 7 students working towards their qualifications. In coming weeks we will be adding another 4 students to our service. At any one time our counsellors will be helping 140 people but we know, with over 2 million people waiting for NHS mental health care in England and Wales that there are many more that could benefit from our service right now.

Our Service to you.

Counselling is talking therapy that aims to:

- give you a safe time and place to talk to someone who won't judge you
- help you make sense of things and understand yourself better
- help you resolve complicated feelings, or find ways to live with them
- help you recognise unhelpful patterns in the way you think or act and find ways to change them (if you want to)



Our qualified therapists will work with you, listen to you and help you make changes or improve your wellbeing. Wellbeing is all about being comfortable, healthy and happy.

We provide counselling to adults, children, and couples. Our fundraising subsidises much of the counselling we undertake and we also offer a private counselling service.

Basildon Mind is an associate member of the British Association of Counselling and Psychotherapy (BACP).

Our counselling hours are: Mon-Thurs 10am-8pm, Fri 10am-4pm, Sat 10am-2pm.

All our services are confidential. If you think this may be of help to you then please call 01268 284130

“Make today's challenges tomorrow's strengths”

17th October 2024 marked a monumental day in my life.

After four long years of hard work and perseverance, I finally graduated as a fully qualified counsellor. The journey was anything but easy – physically, mentally, and emotionally. The final year, in particular, pushed me beyond my limits, forcing me to face challenges I had never encountered before.

But I made it!



In truth, this journey didn't just begin four years ago. It started many years before, shaped by the trials and struggles I faced in life. I've battled addiction, trying to numb the deep pain, emptiness, and lack of purpose I felt. I've been homeless, sleeping in my car, on friends' sofas and even between two garages. I've endured difficult relationships with others and, more importantly, with myself.

I found myself stuck in dead-end jobs where I wasn't respected or treated well, all while grappling with my own mental health – a reality that was hard to comprehend but explained why I tried to shut out the world and my own desires with substances.

The hardest part to admit is that, on a number of occasions, I wanted to end my life. But I feel my faith in God was the anchor point for when I felt powerless, helpless, and hopeless.

Also, I'm deeply grateful to those who offered me the chance to attend a particular spiritual retreat which transformed my life by showing me my value, my purpose and a direction I so desperately needed.

Today, as I stand here as a counsellor, I'm filled with gratitude for this journey – the pain, the growth, and the people who helped me along the way. I look forward to using my experiences to help others find hope and healing, just as I have found mine.

I selected Basildon Mind after the 'Mind' name stuck out on a list of agencies to apply for my Student Counsellor placement. I did some research then fell in love with the charity. Counselling to help those struggling with their mental health really resonated with me after what I'd been through. I phoned their 'Helpline' and the lady who I spoke to was so lovely and happy to help: she gave me a really good feel about what Basildon Mind is like.

I started my placement in July 2023 and finished a year later. I continue to counsel because I love the family feel which offers a tremendous amount of support and huge diversity of experience. I want to continue to benefit from this experience and support.

My advice to Student Counsellors considering a placement at Basildon Mind is you will be very much welcomed and learn from a tremendous amount of experience. If you want to grow and progress counselling in a family unit, Basildon Mind is the place for you!

Adam

The Sophie Grierson Fund

Ray and Emma set up the Sophie Grierson Fund (SGF) in late 2019 following the tragic loss of their beautiful daughter Sophie aged 19. The specific aim of the fund is to quickly provide 12 counselling sessions to very distressed 14-24 year-olds.

Since the start of the fund, 67 young people, in distress, have received 432 counselling sessions.

In commemoration of Sophie's 25th Birthday, 20th November 2024, 250 butterfly pins were commissioned by the Grierson family who asked friends and family to donate a minimum £10 to the fund.



So far, the fundraising has raised more than £2,800.



Thank you for purchasing Sophie's butterfly pin in honour of her 25th birthday in November

All proceeds will be going to

The Sophie G Fund held at Basildon MIND

To date the fund has raised over £22,000, funded 525 professional counselling sessions which in turn has supported 66 young people during a time of crisis in their lives

Sophie really was a beautiful social butterfly, with a bright, sparkling personality

She was very funny, loving, warm, fiercely loyal to everyone she loved and gave the best hugs

Sophie would be so proud that you are wearing her badge and that she can keep making a difference

THANK YOU FOR YOUR KIND DONATION AND SUPPORT

With one in five children and young people having a mental health difficulty, a 50% increase in the 5 years after 2017, the ability provided by the Sophie Grierson Fund to provide immediate support to young people cannot be understated.

The SGF has, and in the future will, save lives!

On the 20th November our offices were lit up in blue, to remember Sophie, and to tell any young person, in mental health distress, that there is hope and Basildon Mind is here for you.



If you would like to make a donation to the Sophie Grierson Fund, please visit JustGiving and search for Emma Grierson. We now have the Butterfly pins available at our shop and online. Please email fundraising@basmind.org to reserve yours.

Our Supporters

Noak Bridge Community Events Group



Bingo night in Noak Bridge on a cold November evening. Over 80 local residents came armed with snacks, drinks & good luck charms for another very popular bingo evening.

Rookie caller Tracey stepped in at the last minute due to the regular caller being struck down with pharyngitis and she did a brilliant job supported with several bags of Maltesers.



“ We try to support local charities or national charities with local activity.

Basildon Mind was chosen as we had heard stories from several residents who were particularly affected with feelings of loneliness & isolation during the pandemic and also some young teenagers struggling with school & social issues. They approached Basildon Mind and were given such help and support, that we wanted to show our appreciation.



Noak Bridge is a close little community and we care for our friends & neighbours here.

Pat

The John Baron Fun Walk



Since 2002, the John Baron Fun Walk has raised over £1.6m for Essex Charities. Last September members of the Basildon Mind team raised £240 through sponsorship of their efforts. This potentially will be increased by 30% from the Fun Walk pot which is provided by corporate and individual supporters.

Contributing nearly a third of the Basildon Mind total was Shop Volunteer Sarah who raised a fantastic £72 by taking a 2km walk around the country park.

Thanks to everyone that took part!

Our Supporters

JET Hairdressing Academy



On New Year's Day 2024, we received an email from Stacie at JET Hairdressing Academy: "We are a Hairdressing and Barbering Academy in Basildon and we wanted to get in touch to get some info on how we can help with the work you do. Each year we have a chosen charity that we raise money for via events and services and we would love it to be you this year. We believe what you do is so important and a cause that is close to our hearts."

It was a wonderful opportunity for Basildon Mind to introduce our work and services to the staff and students (we later learnt to call them learners). At the first meeting we had with Stacie, a few weeks later, it was obvious that this partnership would be very productive. Stacie explained how JET worked with the learners on their mental health. They had in place one staff member who took time out every day to talk individually to the learners about how they felt. He showed us around the facility and showed us the "tuck" facility where JET provides snacks with the learners encouraged to make a voluntary contribution towards the charity of the year, and for 2024 that would be Basildon Mind.

In March, at the academy, we held a teach-in session for the staff, introducing the different services that we provide, and the determinants of mental health in young people and what signs to look out for. This was followed up during Mental Health Awareness week, with a session of around 20 learners on mental health wellbeing and how to take care of themselves and their friends and family.



One example we used, was the benefits of physical exercise and in May we held a session with a group of learners where we discussed counselling and in particular many of the misconceptions that there are. With the weather turning for the better during the session, almost all of the participants, teachers and learners, joined counsellor Chvonne and walk leader Kate in a relaxing walk-and-talk session around Gloucester Park.

Whether this inspired the staff or not, a team was formed to take on the 2.5km Inflatable Run at Barleylands in August. The team completed the course and raised £600 through sponsorship for us.

In November it was our pleasure to attend the academy's Competition and Awards night. The event saw over 100 attendees take part in an inspiring night where the learners showed off their skills and received awards for work during the last year. We had many discussions with the audience as well as some of the event's sponsors.



We want to thank everyone at JET Hairdressing Academy for the support they have shown us throughout 2024. Whilst your fundraising will support our work in 2025, we view the education of how to support mental wellbeing and how to access support at Basildon Mind, the most important aspect of our wonderful partnership.

Our Supporters

JET Hairdressing Academy



I heard about Basildon Mind when a member of our team found out from their therapist who spoke highly of you and the team. They explained the importance of the work you do and this resonated with our team and our learners so we got in touch to discuss you being our chosen Charity for 2024.

I chose Basildon Mind because Mental Health and Wellbeing is a subject which not only affects our learners but also members of our team. We know the importance of having support out there and ensuring people know what is available to them.

Throughout the year we have had sessions held by members of the Basildon Mind team for our team and our learners, we have hosted a Mental Health Awareness week, we have a specialised hair treatment carried out in our salon to raise awareness, walk and talk sessions for our team and learners, inflatable fun run and we hosted our annual competition and awards night raising awareness and funds.

We choose these activities after we got good advice from the team at Basildon Mind and also aligned some of our usual activities to combine with the work that Basildon Mind do.

The activities have gone fantastically! We look forward to many more to come.

The benefits for Jet Hairdressing Academy include that we have been educated on the resources available and advised on how to support our learners better. The support that we received from Stuart and the team at Basildon Mind has been priceless, we feel we have become an even more supportive team.

Looking back over the year, the experience has been great and has been enjoyable for our whole team. We have all been inspired to do our bit and raise some awareness and funds.

We found the process of dealing with Basildon Mind fantastic – they do amazing work and we are very happy to be working with you all.

In fact, it's gone so well that we plan to continue to engage with Basildon Mind next year as our chosen charity for 2025.

I would say to other local businesses thinking about choosing a local charity as their charity of the year go for it – there are not many charities out there whose work could impact so many members of your teams. It creates lots of team-building opportunities, and our team has grown closer because of this.



Stacie

Our Supporters

Basildon Station's 50th Birthday c2c



On the 25th November 2024, Basildon Mind was invited to join the 50th Birthday celebrations of Basildon Train station. c2c provided pie and mash to all the customers and staff at the station along with specially designed cup cakes. We want to thank c2c for their continued support in raising awareness of Basildon Mind in the community.

Renaissance Asset Finance

We were joined at Basildon Pride by two volunteers, Billie and Danielle, from Renaissance Asset Finance. They helped us with the set-up and spent the day distributing information on our services. We were also joined by 4 volunteers from RAF at our allotment where they helped build a new bug hotel and cleared the pond. *Thank you for your help!*



Danny, Glenn, and Max out for Mind

For the third year running Danny and Glenn, organised the Max out for Mind Strongman event hosted by the Bionic Branch Barbell Club, on Sunday December 8th. The event brought together weightlifters to lift one of 3 Wooden Logs, the largest being 80kg, and a Deadlift using a Texas Deadlift Bar.



Danny was joined in the fundraising by Gillian.

We want to thank everyone who took part, especially Club3B. Club3B is a not-for-profit that offer their time and space for free.

Together they raised over £1,300. We are looking forward to Max out for Mind 2025.

Thank you!!!

Our Supporters

Skye and H Glam Fest



“ On the 26th of October I hosted a charity Event at the Fox and Hounds Pub, Ramsden Bellhouse, that I called **H Glam Fest** after Harriet Nicol. She loved her Essex glam and wanted her to reflect on people's outfits that night which was lovely to see everyone get dolled up for her!

We also had a live DJ and a raffle from all small business that donated. I think we had around 25 things to raffle off in the end which was amazing.

In remembrance of the night, and Harriet, we had royal blue ribbons with white doves on them for people to take as we also had them at her funeral.

This charity was chosen as its very close to me and many others' hearts. Everyone knows somebody who has struggled with mental health now. I wanted to give back to you at Basildon Mind as the charity that has supported so many people struggling with their mental wellbeing. I know that you have to raise all the funds for your services yourself and to be able to carry the work on and help more people to make that change, I wanted to give back to you guys! Again, thank you so much for the support we have as I know it's just getting more and more common now and I really hope this money goes a long way in helping so many others fight that battle! Real heroes don't wear capes! ❤️

PS. I would like to thank Sarah at the Fox and Hounds for letting us host the event.

PPS. **We raised an amazing £1,125.27**

🙏 Skye



Our News

The Christmas Raffle

We are truly grateful for the prizes that were donated to us for our Christmas Raffle. For the first time we printed tickets highlighting our supporters, which were sold in the Charity Shop and in our offices at Whitmore Way.



Prizes included an Air Fryer, Essex Monopoly, a Virgin Experience, 4 match day tickets to Southend United including train travel, Food and Drink Hampers, an Asda Voucher, and many more.

Some of the amazing prizes were donated by our friends at:



Essex Community Advent Calendar

Mary-Ann contacted us at the beginning of December and asked if Basildon Mind would like to be one of the 24 charities to advertise the work that we do in Essex on her Advent Calendar. From the 1st to 24th December, a video from the charity was revealed on social media and viewers were asked to donate. The funds raised were then split between the 24 charities participating. The Calendar raised £3,475 which meant that our share was £140.



With over 3,000 Essex charities to choose from we are grateful to Mary-Ann for choosing us.

The Charity Shop



The shop continues to produce amazing window displays. None more so than Halloween. The window displays are a core feature to attract customers that purchase the wonderful donations that are provided by our supporters.

If you can help with any donations of quality items, please drop them off at the shop or contact 01268 289700.

We are also lucky enough to be able to offer tickets for Adventure Island and Sea-Life in Southend at 20% off the online price.

Our News

Wellbeing Allotment

Did you know that getting out in the garden for just 30-45 minutes can burn up to 300 calories? Even low impact activities as sowing seeds or raking leaves involve focus, balance and coordination. Regular gardening as a form of exercise is extremely beneficial to your mental and physical health. Research suggests that people who garden are less likely to suffer from depression, anger and stress.



Being in nature lowers **cortisol**, the stress hormone, whilst the repetitive motions of gardening, digging, planting, watering, all can be meditative. The soil in itself contains microbes that can stimulate serotonin production, acting like a natural antidepressant.

66 The cure for this ill is not to sit still,
Or frowst with a book by the fire; But
to take a large hoe and a shovel also,
And dig till you gently perspire; And
then you will find that the sun and
the wind, And the Djinn of the
Garden too, Have lifted the hump —
The horrible hump — The hump that
is black and blue Rudyard Kipling

Our allotment is a place where you can gain a sense of achievement as you watch the plants and flowers grow and flourish and anyone can join the community where just completing small tasks such as harvesting the vegetables or seeing the flowers bloom that we have planted boosts confidence.

Please join us on Tuesday mornings between 9am and 1pm.

For more information email volunteering@basmind.org

Wellbeing Walk and Talks

Our Walk and Talk sessions are a wonderful way to get a break from daily pressures, helping you reset. Studies have shown that walking improves the blood flow to the brain and stimulates creative thinking and problem-solving.

Please feel free to just come along and look out for our high-vis jacketed walk leader or visit the Charity Shop for more info.

Our Schedule		
Monday	Lake Meadows	10:30-12:00
Tuesday	Gloucester Park	18:30-20:00
Wednesday	Charity Shop/ Wat Tyler Park	10:30-12:00
Friday	Northlands Park	10:30-12:00

Wellbeing Yoga

Yoga is great for mental health! It combines physical movement, breathing exercises, and mindfulness, all of which help reduce stress, anxiety, and depression.

Our Yoga sessions are held on Fridays at the King Edward Community Centre, 11:15-12:45. Booking is required so please email yoga@basmind.org



Our News

Our Pop-Ups

We want to make sure that every area of the borough and all our community are aware of the services that we currently provide but also to find out and develop the services that are required. That is why we host regular Pop-Ups around the borough.

Tesco Extra Pitsea

In October we were invited to have a pop-up at the Tesco store by Community Champion Steph.

We had many interesting conversations with staff and customers. Many requested information on our services and where we couldn't help we signposted them to other providers.

We were pleasantly surprised by the offers of support we received from the community, with many stories of how our services had helped them or their family members.

We are keen to visit again and have more chats with everyone.

Thanks Steph !!



The Human Kind Cafe

We are pleased to be part of the Human Kind community. The Human Kind Café, at 111 High Street, Billericay, is a not-for-profit organisation providing freshly prepared and nutritious food that promotes good health and wellbeing.

Every Wednesday we set-up in the Café to provide information on our services at Basildon Mind but also to get to know more about the specific needs that the people of Billericay have.

The Café's menu suggests a donation for each item but invites customers to give what they can, or what you believe it's worth, to support the vital work of the organisation.



On World Mental Health Day, the Café asked its patron's to support Basildon Mind during brunch, with all donations between 11am-1pm coming to us. The people of Billericay really stepped up and we received a donation from Be Human Kind of **£349.30**

A Big Thank You to the customers and staff of the Human Kind Café!!



Basildon Mind
World Mental Health Day
Brunch & Coffee
Thursday 10th October
11.00am - 1.00 pm
@ Human Kind Cafe

Lets get together for brunch & coffee in support Basildon Mind to help those living with mental health issues in the local community
All donations made by customers within these two hours will be very kindly donated to Basildon Mind.
Thank You in advance for your support



Basildon Mind is a registered charity. Although affiliated with National Mind, we are responsible for funding our own services. If you would like to help us, please get in touch!

Our News

Volunteer Opportunities

Volunteering for Basildon Mind will not only benefit the people of Basildon Borough but will make you feel better yourself. By volunteering you will grow in self-confidence, learn new skills and make new friends. Please have a look at the selection of opportunities we have but, if you have any skills you think would be useful to Basildon Mind please contact us at volunteering@basmind.org

Charity Shop	37 East Walk, Basildon	4-hour shifts
Gain experience of working in a retail environment learning skills in marketing, stock management, customer service and visual marketing.		
Helpliners	Whitmore Way, Basildon	3 hour shifts
Volunteers will need to be non-judgemental in listening to the calls as well as having a patient personality.		
Billericay Representative	Human Kind Cafe, Billericay	3 hour shifts
Attend the Cafe listen and then signpost people to the right service for them.		

Our Events and Awareness Calendar

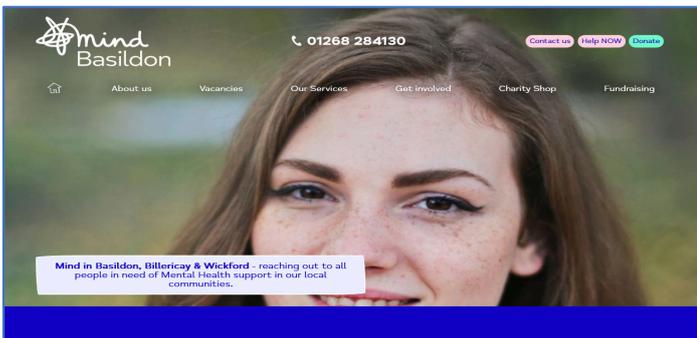
25th March	Walking Football Tournament @ BTFC
April	Easter Raffle
22nd April	Allotment Open Day for Earth Day
12th-18th May	Mental Health Awareness Week
14th May	Community Sponsored Walk
14th May	C2C Charity Football Match
6th July	Billericay Summerfest
26th July	Basildon & Pitsea Carnival
1st-30th September	John Baron Fun Walk
2nd September	Wickford Carnival
6th September	Basildon Pride
10th September	World Suicide Prevention Day
10th October	World Mental Health Day
December	Our Christmas Raffle
7th December	Mental Elf 5k Run/Walk
12th December	Christmas Jumper Day
14th December	Max out for Mind 2025

Please contact us for more information about joining our events, and if you are planning on fundraising for us please contact us at fundraising@basmind.org.

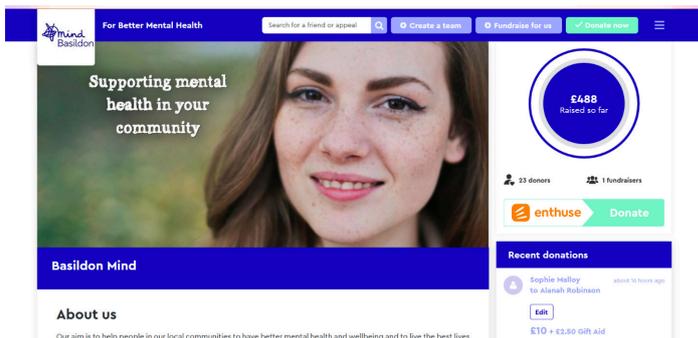


Keep in contact with our Social Media

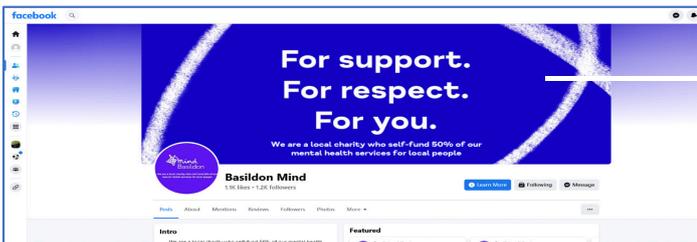
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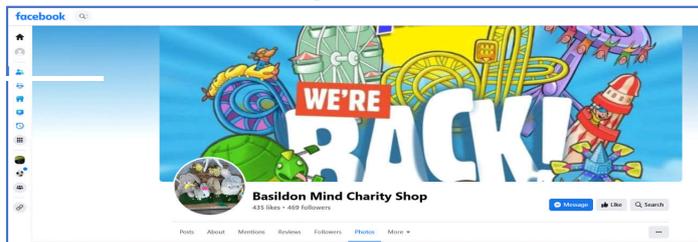
Our Fundraising Website



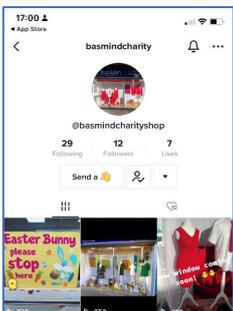
Our Facebook



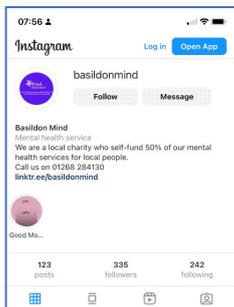
Our Shop's Facebook



TikTok



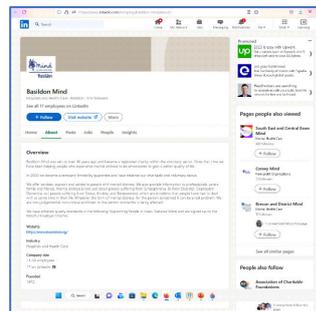
Insta



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LinkedIn



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fundraising@basmind.org