

Summer 2024



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



In this edition read about:

Basildon train station renamed Basildon Mind for May!

How Basildon Mind ended up on the digital advertising hoardings at Chelsea F.C.'s Stamford Bridge.

The story behind the RAD Riders and the 55.5 miles they rode for Basildon Mind.

Tribute to our past Treasurer Harry Cormack

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 Monday -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.



Forensic Advocacy

We provide advocacy for patients at Brockfield House, Wickford.



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.

Welcome again to our newsletter. What a few months we have had. One of the challenges that we have as an organisation is making as many people as possible know that there is a place where they can get the support and respect they need when they are challenged with a mental health issue.

Mental Health Awareness Week, held every year in May, is a chance for Basildon Mind to let everyone know that we are there for you. This year I think we smashed it out of the park. But we still need to do more. With nearly 2 million people on the NHS waiting list for help with their mental health, we are here to help everyone in need.

We continue to be your local independent charity providing mental health services, training and support in our community. Basildon Mind is part of the Mind Federation. Please read how we differ from national Mind when considering fundraising for us.

We rely on our local fundraisers and supporters to fund our work. We have fundraising packs with great ideas and guidelines for both individuals and companies. If you would like one of these, please either visit our website or email: fundraising@basmind.org

Although we are a charity, we are also part of the local business community, providing important services. We see more businesses focusing on the well being of their staff. As such, it has been a pleasure recently to be invited to present to company employees at learning sessions on good Mental Health. We look forward to doing more in the coming months.

Best Wishes, Denise CEO

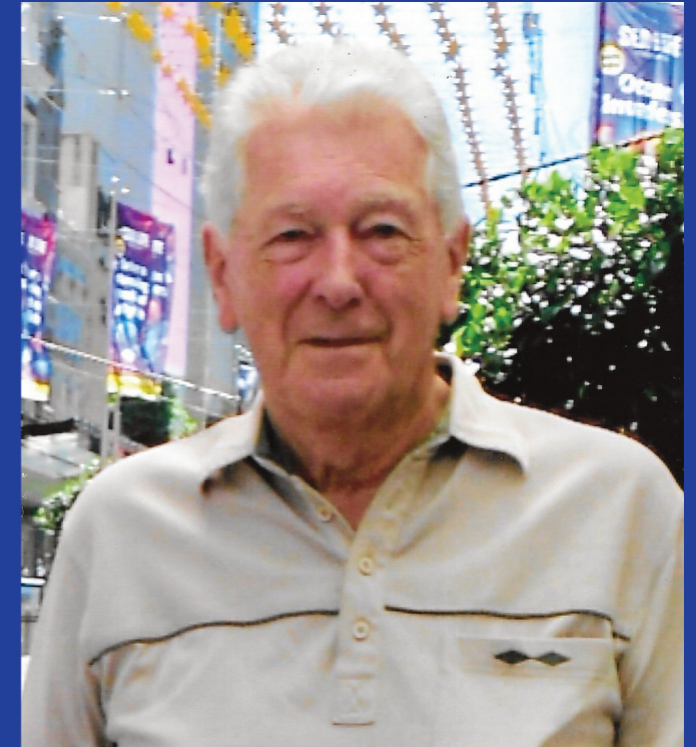
Harry Cormack

We were saddened to hear of the passing of Harold Cormack on 25th June 2024.

Harry was our Treasurer and a Trustee from 2004 until retiring in 2016, although he did try to retire a few times in this period but we were lucky enough to lure him back. He set up all our accounting systems, registered Basildon Mind as a Limited Company by Guarantee and worked closely with Sheila, our CEO at the time and Lisa our General Manager. We were so fortunate to have Harry as our Treasurer.

He was such a kind, caring and dedicated person. Harry was extremely generous with his time and his skills. He worked tirelessly to keep our finances in a healthy position and to ensure that he established 'reserves' for the organisation and deposited them in the best account possible.

During Harry's time with us, the contract culture came into being, whereas previously we had been grant funded. Without his expertise, we would have been lost and we were then successful in securing funding for new services. One was Valerie Lodge a 7 day-a-week Day Care /Drop In service for people experiencing mental health problems. This gave them a safe place where they could socialise, take part in activities and not feel isolated.



We are extremely grateful to Harry for all the work he did for Basildon Mind and how he supported us individually to achieve so much.

We are all saddened at his loss but will remember him with much respect and very kind thoughts.

Harry, a truly wonderful man.

John Birkett, Chair of Basildon Mind said "as well as being a wonderful person, Harry laid the foundation for Basildon Mind's current services, for which we are truly grateful. Our thoughts are with his family at this difficult time."

c2c and Basildon Mind

Since last autumn c2c and Basildon Mind have been working together to raise awareness of Basildon Mind in the community.



This collaboration led to the station signs at c2c's Basildon station being changed to Basildon Mind for the month of May,

John Birkett, Chair at Basildon Mind, said; "We are so thankful for the support given to us by c2c in raising awareness of Mental Health

and the help and support that anyone can get from Basildon Mind and the other local Minds along the route. We would like other local businesses to partner with us to help improve the mental health of local people.

We hope that when the commuters see the new signs that will be up all this month, that they will search and find the services that Basildon Mind and the other 5 local Minds along the route provide for their community. We hope this partnership with c2c, will grow and grow. "

On May 2nd, Stuart, our Lead Fundraiser, and Paul and Gemma from c2c shot a video on the station platform. The video is posted on the [c2c website](#).

Paul said "c2c is proud to be teaming up with Basildon Mind to promote Mental Health Awareness Week and the fantastic work that Basildon Mind do in the local community.

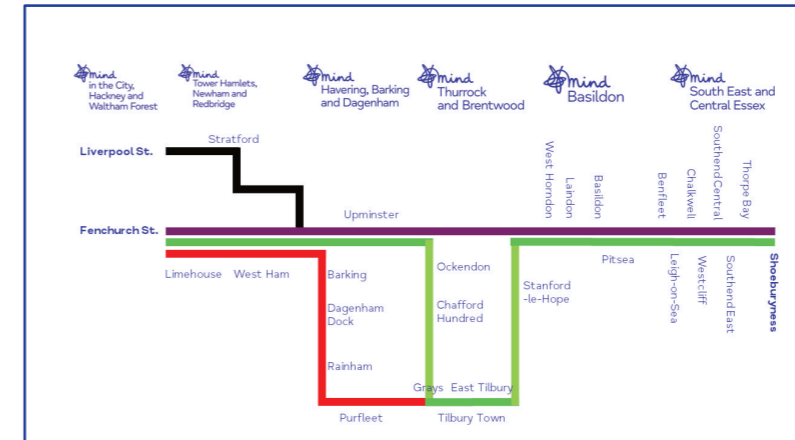
We are proud to work with our communities to tackle mental health issues and the stigma that may be attached. We hope this simple activation with Basildon Mind will help anyone struggling feel less alone and that they have somewhere to turn."

Basildon station is c2c's busiest and during Mental Health Awareness week we set-up an information table for customers and staff alike to find out more about the services that Basildon Mind provide. During the week we handed out nearly 1000 information leaflets and business cards. It was great to interact with so many people over the week. We hope to come back later in the year.



c2c and Basildon Mind

We really appreciate the support that c2c has shown us at Basildon Mind. So, we wanted to show our support to c2c as they aim to improve the mental health of their colleagues.



There are six local Minds along the c2c route. c2c are looking to engage with all 6 but have asked Basildon Mind to be the lead.

As part of this Basildon Mind was asked to present to c2c's Leadership Conference which was held at the Cliff's Pavilion in Westcliff on June 6th. Attended by over 80 c2c colleagues, the presentation covered the services

that most local Minds along the route would provide as well as some specific to Basildon Mind. The audience listened to some shocking statistics about the growing number of suicides in Essex and the growing demands that all local Minds are facing. Ending with an educational quiz to lighten the mood, the response was very positive with many wanting to learn more about local Minds.

c2c's Health and Wellbeing Pop-Ups.

As part of our growing partnership with c2c, Basildon Mind has been supporting them with their Health and Wellbeing Pop-Ups. This initiative aims to bring information to all colleagues on organisations that can support them. Along with organisations such as Samaritans and Diabetes UK, Basildon Mind attended the first pop-up at Shoeburyness Depot on the 27th March along with South-East and Central Essex Mind. At the 2nd event at Southend Central, 23rd July, we presented to a room of male colleagues on how to recognise poor mental health in themselves and their colleagues and how they can make small changes in their lives to improve their mental health.

c2c plan on hosting the events every 3 months along the line and Basildon Mind, in collaboration with the other local Minds, plans to support them.

We are currently working with c2c on many more initiatives for this year and next. So, make sure you keep an eye out on the trains and stations.

Thank you c2c for your support and the work that you are doing to promote better mental health with your colleagues and customers.



Our Supporters

We are always grateful to our supporters, whether individuals, teams or companies. Without these volunteers Basildon Mind could not exist.

IronmongeryDirect



Once again the team at IronmongeryDirect have gone above and beyond in showing their support for Basildon Mind.

As part of Earth Week, a “Circular Economy Shop” was built. Here, colleagues were encouraged to make donations of items that they were no longer using at home. Then everyone had the chance to choose a selection of items for free.

Basildon Mind provided tote bags for people to use to bring their items to work.

At the end of the week IronmongeryDirect donated any remaining items to us to sell in our Charity Shop.

There were plenty of bags of clothes as well as these light sets.



The generosity of the donations raised us over £300 by selling the items in the shop and online.

Mental Health in the Trades Report: 2024

In line with Mental Health Awareness week, IronmongeryDirect produced their annual report on Mental Health in the Trades. This insightful report had some shocking statistics. Mental health issues have caused one in six to take time off work, whilst 9 out of 10 say that they cannot talk to their friends and family about their mental health issues. For these trades people, and everyone else, we want to raise awareness that they can come to Basildon Mind and receive the support they need.



Our Supporters

IronmongeryDirect



The Match for Mind

On the 25th May Tradespeople from all over the country came to Chelsea FC to take part in the first ever inter-trade football tournament. Sponsored by IronmongeryDirect over 50 players took part representing their own trade

With players coming from all over the country, over £4,000 was raised for national Mind. However, Basildon Mind gained some wonderful exposure with the electronic advertising hoardings carrying our logo.

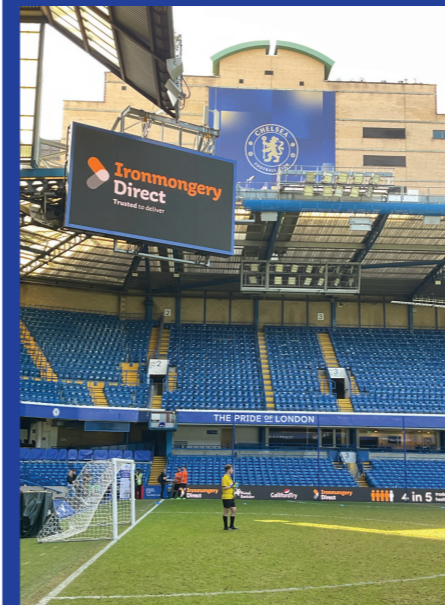
Teams of Electricians, Builders, Plumbers, Roofers and Scaffolders, Carpenters and Joiners, and a team representing the other trades played what was a highly competitive tournament.



Teams not only took part in the games, but took the Cross-Bar challenge where IronmongeryDirect rewarded every successful kick by making a £10 donation.

There was also a Penalty competition where each goal scored also saw a £10 donation made.

Everyone taking part received a medal, but the biggest prize of the day for all the players and referees was enjoying playing on the Stamford Bridge pitch.



The final between the Electricians and Other Trades went to penalties after a 1-1 draw. The Electricians eventually winning 7-6 on penalties.

Congratulations to all concerned and thanks to Jamie Crane and his team at Jaywing for organising the event.

Let's hope we can do it again next year.



Our Supporters

Jet Hairdressing Academy



Having made us their Charity of the Year, we have continued to work with them through the first half of this year.

Stacie and his colleagues at Jet Hairdressing are very keen on the mental wellbeing of their learners. So, in March we presented to the tutors and management. First of all we took them through the history of Basildon Mind and the services that we provide.

Then the session focused on what are the determinants of Mental Health in young people and how to recognise the signs that a young person's mental health is deteriorating. As always the presentation ended with a light-hearted quiz that highlighted the stigma that has been around mental health and the challenges Basildon Mind faces.

With the first presentation receiving a very positive response we were invited for Mental Health Awareness Week to present to the learners of the Academy.



The presentation made by John and Stuart was interactive and based around the learners understanding the difference between Mental Health and Mental Wellbeing. The learners were asked to give 3 reasons why their Mental Wellbeing was so important and then 3 reasons how they can look after their Mental Wellbeing. Both sessions led to strong discussions between the groups involved.

After playing the music video from Marshmello and Demi Lovato, called "OK Not To Be OK" there was a quiz on song lyrics which talk about the mental health of the performer. The learners were quick to pick-up on lyrics from Taylor Swift, Coldplay and Sam Mendes, the lyric "Help! I need somebody. Help! Not just anybody. Help! I really need someone. Help!" stumped them all.

After the event that evening members of the academy joined us in a special Walk-and-Talk session around Gloucester park led by Walk Leader Kate, and Talking Therapist Chvonne.

On **Monday 4th November**, the academy will be hosting its **Competition and Awards night**. All proceeds from Ticket sales and the Raffle will be coming to us at Basildon Mind. More details to follow.

Thank You everyone at Jet Hairdressing Academy!

Our Supporters

Billericay Town Football Club.



Tuesday March 26th saw the second **Stroll Don't Run Walking Football Tournament**. 13 mixed sex and mixed age (Men over 50, Women over 40) teams took part in, whilst competitive, was a very sporting occasion.

Prior to the event. Stuart from Basildon Mind and Bill from Billericay Town Walking Football Club, were on Phoenix 98FM's Drive Show hosted by Jo Bailey.

On the show Bill talked about Walking Football and how it improves both participants physical and mental health.

Stuart took the opportunity to talk about the work that local Minds do in the community and how important events like the Walking Football Tournament are in raising funds for Basildon Mind as we are responsible for sourcing the funds for our services.

Walking Football is one of the country's fastest growing sport.



The tournament was won by Chelmsford City Claret with Billericay Town Blue runners-up.

Special thanks go to Bexley and Orient that were so generous with their fundraising.

We would like to thank all that took part including the all important Referees.



Thank You Billericay Town F.C. we raised £2,488!

After their lunch players heard from Mark, from Bexley Walking Football Club. Mark described how when he was seeking help from a counselor at his local Mind, the counselor asked what had made Mark happy earlier in his life. Mark had replied "football but I am too old for that now". The counselor introduced Mark to Walking Football and in Mark's words, "its changed my life."

Our Supporters

Cliff, Jay & Nick, aka The Rad Riders

Our Counselling Manager, Cliff, along with his two friends, Jay and Nick, rode the 55 miles from West Ham Park to Southend's Priory Park. This would be a challenge for most on a normal bike. But The Rad Riders, and the clue is in the name, decided to do the ride on BMX bikes.

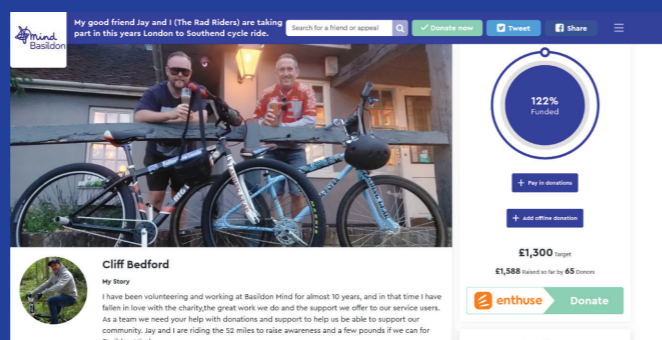
Cliff's passion for BMX is no surprise to us at Basildon Mind, revealing recently that he owns 28 BMX bikes, having purchased his first bike back in 1987.

The Rad Riders started at 8:10 in East London, before traveling onto Noak Hill, South Hanningfield, Battlesbridge and onto Southend. On a grueling and hot day, it hit 23° C, they finished at 14:10.



The Rad Riders have so far raised an amazing £1,588.

Cliff set his fundraising page up less than 2 weeks before the event. Cliff said "I found it really easy to set the page up and then used the link it generated for my socials. That told all my friends and family that I was fundraising for Basildon Mind, an organisation that I have grown to love over the past 10 years. So far 65 people have kindly donated to my page. My initial target was £500 which I had to increase twice. Thank you everyone who has supported us!"



We will be keeping the fundraising page open for a few more weeks. If you wish to donate click on the page picture or visit basmind.enthuse.com.

Thank You Again Rad Riders!

Our Supporters

Billericay Striders

We want to thank the runners at Billericay Striders for choosing us again as their Charity of the Year.

We would also like to thank all those runners that whilst disappointed at the canceling of the Billericay 10k last November, they chose to donate their entry fee to the Striders' Charity which this year was us.

Throughout the year the fundraising efforts of the Billericay Striders raised an amazing £3,021.



The Move without Moving Challenge

The theme for this year's Mental Health Awareness Week, was **Movement: moving for our mental health**. So, on Saturday 18th March, a team of 5 from Basildon Mind, rode a static exercise bike for 50 miles outside of the Charity Shop.



Congratulations to Denise, Erin, Faridat, Julie and Vanessa for their efforts. And to Sarah that collected donations from the shoppers walking by.

Liam & Maria

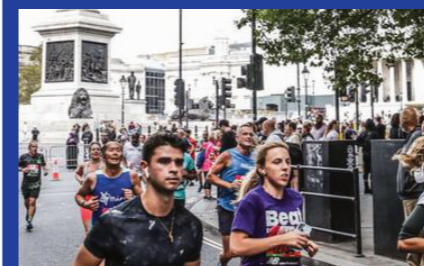
June 2nd saw Liam and Maria take part in the Richmond Park Half Marathon. Liam, taking part in his first half marathon, said he was raising money for Basildon Mind because it was close to his heart.

Thank you Liam and Maria for raising an amazing £215



John

In just over a month John took the challenge of running 3 half marathons, Chelmsford, Lisbon and the London Landmark.



"As we know, life is a journey and sometimes, we have to run to get to where we want to be - for me, it was raising some much-needed funds for Basildon Mind to continue its great work in helping individuals to improve their wellbeing and mental health."

The times achieved Chelmsford 1 hour 51 minutes; Lisbon 2 hours 13 minutes (very hot!) and London Landmarks 1hour 50 minutes (continues to be his personal best). **Thank you John for raising just over £650 for Basildon Mind!**

Jon's Counselling Journey

"I wouldn't be here if it wasn't for Basildon Mind"

I contacted Basildon Mind's counselling service due to the long waiting time for NHS counselling. I needed help and had heard good reviews about Basildon Mind. I called Basildon Mind's 'Helpline'. They were 'mind-blowingly' nice! I'm convinced that the Helpline is saving people's lives. I didn't find it hard to call the Helpline because I wanted to get help.

I spent 3 months on the waiting list. During this time a Helpliner actually called me to ask if I was OK and let me know that I've not been forgotten about. They really do care – I got the feeling that it was much more than just doing their job.

I started 1:1 counselling in November 2023 and completed my 12 weeks in April 2024.

My goal was to achieve a sense of normality again. I wanted someone to listen to me and make me feel like I'm as normal as I can be. The Whitmore Way venue is a lovely, warm and friendly place. I was welcomed into the waiting room every week, the staff always said hello, had a chat and offered a cup of tea, which all relaxed me ready for my counselling. It was all so nice and full of kindness.

My counsellor was excellent. I felt he totally listened to me and didn't judge me. It felt like someone was on my side. He made me realise that my strange (paranoid) thoughts are not due to me or my condition. He said it's normal to feel how I feel sometimes.

I achieved my counselling goal: I came out feeling understood and now have ways of coping with my life. It's not a miracle cure, rather learning how to cope and live with my feelings. I came out feeling better, feeling listened to and understood. The effect of my counselling is that my life has improved. I have relapses but I can cope with them better. This has had a positive effect on me and on those around me: close ones tell me I'm more relaxed and not so jumpy.

After finishing, my counsellor said "we're always here to help you – just call". I've done this and they really helped me. Then they called back 2 days later to check I was ok! Basildon Mind is saving people's lives. I'm sure that I wouldn't be here if it wasn't for Basildon Mind!

My advice to others is don't think of counselling as a cure – it's a coping mechanism – knowing how to cope and knowing that you're not alone. It's all about recognising the triggers and having a coping mechanism available. I would recommend others suffering with mental health issues get help: it can only help you feel better.

I've maintained contact with Basildon Mind since my counselling. I've been coming to Basildon Mind's Allotment project for 3 years and will continue to do so.



Our News

Wellbeing Allotment

The allotment has a new bench. Our allotment volunteer Dave asked a friend for the cast iron ends and back support of the bench after the original wood had rotted away. John B then used reclaimed wood from the allotment to produce this lovely bench for us all to use.



As part of Mental Health Awareness Week, we opened the doors to anyone on Tuesday May 14th. Gardening is one of the best activities known to improve your mental health. Led by our Housing Manager Jill, a number of staff and volunteers from Counselling, our walking groups and our charity shop visited the Plot.



In March we wanted to extend our growing area. This can be tough with the Essex clay hard to breakdown. To help with this our first crop in the new area is potatoes which as they grow break down the clay which is finalised when the potatoes are harvested later this year.

Although the weather has been very wet some of the crops have benefited, especially with the strawberries producing a record crop.



Come and join us every Tuesday 9am-1pm.

Contact Jill@basmind.org or call 01268 284130



New Yoga for Your Mental Health

We recently started our new wellbeing activity for better mental health.

Research shows that yoga is a great way to reduce stress through physical relaxation. It can reduce anxiety through Mindfulness and Focus helping you stay present and reduce anxious thoughts about the past or future. Depression can be alleviated by the production of serotonin and endorphin, chemicals in the brain associated with happiness and wellbeing.

Booking is required please email: yoga@basmind.org



YOGA

FOR YOUR MENTAL HEALTH

WEEKLY - STARTING
FRI 21 JUNE 2024 AT 11:15
KING EDWARD COMMUNITY CENTRE,
KING EDWARD ROAD, LAINDON SS15 6GY
BOOKING REQUIRED AT
YOGA@BASMIND.ORG



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

Wellbeing Walk and Talks

Our walking groups offer a chance to get some exercise and social interaction which is essential for good mental health.



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

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 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.

South Essex Islamic Trust

Every 1st Saturday of the month we visit the South Essex Islamic Trust's Cultural Centre in Vange between 2pm and 4pm.

On our first event, 1st June, Basildon Mind Trustees Faridat and John met councillors, Ben Westwick and Chris Heard, SEIT Chair Husmen and his wife Salma, and local GP Dr. Azhar.

This Pop-Up offers a place for local people to come and discuss their physical and mental health, and for us to learn what they need.



The Human Kind Cafe

We have moved our weekly Billericay Pop-Up to the new Human Kind Cafe, which is run by the local charity.

Our Billericay Representatives, Gillian, Anne, and Helen, are at the Cafe every Wednesday 11am-2pm. We would like to attend more often so please let us know if you can volunteer.



Our News

The Charity Shop

The Charity Shop continues to thrive and is a focal point for the organisation. The awarding winning shop window is regularly changed to reflect the season but also events. In the past 3 months the window has had a Spring theme, a sporty window for the theme of Mental Health Awareness week, Movement: moving more for our mental health, and Pride Month.



The Easter Raffle rose £254 with some prizes from our business partners helping sell more tickets. In December we will be launching our **Christmas Raffle**. Please let us know if you can help by providing prizes.

Our Events and Awareness Calendar

7 th September	Basildon Pride
10 th September	World Suicide Prevention Day
10 th October	World Mental Health Day
December	Our Christmas Raffle
TBC	Mental Elf 5k Run/Walk
13 th December	Christmas Jumper Day

Volunteer Opportunities

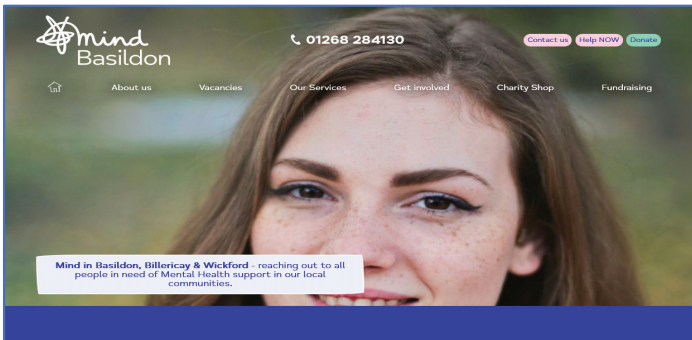
Volunteering for Basildon Mind will not only benefit the people of Basildon Borough but will make you feel better yourself. By volunteering you will grow in self-confidence, learn new skills and make new friends. Please have a look at the selection of opportunities we have but, if you have any skills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

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.		

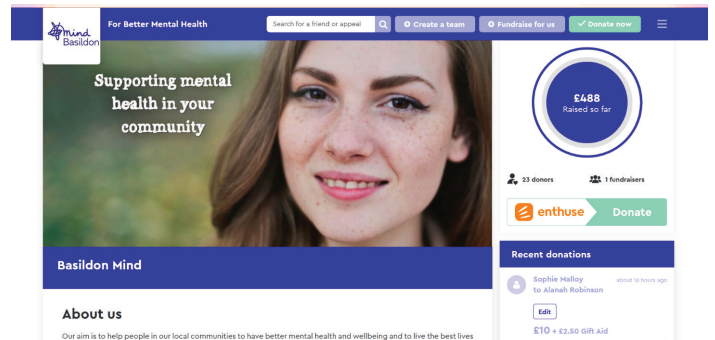


Keep in contact with our Social Media

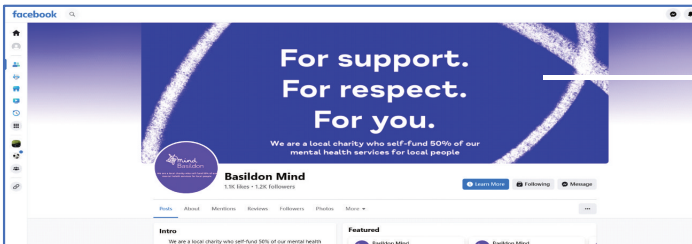
Our Website



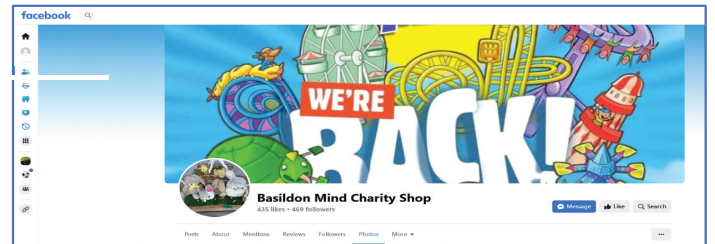
Our Fundraising Website



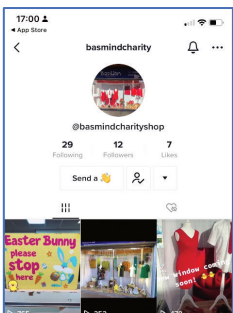
Our Facebook



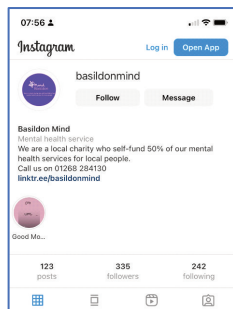
Our Shop's Facebook



TikTok



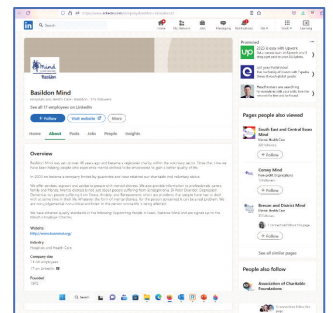
Insta



X



LinkedIn



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fundraising@basmind.org