

Mind Matters



The membership magazine from Oxfordshire Mind

Spring 2017

- Fundraising successes
- Helping people to get active
- Housing Support update
- Experiences of our Peer Support workers



Information Line

For any mental health query, we are here, call this number for information and signposting to services.

01865 247788

Monday to Friday
9.30 am – 4.30 pm
info@oxfordshiremind.org.uk



Stay in touch

Oxfordshire Mind's 'Notes of the Week' email will keep you updated on all of our events and fundraising activities. Sign up on our website: www.oxfordshiremind.org.uk/get-involved/newsletters/

All content was accurate at the time of going to print. If you have any queries about anything in Mind Matters, contact sarah.jordan@oxfordshiremind.org.uk
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Welcome

from Dan Knowles



Welcome to the latest edition of Mind Matters, in which we highlight a selection of the work we do and celebrate a few of the fundraising events which have taken place over the past six months.

There has never been a better, or more important, time to work in Mental Health. On the one hand, the stigma associated with mental health challenges is breaking down. On the other hand, the continued challenges to public spending can make living conditions for our service users more difficult. We are also seeing a deterioration in the mental health of younger people in this country, and this is an area we at Oxfordshire Mind would like to do more work on in the months and years ahead.

I would like to thank everyone reading this for their support of and contribution to Oxfordshire Mind. Our staff, volunteers, fundraisers, partners, supporters, and service users all play a huge part in making us what we are – my thanks to you all.

As we celebrate our 50th anniversary I look forward to working with you all to improve the lives of anyone in Oxfordshire experiencing a mental health problem.



Dan Knowles
CEO, Oxfordshire Mind

An invaluable service for vulnerable clients

The Benefits for Better Mental Health service is designed to support clients emotionally and financially.

Over the past eight years, the project has helped over 6,500 claimants access over £11 million pounds in benefits payments. The service aims to guide clients through the benefits assessments process, including support with forms and assessments, which can often be a daunting experience.

Priscilla, a Benefits Better Mental Health volunteer, discussed her input into the service: *"a couple of the clients have stated that 'I would not have been able to go through it without you,' this gave me a sense of satisfaction that I have helped someone in some way."*

The demand for this service is completely unpredictable and the system relies on volunteers, like Priscilla, to help and support individuals with benefits assessments. This service is an important part of Oxfordshire Mind's wide range of mental health support services, and we look forward to supporting all those who need help and guidance with claims in the future.

The project has helped over 6,500 claimants access over £11 million pounds in benefits payments



David Bryceland – Benefits for Better Mental Health worker

Oxfordshire Roller Derby

The Oxfordshire Roller Derby Team explained to us how they started fundraising for Oxfordshire Mind...

"To begin with, we approached organisations and business for donations. These donations were used in a raffle and tombola at the A Team's British Championships home game last year. We were grateful for all the donations which were received and raised £335.65 for Mind. We then hosted a second raffle for our B Team, raising £131.80 later on in the year.

To date we have put together an event, designed a charity t-shirt, sourced raffle prizes and baked lots of tasty treats to sell!

This has been the first fundraising event that Oxford Roller Derby have held, and we are delighted to say it has been a huge success raising £2,158! We could not be prouder and are grateful to everyone who have supported these events. We will be hosting more events later on this year, and look forward to raising more money for a charity close to so many of our hearts."



"Oxfordshire Mind is much more than just a mental health service, it is a lifeline which we should support and promote."

Stormy Waters

Fundraising successes

The Great British Tea Party

Kerry Mills tells us all about her amazing fundraising for Oxfordshire Mind...

"The past two years I have organised 'The Great British Tea Party' in Carterton with great success and I have currently raised over £2,000.

People ask me why I wanted to organise these events, the reason is simple; my dad has PTSD and depression and he has always been supported by Oxfordshire Mind. I wanted to give something back and create an event where everyone is welcome whether that is a family, single parent, single person or couple.

I was so pleased with the turnout for the first Tea Party I decided to organise 'Take 2'. The amount of support I had from friends, family and local businesses was amazing and I could not have done either of the events without their help and support."



"I wanted to give something back"

Kerry Mills



Ziggyfest

Zak Harper was only 21 when he tragically took his own life in September 2014. To help others who are affected by mental illness, and prevent other families suffering like they did, Zak's family set about raising money for Oxfordshire Mind.

The biggest fundraiser they have organised has been Ziggyfest, an all-day festival in their village of Leafield with live music, a disco, auction, raffle, licensed bar, car boot sale and various stalls.

Zak's mother, Jacqueline had the original idea of holding a music festival, and set about planning the event with neighbour Joanne Williams. Monthly meetings were held, where a small team of family and friends discussed arrangements for the event.

The first Ziggyfest was held in May 2015, close to what would have been Zak's 22nd birthday, at Leafield Village Hall. The event was a roaring success and raised over £5500! However, Jacqueline and her team were determined to go bigger and better, and set about planning Ziggyfest II.

After months of planning, Ziggyfest II took place on Saturday 28th May 2016, which would have been Zak's 23rd birthday. A raffle was held with a huge range of prizes donated by local businesses. Well-known names who also kindly donated auction and raffle prizes included David Cameron, Jamie Carragher, Stephen Fry, Gary Barlow and Frank Bruno. T-shirts produced by Zak's uncle were sold at the event, local bands performed, and there were fairground games, children's face painting, a barbecue and a host of other activities.

The previous year's impressive total was beaten with just over £5800 raised! This year, Zak's family aim to go even further and break through the magical £6000 barrier with Ziggyfest III.

Peer Supporters

Nick Higgins

Nick Higgins explains the importance of his role as a Volunteer and Peer Support Worker with Oxfordshire Mind...

Peer Support is an integral part of Oxfordshire Mind's services, with upwards of 50 groups running across the county each week providing safe spaces for service users to meet, learn new skills, share experiences and support one another.

Part of my role is to train new Peer Support Volunteers to learn to use their own experiences of mental health problems to encourage mutual support within Peer groups. This is incredibly rewarding work and I am particularly passionate about it because I started out as a Peer Support Volunteer myself before joining Oxfordshire Mind as a member of staff in 2014.

The Peer Support training was the catalyst for my own recovery and it's a privilege to still be involved and to see the course having the same effect on others.



"The Peer Support training was the catalyst for my own recovery and its a privilege to still be involved"

Rachel Fox

Rachel Fox also works as a Volunteer and Peer Support Worker and tells us what working for Oxfordshire Mind means to her...

As a Volunteer and Peer Support Worker I co-ordinate the recruitment, training and support of volunteers, as well as overseeing our Peer Support office. Part of my role, that I'm really proud of, is working to improve Oxfordshire Mind's reputation in the world of Peer Support and keep us as a national example of good practice!

Mind is an organisation that people can turn to for support, without being judged, or asked to do anything they don't feel ready to do. It's a safe space for you to be yourself and spend time with other people who really know what it's like, and I think that's priceless.

As well as new groups starting across the county we've been working with other local Minds to help them set up Peer Support programmes and are now developing a brand new Peer Support role in our Housing service.

I'm proud to be part of the national Mind brand. It's a name people know and trust, which helps people feel comfortable talking to us.



"Mind is an organisation that people can turn to for support, without being judged"

Housing Support

Assisting people to move on

We are proud to run a variety of innovative housing projects. Our housing team provide accommodation and support for around 80 people with enduring mental health issues. We work with these people for around two years, before they move towards more independent living and accommodation when they are ready.

We work with people who may have previously had no fixed place of residence for some time, people discharged from hospital wards or those who, for a variety of reasons, can't continue to stay where they are.

We have a range of accommodation across the county including shared houses (with staff in an on-site office) and flats with visiting staff support.

One of our highlights this year has been opening a new housing project in Abingdon with Didcot to follow soon, we will be able to support more people than ever before!

Support is tailored to individual needs, and can change on a day-to-day basis. We work with people to agree goals



"I think Mind and the wider mental health services were very helpful. Moving me into supported housing meant I had the right balance between being supported and being independent."

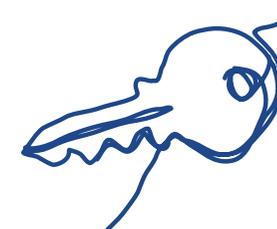
in areas such as living skills, sustaining a tenancy, managing bills, accessing local community groups, volunteering, work opportunities and of course managing mental health. The important thing to us is that we work with people on recovery goals they have identified and want to work towards.

A client we've recently supported explains the positive impact Oxfordshire Mind have had on their life: *"After many years struggling with treatment-resistant depression and anxiety, and being told that living independently would help my recovery, I suppose I placed a lot of hope in Mind accommodation. However I was not prepared for how much it would increase my self-confidence, and in turn help me to cope with my illness. I feel so lucky to be able to come home from college to my own flat, and to watch the sunsets from my window. Thank you for giving me the opportunity to start living my life again."*

Last summer we also held a number of events (barbecues and 'bring and share' events) across the county for friends and family members of our residents to meet our housing teams.



"Thank you for giving me the opportunity to start living my life again."



Helping people get active

The positive benefits of physical activity

We have supported over 600 individuals in the past year to get more active, and many more have been supported through the wider Active Body Healthy Mind partnership.

The partnership involves Oxfordshire Sport and Physical Activity (OxSPA), Coasters at Response, Aspire, Restore, Oxford Health and DITTO and who offer a huge range of sport and exercise-based activities all across Oxfordshire to anyone who is experiencing difficulties with their mental health.

Yoga classes have proved to be very popular, with sessions now running in Abingdon, Cowley, Banbury and Witney. The Banbury class is run by Rebecca Salvesen, our very own Wellbeing Worker, who is also a qualified yoga instructor. The Abingdon and Witney groups are supported by the Yoga charity, Yoga Quota, who do brilliant work making yoga accessible for all those who might not normally be able to access it.

Rebecca explains how she feels about her involvement: *"It seemed a natural development to combine my life-long love of yoga with my role as Wellbeing worker. I was lucky enough to start yoga at primary school, some 40 years ago, and have found the practice has supported me physically, mentally*



and spiritually through life's ups and downs. I whole-heartedly believe in the benefits brought about by coordinating body and breath - a moving meditation, grounded in the present. I feel fortunate to be able to share this with our service users in Banbury."



Other activities include weekly table tennis, badminton, football and group gym sessions. Oxfordshire Mind also provide tailored individual sessions with Peer Supporters and volunteers who offer support to individuals who want to exercise but do not feel confident doing so on their own. The Peer Supporters and volunteers support individuals for up to ten sessions, and help to build confidence and reduce anxiety while exercising.

"Yoga has supported me physically, mentally and spiritually through life's ups and downs."

Rebecca Salvesen

Oxfordshire Mind are proud that thirteen members of staff have successfully applied for sport and physical activity qualification grants – these will allow staff to obtain physical activity and sport coaching qualifications in areas such such as Badminton, Zumba, Ultimate Frisbee and Indoor Climbing. This is a wonderful way of improving staff development, and ensuring that the sports sector has more coaches who understand mental health!



Become a member

Your contact details

Title	First name
Surname	
Address	
Postcode	
Mobile	
Email	

Membership of Oxfordshire Mind

Please tick your chosen type of membership: Waged (£15) Unwaged (£5)

I enclose a cheque (payable to Oxfordshire Mind) for: £

Gift Aid* your membership subscription? Yes No

Make your membership go further with Gift Aid

Gift Aid is worth an extra 25p on every £1 you give us.

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*I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity or Community Amateur Sports Club (CASC) named above to reclaim tax on the donation detailed below, given on the date shown. I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year at least equal to the amount of tax that all the charities and CASCs I donate to will reclaim for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Signed _____ Date _____

All information will be treated in the strictest confidence and will be used for our administration purposes to assist us with our internal marketing, to create anonymised statistics about our fundraising, or to supply you with further information about Oxfordshire Mind and different ways you may choose to support us. If you would prefer not to hear from us, please tick here

Please return this completed form with your payment to Membership, Oxfordshire Mind, 2 Kings Meadow, Osney Mead, Oxford OX2 0DP

A big thank you

Our fundraisers are vital to Oxfordshire Mind. We would like to say a huge thank you to everyone who has donated and fundraised recently including:

- **Oxford Half Marathon 2017 runners**
- **Samantha Davies** raised £732 on her Walk Up Mount Snowdon
- **Charlie Clarke** took part in the Spring Wolf Run and raised £177

Our website has lots of information on it with fun and innovative ideas on how to raise funds. For more information on fundraising, head to our website www.oxfordshiremind.org.uk or email us at fundraising@oxfordshiremind.org.uk.



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