



Local Minds working in partnership



## Mayor and London Assembly Elections Manifesto 2024

### Mind in London Impact

Mind in London is a partnership of 15 local Minds working across London's boroughs supporting people to live well, feel valued and fulfilled.

We believe everyone has the right to live happily and healthily – we stand together to make sure every Londoner experiencing mental health problems gets support and respect.

Local London Minds are established and well-respected mental health service providers with a wealth of experience and expertise, working at the heart of the diverse communities we serve. **Here are some examples of what Mind in London is doing to address the challenges set out in our manifesto.**

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## **Cost of Living and Poverty**

Cost of living and poverty is significantly affecting the mental health of Londoners.

We're asking the next Mayor London to work with us to support Londoners who are affected by the ongoing cost of living crisis and those who are experiencing poverty.

Many Local Minds across London offer services to support people who are struggling with their finances. Here is a snapshot of what some of these services are doing to support their communities in this space.

## Welfare Benefits Advice

Now in its 27th year, Mind in Croydon's Welfare Benefits Advice service is a specialist service focusing on appeal cases which need to be taken to the HM Courts and Tribunals Service and other complex welfare benefit issues. We take a holistic approach with a particular focus on mental health and benefit uptake.

In 2022-2023 the service:

- Delivered support to **699** people.
- Attended **102** tribunals and sat alongside people to ensure that they received the income their household was entitled to.
- Raised **£1.5 million** in previously unclaimed benefits for Croydon residents.

### Case Study:

Mr K contacted the service following an unsuccessful Personal Independence Payment claim. He wanted assistance with requesting a mandatory reconsideration in writing with which we assisted him. The decision came back unchanged, and we advised him to appeal the decision.

At the First-Tier Tribunal, his appeal was not allowed. We felt he had grounds to appeal to the Upper Tribunal and we made an application on the client's behalf. A district judge looked at our application and set aside the First-Tier Tribunal decision and gave a new date for a different panel to hear the case.

At the second hearing, his appeal was allowed with an award of enhanced rate for both the daily living and mobility activities and the client received a backdated payment of £11,023.09 and ongoing weekly payment of £172.75.

## Access to Employment Support

Mind in Hillingdon's Employment Support is a service **designed to assist anyone with mental health problems find work and live independently in the community.** The service aims to provide a holistic support programme that can be individually tailored to meet the needs and aspirations of the people who access the service, and help facilitate their transition towards employment, volunteering or training.

Through the service **people can access support in many areas to help increase independence and work-related skills.** There are opportunities to access advice on possible career opportunities and create development plans to move towards employment goals, focusing on people's strengths and abilities and overcoming barriers.

The services offer's **1:1 tailored support** with practical issues such as writing a CV, explaining gaps in your work history, interview practice and advice with applications and job searching techniques. Or **group support**, via the weekly "job hub", which offers workshops to help build confidence and resilience alongside practical discussions around common topics.

And if you don't feel ready to go back to work yet, the service can offer support to access volunteering or training opportunities to help build confidence and relevant skills.

## Bexley Community Pantry

Mind in Bexley's Community Pantry is a community food store for those who are finding it difficult to afford all of the essentials at the moment. The service is open to Bexley residents who use Mind in Bexley services and is a vital service to support people in the borough. For a contribution of £4, individuals can choose from a variety of produce worth up to the value of £20 – a model that cultivates choice and dignity.

Supporting around **170 families a month**, the pantry provides a lifeline to people who are experiencing financial difficulty.



The **School Uniform Shop** is a community project that makes it easier for families to purchase school uniforms for their children, whilst helping the planet too. By recycling and offering great quality second hand school uniforms, for as little as 50p per item or £1 per coat/blazer, children can go to school looking smart, reducing the risk of bullying, and enabling children to focus on their education instead of what they're wearing.

## **Accredited Training and Employment Courses**

Mind in Kensington and Chelsea's Skills Development Service provides **supported training and employment skills for people with complex emotional needs** to help them progress into work, further education, employment, or other vocational opportunities, supporting over 1000 people a year gain qualifications to further careers, improve employability or education

### **City & Guilds Painting & Decorating**

A qualification aimed at learners aged 16 and over who want to learn some skills in painting and decorating, to progress on to becoming skilled in their chosen trade, or progress through an apprenticeship and work towards becoming a master craftsman.

### **City & Guilds Employability Skills**

A qualification designed to support people successfully gaining a job, progressing in a chosen field, preparing for further study and support the development of techniques required for successful independent living.

### **eEDC Information Technology**

Learn, develop, and practise skills required for employment and/or career progression in the ICT sector with a qualification suited to a wide variety of roles within the sector.

### **City & Guilds Horticulture Skills**

Aimed at people who wish to gain the knowledge and skills you need to work with plants, this course focuses on the fundamental practical skills in horticulture.

**“We want to help you access  
the money you’re entitled to, so  
that you can focus on your  
wellbeing”**

## **Welfare Rights Team**

Accessing benefits can be complicated and overwhelming – especially if you’re disabled or have a mental health condition.

Mind in City, Hackney and Waltham Forest’s Welfare Rights Team support people and their interactions with the benefits system, by offering advice and long-term case work.

## **Employment Support**

The employment service offers support from employment advisors, who work with people to overcome any barriers that they might be facing. The advisors can help people to narrow down job searches, tailor a CV, improve a person’s skills set or disclose a mental health condition to an employer.

## **Education**

Mind in City, Hackney and Waltham Forest offer a range of accredited courses for adults who are experiencing, or who have experienced, poor mental health, offering the opportunity for people to improve their English or IT skills. We know that having a mental health condition can make it difficult to gain qualifications, and we believe everyone should have an opportunity to reach their full potential and achieve their goals.





## Health Inequalities

We know that there is increasing inequality amongst the population of London, with racialised and marginalised groups experiencing worse care and support than other groups.

We're asking the next Mayor of London to tackle the health inequalities that Londoners face due to race and ethnicity.

Mind in London are experts in mental health with close links to grassroots organisations, working hard to serve our diverse communities. Here are some examples of the work being done by our Local Minds.

## Outcome – Freedom from Fear to Love

Mind in Islington’s Freedom from Fear to Love project assists LGBTQ+ asylum seekers and refugees with their transition to a newly “out” LGBTQ+ existence.

Offering opportunities for LGBTQ+ asylum seekers and refugees to socialise, share experiences, befriend, take part, or facilitate peer-support groups and be active in working together to tackle their specific complex and challenging issues.

As well as group support, the service offers personalised programs to ensure LGBTQ+ asylum seekers and refugees have access to information and advice about statutory, voluntary and community services/resources, welfare benefits and suitable housing solutions.

Last year the service offered specialist support to 114 LGBTQ+ asylum seekers and also supported 12 asylum seekers in their journey to successful asylum claims.

**The Freedom from Fear to Love project made the shortlist for the 2023 Civil Society Awards in the category Social Care, Advice & Support. The project was highly commended.**



## Young People BAME Support

Mind in Enfield and Barnet's Young People BAME support service offers mental health support for Edmonton's young (aged 14-25yrs) racialised community. The service builds action plans tailored to individuals to help manage their mental health, apply coping strategies by way of distraction and signposting, group work and face to face support.

A community-based partnership delivering solutions, to aid and promote good mental health and awareness for young people.



**“I was looking for an organisation that understood my unfair experience with mental health services as a Black person, The BAME Wellbeing Service is just that and connected me to other people and organisations. I am now looking forward to training to become a Peer-Researcher with Black Thrive where my voice will shape and support the mental health treatment of other people in Haringey”**

## BAME Wellbeing Advocacy Services

Part of Haringey Wellbeing Network, the BAME advocacy service supports racialised communities in Haringey with their holistic needs, working towards better mental health, wellbeing, and independence.

The service allocates fully trained advocates to support with benefit applications and appeals, contacting landlords to resolve disrepair, accompany people to appointments, source training and employment opportunities, ensure people have an annual physical health check and socially prescribe people to local wellbeing activities.

## Black Thrive in Haringey

Mind in Haringey has partnered with Black Thrive to improve outcomes in the Black community within education, employment, housing, and health. The partnership was developed in response to the disproportionate effects of Covid upon Black communities seen in Haringey. It now works to overturn broader systemic social and health inequalities through information campaigns and community conversations. Using a flagship short film [Me, My Father and Mental Health](#) as a storytelling stimulus, alongside regular community ‘assemblies’, the initiative aims to unpack and better understand the mental health and financial challenges faced by the local Black community, as well as ways to change the system for the better.

The project also engages lived experience experts to better understand the issues facing Black communities and offers training for people to deliver support in their own communities. Collective monthly meetings with other Black Thrive partners in Birmingham and Lambeth showcase plans, activities, and research, and focus on how partners can connect to help the Black community to heal.



## IRIE Mind

IRIE Mind is a mental health initiative run by, and for, the African-Caribbean community in Hackney. Led by Mind in City, Hackney and Waltham Forest, the projects aim is to champion black mental health and provide community-based solutions to mental illness. **IRIE Mind aims to:**

- Build **awareness** of mental health **and increase conversations** on mental health in the Black community
- **Address stigma and myths** around mental health
- Increase **outreach** and **service delivery**
- Emphasise **prevention over crisis** interventions
- Increase access to **culturally – specific interventions**
- Give people a sense of **purpose and hope**



## Sakinah Project

The 'Our Voices' services delivered by Mind in Tower Hamlets, Newham and Redbridge aim to ensure that services reach 'seldom heard' communities which experience challenges, disadvantage, and lack of access to mental health support and services.

The Sakinah Project works to access and engage Muslim women in Tower Hamlets, Newham, and Redbridge. Working with local Mosques, local community groups, organisations, and local Muslim women to set up 6 safe spaces across the three boroughs. The service model aims to reach, access, engage and enable Muslim women to raise their voices about what matters to them the most.

Working in collaboration with Muslim women through the Mosque, the project has delivered 8 week programmes of mental health awareness workshops, incorporating faith and culture.

The service supports local Muslim women to share and learn from each other about mental health and wellbeing and to coproduce their own faith-based wellbeing toolkit.



**“We need more projects like this, for women like us, we don’t want to be alone. We can heal ourselves, but we need support”**

**“We are so grateful to you! My son’s life changed after joining Hayaan project.”**

## **Somali Hayaan Project**

The term ‘Hayaan’ in Somali is a nomadic term meaning ‘moving onto a better place’. The Somali Hayaan Project, run by Mind in Harrow, offers an innovative approach to build up an infrastructure within the community by recruiting and training a team of ‘peer campaigners’ from the local Somali communities to help increase awareness of and access to mental health support for the wider Somali community living in Harrow.

### **The project aims to:**

Help **reduce the sense of isolation** experienced by Somalis with mental health difficulties

Help **increase wellbeing and self-confidence** of Somali people who use mental health services

**Provide advocacy and interpreting support** to Somali people who use mental health services to help them understand and access mental health and other social and welfare services

**Find out more: [mindinharrow.org.uk](http://mindinharrow.org.uk)**

**200**

workshops delivered

**4,000**

Somali people reached

**92%**

Feel less isolated and more valued after participating in workshops

## Children and Young People

Children and Young People's mental health is worsening, with 1 in 4 young people experiencing a mental health problem.

We're asking the next Mayor of London to protect and improve the mental health of London's children and young people.

From perinatal and parental support to youth spaces and crisis services, our local London Minds provide a wide variety of support to our children and young people. Here are a few examples of what we do.



## Ready for Adulthood

The Ready for Adulthood project delivered by Mind in Havering, Barking and Dagenham provides a regular 6–8-week face to face programme for 17–25-year-olds experiencing different mental health challenges.

The sessions are delivered in an engaging way, with fun activities and small group discussions, all in a safe and non-judgemental space. The two-hour groups sessions cover a range of topics including, mental health signposting, two-way communication, confidence building, resilience, wellbeing and living skills.

At the end of the program young people are encouraged to engage with previous groups in ongoing peer and community activities.



## Infant Feeding Peer Support Network

Mind in Havering, Barking and Dagenham work with parents in antenatal and postnatal stages (focussed on the first 6 months of life – but open to any family) who have questions about breastfeeding. As part of the Start for Life initiative, the team in Barking & Dagenham are supported by a committed and diverse network of volunteer breastfeeding peer supporters who are trained to provide advice when it's needed, as well as providing face-to-face and online breastfeeding support sessions.

## Mindful Mums

Mindful Mums offers award winning, free wellbeing groups that help pregnant women and new parents look after their mental and emotional wellbeing during pregnancy and their baby's first year. Since the service began in 2016, **over 1000** women have been supported across Bromley, Lewisham, and Greenwich.



### Rhiannon's experience:

'Rhiannon' is a mum to two girls: Ella, who is five and Aoife who is 21 months old.

Aoife was delivered by C-section and the experience was traumatic for Rhiannon, who after the birth began to feel overwhelmed and struggled with everyday tasks.

"I was slowly losing control of my life; my hormones were all over the place and I felt numb"

One day Rhiannon reached a tipping point and she realised she needed support. She was referred for **perinatal support** and allocated a **support worker**, Maria.

"Maria would come to my house, sit down, and ask, "how are you doing?" She would listen with a compassionate, non-judgemental ear and I could offload. On some visits she would come with me to pick up Ella from preschool or suggest we meet in the park. Some days I would just stare into space and not say anything, and she would say "this will pass" ... I never believed her, and she would insist that it will pass.

Either way, after every visit I would feel lighter and like some weight had been lifted".

Rhiannon also signed up to the 5-week **Mindful Mums** course which gave her a forum for meeting other like-minded mums and offload: "I felt validated with what I was hearing from other mums and felt less crazy – this meant everything to me as I felt so alone".

"As we know depression is like a wave – there are ups and there are downs, and when things got really bad to the point where I was having suicidal thoughts I could text/call Maria from Mind and say, "I'm struggling" and know she would be there".

Rhiannon may not be here without this service "All of this made me feel like I have a voice, that I can get through this – most importantly that I matter. And when you're in the depths of despair feeling so worthless and out of control its truly lifesaving. Without this help and support I don't know where I would have ended up and I feel so lucky that I have this service that I too want to empower others by volunteering at Mindful Mums".

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**Find out more: [selmind.org.uk](https://selmind.org.uk)**

## Being Dad

Being Dad provides online and in person wellbeing and resilience focussed support to expectant and new fathers.

Topics covered include understanding your parent identity/style, supporting your partner in your new parenting role, and understanding the changing dynamics with your partner, family, and friends.

Plus, proven techniques for managing stress tiredness and worry. The groups are led by men with their own personal experience of looking after themselves as dads or male caregivers.



### **Martin's experience:**

'Martin' and his partner had a baby in March 2022. Martin found out about Being Dad as his partner had benefitted from our Mindful Mums service, and he reached out for support after feeling a change in identity after becoming a dad.

“The facilitator helped to frame the conversation by speaking about his challenges and vulnerabilities – this created a safe space. I saw people transform over the course sessions, a real culture of sharing which for a lot of dads isn't there. Dads often don't talk and don't share”.

“South East London Mind are so impactful. They're not just supporting a dad, but a parent, a partner, a husband, a brother – someone in your community to be in a better place. It goes beyond the individual you're helping – it's such a crucial time, it's exactly where support is needed”.

**“When you come here you are in a safe space where you can just come out of the darkness. It’s been a lifeline”** – Mother of an 8-year-old struggling with their mental health



## Circle

Circle is a hub space and café that offers support for young people in Ealing who are at, or near, crisis point with their mental health, coproduced with a committee of children, young people, and parents. Most of the young people attending A&E for mental health support are dealing with anxiety, depression, self-harming behaviour, and suicidality risks. The earlier a young person gets support for their mental health, the more effective that support will be.

That’s why Circle exists: to provide mental health support early and prevent things getting worse.

Seen as an integral part of the community, Circle has received over **500** referrals and drop ins in the last year and is a national example of a vital resource.



in Enfield and Barnet

## Parent Support Group

The Parents Support Group runs as an 8-week online programme offering a safe and confidential space for parents and/or carers of children/young people 11-16 on the CAMHS waiting list for treatment for presenting with issues such as low mood, anxiety, and self-harm, to gain information and skills to support their young person and to receive peer support from other parents and/or carers in a similar position.

The support combines clinical expertise from the Brandon Centre and extensive experience and local links through the Local Mind.

**“Honestly, I strongly recommend this support group to any parent whose child suffers a mental health disorder. The groups leaders provide professional guidance and advice in many aspects in a kind, respectful and sympathetic manner. It is just great”**

### In the first year of implementation the service demonstrated:

- Parents reported a **56% reduction** in CAMHS contact and **75% reduction** in GP contact, reducing the burden on CAMHS and primary care
- Significant reported improvements in the mental health of the young people being supported by parents/carers accessing this programme
- **90%** of parents who attended the programme reported it had a beneficial and positive impact on their own emotional wellbeing
- The parental stress scale measured pre and post group showed improvement in parental stress levels in **61.1%** of parents following the group.

## Reach

Reach is a course for young people aged 18-24 not in education, employment, or training. Through a programme of workshops, tailored to meet the needs of the group, this Richmond Borough Mind service focusses on providing the tools and knowledge to develop healthy ways to manage difficulties.

All courses focus on building resilience and setting personal goals that can be broken down into manageable steps. Young people doing the course are encouraged to look at positives in their lives to boost self-esteem.

### Reach Courses cover topics such as:

**Anger awareness**

**Anxiety management**

**Low Mood and Self-Esteem**

And central to Reach course is **peer support**, encouraging participants to share and discuss what helps them

## Youth Zone

Richmond Borough Mind's Youth Zone is a wellbeing drop-in-service for 12–15-year-olds, so they can chat, chill, take part in groups and classes or get 1-1 support, information of advice.

Staffed by a team of support workers who are there to support young people with a variety of needs, (including help with education, work experience, health, volunteering, relationships, making decisions, anything that is on their mind). For more complex concerns, the service can sign post to specialist services who can help with things like drugs and alcohol, sexual health, and money worries.

### Youth Zone offers a safe space for young people to:

- **Connect with other young people**
- **Speak to our knowledgeable support workers**
- **Take part in Mindful Art Sessions**
- **Use the free facilities on site**

**Find out more: [rbmind.org.uk](http://rbmind.org.uk)**

## Wellbeing Workshops for Young People

Co-designed and co-delivered with young lived experience volunteers, Mind in Harrow's tailored workshops aim to increase knowledge, build emotional resilience, and challenge stigmas around mental health and wellbeing.

Topics covered include the **5 ways to wellbeing, supporting others, exam stress and anxiety, confidence and self-image, drugs, alcohol, and wellbeing, starting secondary school, finding work and unemployment.**

**“The people presenting spoke in a very calm and understandable manner, and I liked that we spoke to someone who went through something themselves”.**



## HeadsUp Partnership

Since 2018 Mind in Harrow have led the HeadsUp charity partnership across North-West London, providing specialist wellbeing services for young people who face additional barriers to accessing support.

HeadsUp offers a selection of support including one-to-one and group sessions, depending on the needs of the young person. Across the partnership a wide range of expertise is available, on **LGBT+ topics, refugees, and asylum seekers, ADHD and autism and support for self-harm.**

## **Community Services and Communities**

Against the backdrop of budget cuts and overstretched statutory services, we need more than ever to ensure our communities and local services continue to be invested in.

We're asking the next Mayor of London to invest in London's communities by improving access to diverse community services.

Mind in London are a group of local Minds who are at the heart of their communities, codesigning services to meet the needs of people they serve. Here is a snapshot of some of the work our Local Minds are doing to keep community services thriving.



## Barbers Project

Mind in Bexley are working with London Borough of Bexley colleagues on the Suicide Prevention Strategy. As part of this the Award-winning East Kent Barbers Project has been established in Bexley.



Research has shown that more than half of men surveyed say they feel more comfortable discussing mental health issues with their barbers than their doctors.

The Barbers Project is recruiting and training groups of barbers so they can spot signs of depression, be non-judgemental listeners and effective at signposting.

Barbers have a high follow-up rate with hairdressing clients providing opportunities to spot changes in mood or extremes such as too much sleep or not enough sleep, losing weight or gaining weight.

The training helps barbers to recognise these signs and to ask clients how they are feeling, listen in a non-judgemental manner and know where to signpost. In high risk cases the barber is trained to know how to keep the customer safe until support can be provided.

## Greenwich and Bromley Mental Health Hubs

Part of the national Community Mental Health Transformation agenda, in partnership with Oxleas NHS Foundation Trust, the hubs deliver a range of clinical and non-clinical mental health support to residents of Bromley and Greenwich. Short term interventions (up to 12 weeks) provided through the hub include:

- **Mental Health Advice**
- **Peer Support**
- **Benefits Advice**
- **Individual Placement Support (IPS) /Employment Support**

The service works to address the inequalities experienced by marginalised communities and is supported by dedicated resources within the team.

**“My experience of Bromley Mental Health Hub has made a significant positive impact on my mental health and well-being.**

**I found many helpful resources and was signposted to other great services such as the Recovery College and its mindfulness-based courses. I received excellent support from my mental health advisor, who encouraged my independence and engaged in my areas of interest, with self-reflection and a positive mental state of mind.”**

*Bromley Mental Health Hub Client*

**“I can’t put a price on the help I received. I would have died by suicide. I couldn’t have coped. Genuinely, I’d be dead. This service saved my life”.**

*Greenwich Mental Health Hub Client*

## Meaningful Activities Project

The Meaningful Activities Project in Havering gives a space for those who are experiencing enduring, long term mental illness. The project provides sessions which help with mindfulness, confidence and encourages socialising. There are a number of different groups including self – discovery, news topics and current affairs, games including pool and table tennis and creativity including arts, crafts, poetry, writing and much more.



## Live a Better Life Project

The Live a Better Life Project supports adults who may be struggling with their mental health. The programme aims to improve the recovery time for anyone experiencing a mental health crisis and help people improve their overall physical health and develop life long coping skills for mental wellbeing.

The programme provides holistic, CBT-inspired support by encouraging a diverse mix of social, health and physical activities. The goal of this is to help people develop resilience in the face of challenges, learn coping strategies to help deal with anxiety, anger, and self-esteem issues, create a greater understanding of yourself and acquire the skills to be part on an independent peer support network within the community.

## Psychotherapeutic Support

The dedicated psychotherapy team at Mind in Hillingdon provide several services to **Mental Health Carers** which aim to help carers manage the impact on them of caring for someone in a mental health crisis or has an enduring mental health issue.

The support offered also provides the opportunity to build a peer support network by forming relationships with other carers who are having similar experiences. The team deliver this support through several services including **one-to-one counselling, crisis counselling, psychotherapy groups, poetry workshops, self-help book club, forest therapy and psych-education workshops.**

**Psychotherapy Groups** provide the opportunity for a small group of carers who meet with a psychotherapist for a weekly session over 12 weeks, offering a support network, improving emotional wellbeing and providing a safe space to reflect on their carer roles.

**Forest Therapy** is open to all carers, allowing people to immerse their senses in the atmosphere of the forest for relaxation and positive health and wellness benefits.

**1:1 Counselling** for Carers to help you manage your own mental health and wellbeing

**Crisis Counselling** specifically supporting carers to manage the impact on them of caring for someone in a mental health crisis or a significant change in the person they are caring for.

**Poetry Workshops** are open to anyone who wants to explore whether poetry could support their sense of wellbeing

**Self-Help Book Club** invites members to share books (fact or fiction) that have made a difference to their lives, providing an opportunity to broaden reading experiences and benefit from reading as a form of therapy.

## Mental Health Recovery Pathway

**The Integrated Community Support** service delivered by Islington Mind provides open-access day services opportunities for Islington residents who experience mental distress. There are three day centres in the borough (Isledon Road, Despard Road and Ashley Road), acting as vital community resources and providing diverse and creative activities to residents such as art, music, IT, gardening, drama therapy, women's yoga and meditation, get active groups, bereavement support and a hearing voices group to name just a few, as well as providing specialist services addressing the needs to specific minoritized groups.

**Structured Intervention Support** offers a range of one-to-one tailored support programmes including psychosocial support for up to 12 months, enablement support and counselling programs.

97%

of people who used the service were satisfied or very satisfied with the help it provided

89%

of people who accessed support from Islington Mind said it helped them to manage or recover from the impact of Covid-19 on their mental health

97%

of people who use Islington Mind's services said the services were **important** or **very important** to them right now

## Community Sheds

Community Sheds have become an increasingly popular way of creating spaces where people can get together to connect, converse, and create, in order to promote mental wellbeing. Shed activities help reduce loneliness, isolation, and depression.

Mind Community Sheds are open to people over 18 with complex mental health needs referred through the Community Mental Health Hubs in Kensington and Chelsea.

- Shedding is about meeting like-minded people
- Shedding is about sharing skills and knowledge and having the support of your peers
- Mind Sheds are member led and Shed members, or “Shedders” decide what activities they want to do in their particular shed
- Mind sheds come in all shapes and sizes across different locations

**The Nature Shed** helps people to feel part of the seasonal rhythms of ecological systems & build a relationship with nature. It offers the opportunity to learn about soil science & planting theory & how to grow, cultivate, and tend plants

**The Upcycling Shed** helps people gain an understanding of the upcycling process, and the opportunity to learn skills such as cleaning, sanding, painting, and varnishing, how to select and use the correct tools

**The Wellbeing Shed** supports people to discuss topics around improving mental wellbeing and understanding mental health, providing a space to share experiences and talk



## **Bexley Recovery College**

Recovery is about a personal journey towards a meaningful and satisfying life, towards living as well as possible, whatever symptoms or difficulties are present.

Mind in Bexley set up their Recovery College in June 2014 to empower people with mental health problems to become experts in their own recovery.

Activities offer a wide range of psychoeducational and psychosocial groups, courses, and workshops with online and face to face group options – see the quarterly prospectus on the Mind in Bexley website. Examples include Creative Writing, Art, Pilates, Yoga, walking group, Understanding Anxiety, Body Image, Autism workshop, Menopause group, Hearing Voices group, Young Adults group, Employment support.

**BEXLEY  
RECOVERY COLLEGE  
Prospectus**

**April to June 2024**

**Improving Lives**

Registered charity - number 1110130

***‘Mind groups have been a safe space for me to join, facilitated by people who really care, and know and understand the difficulties and challenges people with mental health difficulties face daily.’***

***‘I feel part of a community that are motivated to uplift one another in their battles, even when I am joining remotely. The groups Mind holds are very versatile, so there is always something there for everyone.’***

## **Mental Health & Wellbeing Project**

The Mental Health & Wellbeing Project aims to achieve wellbeing equity by providing community based interventions and initiatives to improve the mental wellbeing of Haringey residents. The project offers funding and training to Grassroots Organisations to become Wellbeing Ambassadors in the section of the community they service.

The project works with Grassroots Organisations such as:

**Hopec** – House of Polish & European Community, who offer welcome and support in various languages to people from Poland and other European countries.

**Community Cook-Up** – Bringing residents of all cultures, generations and walks of life together to cook and eat healthy food, promoting a sense of belonging and social inclusion.

**You vs You** – A positive approach to support the development of all young people, supporting them to have bright futures, fulfilling lives and reach their potential.

**4U2 Magazine** - A multi-themed quarterly news magazine with a real human interest that aims to provide honest, fun, and practical content for the community

**Sewn Together** – Offers a range of activities at the Chestnuts Community Centre, targeted to improve mental health in the community and reduce social isolation.

**TCCA** – provides cultural, linguistic, and religiously sensitive services to Turkish Cypriot and Turkish people residing in the UK, working to bridge gaps in inequality and poverty via needs led projects.



## Physical activity for mental wellbeing

Mind in Kingston believe that mental health issues shouldn't be a barrier to physical activity for anyone. Their physical activity programmes support people to get active to improve their mental health and overall wellbeing. Delivered with community partners, the service offers a range of different physical activities and structured groups.

### Happy Feet Walking Group

A friendly walking group every Monday at 11.30am exploring local green parks and riverside.



**“Walking has always been there for me; my confidence has grown immensely. I’m a totally different person now than I was ten years ago, and I owe so much of that to walking”** – *from a walker with bipolar disorder*

## Football for Mental Health

**Kingstonian Mind FC** is a football club made up of individuals who have lived experience of mental health issues and who share a passion for football. Open to players of any skill level including beginners, in this safe space football is used as a tool to take the focus off the individual and enable people to meet, communicate, improve skills, and grow in confidence.

### Mind in Kingston Jog Together



Mind in Kingston Jog Together is a running group for anyone who wants to get more active through running but doesn't know where to start. Lead by run leaders, the group has a focus on mental health with lots of encouragement and support.



## New Horizons

The New Horizons project works with people who have lived experience of mental health and homelessness to have more control over their lives, develop skills and knowledge to support their own recovery and become peer leaders within Tower Hamlets.

The project offers:

- **Goal setting** and **skill building**
- One to one coaching to **build confidence**
- Workshops and access to **peer led groups**
- Building **connections in the community** through signposting
- Access to **Peer Leadership Training**



## Outreach

The Outreach project in Richmond Borough Mind starts with wellbeing and seeks to support people who can find it daunting to seek out help. This specialist support can be found at venues around the borough where Mind staff can easily connect with people who may be in need.

The support provided is suitable for all mental health issues including more complex needs and crisis support.

The service is there to help people who are feeling overwhelmed with stress, battling with addiction, experiencing social exclusion, domestic violence or any other situation impacting mental health and wellbeing.

The service offers a free wellbeing assessment and the opportunity to book one-to-one consultations, with the opportunity to develop a support plan and provide advocacy support.

The service also has a Peer Crisis Prevention Worker who delivers face to face crisis support in the community and runs a weekly drop in hub.

## **Housing**

Housing instability across London is on the rise, with the increase cost of private renting, increased mortgage rates, and a lack of sustainable and stable social housing. All of this is taking a toll on the mental health of Londoners.

We're asking the next Mayor of London to access stable, good quality housing.

Mind in London know that having access to suitable housing can have a devastating impact on people's mental health. Here is what some of our local Minds are doing to help people to access support for their housing needs.

## Compass

Compass supports adults in Hammersmith, Fulham, and Hounslow to navigate social issues and improve their wellbeing covering issues like housing, benefits, and debt.

In addition to an advice service, Compass also includes access to a monthly peer support group that can be accessed once individual social issues have been resolved. The peer support groups will bring together people with shared experience to support each other.



### Compass can support with:

- Form filling for welfare benefit applications, reconsiderations and appeals
- Providing housing options
- Low level debts
- Grant applications
- Applications for transport and travel
- Signposting to local services for further support

**“A non-judgemental, person-centred approach to improving your mental wellbeing and areas of your life that affect your mental wellbeing”**

## **Croydon Health and Wellbeing Space**

The Croydon Health and Wellbeing Space offers a space for people to receive guidance and signposting, alongside clinical support from a clinical psychology team under one roof. The service provides better access to community and clinical support within Croydon.

Designed for people who have not previously engaged with support, including BAME communities, and people falling through the gaps of traditional mental health support.

With three core teams covering the service, a range of support is offered:

**Mental health and wellbeing support** – from conversations to connecting with the on-site psychology team, recovery space support, Croydon Talking Therapies, and providing coping skills and guidance

**Housing** – Understanding housing applications, repairs and home swap systems and connecting to specialist organisations

**Finance** – Access to the Mind in Croydon Welfare Benefits team and DWP drop in

**Domestic Abuse** – Connecting people to relevant support

**Form Guidance** – Helping people manage anxiety of filling out forms, including may benefits forms and council tax support



## Floating Support – Mental Health Housing Related Service

The Floating Support service is a partnership between Mind in Kingston and Hestia to offer support to people with a range of mental health issues to live independently in the local community. Some of this is in shared accommodation with low, medium, and high-level support and some in people's own homes (visiting Floating Support).

Providing support with a whole range of issues, tailored to individuals needs the service supports with:

- Employment or education
- Improving social skills
- Health and fitness
- Improving mental wellbeing



Local Minds working in partnership

## Contact:

### Lucy Dodd

Strategic Lead for Mind in London

07385 466667

[l.dodd@mind.org.uk](mailto:l.dodd@mind.org.uk)

### Lynette Charles

Chair of Mind in London

0208 3402474

[lynette@mih.org.uk](mailto:lynette@mih.org.uk)

**Webpage – [mind.org.uk/about-us/local-minds/mind-in-london](https://www.mind.org.uk/about-us/local-minds/mind-in-london)**

## Mind in London – Local Minds Working in partnership

Hammersmith, Fulham, Ealing & Hounslow Mind – [hfehmind.org.uk](https://hfehmind.org.uk)

Havering, Barking & Dagenham Mind – [haveringmind.org.uk](https://haveringmind.org.uk)

Islington Mind – [islingtonmind.org.uk](https://islingtonmind.org.uk)

Kensington and Chelsea Mind – [kcmind.org.uk](https://kcmind.org.uk)

Mind in Enfield and Barnet – [mindeb.org.uk](https://mindeb.org.uk)

Mind in Bexley – [mindinbexley.org.uk](https://mindinbexley.org.uk)

Mind in the City, Hackney, and Waltham Forest – [mindchwf.org.uk](https://mindchwf.org.uk)

Mind in Croydon – [mindincroydon.org.uk](https://mindincroydon.org.uk)

Mind in Haringey – [mindinharingey.org.uk](https://mindinharingey.org.uk)

Mind in Harrow – [mindinharrow.org.uk](https://mindinharrow.org.uk)

Mind in Hillingdon – [mindinhillingdon.org.uk](https://mindinhillingdon.org.uk)

Mind in Kingston – [mindinkingston.org.uk](https://mindinkingston.org.uk)

Mind in Tower Hamlets, Newham, and Redbridge – [mindthnr.org.uk](https://mindthnr.org.uk)

Richmond Borough Mind – [rbmind.org.uk](https://rbmind.org.uk)

South East London Mind – [selmind.org.uk](https://selmind.org.uk)