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# Havering

Supporting and Educating  
the local community

## **Havering Mind is your local independently funded mental health charity.**

We support people living in Havering who may be experiencing problems with their mental health and wellbeing.

We campaign to improve services, raise **awareness and promote understanding.**

### **We provide a range of services that:**

- Provide advice and information
- Give individuals the tools to manage their mental health
- Provide activities to create peer support



# Our services

## 18-30 programme

Our 18-30 programme offers support for young adults in recovery from mental health distress. Support and encouragement to build fulfilling lives through awareness, prevention and peer support.

## Community Navigating service

A volunteer Community Navigator supports an individual on a one-to-one basis to achieve their goals and help them navigate access to leisure activities and by working together to navigate the community. This reduces the isolation experienced and provide information and support to access activities.

## Peer Support

A range of groups providing activities that promote connection with others and enhance general wellbeing. Each one of us has strengths, qualities, skills, and gifts that we can offer. Peer Support is a way of helping each other find and use our abilities.

## Live a better life

The live a better life project is a physical and mental wellbeing programme, that aims to reduce the risk of obesity, diabetes and heart disease, as well as developing coping skills for mental health. This is achieved through a range of health workshops and activities including a walking group, music group and badminton sessions

## We also...

- offer opportunities for people to get involved with the organisation through **volunteering**, learn more about mental health and support others in their recovery.
- **signpost** individuals to other support organisations across the borough
- offer bespoke mental health awareness **training**.
- take the lead in the borough on **raising awareness** of mental health. We hold and attend many events throughout the year to promote better understanding about mental health.

## Our services encourage and promote...

**Social Inclusion**

**Physical activity**

**Higher self esteem**



**Improved Wellbeing**

**Better coping strategies**

**Increased motivation**

**Better understanding of mental health**

# Training we offer

## Mental Health Awareness

**Duration:** 2-3 hours  
(depending on requirements)

### Overview:

Our mental health awareness sessions give a general understanding of what mental health and wellbeing is (and what it is not!), what mental health problems are, the causes and effects they have on peoples lives and also what treatment approaches that are available. They can be tailored to be specific to your requirements i.e. focused on workplace mental health.



## Mental Health and Young people Awareness

**Duration:** 2-3 hours  
(depending on requirements)

### Overview:

With mental health in young people becoming increasingly more evident, there is a huge need for parents to educate themselves about the issues and about ways to improve their children's wellbeing. This training is ideal for parents who want to learn more about how mental health affects young people's lives. The training aims to help you increase your understanding and knowledge of mental health in young people and understand the common issues that young people face, including bullying, body image issues, self harming and substance misuse.



## Mental Health First Aid (MHFA)

**Duration:** 2 days (or 4 evenings) consisting of 12 hours of teaching time

### Overview:

Mental Health First Aid (MHFA) is an internationally recognised training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. We deliver 2 types of MHFA: Adult and Youth. Both delve into the common mental health issues, with the Youth course having a more specific focus on the issues faced by young people today, including bullying/cyber bullying, body image problems and substance misuse. The course also teaches the importance of promoting protective factors and good parenting. The course will increase awareness around mental health and allow you to develop practical skills to identify a range of mental health issues and support a person to get the help they need.



MHFA England



**For more information on our training please contact us:**  
training@haveringmind.org.uk

01708 457040

# Our events

We hold numerous fundraising events throughout the year which are always held around the same time. Check our website or Facebook page for exact dates.

March



April



May



July



August



October



# During 2016 - 17

**932** people were supported by our projects overall

We responded to an additional

**508**

enquiries with **advice** and **information** about mental health

**29% Increase** in the number of people we supported this year due to the growth in demand

Yet we have seen a **50%** reduction in funding over the past 3 years!

“It wasn't until I came to **Having Mind** that I found that there was someone to help”

“My quality of life has greatly improved”

“ I know that the people I talk to understand me, won't laugh at me and are people who I can trust”



“I feel much more able to confront my problems now. I feel stronger”

“I have learnt a lot of coping strategies to help me to deal with my problems”

“I am much more confident and out going now”

# Mental Health: The Bigger Picture

**1 in 4**

people will experience a  
mental health problem in  
their lives

Among teenagers, rates of depression  
and anxiety have increased by

**70%**

in the past 25 years

Every week **106**

adults in the UK will take their  
own lives

In financial terms mental health problems cost  
the UK economy an estimated

**£125 billion**

a year taking into account loss of earnings,  
associated healthcare costs and welfare costs

Between **8%** and **12%**

of the UK population experience  
depression in any one year

Approximately **30%** of all GP consultations  
are related to a mental health problem, which is

approximately **150 million** per year

## Havering specific:

**46,207**

Estimated number of adults in  
Havering aged 16+ who have  
**at least one**  
psychiatric disorder  
(Havering JSNA 2015)

**266**

Number of hospital stays  
for **self harm** in  
Havering  
Rates of self harm are  
**7th out of 32** in  
London Boroughs.  
(Havering Health Profile  
2015)

**33,550**

Estimated number of adults in  
Havering aged 16+ who have  
**considered suicide**  
(Havering JSNA 2015)

**Please note:** These figures are based on **diagnosed** cases. In reality the figures would be higher as many people either don't recognise or understand they have a problem with their mental health, are too afraid or ashamed to seek treatment or simply don't know how to access treatment.

# Why are we needed?

- We have a proven record of providing **quality services** to the people of Havering for over 50 years
- Individuals who access our services will have **improved mental health** and be less reliant on statutory mental health services such as the NHS
- We provide **cost effective** services that reduce pressures on more expensive statutory services
- We give people the tools and skills to **better manage** their mental health and look after their own wellbeing
- We provide information, advice and support which **prevents a crisis** from occurring
- We are a **well known and well respected** organisation.
- People in the community **know of us** and **trust us** and therefore more likely to approach us for information and support
- We are key in **leading mental health awareness** in the borough and beyond, promoting **better understanding** and helping to lower stigma
- We can provide **early and effective** advice and support reducing demand on already pressurised statutory mental health services
- We are part of the **largest federation** of mental health charities' in England and Wales (Local Mind Network)
- Our staff team are **experienced and dedicated**, ensuring that the journey of the individual service user is at the heart of all we do
- We strive to work in **collaboration and partnership** to ensure best outcomes for the individuals we serve
- We are supported by a team of dedicated and **well trained volunteers**, extending our reach and impact

## Volunteer with us

There are also many volunteering opportunities available at Havering Mind. Taking on a role as a volunteer will not only give you valuable life experience, it will give you the chance to meet new people and help your community.

Volunteering roles can include befriending a vulnerable adult, administration tasks, helping out at events and so on.

Volunteers are key to our organisation and benefit from:

**Training**                      **Learning social skills**                      **Meeting new people**  
**Gaining valuable life experience**    **Doing something positive with spare time**

**For more information please contact us:**  
volunteering@haveringmind.org.uk                      01708 457040

**We all have our own mental health**

**Anyone can experience problems with their  
mental wellbeing**

**It is vital that we prevent mental health  
problems from developing early on**

More detailed information about mental health problems can be found by visiting  
the national Mind charity website:  
[www.mind.org.uk](http://www.mind.org.uk)



**Havering Mind**  
Harrow Lodge House  
Hornchurch Road  
Hornchurch  
RM11 1JU  
01708 457040

**reach.us@haveringmind.org.uk**  
**www.haveringmind.org.uk**  
Charity No. 1108470  
Company No. 4184862



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