



Supporting Us

# About us

**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 their carers.

We campaign to improve services, raise **awareness and promote understanding.**  
We won't give up until everyone experiencing a mental health problem gets both support and respect.

## What do we offer?

We provide a range of services that support people in the community. These include:

- A Child and Adolescent Mentoring Scheme
- Support for carers
- An over 50s service
- Information and advice
- The Live a better life project
- A Befriending Scheme
- Raising awareness of mental health and tackling stigma
- Programmes for young adults 18-30
- Support volunteering opportunities



## Some facts about us...

During 2014/15:

- **701 people** accessed our services
- The number of carers we supported **increased by 20%**
- The number of young people helped through our Child and Adolescent Mentoring **increased by 90%**
- The youngest person that accessed our services was **10.....**the oldest was **94**

**Our services encourage and promote...**

**Social Inclusion**

**Improved Wellbeing**

**Physical activity**

**Better coping strategies**

**Higher self esteem**

**Increased motivation**

**Better understanding of mental health**

# Why support us?

The chances are that right now someone **you know** is experiencing a mental health problem, whether it be a family member, neighbour or colleague.

Unlike other illnesses, mental health issues are not easy to talk about.

**However with your help we can change this.**

## Your fundraising will help us...

- Run activities that encourage social inclusion and reduce isolation
- Promote improved mental wellbeing in the borough
- Reduce the stigma of mental health issues
- Support older and vulnerable people
- Connect people to their local community
- Improve access to information and advice about mental health

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

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



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

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

**Increase** the number of people we support

**Promote** positive mental wellbeing in the community

**Raise** awareness of mental health issues in Havering

**Improve** the lives of local people

## Remember...

**We ALL have Mental Health**

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

# Ways to support us...

## Hold your own event...

Why not organise your own event and donate the money raised to us!  
There are so many ideas to try...

How about organising a **bake sale** at work or a **coffee morning**?

Or what about a **golf tournament** or **sponsored swimathon**?

**Non uniform days** are always popular at work or in school...as are **karaoke competitions**!

How about running an event for a seasonal period such as **Easter or Christmas**?

You could organise a '**name the teddy**' event or hold a **themed party** where guests pay to come to the party!

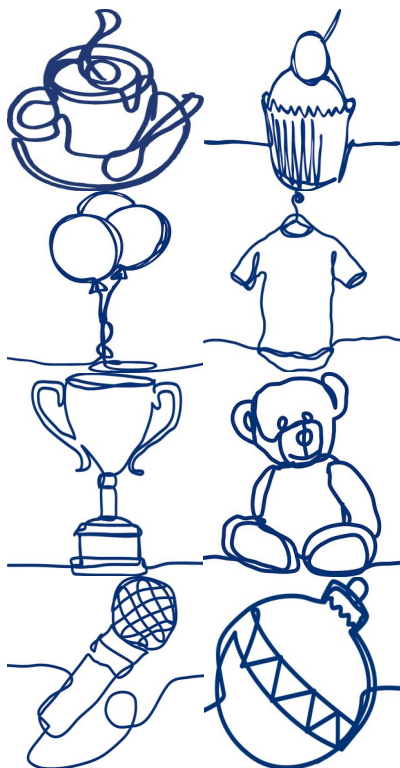
For more ideas see our website:

**[www.haveringmind.org.uk](http://www.haveringmind.org.uk)**

Or contact us

**[ciaran.white@haveringmind.org.uk](mailto:ciaran.white@haveringmind.org.uk)**

**01708 457040**



## Like us on Facebook

### HaveringMindCharity

One of the simplest and easiest things you can do to support us is to '**Like us**' on Facebook! Share our posts online and invite your friends to like us. This all adds up to awareness raising!

**The more we share information about mental health and about our charity the more impact we will have!**



## Volunteer for 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:

- Child mentoring
- Befriending a vulnerable adult
- Administration tasks
- Helping out at events

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 email:  
**[volunteering@haveringmind.org.uk](mailto:volunteering@haveringmind.org.uk)**  
Or call  
**01708 457777**

## Do a challenge...

Experience the rush of jumping out of a plane.....the excitement of the big race.....the sense of achievement of climbing a mountain.....

All whilst raising money for a great cause!  
Take on one of our sponsored

### **Challenges!**

See our website for more information:  
**[www.haveringmind.org.uk/challenges.asp](http://www.haveringmind.org.uk/challenges.asp)**



# Fundraising Top Tips

There are a number of ways you can ensure that your fundraising activities are successful:

1. Make it **FUN!**
2. Get people **talking and sharing**
3. Do it at work...**involve your colleagues**
4. Make it **a teambuilding** activity
5. Use social media to promote...share on **Facebook** and **Twitter**
6. Use an **online fundraising** website. We recommend Just Giving
7. If you're a UK tax payer make sure you use **Gift aid**...this adds 25% on top!
8. Try to get **press coverage** in the local papers i.e. Romford Recorder
9. Use the event to **raise awareness** of mental health
10. Finally.....make sure you **tell us** about what you are doing so we can help!

JustGiving



*giftaid it*



We want to give you the best possible support to help you reach your Fundraising targets. We can provide you with:

- > **Sponsorship forms**
- > **Leaflets and information about mental health and our services**
- > **Balloons**
- > **Stickers**
- > **Collection buckets**

**Good Luck and Thank You!**







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Company No. 4184862



**@HaveringMind**



**HaveringMindCharity**

**For information and advice on fundraising or to  
request any fundraising materials  
please contact Ciaran on 01708 457040  
or email Ciaran.white@haveringmind.org.uk**



INVESTOR IN PEOPLE



give with confidence

