

 mind Havering, Barking and Dagenham

# Annual Review 2021/22



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Registered Charity No. 1108470 / Company No. 4184862

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## A Warm Welcome...

## Chairman Report



This last year has been an extraordinary and fantastic journey for me, firstly joining the Board as Trustee of this wonderful organisation, and then taking on the vacant role of Chair for Mind in Havering, Barking and Dagenham. I have met so many committed, dedicated, enthusiastic and fantastic people in our staff, Trustee and volunteer roles.

This has been an extremely busy year for the refreshed Board of Trustees, adding new members with many new skills to the existing members strengths, allowing us to form meaningful sub-committees to ensure we are overseeing and delivering things correctly, which is vital for the smooth operation and support of Sarah and her growing staff and volunteers team.

The team has not only delivered excellent support through our existing projects and services, but also through the growing number of new services developed to meet the increased demand across both Boroughs of Havering and Barking and Dagenham.

Good quality successful businesses go from strength to strength and this is what has been happening with our Mind, it is always good to keep existing contracts but we are delighted when we secure new contracts in both Boroughs, providing the opportunity to work closer with other partners within both, **always with the ultimate aim of sustainable growth.**

Success doesn't just happen, it takes a massive amount of hard work, commitment and dedication, so it is important to pay tribute at this point and say a huge thank you to all of our fantastic staff, volunteers and Trustees; they have worked so hard alongside people with mental health problems to improve their experience and resilience during another unprecedented year.

Everyone has played a role and in many instances gone beyond their duty in some way, thus ensuring that anyone who has contacted us with a mental health concern, has received the advice and support they need at the right time. At a recent get together, a long-term member of staff commented that it was good at the beginning but it is even better now; there cannot be a better testimony of everyone's hard work than that!

Our own fundraising through the Events Committee is evidence of the hard hours put in to achieve something great, the Summer Fest, Half Marathon and Christmas Land were all incredibly well put together and a tremendous experience for all taking part, whether attending the events or volunteering at them, they raised vital income for the Charity.

A couple of our long serving Trustees are stepping down following this year's AGM. On behalf of us all I would like to express our sincerest thanks to Eithne Herlihy and Sheldon Attridge, both of them have put in a massive effort over the years, so very well done to you both and hopefully you will keep in touch and continue to support Mind.

It would also have been a stand down for Steve McCann, Treasurer, however unfortunately his replacement on the Board had to leave so Steve is continuing on until the next replacement can be found, thanks Steve, this is very much appreciated by all.

Lastly, we would like to thank our sponsors, donors and supporters for your commitment and investment in what we do. Without this encouragement and financial support, we would not have been able to achieve the impact on the lives of people that we support. Thank you.

Best wishes for a more mentally healthy year ahead to all our service users, volunteers, partners, staff and members of the communities that we serve.

Paul Masterson

Chair, Mind in Havering, Barking and Dagenham

**Our income in 2021/22 was £970,764.**

**Our expenditure in 2021/22 was £844,525 with  
£651,748 spent on direct services and  
£176,373 spent on generating funds.**



## Chief Executive Report



I continue to be encouraged and inspired by the people we support, and overwhelmed by the encouragement we receive from those who support our work. The 2021/22 year has been a busy one for Mind in Havering, Barking and Dagenham, with growing demand for many of our services. With this in mind, I must begin by celebrating our fantastic staff, Trustees and volunteers, who have been immersed in, and committed to, working alongside people with mental health problems; to improve their quality of life during the year. I am delighted to share that we secured new contracts for our services in both Boroughs, working closely in partnership with other providers to deliver support that meets peoples needs. For example, we

welcomed 11 new Peer Support Workers into the Team through our partnership with NELFT, and secured funding to further develop our Ready for Adulthood Programme for 17-25 year olds in Havering. Additional funding has enabled us to continue and develop most of our main services, including the expansion of our Gateway Service and Live a Better Life Programme. Alongside national Mind and local partners, we launched a Mums Matter Programme in Havering and another in Barking and Dagenham.

The year ahead promises further growth in demand, new services and partnership working. Mind in Havering, Barking and Dagenham is ready to respond, and will be focusing on making sure that we are as inclusive and representational of our local communities as possible.

We have had a strong year with a clear focus on our strategy, our planning for the future and to making a difference. As the mental health landscape evolves with the development of the Integrated Care System, we are building our commitment to co-development, co-design and co-delivery of services. We continue to build our partnerships and we have begun an important North East London Partnership with Mind in Tower Hamlets, Newham and Redbridge, and Mind in City, Hackney and Waltham Forest. This is an exciting development that will give us real opportunities to work together consistently across all 7 Boroughs. Our first collaboration was the launch of the Safe Connections Community Suicide Prevention Hub.

## The pandemic and mental health 2 years on

Even with all the restrictions now lifted, we know that the last 2 years have had an enormous impact on mental health. Around a third of adults and young people have told national Mind their mental health has got much worse since March 2020. People who were already more likely to experience a mental health problem, including young people, people from racialised communities and people in poverty, have struggled more than ever.

There's no 'typical' experience of the past 2 years, and our experiences have also varied wildly. While many of us have found the isolation of the past 2 years tough, others have taken positives from it. Experiences of seeking support have contrasted massively too. And it's important to say, there is no 'normal' way to feel now that restrictions have eased either. Therefore, we should all remain mindful of others' feelings – we knew many people with mental health problems would be feeling anxious about the changing rules – and wouldn't feel like celebrating so-called 'freedom day'. If you or someone you know is still struggling, we are here to help, call us on 01708 457040.

Mind research shows that we have to do all we can to ensure the pandemic's after-effects don't make life worse for people who were disadvantaged before it even started, and that people can access the right support that caters to new and complex needs.

**“ I didn't realise the impact my mental health had on my ability to manage money, or the impact poor money management had on my mental health. ”**  
**Emma Mind blogger**

Through our new strategy, we will focusing on the following priorities:

1. Reach and Relevance

Our ambition is to expand and diversify our audience and reach, and be relevant to all communities in order to help more people through our services in both Boroughs

2. Impact and Equality

Our ambition is to listen and amplify the voices of people with lived experience, to enable us to maximise and evidence the positive impact of our services on individual beneficiaries, their families and the wider community

3. Sustainability and Growth

Our ambition is to deliver great results by ensuring we continue to be financially strong, well positioned and sustainable, through spending wisely, recruiting effectively, forward planning for infrastructure and revenue growth; and working towards systems that support our work effectively in the future

4. Partnership and Co-operation

Our ambition is to become the local 'go to' organisation for mental health service delivery, and enjoy mutually respectful and positive partnerships by building strong and meaningful relationships, that maximise our influence and collective impact.

As a team, we are passionate about mental health, beating stigma and discrimination and giving people hope. We are committed to helping everyone to feel valued and show them that they are worthy of support.

With a huge thank you from all our staff, Trustees and volunteers to all our funders, sponsors, partners, donors, fundraisers and champions for continuing to believe in our work; we are excited and optimistic for the coming year.

Wishing all our staff, service users, partners and the communities that we serve, a mentally healthy year ahead.

Warm wishes, Sarah Balser

Chief Executive



## About Us...

**We are Mind in Havering, Barking and Dagenham. We are a member of the Mind Federation.**

Committed, caring and highly skilled, our workforce keep the cogs turning and ensures that our charity is the best it can be. Our staff are our most valuable asset, and we are an organisation really embedded in our local communities. Trustees are also crucial to our success. As well as overseeing governance and driving strategy through various different committees, our Trustees contribute a huge amount of their time and we are extremely grateful to each and every one of them for their support and dedication. The valuable input from our wonderful volunteers has enabled us to deliver more, and we are very lucky to have such dedicated people giving up their time for us.

**During 2021/22 our income was £970,764 representing an increase of 87% on the previous year.**

**During 2021/22 our expenditure was £844,525 with £651,748 spent on direct services, and £176,373 spent on generating funds.**



## Grateful Thanks

Our income comes from a variety of sources including statutory sources, Trusts and Foundation grants, donations and fundraising activities. Huge thanks to all our main supporters in the last financial year including the Local Authorities of Havering and Barking and Dagenham, NHS Clinical Commissioning Groups and Health Foundations, Public Health England, the Lottery Community Fund, Department for Work and Pensions, The Tudor Trust and national Mind, amongst other valued partners.

Our local partnerships in the London Boroughs of Havering and Barking and Dagenham are growing each year, as we remain committed to working closely together to expand our reach, creating accessible referral pathways for personal support for service users and their families and carers, when they need it most.

We would like to express our thanks to all our generous corporate supporters including the Wates Family Enterprise Trust, Passion Property, PIP Lifts, LBH Innovation fund, Mullis and Peake, JFF Security, F Barnes Solicitors, Affinia Health Care, Hornchurch Football Club, Hornchurch Round Table, Watching You Ltd, Havering Rotary Club; and many donors and funders, organisations and groups who have enabled us to continue with our work throughout the year. As a local independent charity that is affiliated to the Mind Federation, we rely on local awareness, donations and fundraising

activities; gifts in wills and corporate sponsorship to help us provide our vital mental health services.

**The Wates Family Enterprise Trust is pleased to have funded the Havering Mind wellbeing garden, as the charity works to respond to an ever increasing demand for its services and support. The continued developing relationship between the Wates Group staff and Mind in Havering, Barking and Dagenham is testimony to the vital role they play in the community.**

## Supporting Us

Please help us in 2022/23; we need your help now more than ever and every pound really does count. If you would like to work with us as a corporate partner, make a donation or organise your own fundraising activity, please do get in touch with us at [reach.us@haveringmind.org.uk](mailto:reach.us@haveringmind.org.uk) or visit [www.haveringmind.org.uk](http://www.haveringmind.org.uk)

# **Some of Our Achievements During 2021/22 and National Statistics**

**We expanded our reach to people with mental health concerns across both Boroughs of Havering and Barking and Dagenham**

**We spoke to 2,016 members of the public seeking help and advice through our Gateway Telephone Service**

**We directly supported 3,589 individuals through our services**

**This represented an increase of 62% on the previous year**

**We delivered 85 face-to-face interventions post COVID-19 lockdown restrictions**

**We mobilised and launched 9 new services including Mums Matter, the Work Well Programme and Hoarding Pathway**

**We delivered mental health awareness sessions to schools in Havering**

**Over 200 parents expressed their interest in our Parent Support Group in the first 5 months**

**We developed our staff through supporting hundreds of hours of continuous personal development training**

**We mobilised a team of over 20 therapists from the London Mind network to support the delivery of the Victim Improvement Package Trial**

**18,000+ more Facebook likes received during this year**

**Haverling Christmas Land was visited by over 25,000 people during December 2021**

**Our total income was £970,764**

**800+ runners participated in our Mind Haverling Half Marathon in October 2021**

**We delivered excellent outcomes for many people using our services**





**Around a third of adults and young people say their mental health has got much worse since March 2020**

**58% of people receiving benefits told national Mind their mental health was poor**

**9 in 10 young people have said that loneliness has made their mental health worse during the pandemic**

**1 in 5 adults did not seek support during the pandemic because they didn't think their problem was serious enough**

**55% of adults and young people were worried about seeing or being near other people as restrictions eased**

**However you are feeling about the pandemic and the easing of restrictions, remember you are not alone. You can find a wide range of information and resources at [www.mind.org.uk/coronavirus](http://www.mind.org.uk/coronavirus)**

**Every year, one in four of us will experience a mental health problem. Hundreds of thousands of people are still struggling**

**We believe no one should have to face a mental health problem alone. We'll listen, give you support and advice, and fight your corner [help@haveringmind.org.uk](mailto:help@haveringmind.org.uk)**

## Our Services

## Gateway Telephone Service

### 2,016 initial contact, information and advice enquiries

Our Gateway Telephone Service is the foundation of what we do, providing access to information at a time when callers are feeling afraid, anxious, depressed or just don't know what to do. Our interventions have been via telephone, email and face-to-face:

- Supporting people who present in crisis to access the best service to meet their needs
- Offering an initial assessment and further short-term intervention
- Supporting families, friends and carers seeking help for someone they are close to
- Offering a navigation service so that people access the right service at the right time
- Signposting to other local providers to ensure continuity of support
- Introducing new clients to the range of services offered at Havering Mind and the local community.

We delivered this service across Havering, Barking and Dagenham

***“ I rang up in desperate need of help for my son who I believed was going through a crisis with his mental health. The lady I spoke to was very helpful and empathetic. She talked me through the services that they provide and how my son could go about getting involved. She also spoke to me about ways in which I can support not only his, but my own mental health during this difficult time.”***

## Live A Better Life Project

290 people supported

Our Live a Better Life Programme supports adults with mental health problems, giving them the tools they need to manage their wellbeing and resilience, acting as a preventative service to reduce further problems from arising. Our aim is to improve the recovery time for those experiencing a crisis with their mental health and ensure ongoing support is provided. We also help people achieve improvements in their overall physical health, and support the development of life-long coping skills for mental wellbeing. The programme run over several weeks, aims to achieve individual goals through CBT informed workshops including 'How to manage stress' and 'How to cope with anxiety'; physical activities including yoga, gardening, badminton and cycling; health workshops such as 'Food & Mood' and 'Sleep & Stress'; and other groups including walking.

We delivered this service in Havering and Barking and Dagenham

***“I’ve learnt a lot more about myself, as well as skills such as confidence and assertiveness that I am applying to my life. Having the awareness about mental health is very important and it is easier now to notice changes within myself that I can work to improve. I’m making more of an effort to be mindful and work on myself. Learning things like breathing techniques and meditation is useful to apply in situations where I am feeling anxious and I try to incorporate this in to my life when necessary. I am going out more and being a lot more social, taking positive steps to grow my business and no longer feel ‘stuck’.”***

## Meaningful Activities Project

### 89 people supported

Meaningful Activities Project gives a space for those who are suffering with long-term mental illness. The project provides sessions which help with mindfulness, confidence and encourages socialising. There are different groups including i) self-discovery which includes poetry, news topics and current affairs ii) games including pool and table tennis iii) creativity including arts, crafts, writing and much more.

We delivered this service in Havering

***“ Unless I push myself to get out there and do things, I can become isolated. So it’s really beneficial to have a place to meet people - it’s about interaction, communication, self-esteem and security. If I didn’t have that place, I can become reclusive and blinkered– everything becomes more difficult. And the longer that goes on, the harder it is to persuade myself to go out of the front door. ”***



## Peer Support and Links Projects

177 people supported

Our Peer Support and Links Project are services that supported the creation of peer networks in the community bringing people together to support one another, keep active and strengthen resilience. By boosting individuals knowledge and understanding of mental health, peer support has been a way of helping each other to find and use their own and each others abilities.

Through our Links Project, people had the opportunity to engage with peers through a dynamic programme of activities, which improved confidence and self-esteem.

We delivered this service in Havering

 **Peer support is a rock in a stormy sea. When the waves overwhelm me, they give me a footing back to life. The people in it are links in the chain, that is my anchor. We stand alone but together, gaining strength from each other and cannot be broken. Without peer support, I don't know what I would do every week. I have somewhere to go every week as there is always something going on. As I live alone, this is my lifeline. If I did not have peer support I don't know what I would do.** 



## Work Well Programme

### 84 people supported

Our Work Well Programme Team launched in November 2021. The Work Well Programme has been created to support eligible\* local residents to promote positive mental health and wellbeing and increase employability amongst other opportunities. (\*Eligibility is subject to receiving unemployment benefit)

We offered an up to 6-week programme, tailored to the required support to achieve future aims and ambitions.

We delivered this service in Havering

***“The people I got to experience the programme with - the team and the other clients; I feel like I am now part of a ‘friendship group.’ Clients who take on this course are very lucky as they are in great hands.”***

***Participant of Cohort #1***

***“I feel confident to go out looking for a job.”***

***Participant of Cohort #4***

***“The service has helped a lot; gained confidence and opened my eyes to future opportunities - support, counselling, guidance and made friends.”***

***Participant of Cohort #8***

## Ready for Adulthood Project

### 16 young people supported

Our Ready for Adulthood Project Team launched in January 2022. They organise a regular 6-week face-to-face programme for 17 – 25 year olds experiencing different mental health challenges. The interactive and supportive group comprises of sessions on topics including communication, resilience, wellbeing, living skills plus 1:1 support and peer activities.

We delivered this service in Havering

***“Just to let you know, my son went out today with some young people from the Mind group. They went to a park at 1pm and he is still out (email sent at 6pm). He just face-timed me to say they are all going into town together. He looked happier than he has been for years. I can't thank you enough for enabling them all to get together. It really is the best thing that has happened to him.”***

## Parent Support Group

### 149 people supported

Our Parent Support Group Team launched in January 2022. They run a regular 6-week online programme for parents and carers of young people aged 11 – 25 years with mental health challenges. Our parents and carers meet with peers with similar experiences and receive advice, reassurance, tips and techniques for supporting their young person and their own wellbeing.

We delivered this service across Havering and Barking and Dagenham

***“It is very reassuring to know that I am not the only parent in a similar situation but we all know our children differently. I have learnt that I am a good parent and there are techniques from the course I can employ to encourage a natural flow of communication. Having been selfless and putting my child first as a parent, I am also learning the importance of self-care and to put myself first and enjoying my life, with all the turbulence it comes with. I have learnt not to raise my voice and to walk away from situations that can be volatile.”***

## Community Reconnections Service

### 104 people supported

This service supported people requiring practical and emotional encouragement to reconnect with face-to-face services and other support programmes, as they reintegrated after COVID-19 restrictions lifted.

Each person was offered:

- An opportunity to complete a Wellbeing Star assessment
- Encouragement and involvement in completing a personal action plan
- A home visit to discuss their action plan and look at ways of implementing the changes indicated
- Regular phone calls to support them while they are re-engaging with services and their community
- Sensitive and warm transfer when they are accessing the services /new opportunities.

We delivered this service in Havering

***“ I have made remarkable progress and made many friends within Mind. My confidence has increased so much I have started attending other community groups with my friends. ”***

***“ I finally have a purpose in my life. It is all good. I know I did not want to engage in the beginning. But you never gave up on me. Something I will never forget. ”***

***“ I was lost and lonely without anyone who cared – until you took notice of my needs and me. ”***

***“ You really listened and were so friendly on the phone. Lockdown had an impact on my mental health so knowing you were there for me helped. ”***

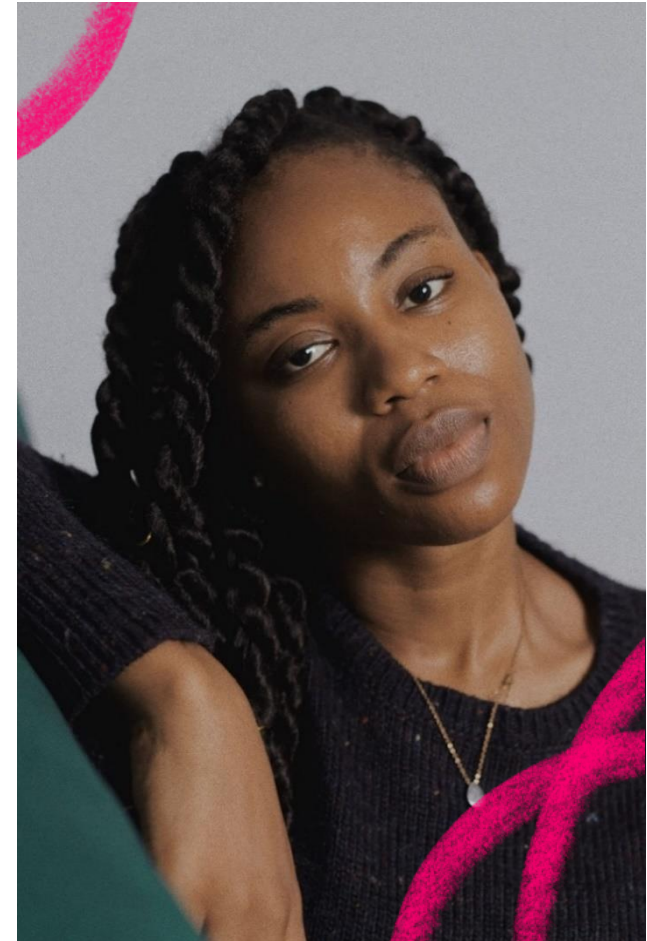
## Gateway Counselling Service

### 13 people supported

When our other services weren't considered to be appropriate, counselling enabled and empowered people to express their concerns through 1:1 sessions with a trained counsellor. Through free to access, person centred counselling, we were able to:

- Provide support when the need was greatest
- Help individuals resolve complicated feelings or find ways to live with them
- Help find resolutions for future planning
- Reduce isolation and loneliness
- Build inner resilience
- Reduce depression and anxiety
- Reduce self-harm
- Educate and inform about positive coping strategies for stress and anxiety
- Reduce suicidal thoughts.

We delivered this service across Havering and Barking and Dagenham



## Mums Matter Project

### 46 people supported

Our Mums Matter Teams were established in January 2022. Mums Matter is a support service to empower mums to take control of their health and wellbeing. The 6-week course was originally designed by mums for mums with a perinatal, mental health problem. Our aim is to support mums using a holistic approach to their health and wellbeing incorporating practical and emotional support. We are pleased to share that we support our mums with crèche facilities to ensure our mums are able to participate fully in the group sessions. We also invite dads/supporters of each mum to have a 1:1 session with our practitioners towards the end of each course.

We delivered this service across Havering and Barking and Dagenham

***“ I don’t really know how to put into words how much the Mums Matter Project helped me. When I started the course, I would barely go one day without crying or having a meltdown, due to the frustration I felt for not being a good enough mum. Although I always felt at ease to speak with my husband about how I felt, I found that sharing how I felt with other mums was crucial – and the peer support received from the other mums and the facilitators worked wonders – much better than any medicine, in my opinion. Also, a big thanks to the crèche workers, who always went above and beyond to ensure the little ones were so well looked after! Those two hours every Tuesday were the highlight of my week – they made me realise that mums that ask for help are indeed excellent mums. I hope this project continues to help many mums in the future, I’m always talking about it.”***



## Safe Connections Service

### 8 people supported

Safe Connections aims to support people who are experiencing suicidal thoughts and ideation, to access the right service at the right time. We offer a safe space for people to talk about their feelings and concerns, and explore the underlying reasons as to why someone may feel suicidal. We provide a mixture of emotional and practical support and tailored signposting to help meet the individuals needs. We launched this service in the second quarter of 2021/22.

Grief in Pieces is a programme that helps people to understand grief, develop coping strategies, and offers a safe space to explore thoughts, feelings, and provides grief education through closed groups.

We delivered this service across Havering and Barking and Dagenham



Safe Connections  
0300 561 0115

## Hoarding Project

Life should be more than just 'getting by'. But for thousands of people living with a mental health problem that is all they can do. Adults who are reluctant to or who do not engage with services can have complex and diverse needs that often fall between different agencies and can leave them at direct risk of harm. Self-neglect can cover a wide range of behaviours such as neglecting personal hygiene, health or living environment, and includes hoarding. In these situations, people's needs are usually long standing and recurring and may be commonly known to a range of agencies. They may frequently put themselves and neighbours, family and animals at significant high risk of harm as self-neglect and hoarding behaviours can lead to the risk of fires, gas and water leaks and of infestations spreading.

We mobilised and launched our Hoarding Project in the final quarter of 2021/22, and the service has provided a pathway to enable change in hoarding behaviours. Working in partnership with Social Care and Mental Health Teams, we are receiving and working with people referred to us by statutory services, for specified support.

We delivered this service in Barking and Dagenham



## Peer Support Workers

We mobilised our team of Peer Support Workers in December 2021, and launched our Peer Programme in the final quarter of 2021/22. Peer support is delivered by those with lived experience of mental distress or as a carer, to build empathy and recovery as a template in their roles. This is a provision of support and recovery guidance to individuals experiencing common and severe mental health problems, and supports recovery-based programmes for service users and members of the local community, in partnership with statutory and community organisations.

We delivered this service across Havering and Barking and Dagenham



## Social Prescribing Programme

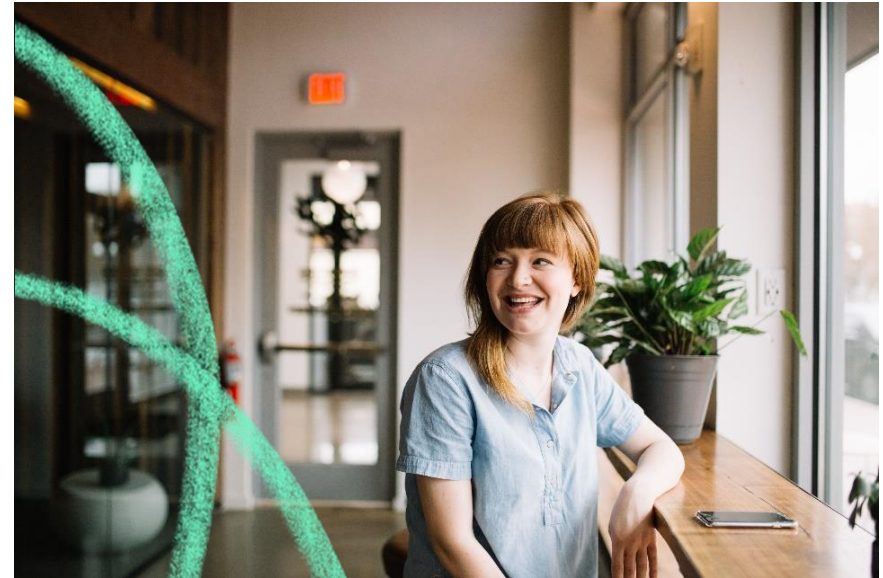
### 356 people supported

We mobilised our team of Social Prescribers in the summer 2021 and they began liaising with GP Surgeries and Clinics thereafter. Social Prescribing has proven to have a positive impact on GP consultation rates.

Our Social Prescribers have been passionate about supporting local people to achieve their fullest potential in terms of health, mental health, wellbeing and resilience, and understand the need to make services even more accessible, putting people at the heart of a personalised support plan.

They have been proactive in encouraging agency and self-referrals, and connecting with all local communities, particularly those communities that statutory agencies have considered hard to reach. They have worked with the person, their families and carers and carefully considered how they can all be supported, through the social prescribing model.

We delivered this service in Havering



## Social Inclusion Project

### 224 people supported

Within this service, we supported adults living with mental health problems in Havering, who are also socially isolated. The aim of the project is to reduce isolation and promote inclusion

Each person receives:

- A friendly one to one appointment to complete a Recovery Star assessment
- Access to a specially tailored 6-week course
- Access to a peer group within their local area
- Opportunity to look at volunteering opportunities
- Signposting and warm transfer to other relevant services

Within the course, we share good sleeping practices, tips for managing stress and improving resilience, as well as learning relaxation skills, mindfulness, peer skills and five ways to wellbeing.

On completion of the course, everyone is offered access to a peer group and we look at other opportunities within their local area.

We delivered this service in Havering

***“ I don't feel so alone, as I have Mind's support. ”***

***“ A lifeline for me, to know someone is connecting with me. I don't have any family so glad I am part of this project. ”***



## Victim Improvement Package

### 17 people referred

Older people are vulnerable to sustained high levels of psychosocial distress following a crime. A cognitive behavioural therapy (CBT)-informed psychological therapy, the Victim Improvement Package (VIP) can help to aid recovery. Working in partnership with UCL, Mind in Havering, Barking and Dagenham has delivered the VIP trial since the summer of 2021. The trial aims to test the clinical and cost-effectiveness of the VIP for alleviating depressive and anxiety symptoms in older victims of crime.

People aged 65 years or more who have reported being a victim of crime, are screened by the Metropolitan Police Service Safer Neighbourhood Teams within a month of the crime for distress. Those who screened positive in the assessment are signposted to their GP for assistance, and re-screened at 3 months. Participants who screened positive for depression and/or anxiety at re-screening are randomised to a CBT informed VIP in addition to treatment as usual (TAU), compared to TAU alone.

This VIP intervention has consisted of 10 individual 1-hour sessions, delivered weekly by therapists from the pan London Mind network, and facilitated by Mind in Havering, Barking and Dagenham.

We delivered this service across North and East London





## Training

We have provided tailored mental health training to organisations, businesses, individuals, charities and schools this year. Our 3 main training programmes delivered have been:

- Mental Health Awareness
- Mental Health in the Workplace
- Mental Health and Young People.

Taking part in our training can lead to:

- More confidence to talk about mental health
- Improved knowledge around what support is available
- Greater understanding of mental health
- More mindfulness of how people are feeling
- More positive ways to start conversations in the workplace.

### *Looking for mental health training?*

If you or your organisation would like training in Mental Health Awareness, Workplace Wellbeing or perhaps you would like a training session designed specifically in line with your organisation's needs, do get in touch with us at

[reach.us@haveringmind.org.uk](mailto:reach.us@haveringmind.org.uk)

*“ I found the awareness training to be very interesting and useful. It will certainly help me to understand my sons issues better. ”*

**Join the fight for better mental health with Mind in Havering, Barking and Dagenham**

**Donate \* Fundraise \* Sponsor \* Support \* Volunteer \* Invest \* Share**

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