

 mind Havering, Barking and Dagenham

Annual Review 2023/24



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A Warm Welcome...

Chairman Report



The last year has been another incredible year for the staff and Trustees at Mind in Havering, Barking & Dagenham. Our Board continues to be a dynamic group of committed individuals bringing together, a range of different skills and strengths to our efforts.

Our established sub-committees continue to help us effectively oversee our work being delivered by so many committed, dedicated, enthusiastic and fantastic people in our Staff, Trustee and Volunteer roles. Thank you to each and every one.

Despite the appalling weather in July 2023, we were able to go ahead with 2 out of the 3 planned days for our Summer Fest. Our first ever Friday evening event welcomed a surprise visitor from China – a 'FIVE Super-Fan' – who was delighted to be offered the chance to meet his favourite band backstage, during his short but sweet visit to the UK to see FIVE perform 3 times in 72 hours!

Christmas Land 2023 saw around 24,000+ guests join us for the Festive Season across 28 evenings. A huge thank you to every single volunteer who helped us to set up, look after guests and take-down in January. Feedback was wonderful with families making many more memories with us, and Santa once again.

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 & Dagenham. 3,311+ people have reached out to us, many multiple times during the year and we've been able to offer the care and support they needed, when they most needed it.

During 2023/24 we delivered 16 projects and services across both Boroughs through mutually respectful and valued partnerships and contracts. The impact we deliver year on year is evident. Commissioners and funders continue to be impressed with our work, and continue to fund our projects.

It has been another tremendous year for our wonderful charity, and the strength and dedication of everyone involved never ceases to amaze me. It is with much sadness that I share with you that we said goodbye to Sheldon Attridge, who died on 2nd March 2024. Sheldon has been connected to Mind in Havering, Barking & Dagenham for more than 3 decades – through attending our sessions, volunteering and as a Trustee for many years. Sheldon lived a life of selfless sacrifice, helping those less fortunate than himself, despite his own acute suffering. We will all remember him.

It is important to pay tribute to Sheldon, and to 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 challenging year. Everyone has played a role and in many instances gone beyond their duty in some way, to ensure that everyone has received the advice and support they need, when they need it.

Lastly we would like to thank our sponsors, donors and supporters for your much appreciated encouragement and investment in what we do. Without your friendship,

commitment and financial support, we couldn't achieve as much or help as many people. 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, Havering, Barking & Dagenham

Our income in 2023/24 was £1,467,168

Our expenditure in 2023/24 was

£1,341,193, with £1,096,853 spent on direct services and £217,082 spent on generating funds.

Chief Executive Report



2023/24 has been another extraordinary time for the whole team at Mind in Havering, Barking & Dagenham. Our services continue to grow and expand, and so does our talented and exceptional team. Everyone has been working alongside each other and with people with mental health problems; to help them stay well and live better. We have continued to maintain and increase our profile across both Boroughs through more outreach, collaboration and visibility within communities.

Our amazing, talented team of staff (thank you, thank you), had their hard work recognised through the introduction of individual and group Wellbeing Days. I know that these have meant a lot to our Team, who I am so grateful for.

As our communities continue to face uncertain times we know it's causing a lot of worry and stress, and having a huge impact on our mental health. We also made space to talk through Time To Talk Day – the UK's biggest mental health conversation. New research by national Mind showed that almost 20 million UK adults never speak about mental health. That's why Time To Talk Day is needed every year! TTT Day even made it to the House of Commons thanks to Rachel Hopkins MP, who encouraged MPs and said 'When we talk, we make progress'.

Anyone who is having a tough time, we're here for you. We're committed to doing everything we can to help everyone, to find ways to get through and stay well. If you or someone you know is struggling, we are here to help, by calling 01708 457040 or emailing reach.us@haveringmind.org.uk.

“Talking can be scary, but it's vital. That's why I am so proud to support the nations conversation about mental health.”
Mind's President, Stephen Fry

We have had a strong year with a clear focus on our 2020-2024 strategy, our planning for the future and to making a difference.

Through our strategic priorities, we will continue to focus 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.

Mind in Havering, Barking & Dagenham is ready to respond to the coming year and the increase in acuity, demand and complexity that we anticipate. We will focus our efforts on making sure that we are as inclusive and representational of our local communities as possible. As trends in demand expand, new services are mobilised, new staff and skills become embedded, and extended partnerships are developed, we will intentionally build from the margins, prioritising those most impacted, least supported and often disenfranchised.

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

Warm wishes, Sarah Balser

Chief Executive



Havering, Barking and Dagenham

About Us

We are Mind in Havering, Barking & 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 2023/24 our income was £1,467,168.

Our expenditure in 2023/24 was £1,341,193 with £1,096,853 spent on direct services and £217,052 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 funders in the last financial year including the Local Authorities of Havering and Barking & Dagenham, NELFT, NHS Clinical Commissioning Groups and Health Foundations, Public Health England, the Lottery Community Fund, Garfield Weston Foundation, The Co-Op Community Fund, The Tudor Trust and national Mind, amongst other valued partners.

Our local partnerships in the London Boroughs of Havering and Barking & 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 JFF Security, ISG Limited, Mullis & Peake Solicitors, F. Barnes Solicitors, PIP Lifts, Wates Family Enterprise Trust, A&B Decorators, Buxton Water 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.

🔧 In June 2023, we (A&B Decorators) were approached to assist and provide our services with a nearby charity project for MIND Charity, which was local to one of our live sites at the time Solar, Serena, Sunrise (SSS) based in Hornchurch, we were more than happy to assist.

During the 2 weeks at Mind, together with Wates Construction we donated labour and materials to carry out a full 'refresh' to the decorating works throughout the building which comprises of: 8 offices, 2 toilets, 1 kitchen, 1 waiting area, 1 landing, 18 doors, 23 frames, 15, 4 bay windows and all skirtings throughout. We are very pleased to hear the great feedback from our work.

Finally, we would like to say thank you for giving us all the opportunity to give back to a wonderful charity that supports all ages and walks of life in the community. Fulfilling social value obligations are very important to us here and we hope that our work has brightened up the building for whoever walks in. 🌸
Faithfully, A&B Decorators

Supporting Us

Please help us in 2024/25 and beyond; 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 or visit www.haveringmind.org.uk.



Some of our Achievements during 2023/24

We expanded our outreach and conversations around suicide prevention to 124 people across North East London, and connected directly with 1136 people

Our Peer Support Workers have worked directly with 171 clients across both Boroughs

We supported 1330 members of the public seeking help and advice through our Gateway Service

We delivered Community Workshops on suicide prevention and raised awareness through 357 workshops across North East London

We directly supported 3,311 individuals through our services, with a ripple effect spreading to over 7,000+ indirectly

We designed and launched our new Mini Minds Matter Programme for under 3's across both Boroughs

Our Live a Better Live Programme saw an aggregated attendance of 1694 at sessions across both Boroughs

145 parents and carers with similar experiences in Havering and Barking & Dagenham, met with peers through our Parent Support Group

20 clients in Barking & Dagenham were supported through our Hoarding Pathway Programme

We designed and mobilised our new Dads in Mind Programme in Barking & Dagenham

Our Social Inclusion Programme saw an aggregated attendance of 455 at sessions delivered in Havering

We were awarded Best Local Event Winner in the Mums Guide to Romford Awards 2023

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

We delivered 91 face to face interventions through our Gateway Service

422 unique visitors accessed our multi lingual online support for Ukrainian refugees and their hosts

263 women were empowered to talk of their own mental health and wellbeing through our Mums Matter Programme across both Boroughs

Havering Christmas Land was visited by over 24,000 people during December 2023

We launched a new Supported Self Help Service, supporting residents across both Boroughs

Over 28,000 people attended Mind in Havering, Barking & Dagenham Christmas Land, Pop Fest and Family Fest events in 2023

Our total income was £1,467,168. We delivered excellent outcomes for many people using our services

Our Services

Gateway Telephone Service

1,333 initial contact, information and advice enquiries

Our Gateway 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 Mind in Havering, Barking & Dagenham and the local community

People call the Gateway service for advice, information, signposting, and referrals regarding services to support their

mental health and matters affecting it. In most cases a client will call or email, have a single conversation after which we don't usually hear from them again. Repeat calls generally arise from complex situations where new resources need to be found.

We delivered this service across Havering, Barking & Dagenham.

People we supported also said:

 **Thank you very much, it's the information I needed.** 

 **Brilliant, you have been so helpful.** 

 **Thank you for taking the time to listen to me.** 

 **Thank you so much, Mind has been the most helpful.** 

 **Thank you, it's good to talk it through to someone who is listening to me.** 

 **Thank you for calling me in my lunch hour, so helpful, thank you.** 

Live A Better Life Project

272 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 & Dagenham.

My first day I was nervous if anyone was turning up. I found out about Mind through my doctors and a friend spoke to someone who works at Mind. I met up at Mind and it went from there. I was sent a message to attend the Live a Better Life 10 week programme. The group on a Wednesday was very handy for me as I go to swimming lessons straight after the session. Since joining the programme I now feel I'm not alone, I was at ease in the group and listened to what the presenters were telling us how the group goes and we were asked what we would like to get from the programme. Each session was different and I found it interesting. I am a good listener. Having 2 hrs with the group was a nice feeling and I was impressed with how many turned up each week. I liked that the people were from all walks of life.

Meaningful Activities Project

105 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.

66 MW has experienced feelings of paranoia and worthlessness. He believes that other people are aware of his mental health struggles. He spent 5 months in Goodmayes Psychiatric Hospital because he was contemplating suicide. He reports having daily fleeting thoughts of suicide and feels unable to escape them.

MW - since joining the group I have made some really good friends, I have improved my social life, made connections with friends, and I can open up about any problems that I have shared with people who are in the same position, I enjoy the trips, bowling and the park walks. I and three other members of the group meet and play pool and go for coffee which has helped my mental health. The group is uplifting with banter and jokes, which create a happy atmosphere.

Through coming to the group another client has helped me get a volunteering position in a local charity shop, which I really enjoy, without the group I would be absolutely lost, it would leave a big empty space in my life, I would sink back into that dark lonely place I was in, where I felt like my life wasn't worth living.

I have been made to feel very welcome, I always look forward to every Wednesday, it's my social getaway day, I can't thank you enough for your support and the massive support for my mental health improvement. 99

Ready for Adulthood Project

122 young people supported

Ready for Adulthood is a 6-week face-to-face programme for 17-25 year olds experiencing mental health challenges. The interactive and supportive group connects young people and comprises sessions on topics including communication, resilience, wellbeing, living skills plus 1:1 support and peer activities.

We delivered this service in Havering and Barking & Dagenham.

“ 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

145 people supported

Our Parent Support Group is a 6-week online programme for parents and carers of young people aged 11-25 years experiencing mental health challenges. Our parents and carers meet with peers with similar experiences and receive signposting information plus reassurance, tips and techniques for supporting their young person and their own wellbeing.

We delivered this service in Havering and Barking & 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.

Mums Matter Project

263 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 have started peer support sessions with fortnightly buggy walks from Harrow Lodge to link Mums in with each other and the project.

We delivered this service across Havering and Barking & 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 us 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

124 people supported

Safe Connections aims to support people who are experiencing suicidal thoughts to access the right service at the right time. The primary focus is to support people not known to mental health services, as we want to reach those who are most isolated and vulnerable in the community, and work with them to find other localised support they may need. 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, tailored signposting to help meet the individual's needs, and a personalised wellbeing plan which provides coping strategies and sources of support to use before or during a crisis. The service is integrated with the crisis services within each Local Borough, as well as with local community services. People who present to the service in mental health or suicidal crisis will be supported to access Crisis Intervention or Emergency Services.

Safe Connections - 0300 561 0115

Grief in Pieces supports anyone who is bereaved by suicide in the Northeast London boroughs, with the offer of grief education, one to one therapy, and support groups to help navigate the healing and coping process in a safe and confidential environment. The service helps people understand grief, develop coping strategies, and offers a safe space to explore thoughts, feelings, and experience with others. Ongoing support and information about suicide loss is also provided such as, preparing for the inquest, how to support families and children and other relevant services.

Grief in Pieces - 07949 879557

We delivered this service across across North East London.

**We're fighting for mental health. For support.
For respect. For you.**

Hoarding Project

20 people supported

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.

The service closed in Autumn 2023, and the service provided a pathway to enable change in hoarding behaviours. Working in partnership with Social Care and Mental Health Teams, we received and worked with people referred to us by statutory services for specified support.

We delivered this service in Barking & Dagenham.



Peer Support Workers

171 people supported

We launched our Peer Support programme in partnership with NELFT in early 2022. 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 & Dagenham.

“ I am very grateful to have my Peer Support Worker. We need more people in this world helping people like me to grow and become better people. I have been able to live more stable, and achieved more since having her as support. I will truly miss my Peer Support Worker but her own lived life skills will have a lasting effect on me to help me cope in the future. ”

Prevention Service/Social Inclusion Project

178 people supported

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

Within this project, participants are offered:

A friendly one to one appointment to complete a Recovery Star assessment and to discuss support needs and opportunities

Access to the Ways to Wellbeing course where we share tips for managing stress and improving resilience, good sleeping practices, as well as learning relaxation skills, Mindfulness, peer skills, five ways to wellbeing and confidence building

Access to the Link course where we share the importance of connecting with nature, walk and talk, practicing Mindfulness, Mood and Food, being kind to yourself, problem solving, opportunities to connect with your local community, discovering volunteering opportunities, and creating a personalised wellbeing plan

Signposting and warm transfer to other relevant services

We delivered this service in Havering.

“Before joining the programme, I was overwhelmed with anxiety and felt very isolated and alone. I knew no one in the area and was very overwhelmed with my situation at home. Since starting the programme and in this present moment I feel more confident and have found genuine friendships and support. I am able to share my story without fear of judgement or repercussion (which I cannot do at home). I have noticed a difference in myself, my general outlook has improved and for the first time in a long time I am looking forward to my future. Getting my own place is something I would have really struggled with without the support I have found here. I have enjoyed meeting everyone and expanding my social circle, also learning coping mechanisms for my symptoms. These tools have really helped with my personal development. You really don't understand how much you have helped me.”

Pause 2 Start

5 people supported through to July 2023 when the service closed

Pause 2 Start is a programme designed in collaboration with our delivery partner Pause, and the service users supported by Pause who have children removed from their care. The programme offers eight sessions. Within these sessions, a safe environment is created should service users want to discuss their journey and feelings of guilt grief and loss. Other sessions include information and opportunity to discuss, anger, self-esteem, confidence, communication with the aims of providing information to support future resilience to life's adversities. Sessions on self-nurturing such as a cookery workshop and arts and crafts are included to provide an opportunity for feel good activities to be used for future wellbeing.

Feedback from clients has shown value for coming together in a safe space, trying new activities and providing learning to support resilience.

We delivered this service in Barking & Dagenham.

“ I have enjoyed the art and the cookery. I felt that I wouldn't join in but I did and I feel good about that. ”

“ I enjoyed the programme. It was easy to share my views within the group. I was comfortable being with the group. ”

“ I feel that I understood my body's responses to emotions better which helps me have more control. ”

Supported Self Help

16 people supported

Launched in early Spring 2024, our new service helps clients to understand their emotions over a 6 week programme. We provide information, resources and regular phone calls to help people improve how they feel.

Topics explored include Anxiety – Anger Management – Depression – Feeling Alone – Grief and Loss – Self Esteem – Stress – Menopause

mind.org.uk/supported-self-help

We delivered this service in Havering, Barking & Dagenham and nationally.

“ My practitioner was so helpful and lovely. I felt at ease talking to her and she intercepted when required but also gave me time to process my thoughts and feelings. I felt comfortable expressing my emotions to her and she always helped me providing me the relevant workbooks as appropriate to our session. Supported Self-Help helped me to categorise my thoughts and helped with my anxiety. Now I have my ups and downs but I feel better as I've recognised what I can improve on. I would definitely recommend supported self-help to others. ”

Infant Feeding Programme

13 volunteer breastfeeding peers recruited

111 women supported

We work with parents currently in antenatal and postnatal stages (focused on the first 6 months of life – but open to any family) who have questions about breastfeeding past this age, as WHO recommends breastfeeding until at least 2 years of age). This programme is part of the Start for Life initiative, with the aim of creating through training, a committed and diverse network of volunteer breastfeeding peer supporters who will provide advice when it's needed, as well as face-to-face and online breastfeeding support sessions.

We delivered this service in Barking & Dagenham.

“I’m an older mum. I wasn’t expecting to feel like this but when I had my son I was somewhat isolated. I thought feeding him would be easy. He is a very inquisitive baby and easily gets distracted when feeding, it felt frustrating to me as feeds would take long and I wasn’t sure I could persevere. I felt like my baby was rejecting my feeds.”

I met the infant feeding team at Thames Community Hub and I have been going there weekly ever since. I appreciate the help and support they give me and I look forward to going each week. The ladies have reassured me that my son taking longer to feed is normal, they have supported me and given me the strength to carry on breastfeeding. I feel I belong, it’s great to know I can call them or just pop along to the group each week. I felt I was failing but now I am doing well. ”

“I am a mother of four, my eldest child is 14 and my youngest 18 months. I am dedicated to my children and I wouldn’t have it any other way but part of me felt like I was missing a sense of purpose. I was introduced to the Infant Feeding Team by Mums Matter. They offered me the chance to become a volunteer and provided me with infant feeding training. I have experience of feeding but the course has taught me lots that I didn’t already know. I feel like I have done something for myself and I am proud that I can help others. I feel like I have a new sense of purpose, I’ve always wanted to do something that helps other people, it feels nice that I can. ”

Early Help Service

11 people supported

We have started working as a lead member of a Consortium of 7 local organisations through the Start for Life initiative to deliver a service that offers wrap-around support for families who may be struggling and need some early help. We support families with at least one child between conception to 5 years. The support is provided to the whole family, including any siblings up to the age of 19 years (or 25 years with SEND).

We delivered this service in Barking & Dagenham.

“ Thank you for today your assistance it is helping to bring stability to mine and H’s life, we appreciate you. ”

“ Before you help me I was low you gave me hope. ”

“ Thank you for the moral support when visiting the school and for meeting with my children. ”

Ukrainian Refugee Support Project

422 people supported

Over 2 million people have fled to neighbouring countries including the UK, as the tragedy in the Ukraine continues to unfold.

The new microsite resource on our website provided access to mental health and wellbeing support for Ukrainian refugees, and advice for their hosts on how they can support those affected by the crisis in Ukraine.

We offered information, practical advice, signposting to resources and organisations promoting additional support.

We delivered this service through our website
www.haveringmind.org.uk



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



Fundraising, Donations and Legacies

Income generated through fundraising, donations and legacies will continue to play an important role in ensuring the sustainability and diversity of our services. Our Corporate and Community Fundraising Strategy includes a focus on increasing our corporate partnership and sponsorship income; and encouraging the amazing individuals and local organisations who continue to support us. We maintain that our fundraising should be carried out in a responsible manner. As such, we will not use fundraising methods that might be considered intrusive or that put pressure on people to donate. We will not share or purchase donor data from third parties.

To fundraise for us or to volunteer with us please email reach.us@haveringmind.org.uk or call 01708 457040.



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

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

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