

Red January 2019

Support your mental health this January by doing something active every single day, and raise money for Mind In Croydon!

Active Minds is excited to be partnering with RED January, a community initiative providing people with support and a focus during a characteristically tough month.

Whether it's running 5k or walking to work a new way, a morning swim or just taking your bike for a spin, you can join the thousands of people around the UK, kick-starting their 2019 in the most positive way.

To register please visit
<http://www.mindincroydon.org.uk/red-january.asp>

You don't have to get sponsored, but if you do all money raised will go directly to Mind In Croydon.

Once registered you'll receive everything you need, including free RED January shoe laces and the option to buy a RED January t shirt!



To find out more:

Please email: redjanuary@mindincroydon.org.uk with any questions.

Christmas & New Year Opening Times

Advocacy

Closed:
Mon 24th Dec

Reopens:
Mon 7th Jan 2019

Advocates will be at work and attending wards on the week commencing 17th December but not taking any referrals for work to be done after the close of business on Friday 21st Dec 2018.



Employment Support

Closed:
Mon 24th Dec

Reopens:
Wed 2nd Jan 2019

Active Minds

Closed:
Sat 22nd Dec

Reopens:
Wed 2nd Jan 2019

Please contact Active Minds for individual activity closures

Fairfield House Friends in Need & The Hub

Closed:
Christmas Day, Boxing Day and New Years Day,

Please speak to The Hub for the full schedule of opening times as times vary over the festive period.

Carers' Support

Closed:
Christmas Day

Reopens:
Wed 2nd Jan 2019

Shop

Closed:
Mon 24th Dec

Reopens:
Wed 2nd Jan 2019

Counselling

Closed:
Wed 19th Dec

Reopens:
Wed 2nd Jan 2019

Welfare Benefits

Closed:
Fri 21st Dec

Reopens:
Thu 3rd Jan 2019

Never Mind the Catwalk (World Mental

Mind in Croydon have been very fortunate to be nominated by the Pension Protection Fund as their chosen charity for the year 2018/19. They have taken on various projects to support the organisation, from clearing the parking area at our head office in Purley to tidying our allotment in South Croydon. However, their biggest project, or should I say “challenge” was yet to come!!...

Following a meeting with Anne Parrish and Peter Phillips from Mind in Croydon, and Katrina Carney, Vanessa Stubbs and Lauren Furey from the Pension Protection Fund, it was agreed that they would support us to deliver a Fashion Show and we were very pleased to hear that the PPF had managed to secure Boxpark as the venue for the event. It was even better news to be told by the PPF that they had managed to negotiate with Boxpark and arrange the event to take place on World Mental Health Day (10.10.18)... what a result!!

A lot of planning went into the event and it was agreed that there should be live acts (singers/bands) on the day to attract public attention and a pop-up shop to raise revenue for Mind in Croydon. The PPF took



promote their services, and to give advice and information about mental health to the general public. We also had Hear-Us, SLAM, Croydon Talking Therapies and Off the Record attending the event to promote their services

The event was promoted on social media and many people responded and offered their support from modelling to collecting donations, we also had a swarm of PPF staff on the day to help promote the event and go round with collecting boxes. Although putting on such an event was a huge and daunting effort for all involved, it was a great success. A terrific sum of £613.54 was raised in donations, and an impressive £783.70 was taken in the pop-up shop, making a total of £1,397.24 that was raised on the day.

This total was further increased thanks to the support of Lucie Jurado and her 2 sons, Ellis and Ruben who held a cake sale outside

care of the marketing, logistics and booked in the artists, and Mind in Croydon arranged the models, the clothing to be worn by the models and the pop-up shop. We also had the support of the Home Office who helped clear out our warehouse in South Croydon and prepare items for the event; they also assisted on the day with the pop-up shop and collected donations.

As the event was taking place on World Mental Health day we thought that Mind in Croydon should have a presence and a stall to



Home Office Staff helping with the sorting



Boxpark

Health Day event / Fashion Show)



Ellis & Ruben

their home in Redhill, in support of the event and managed to raise a whopping £415 which made our total income £1812.24.

This event was not just about raising revenue for Mind in Croydon, it was about raising awareness of mental health and promoting social inclusion. Such events do a very good job of that as there was a very diverse group of people involved; from toddlers to those over sixty modelling on the catwalk, from volunteers outside of the Borough supporting the event to service users taking part. Being on stage in front of a large

audience can provoke a lot of anxiety but equally it can be very rewarding. In turn, it can improve an individual's confidence and self-esteem significantly and this is what this event is all about. Well done to all those who took part.

We would like to give special thanks to Marc Mulligan from the PPF who was the compere for the event and did a smashing job, considering the limited amount of time he had to prepare his script, Jason Prince who opened the event and got the attention of all the public, and the artists who performed at the end of the event; particularly



The team with the Mayor of Croydon singer, Leah McKenzie who hosted and helped raise awareness. We would also like to thank all the models who took part and Mehreen who very kindly offered to do the choreography even despite only having a couple of hours to rehearse!!



The Mind in Croydon Pop-Up Shop

We would like to give thanks to the following:

Mehreen Beg-Mahmud	Michelle O'Driscoll	Dora Crook	Emma Selcuk	Valentina
Fatima Zaman	Emma Turner	Jeff Fleischer	Husyin Selcuk	Kaci Brookz
Ayseha SRK Baig	Sarah Strong	Elizabeth Fleischer	Percy Hammond	Deanna Chase
Annie Kennedy	Ollie Murray	Lorraine Dalton	Anne Parrish	Aiden Widdows
Nikki Hurst	Jacqui Dyce	Jessica Coleman	Ithibar Karhiman	Sounds of Pluto
Liz Bonini	Caprisha Hansford	Thelma Glenister	Keeley Alvarado	Josephone and the
Victoria Legge	Cara Scott	Haran Selcuk	Lucy Garrod	Artizans
Bharti Barber	James Mann	Olivia Selcuk	Tom Pacitti	D J Lukan
Trisha Reid	Michael Edwards	Alfie Selcuk	Leah McKenzie	Lucy, Ellis & Reuben
Sharon Giffin	Sue Coleman	Algia Selcuk	Diamantina	
Audrey Harrison	Matthew O'Gorman	Husyen Selcuk	Andrea Liberos	
Yasmeen Akhtar	Rochelle Lynch	Ann Bancroft	Hunnilove	

We are sure there were many other people who supported the event who are not on the list so we would like to thank anyone we have missed. Events such as this would not be possible without the support and generosity of all those involved so we would like to take this opportunity to thank you all for your contribution.

Minding Money Project Comes To An End

The Minding Money Project, which was funded by Comic Relief ended recently in a spectacular way with the publication of our debt poem Anthology. These powerful poems acknowledge that debt is an emotional and not purely a financial issue. The Anthology is a lasting legacy of all those who attended the series of workshops which were adapted from the Quaker Social Action "Made of Money" course. The project supported people with mental health problems to manage their finances better, while they learnt how to make the most of limited income, built financial confidence and were helped to apply these skills to their daily lives.

We had a fantastic three years of project delivery, during that time we achieved the following:

131 participants including clients and staff have undertaken Minding Money Workshops. We received **281** referrals over the lifespan of the project.

172 clients participated in focus groups.

Analysing data from the Survey Monkey questionnaire "Help us to Help You"; we found **54%** of participants experiencing debt issues. **38%** of participants highlighted debt arrears with their credit card/loans/catalogue, followed by **22%** owing money to friends and family and **18%** in rent arrears.

An end of three years a survey was sent to the banks that have supported the project, Metro Bank, Halifax, HSBC and NatWest. We

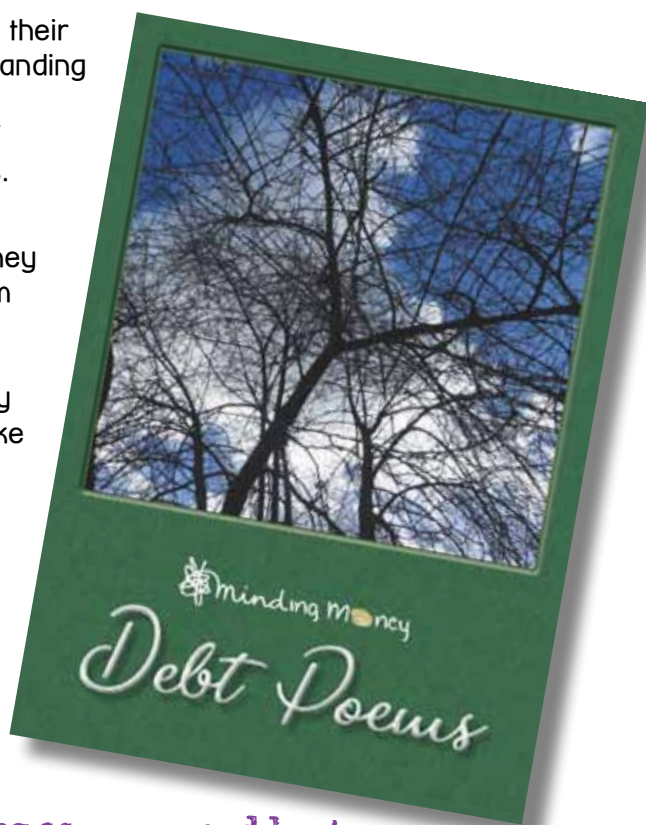
found that **90%** felt that their awareness and understanding of mental health had increased as a result of working with our clients.

Nothing sums up the success of Minding Money quite like this quote from one of the participants to whom we are very grateful for so succinctly stating what a project like this can mean for those we support:

"Prior to attending the managing money course my finances were in a mess. I had been a working professional working as a nurse. Due to a mental health episode I am now out of work and on benefits. I had been used to managing my money but now needed support. I was constantly spending all my benefit money

and kept dipping into my limited savings. I had no idea how much I was spending but I knew it was beyond what I could afford.

While on the Minding Money course I felt so looked after by the staff. And it was nice to be in a group with other people who also had the same money issues as me. I no longer felt alone and realised everybody can find themselves struggling with their finances for whatever reason. Every session was



Participants enjoyed a variety of sessions covering managing money, credit, debt, communication and energy

valuable and I learned so much from each.

Especially good were the taste comparison tests that we did.

Also of great value was where the scenarios looking at real life financial problems.

Overall I gained the tools and confidence to approach my money problems. After taking the course it took me a couple of months to start applying what I learned. I started a budget and now monitor all my income and expenditure. This has really empowered me to take control of my finances.

I have put the brakes on unnecessary spending. I have consistently brought my groceries budget down by keeping track of what I buy and looking for cheaper healthy alternatives or cutting out completely. I have several debts to repay and I have been paying these back without having to use my savings. I would never have thought a money



2017-2018 Mayor of Croydon, Cllr. Toni Letts OBE

management course could have such an amazing impact on my life particularly reducing my stress around my spending.”

Clients also reported the detailed practical benefits they had experienced.

“Until recently I worked full time, now unemployed with less income. The workshop provided me with a renewed focus and motivation to review my monthly bills:

Switched internet/phone provider: I saved £40 per month (£480 a year). Also got £50 cashback from new provider, total £530 annual saving.

Mobile out of contract: stayed with current provider switched to rolling monthly contract with improved usage terms – saved £10.50 per month (£126 a year)

Stayed with same gas/electricity provider but switched to a fixed price contract and applied for the

£140 Warm Homes Discount. I thereby avoided a tariff increase, saving about £60 a year. Total saving of £200 a year.

Switching to metered water bills and due to save approximately £330 per year.

An annual saving of almost £1,200.”

As well as a visit from the Mayor of Croydon, Cllr. Toni Letts OBE, we were invited to the House of Commons to attend, “Minimising financial harm caused by Mental Health crisis” organised by the Money and Mental Health Policy Institute, which is affiliated to Martin Lewis, financial journalist and founder of the MoneySavingExpert.com site. We also had sessions with the Financial Conduct Authority who were seeking input from presenters and participants around their experiences of credit and debt inviting discussions on what IT tools can be best developed to assist participants in their contacts with banks.

Thanks are due not just to attendees but also to the banks which took part. We would also like to thank many other stakeholders who were engaged in the delivery of the focus groups, such as SLAM Recovery College, Trading Standards who helped clients in relation to scam awareness, energy Tariff Company, Credit Union, and Co-op Funeral care who advised on budgeting for a funeral.



Employment Support

A testimonial and work star from one of our Employment Support clients showing how far they have come while engaging with the service.

“When I was diagnosed with depression, I initially felt isolated and unable to speak to family and friends about how I was feeling. Although it was difficult for me to come to terms with having depression, I always knew I wanted to find full time employment in order to be productive and regain my self confidence.

When I received an invitation to attend a welcome meeting organised by Employment Mind in Croydon, I felt nervous and apprehensive about what to expect and being in the company of people I didn't know. At the welcome meeting I was made aware of the practical support

The Outcomes Star™ is an innovative tool for supporting and measuring change when working with people, it is tailored to the needs of employability and work services. The Work Star measures progress on the journey to work. Five of the seven outcomes focus on work related areas, including job-specific skills and social skills. The other two are more general lifestyle measures, stability and wellbeing. The higher the scale the more confident and prepared the individual is for employment.

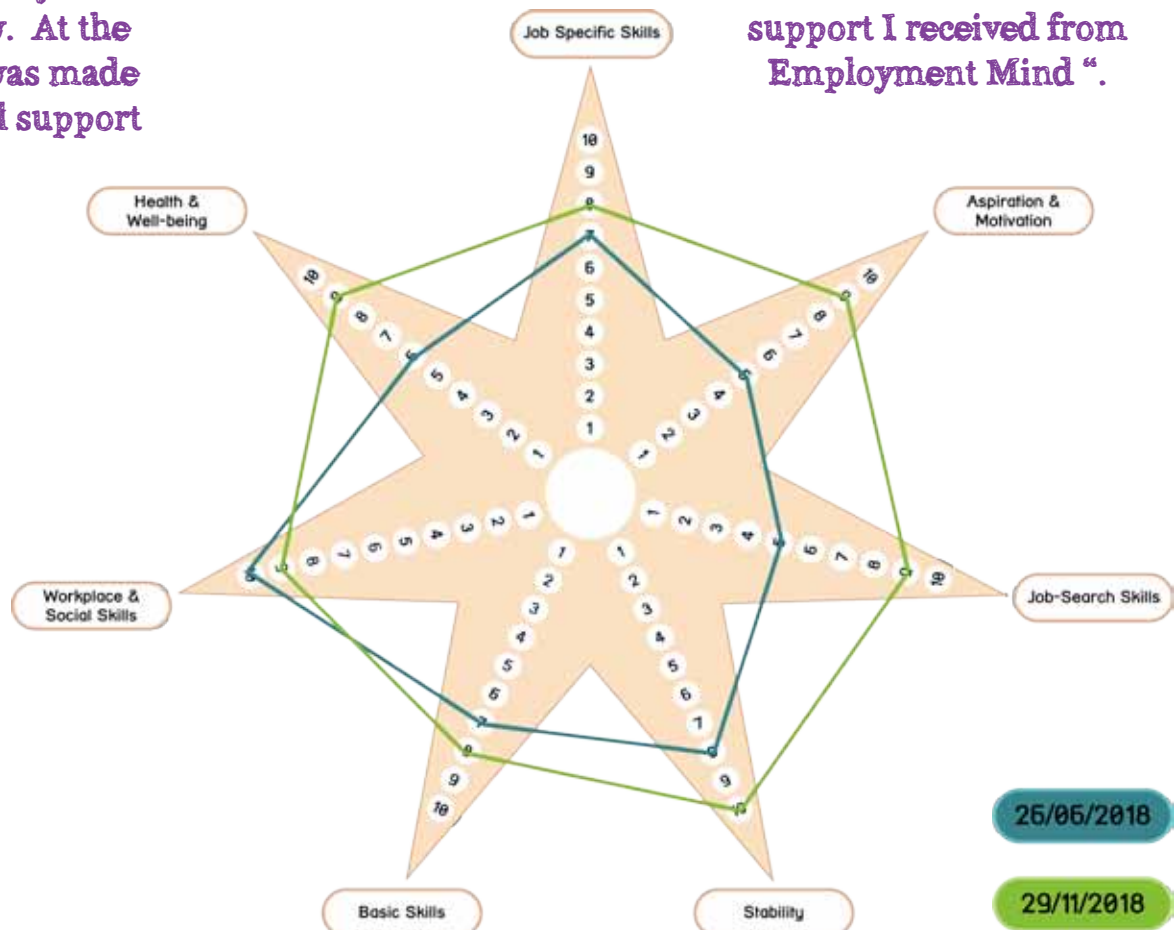
Mind provided to individuals with a mental health problem looking for work.

After attending the welcome meeting, I had a one to one meeting to assess and record my previous work experience and identified areas to improve my job search. I was then referred to my Employment Support Worker who discussed with me in more detail my specific aims objectives and put together an action plan to improve my job prospects.

The ongoing support I received was invaluable

which ranged from advice to improve my CV and cover letters, attending employment workshops, volunteering, mock interviews and attending job fairs. As a result of the support I received from Employment Mind I have gained full time employment.

I am extremely thankful to the staff at Mind in Croydon and would like to especially single out Peter Phillips - Employment and Social Inclusion Manager and Caprisha Hansford - Employment Support Worker for all the support I received from Employment Mind “.



First Give Grant

Mind in Croydon is delighted to have received £1000 from the First Give programme 2017/18.

The students who nominated us from Riddlesdown Collegiate had to choose a social issue they cared about and a charity that focussed on the issue. Each class then researched their chosen charity in detail and created presentations about their work. They then planned and carried out social action in support of their charity. The class representing Mind in Croydon was judged to have had the best engagement with the programme and was therefore awarded the grant. We are very grateful to the

students and delighted that we have inspired them to undertake this work. We are also grateful to

First Give and to the Jack Petchey Foundation whose sponsorship has made the programme possible.



Riddlesdown Collegiate

The Main Event

Sometimes good stuff comes down from the blue and this happened when Louis Hollingsworth, founder of Gymbusy e-mailed us.

He invited us along to 'The Main Event', a sports day at Croydon arena to raise money for mental health. Michael Edwards from our Advocacy Team and Nicola Ockwell from our Counselling Team went along. It was a totally energy-

packed day with relay races, tug of war, food, drink and so many other good things. Gymbusy is a lifestyle brand and the huge enthusiasm and wellbeing generated at the event can be seen on the official Gymbusy YouTube channel. On

YouTube, Jazz who came to see us at Mind in Croydon with Louis explains what the day was all about. Amazingly, they had only three weeks to arrange the event from conception to the final sports day in August. They raised a fabulous £440 for Mind in Croydon, for which we are incredibly grateful! They explained that social media had been used to excellent effect to spread the word and



generate a really good attendance. Thank you so much to all at Gymbusy for all their hard work on behalf of our clients.

You can follow them on Instagram @louis_gymbusy; @hahajimbo_; @gymbusy; @ju_iceandshakes



Jazz and Louis from GymBusy presenting Michael and Cara with the money raised at the event

Do you want to raise money for us?

We would love to hear from you! Contact us on admin@mindincroydon.org.uk with the details of your events and we will promote them on our news and social media.

You can donate or fundraise through Just Giving by visiting <https://www.justgiving.com/mindincroydon/>

Royal Society of Public Health Awards

National Minds 'Get Set to Go' programme which was delivered by Active Minds was shortlisted in the Public Mental Health & Wellbeing category at this year's Royal Society of Public Health Award.

All winners were revealed at an awards ceremony on 18th October at the East Wintergarden in London. The ceremony was jointly hosted by RSPH Vice President Professor Lord Patel of Bradford OBE and broadcaster Natasha Kaplinsky, with entertainment from Breathe

Arts and The Fizz (the band formerly known as Bucks Fizz).

Although we didn't win in our category it was positive to have been recognised for our work within this area.



Mind in Croydon takes part in Consultation on Universal Credit

Part of Mind in Croydon's remit is campaigning. One of the ways we do that is for our staff to be a source of expertise, and to facilitate access between our clients and those seeking information.

Our Welfare Benefits Advice Service Manager, Tom Goddard, was therefore delighted recently to be asked to organise a workshop where members of a special committee could talk to our Advisors and clients about their experience of Universal Credit. He and his team of Advisors have felt deeply over the last couple of years the impact that the roll out of Universal Credit has already had and felt this was an excellent opportunity to play a part in shaping its future. The Social Security Advisory Committee (SSAC) provides impartial advice to the UK government on social security issues. When the SSAC reports on government proposals for regulations the report must be presented to Parliament. "The Workshop we organised with the SSAC members was fantastic," Tom says, "a real chance for people already on Universal

Credit to put forward their concerns to people with real authority to shape the system. People spoke strongly about things like waiting months for payments. One person described being evicted from their accommodation while waiting for Universal Credit to sort out housing costs.

"We talked about problems with the new proposals too – like the plan to send a letter to people telling them to claim Universal Credit. Several people there said they just don't open those brown envelopes because they find it too difficult. My feeling was that the committee members were really listening and may recommend changes. Several people tweeted afterwards to say how valuable they found it."

Mind in Croydon would like to take this opportunity to thank all our customers and donors for their support and we wish everyone a very

Merry Christmas
and a
Happy New Year!



Charity no: 1073880

Connect with us...



Follow us on Wordpress
MindinCroydon



Like us on Facebook
'Mind in Croydon'



Follow us on Twitter
@mindincroydon

Email: admin@mindincroydon.org.uk
Call: 020 8668 2210

Write: 26 Pampisford Road, Purley, Surrey, CR8 2NE