

Mind in Croydon Celebrates 50th Anniversary

On Saturday 10 March Mind in Croydon celebrated a landmark in our history – 50 years providing mental health services in the borough. As this was such a special occasion, we chose to hold a silver service meal at the Selsdon Park Hotel with a fund-raising auction.



A half century is a long time, and one of the things we have learned is how much clients appreciate continuity. So, it was particularly significant that the dinner was attended by both the longest serving member of staff and our most recent recruit. It was lovely to have some of the children of staff members there who had been toddlers when their parents joined Mind in Croydon and are now at secondary school or ready to go out in the world on their own. Mind connects both young and old in many ways as well as diverse members of the community. We were grateful to have Commissioners at the dinner who have been generous for so many years in helping to fund services alongside service users and volunteers.



John Pestell, Chairman

We were also lucky enough to have our first Chief Executive, Margot Croft now retired who gave a speech in which she delivered a shortened version of our

history. A longer version, with photos of the various stages of our development had been printed, and copies distributed at the dinner. These will also be used in the future when inducting people into the organisation to give them a sense of the background and development of the charity they have joined.

Trustees were out in force and many people brought partners and



Duke McKenzie, MBE



family members to join in the fun. This included an auction of desirable prizes and we are very grateful to all the generous people who donated items and those who laid out their hard earned cash to purchase them. Items included a sparring session with World Champion boxer Duke McKenzie, a bottle of champagne signed by Duke and his brothers, a golf round for four at the Selsdon Park hotel and a League of Their Own tickets, tour and party. All items were very popular and raised approximately £1,000. One lot was even sold twice. Many thanks go to our Trustee, Tariq Salim for doing much of the organising of the evening, and Cat Ayres for designing, printing and administering the sale of tickets.

In 50 years, Mind in Croydon has gone from a couple of projects in our Pampisford Road and Fairfield House buildings to multiple projects and charity shops throughout the borough. We have undertaken housing, parenting projects, a furniture service, faced floods, burglaries and won awards. It's been an exciting and eventful half century and having celebrated appropriately, we're now looking forward to the next half century which we're facing with strength and optimism...as always!



Richard Pacitti, CEO and
Anne Soppitt, Service User

Changes in our Advocacy Service

We are very pleased to announce that Advocacy for Croydon, a partnership between Advocacy for All (AfA) and Mind in Croydon, went live on the 1st May 2018.

Mind in Croydon will continue to provide the mental health advocacy services in Croydon as we have for many years, but the partnership with AfA means that there will be a single point of contact for advocacy



in the Borough. Independent Mental Health Advocacy (IMHA) advocates are specially trained to work within the framework of the mental Health Act. An IMHA can support you to understand your rights under the Mental Health Act, access information, express your views and wishes, speak to

people involved in your care and treatment and explore options with you.

The contact details for referrals is: 0345 310 1812 or referrals@advocacyforall.org.uk.

We look forward to working with Croydon Council and Advocacy for All on this exciting new development.

You can find out more information from www.advocacyforcroydon.org

Employment Support

The Employment Support service is currently in the process of adopting a new model (Supported Employment) whereby service users wishing to access employment sooner will receive the relevant support to enable them to do so. This includes immediate job search, job analysis, employer engagement and in-work support.

The Supported Employment model is optional and during an individual's initial assessment they will be able to make an informed choice about whether they wish to use the Supported Employment method for accessing work. However, we continue to use traditional methods for the majority of our service users, in turn, achieving successful outcomes.

Testimonial

"I went through the referral process to join Mind in 2016. I joined the back to employment programme as well as activity/well being programme. Initially I was very dubious as to the potential benefits of both programmes. I had fallen into a vicious cycle of cynicism, lack of confidence and self worth.

However I have actually found that joining both has given me renewed confidence. They gave me a structure and purpose to my days and by persisting with both programmes it has made me appreciate myself more, which is so important.

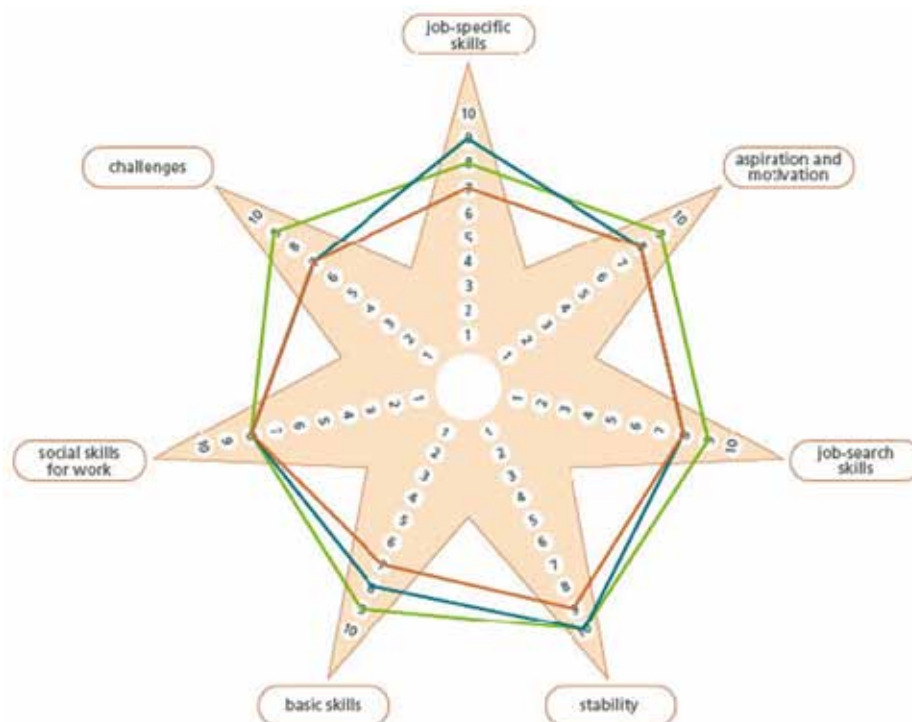


I have actually secured a job, although I am taking one day at a time I am hopeful that I will be in it for the duration.

My star chart indicated improved score ratings particularly in job

specific skills, aspiration and motivation, basic skills and challenges. I am more optimistic about my future although not taking anything for granted.

I would recommend anyone else to join the programmes and see the results for themselves"



Mayor's Visit

We were very happy to welcome the Mayor of Croydon, Cllr. Toni Letts OBE to the Hub on 17 January.

Madam Mayor spent hours at the Hub, talking with members about their lives and how the Hub has been transformative in improving their health and well-being. She also got involved with the art group



Chatting with Hub Members

and sat in on a Minding Money session. Minding Money is a project funded by Comic Relief to help people to improve their financial literacy.



Visiting the Art Group

The Mayor stated:

"As always I am amazed at just how much work Mind in Croydon achieves for its members and I know that it is often seen by the membership

as a life-line, where they can meet friends, share concerns with staff, have a meal, take part in activities and generally feel a sense of belonging.

Please pass my congratulations to all of your team. You all do an amazing job and clearly you are all respected and indeed loved by the membership"



Visiting the Minding Money Workshop

Lucie's Fundraiser

On the 10th October 2017 (World Mental Health Day) Lucie Jurado and her husband opened up their home to neighbours, friends and family to raise money and awareness of mental health issues.

The money raised was split between Mind in Croydon and Hear Us.

There were a variety of stands including a nearly new toys/ homeware/clothes stand, a book stall, Lindt chocolate, tombola, raffle and an auction of a client's holiday home in Cornwall for a week's

holiday.

Over 100 visited Lucie's home and left laden with gifts and cakes and they raised a staggering £1,400 in 2 hours.

A big thank you to Lucie and family for their fantastic efforts!



Some of the yummy goodies



Lucie presenting the cheque

Sian & the Brighton Marathon

Sian Herring ran the Brighton marathon on Sunday 15th April 2018 in aid of Mind in Croydon. She said,

"As a school teacher I see first hand the impact that poor mental health has on both staff and students. A few years ago I was diagnosed and medicated for depression. At the time of diagnosis I was offered a long wait for counselling or medication immediately. The decision was unfortunately very straightforward. I hope that by fundraising for Mind I can help break down some of the stigma still surrounding mental health as well as helping to provide more support for those in need"

A big thank you goes to Sian who raised a total of £855.20 on the day. You can still support Sian at <https://www.justgiving.com/fundraising/sian-herring1>

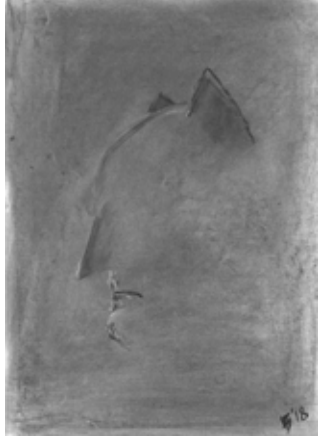
'Batman' by Beanz

Beanz is a member of The Hub based in East Croydon.

"I wasn't good at art. The focus wasn't there or indeed the patience.

I tried using pencils, etc but I just ended up frustrated at the amount of time it took and the end result was never worth it.

So one day I took a break for a few minutes and remembered a documentary I'd seen about how storyboards are made for scenes in films. I remembered that the special effect



artists don't draw the exact figure, just an interpretation of it. So I went back in and grabbed pastels and tried again. It took 10 mins to draw an incredible looking alien. I then went over the same pencil drawing with pastels also. The effect was instant.

The thing I like about pastels is that if you make a mistake, you can just blend it into the background.

The 'Batman' I tried to do was all about him lurking in the shadows waiting for a crime to happen. There were

a lot of mistakes in there but these were easily blended into the background. Like most times when practicing art, I got restless, so I decided to take a break and come back to finish it off. But when I came back and saw it again I thought it looked just right so didn't add to it.

I like using pastels. They're so workable and forgiving. I doubt I'll use other types of equipment again.

I was shocked and surprised at the reaction I got from these drawings but unfortunately due to my focus problems and restlessness I'm unable to do this as much as I'd like."

Just Be Croydon

Active Minds are excited to be working with Just Be Croydon to deliver the Live Well service, a new service providing tailored support for people with experience of mental health problems to make healthy changes in their lifestyles.

People are invited for an in-depth initial meeting to help them decide which unhealthy behaviours to target. This can be anything from stopping smoking to cutting down on alcohol or eating more healthily to manage their weight. Together we can also look at wellbeing and increasing the amount of physical activity taken part in. Useful advice and guidance are given on how best to meet the person's goals and once every three months they are invited to a follow up meeting to help keep

up with the goals they have set.

The stop smoking support is in two parts. People can choose from the innovative harm reduction path where support and advice is given to help people cut down on the number of cigarettes smoked and gain the confidence they need to quit. We also provide a twelve week stop smoking programme, with weekly one to one meetings and a carefully chosen nicotine replacement therapy giving people the best chance of

quitting. This combination of support is proving the most effective way of stopping smoking.

People referred can benefit from our group activities to help them to make these changes in a friendly and supportive environment.

To find out more:

Contact Active Minds on 020 8253 8205/6/8 or activeminds@mindincroydon.org.uk



VOLUNTEERS NEEDED!

We are looking for people to help in our charity shop in Addiscombe.

For more information contact:
Anne Parrish - Shop Manager on 020 8652 9383
anne.parrish@mindincroydon.org.uk
289 Lower Addiscombe Road, Croydon, Surrey, CR0 6RE

Charity no: 1073880

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