

## Biggest and Best Ever Celebration of World Mental Health Day in Croydon



The Mind in Croydon stand

There was a free community day of events from 12-5pm to get more people to focus on how best to take care of their mental health. The day involved fun activities, beauty treatments, haircuts, health and

run by Mind in Croydon.

The community day was themed around the five ways to wellbeing, which are things that everyone can do in their daily life to have better mental health by connecting with others, being active, continuing to learn, giving your time and taking notice of what's around you.

In the evening an array of popular comedians and variety performers created "Mental Health is Not a Joke", a comedy evening, with ticket sale proceeds going towards the vital work being carried out by Mind in Croydon to tackle mental health issues.

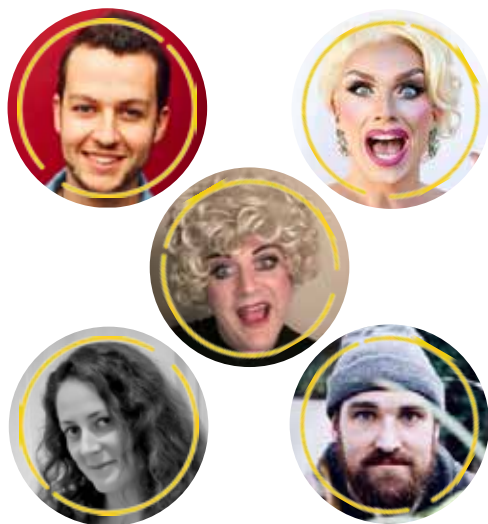
The comedy line-up included, Dave Chawner – award-

On the 10th October Mind in Croydon partnered with the Pension Protection Fund and Croydon Council to stage the biggest and best ever event for World Mental Health Day in Croydon at the newly re-opened Fairfield Halls

wellbeing advice and volunteering opportunities. There was also a bargain pop up fashion shop

winning comic, author, presenter and mental health campaigner, Ava Cardo – drag queen and cabaret star – entertainment, live singing, comedy action, Shirley Devine – drag queen and comedian – tall, blonde, beautiful and hilarious, Jenny Lockyer – musician – musical parody maestro and Pope Lonergan – comedian – uses comedy to share personal struggles.

Councillor Janet Campbell, Croydon Council's deputy lead for families, health and social care and Croydon's mental health champion said, "mental health is everyone's



The Comedy Line-Up - Dave Chawner, Ava Cardo, Shirley Devine, Jenny Lockyer and Pope Lonergan



Councillor Jane Avis, Richard Pacitti (CEO Mind in Croydon) and Councillor Janet Campbell



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business and Croydon Council was proud to support these fantastic events on World Mental Health Day. One in six adults experience a mental health problem, and issues are becoming more prevalent among young people. The whole day at Fairfield Halls offered people the opportunity to explore mental wellbeing and obtain information to support themselves and those around you."

Richard Pacitti, Chief Executive at Mind in Croydon, said: "We were really pleased to work with Croydon Council and the Pension Protection Fund on the largest ever World Mental Health Day event in Croydon. It was a wonderful opportunity to showcase all the excellent work in the borough as well as raising money for Mind in Croydon to continue to provide the wide range of services to residents who come to us for help and support."

Oliver Morley, Chief Executive at the Pension Protection Fund, said: "As a large employer in Croydon, we are pleased to be able to continue our support of Mind in Croydon, our local charity of choice, and organise events like these. It's important we talk about mental health and provide support to our community and employees alike."

## Chief Executive to Retire in January 2020

After nearly 30 years, our Chief Executive, Richard Pacitti will be retiring from Mind in Croydon at the end of January 2020.

Richard said, "It has been an enormous pleasure and privilege to work for Mind in Croydon for so long and I will miss being a part of such an exceptional organisation. I know, however, that Mind in Croydon will continue to thrive and grow and this is because of all the wonderful staff, volunteers, trustees and supporters who are involved with the charity. So, although I am sad to be leaving, I have complete

confidence that Mind in Croydon will continue to be a very special organisation that works with skill, professionalism and kindness in order to meet the needs of the thousands of people who come to us each year for the help and support we provide."

The Trustees are in the process of recruiting the new CEO for which they have selected an outside agency and we are planning for



there to be a smooth handover from Richard to the new postholder.

## Advocacy Steering Group Participants Needed

Mind in Croydon's Advocacy Service Manager is looking to create a service user led steering group to oversee the advocacy service and monitor activities and processes.

In November Michael Edwards (pictured) visited the Hub at Fairfield House to present to members this new opportunity.

"We would like those that have used Croydon's mental health services and advocacy services, to shape the way we run our project and deliver mental health advocacy across Croydon. In my experience those that have used a service are typically best placed to provide insight into how those services are received and how effective they are at meeting clients' needs. When I think of how effective and



accessible our Advocacy project is, then speak to a service user about their experiences and ideas of how better to reshape our service, I always come away with a fresh

perspective that I had not considered previously. It is this perspective that I want to regularly have overseeing our service delivery, procedures and policies at least 4 times a year".

Anyone interested in sitting on the Advocacy project's steering group can contact Michael directly on 0208 763 6730 or email [advocacy@mindincroydon.org.uk](mailto:advocacy@mindincroydon.org.uk) with the subject 'Steering Group'.

If you are not sure if this opportunity is for you, why not call Michael to discuss.

We would like to hear from you.



# Employment Support Service Success Stories

## Jane

I'd been a full-time Mum and Housewife, and Carer for my disabled son for a number of years. Following a period of Mind's counselling for Carers I identified, amongst other things, that I would like to return to work in a small way.

I first registered with Mind's Employment Support Service on the 13th March 2018. Peter and the team (but particularly Caprisha, my Employment Support Advisor) carefully supported me through the process of identifying what sort of job I'd like and getting myself "work-ready".

I attended really useful Mind workshops such as CV writing and interview techniques. Caprisha suggested several volunteering opportunities to help me get my



confidence back, and I chose to volunteer in a charity shop one morning a week. As well as giving me some customer service experience this gave me practice of having to get to work on time, so helped me establish good time-keeping,

sickness and commitment records. It also gave me a current referee to offer to prospective employers. Never pushy or pressurising me; Caprisha skilfully nudged me along in the right direction. The regular reviews were really helpful for showing me that I was progressing and gradually achieving the small goals I set myself. They also stopped me from dropping by the wayside which I definitely would have done without that support.

And now, here I am; after seventeen years since I was last in paid

employment, two months ago I found the perfect little job for me, working a day and a half per week for a local, established, allergy-free cake company called The Heavenly Cake Co!

## Jerry Cronin

In July this year I returned to full time employment for the first time in twelve years.

Adjusting back into full time employment has been very challenging at times and on several occasions I have felt very overwhelmed and felt like quitting.

But with the support of the guys at Mind Employment Support and my own perseverance I am still working.

It has not been easy but returning to work has been very good for my mental health. Of late I have felt a real sense of purpose and direction in my life and also feel more part of society and less isolated.

## Workshop Funding

This year we received funding from the Maudsley Trust to provide a number of interactive CV Writing and Linked-in workshops

The workshops were designed to help improve the digital skills of the delegates (service users) and their employment prospects. Each delegate was provided with a laptop and was able to follow the step-by-step information provided by the facilitator to start a CV or a personal profile on LinkedIn.

## Testimonials

**"a very useful interactive session and has given me confidence seeing the creation of the CV"**

**"how to amend CV's and tailor it to the job description"**

**"It covered all relevant information about using LinkedIn and how to apply it to job searching"**

**"It was relaxed yet professional"**

**"One to one help, clear instruction"**

**"Excellent course"**

**"Plenty of time to practice and get questions answered"**

**"Helped me with CV Structure and content"**

Torie Robinson runs some of our workshops for us and said:



"Training clients how to do their CVs and LinkedIn profiles has been so rewarding.

The best part for me has been seeing clients' eyes light up when they started to recognise just how valuable to an employer they really were and what potential they had.

To see clients leave the training with a CV, a LinkedIn profile, a smile, with hope, and with a plan for the future has been wonderful, and I hope that we can continue the training to benefit others going forward."

# Christmas & New Year Opening Times

## Advocacy

**Closed:** 23rd Dec 2019  
**Reopens:** 6th Jan 2020

Telephone enquiries will still be responded to during this time although with bank holidays falling during these weeks there may be a longer than typical time in responding.

## Active Minds

**Closed:** 23rd Dec 2019  
**Reopens:** 6th Jan 2020

## Carers' Support

**Closed:**  
Christmas Eve from 2pm,  
Christmas Day, Boxing Day &  
New Year's Day

## Counselling

**Closed:** 23rd Dec 2019  
**Reopens:** 6th Jan 2020

## Employment Support

**Closed:** Christmas Day  
**Reopens:** 2nd Jan 2020

## Fairfield House & The Hub

**Closed:**  
Christmas Day, Boxing Day  
and New Year's Day

Please see our winter programme opposite for the full schedule of opening times as times vary over the festive period.

## Infoline

**Closed:** 24th Dec 2019  
**Reopens:** 6th Jan 2020

## Shop

**Closed:** Christmas Day  
**Reopens:** 2nd Jan 2020

## Welfare Benefits

**Closed:** 24th Dec 2019  
**Reopens:** 30th Dec 2019

As always with other times of the year, over the festive period the service is by appointment only.

We have also been lucky to receive funding from National Mind to provide more targeted support for Universal Credit claimants or people who may be considering claiming Universal Credit. Please contact us on [wba@mindincroydon.org.uk](mailto:wba@mindincroydon.org.uk) if you would like assistance with any Universal Credit issues.







# CHRISTMAS 2019

## Opening Times

December 16th	Meet 11am at FFH	Christmas Shopping in London
December 17th	Meet 11am at FFH	Over 55's Christmas Lunch
December 18th		Christmas Lunch - Meeting 12pm at Hub
December 19th	Meet 11am at FFH	Xmas relaxation and wellbeing session
December 20th	Meet 11am at FFH	Xmas Drama Session
December 21st	10am-4pm	HUB DAY & Christmas Celebration (raffles, games, music, etc)
December 23rd	See Poster at FFH	Pantomime Wimbledon Theatre
December 24th	Meet 11am at FFH	Xmas Carol Singing Session
December 25th	CLOSED	Christmas Day
December 26th	CLOSED	Bank Holiday
December 27th	Meet 11am at FFH	Trip to Winter Wonderland in Hyde Park
December 28th	10am-4pm	HUB DAY
December 30th	Meet 11am at FFH	Cinema and lunch
December 31st	Meet 11am at FFH	HUB DAY - Board Games

## 2020

January 1st	CLOSED	Bank Holiday
January 2nd	10am-4pm	HUB DAY (Extra) - New Year's Quiz
January 3rd	CLOSED	Staff Meeting
January 4th	10am-4pm	HUB DAY

A special Christmas activities programme will be displayed on the notice board at Fairfield House. Times/costs for all activities will be on the noticeboard



# RED January 2020



This January, challenge yourself to get active every day, your way.

Whether your run, swim, cycle or choose your favourite fitness activity, set your goal and enjoy support from the RED community every step, splash and pedal of the way!

Kick-start your 2020 in a positive way and raise funds for Mind in Croydon so together we can be active for better mental health

Join RED January at <https://croydon.redjanuaryformind.co.uk/>

Last year participants raised over £1400

"I was really pleased to find that I could fundraise for a local charity to know that my money would be helping local people"

By signing up to RED January you will:

- \* Join thousands of people around the UK all kick starting their year in a positive way "I wanted a fitness challenge to kick start the year"
- \* Raise funds that will directly impact your community
- \* Set your own personal challenge
- \* Enjoy RED January as a team or solo. By signing up, you will be part of the wider community of REDers, all supporting and motivating each other to get active every day
- \* Each person will receive a RED January calendar, posters,



fundraising pack and sponsorship form sent by email, fitness and fundraising support from your local Mind

\* Fund raisers receive a RED January medal and there is the opportunity to buy a RED January 2020 t-shirt and a buff (picture coming soon!)

We look forward to hearing from you

The Mind in Croydon RED January team

## Over 55's Group

Fairfield House now run a drop in group for the Over 55's living in the Borough of Croydon.

This group is an opportunity for clients to get together with their peers, make friends, socialise, taking part in various activities such as watching movies, playing board games, having singalongs, quizzes, afternoon teas, attending various health and wellbeing places. Ideas are also welcomed from the participants through consultations, group and one to one discussions.

The group has the option to invite speakers to give talks on health issues, advice on welfare benefits, advice on managing money, staying well, personal safety and much more.

The project is delivered from our East Croydon building, Fairfield House, which has good transport links from across the Borough and is based only 3 minutes from East Croydon bus, tram and train station.



Through the group we can offer access to our Advocacy Service, Welfare Benefits Service, Active Minds, and The Hub. Group members would have access to these services without having to wait.

We assess and record personal action plans on a regular basis, addressing independence, self-management, personal wellbeing and raising self-awareness. We also have monthly discussions with the service users as to their hopes and aspirations for the future.

### To find out more:

Please contact Fairfield House on 020 8688 1210 or email on [fairfield@mindincroydon.org.uk](mailto:fairfield@mindincroydon.org.uk)

## Carers Rights Day Event

On Thursday 21st November we held an event to mark Carers Rights Day.

We had an excellent turn out and we are grateful to our partners who came and supported the event; Croydon Mencap, St. Christopher's Hospice, Alzheimer's Society Croydon and Surrey Physio. We had presentations from various contributors including our own Advocacy Service as well as our Counselling Service. We heard about what information to expect as a carer if your cared for person is admitted to hospital under a section of the Mental Health Act and the importance of looking after yourself as a carer.

For information about either of our services specifically for carers please look at our website: <https://www.mindincroydon.org.uk/how-we-can-help/carers-services/>



## PPF Donates Computers to Mind in Croydon

On 31st October there was an official unveiling of the new computer room at Fairfield House.

The room will give members access to first rate IT which will help them in so many ways from improving their skills and confidence on-line to being able to deal with on-line benefit claims. The room has been made possible by the donation of 30 computers from the Pension Protection Fund as part of their on-going support for Mind in Croydon.

As well as the computer room at Fairfield House, staff at Mind in Croydon received upgrades to their office machines.

Chair of Mind in Croydon, John Pestell, said, "it was a great pleasure to see PPF at Fairfield House once again helping Mind in Croydon. Their generosity knows no bounds and we are so pleased with the gift of computers which allows us to offer our clients the very latest in technology. That said PPF do so much for us above



and beyond this gift and that is greatly appreciated by all at Mind in Croydon. Thank you."

Simon Liste, Chief Technology Officer at the PPF said: "It was truly amazing and so rewarding to see the happiness and excitement of those that use the Mind Hub, when the computer room was unveiled. It makes us proud and honoured, as an organisation to be able to help Mind in Croydon in their journey and purpose".

## Croydon Postal Angling Club Fundraiser

On 30th August 2019 Croydon Postal Angling Club held their yearly charity event and raised funds for Mind in Croydon.



Over the last few years Andrew Hodd has run fishing events which have raised money for various charities. This year they selected Mind in Croydon to benefit from their efforts. Funds were raised through the fishing competition, which had 32 people taking part, as well as through raffles and donations via their JustGiving page.

The event raised £1,560 online and at the end of the event the fishery returned the hire fee to be added to the funds. In total over £1700 was raised.

A huge thanks to all involved!



Anne Parish receiving the cheque from Andrew Hodd (second left)

## Home Office Support

Colleagues from the Home Office returned again this year to help staff and volunteers from the Addiscombe shop with clearing and re-organising the storage space at one of Mind in Croydon's projects, Orchard House.



They sorted through donations (and there were plenty of them!) selected suitable merchandise and returned on 10th October to set up the 'Pop-Up-Shop' at the Fairfield Halls Wellbeing event in support of World Mental Health Awareness Day.



We would like to thank Michelle and her team from the Home Office for all their help in clearing Orchard House.

Also for their help in setting up the pop up shop at Fairfield Halls on World Mental Health Day after which they returned to their office and organized an afternoon tea where they sold home made green ribbons in recognition of World Mental Health Day and raised the sum of £55.35 which they donated to Mind in Croydon.

# Day Lewis Fund Raise for Mind in Croydon

Mind in Croydon have been working in partnership with day Lewis Pharmacy Ltd for the past six months.



Salwa Bowyer receiving the cheques from the team at Day Lewis

Day Lewis is a national pharmacy chain with over 300 stores across the country. We have been lucky enough to be one of three chosen charities that they have been fundraising for this year.

Earlier this summer, a company charity day was held at the Day Lewis Support office in Purley Way. Hundreds of employees took part in raffles, stalls, team games and even a 'sponging the executive team' event! We were recently invited to receive a cheque for £2,500 representing monies raised and then matched by the Company.

We are extremely grateful and as always, all funds will go directly to support the delivery of our front line services. We are also thankful to Day Lewis for sharing their expertise on nicotine spray addiction with our Active Minds colleagues.

# Millwood Servicing Fundraising Event

Millwood Servicing Ltd held a fundraising event for Mind in Croydon to celebrate World Mental Health Day.

The office annually holds an office bake off to raise funds for charity.

The event was organised by Kirbie Smith. "Last year I decided to hold an annual office 'Bake off' to raise funds for a charity of our choice. This year, as mental health has become an important topic within the workplace we decided to choose Mind as our charity.

We as a business and individuals have made a conscious effort to focus more on our mental health and the importance of it. All of the office staff worked together to create a fun day not only to raise money but also to raise awareness of Mind.

We had a bake sale which consisted of sweet and savoury treats as well as our CEO providing his locally produced honey. In total we managed to raise £342.70 which we have donated to our local Mind charity in Croydon!

We look forward to holding more fundraising events to continue raising money and awareness."



Some of the goodies sold on the day

# Harry Yardley Cup 2019

Mat Conmee and Luke Doddimeade dropped by on 30th August to present us with funds that they have raised for Mind in Croydon.



Mat Conmee & Luke Doddimeade presenting Richard Pacitti (CEO) with the cheque

On 15th June this year they held the Harry Yardley Cup Football Tournament in memory of their friend. The event raised more than £2,200 for us and we are most grateful. They intend to run another tournament next June and Mind in Croydon will be there to support the event.

Do you want  
to raise money  
for us?

We would love to  
hear from you!

Please email us on  
[admin@mindincroydon.org.uk](mailto:admin@mindincroydon.org.uk)  
with your ideas and we  
can help promote them on  
our social media!

Charity no: 1073880

## Connect with us...

Email: [admin@mindincroydon.org.uk](mailto:admin@mindincroydon.org.uk)

Call: 020 8568 2210

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



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