

Welcome to our new and revised newsletter which will be focusing on all the positive things going on at Mind in Croydon.

Celebrating Mental Health Awareness Week

Relaunch of Addiscombe Shop and Cheque Presentation by Croydon Seventh-Day Adventist Church

We recently undertook a major programme of refurbishment at our Addiscombe shop prior to a relaunch on Wednesday 17th May. Works included the complete re-decoration of the frontage and a new sign giving the shop a major uplift and more kerb appeal. We were lucky enough to have the Deputy Civic Mayor, Councillor Sue Bennett with us to cut the ribbon and to thank all our hard-working staff, volunteers and our loyal customers at the shop. The occasion was also an ideal opportunity to receive a giant cheque from the Croydon Seventh-day Adventist Church following a concert they organised which raised £1,071.44 for Mind in Croydon. Our Chief Executive, Emma Turner thanked all those present for all their efforts in supporting us in our work.



London Landmarks Half Marathon 2024

On 2 April 2023, on a bright sunny Sunday morning we were delighted to have some wonderful runners who ran the London Landmarks Half Marathon on our behalf. This wonderful course covers many of the sites of London, going through areas such as Trafalgar Square, the Guildhall, and ending up at Downing Street in Westminster. It's a fun day with music and cheer stations run by the charities involved. Charities buy places, as we did, and then ask their runners to cover the costs and make as much as they can on top in donations.



We asked our runners to make at least £250 and then anything over and above is a bonus. All our runners raised far more. The impressive medals which this year were in the shape of the Tower of London are presented by beefeaters and pearly kings and queens at the end of the run. Our ten runners raised a grand total of £4,897.46 which is a fabulous amount. We have purchased twenty places for next year so if you are interested in taking part on Sunday 7 April 2024, please get in touch with our Head of Fundraising and Income Generation,

Cara Scott on 020 8668 2210 or e-mail her at admin@mindincroydon.org.uk. Why not get your company or college involved, making it a work challenge to see who can raise the most sponsorship for Mind in Croydon.



Talks and Presentations

Peter Phillips, our Business Operations Manager (Training & Retail) who is also a qualified MHFA England Instructor Member has given a number of talks and presentations recently. He can provide bespoke sessions tailored to the specific requirements of organisations and businesses.

Our fees are very reasonable and anything raised through this work is extremely beneficial to the charity bringing in unrestricted funds which we can use to pilot innovative new services inspired by our clients.

Peter is extremely knowledgeable. Having extensive contact with service users and professions over the years, he has managed mental health services and projects. He is well

versed in presenting to any audience. His recent talks include a series to managers at a well-known museum organisation, to a finance firm, and in the photo below at Kenley Primary Academy, specifically tailoring the presentation to a young audience.

Peter can be reached at:
Mobile: 07907 574890
Tel: 020 8253 8201
E: peter@mindincroydon.org.uk
and will be happy to provide a quote.



Highlight of the Year

A highlight of our fundraising year has been our association with Govia Thameslink Railway (GTR).



The main event was a farewell tour of the 40-year old Class 455 train fleet run by Southern raised £26,000 for Mind in Croydon.

To round of a programme of activities in Mental Health

Awareness week, Southern's parent company Govia Thameslink Railway (GTR) invited members of the public to buy tickets.

Cara Scott and Peter Phillips from Mind in Croydon joined 500 enthusiasts on the day-long outing to promote our work to combat mental health issues and fill collection buckets.

Phil Nacmanson and Antony Yandell of GTR's train operations management team came up with the idea to give the fleet a substantial send-off.

Chris Fowler, Southern's customer services director, said: "I'm very proud to have been part of this well-deserved send-off to mark the class 455s' four decades of service, and delighted that the money raised for Mind was way above all our expectations.

"Many people played vital roles and deserve a huge thank-you."



We are still supporting GTR by attending their Wellbeing Days and if we are lucky, we may be able to persuade some of their staff to run for us in the London Landmarks Marathon. Fingers crossed...!

Accept Our Challenge

We have regular Corporate Social Responsibility opportunities for companies or corporates to get involved with our work. We can offer fundraising or volunteering opportunities. We can also offer single days for a team to get together and help us deal with works which need attending to at some of our premises. At the moment we have an opportunity for a team to get involved at our offices in South Croydon. Do feel free to contact us – details are at the end of this newsletter.

Good News

Mind in Croydon's Therapeutic Services team has yet again completed a successful re-application for their Accreditation renewal with the British Association for Counselling and Psychotherapy. We are delighted to be accredited yet again, having completed this a major piece of work which recognises the excellence of our service.



Active Minds



Our busy Active Minds service is providing a wonderful range of different groups including: table tennis; boxercise; Zumba; jogging; tennis; martial arts; badminton; yoga; walking; social chat; mindfulness and relaxation. Groups are offered in person and via Zoom. This is also a fruitful time of the year for our allotment which is looking glorious as we approach high summer. We would like to provide more groups for young people so, if you would like to fund any of our Active Minds activities,

please contact us (details at the end of this newsletter) and we would be happy to talk this through. Here's what your donation could fund:

£5- Pays for 2 pairs of gardening gloves for our allotment

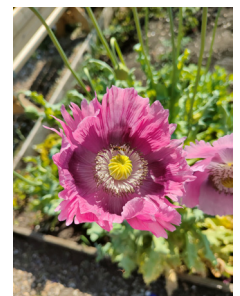
£35 – pays for a tennis coaching session

£50- pays for 2 hours rental of a community space for our table tennis, Zumba and boxercise

£200- pays to train one of our members to become a leader in running fitness to help run our jolly joggers group.

£920- pays for weekly yoga sessions for a whole year

£9515- pays for all of our instructors, equipment and venue hire for a whole year



If you would like to receive our newsletter telling you of good news at Mind in Croydon, please e-mail admin@mindincroydon.org.uk.

We won't bombard you, but will just send you three or four updates a year to keep you in touch with developments.

Also, feel free to contact our Head of Fundraising and Income Generation, Cara Scott by e-mail on admin@mindincroydon.org.uk or by phoning 020 8668 2210.