



## **Welcome to the Buckinghamshire Mind E-Newsletter**

January 2021

### **Service News**

#### **We Are Still Here for You Throughout Lockdown and Beyond**

In response to Lockdown 3, we would like to assure everyone that we will be doing all we can to maintain the mental health support and services provided by Buckinghamshire Mind and will be remaining open, whilst ensuring that we are compliant with Covid-secure guidelines and regulations.

We are keen to support as many people as possible over the coming weeks, whilst ensuring the safety of all our service users, volunteers and colleagues. The government is giving a strong endorsement of the voluntary and community sector to continue to provide support across our communities during lockdown.

Buckinghamshire Mind is committed to working flexibly to keep our services going, under strict Covid-secure guidelines. Below are some key service area updates. We are updating our website regularly with any changes to services, [please click here](#) and visit each service area.

---

**Adult Counselling & Suicide Bereavement**

**Support:** Provided remotely via online sessions.

**Befriending:** Provided remotely by phone with some one-to-one socially distanced outdoor walks to take place.

**Children & Young People's**

**Services:** Provided remotely via online sessions and newsletters.

**Community Link Workers:** Provided remotely via phone and digital platforms (e.g. Zoom, Microsoft Teams). We are also assisting with the vaccination rollout in Mid-Chiltern Primary Care Network.

**Employment Support:** Provided remotely by phone, video and digital platforms.

**Older Adults' Service:** Provided remotely by phone and Zoom, newsletters and care packages.

**Outreach/Recovery Groups:** Provided remotely by phone, digital platforms (Zoom,

YouTube), closed Facebook group and monthly care packages.

**Peer Support Groups:** Provided remotely via closed Facebook groups, video and digital platforms.

**Perinatal Support Service:** Provided remotely via phone and digital platforms (Teams). In exceptional circumstances we are also providing socially distanced face-to-face support with one-to-one walks.

**Safe Haven (crisis support):** Provided face-to-face and by phone.

**Training Services:** Provided remotely via video and digital platforms.

**Wellbeing Groups:** Provided by phone support, closed Facebook groups, Zoom groups and newsletter. Some face-to-face in groups are continuing with safety measures in place in accordance with government guidelines.

**In the meantime, if you have any questions, please do not hesitate to [contact us](#).**

**For up-to-date COVID-19 advice and guidance, [please click here](#). For urgent mental health support, [please click here](#).**

## Paint in Motion

Last week our High Wycombe wellbeing art group enjoyed a Paint In Motion session inspired by Jackson Pollock.

Feeling a little bit stressed or overwhelmed? Why not try to do something creative: write, colour, paint, sketch, doodle, photography, cross stitch. Go on, unleash your inner artist.



## Volunteers Urgently Needed for Telephone Befriending

Would you like to have a chat with someone on the phone and make a real difference to their day?

Since March, our Befriending volunteers have supported over 100 people in supportive telephone partnerships, ensuring they have regular contact with someone, have access to food and their medication and are not forgotten.

Our service users are often isolated and vulnerable at the best of times, living with anxiety and depression that has been compounded during the pandemic as vital support and activity has been restricted or removed.

We train people to have supportive conversations, to listen and be empathetic and we have robust procedures in place for when things aren't going so well. This is such a difficult time but we want to be there for as many people as we can to let them know they are not alone and there is hope.

To find out more about Befriending, please [click here](#). To download our leaflet for Befriending volunteers, [please click here](#).

If you would like to volunteer as a 'telefriend', you can [download our volunteer application form here](#) or contact Vicky Royal on 07930 801681 for more information.



"My befriender has provided company and opportunity. I can see myself through someone else's eyes and can check my thinking and whether my perceptions are reasonable."

"I'm getting more confident and helping to improve things for myself."



### Befriending Service

# Wellbeing

## Winter Wellbeing

Winter can be a tough time for many people in normal circumstances. Now that we're in a new lockdown it's more important than ever to try to look after ourselves physically and mentally through the winter months. We've put together four top tips to help you look after your wellbeing this winter.

1. **Get moving.** Physical activity is really important for both our physical and mental health. You don't have to take up marathon running or be super fit, something as simple as a daily walk can make all the difference. Exercising outside this winter could help boost our mood and reduce anxiety during the pandemic. Exercise triggers the release of endorphins into the bloodstream, relieving pain and producing a feeling of well-being.
2. **Turn worrying into problem solving.** It's natural for all of us to be worried at the moment, these are worrying times. But worrying doesn't solve anything and it can be very harmful to our mental health. Try to shift your focus to practical problem solving. Stop and ask yourself what steps you can take to address the problem. If you're still dwelling on your worries, try to shift your focus by doing some physical activity or something that requires a lot of concentration.
3. **Set goals.** Set yourself some new targets or goals to focus your time and energy and help you feel in control. Be realistic so that you're not putting unwarranted pressure on yourself. Perhaps now is the time to take up a new hobby or set yourself a challenge? For example crafting or learning to knit are both hobbies you can do indoors and which are good for your mental wellbeing. Learning to do something new or meeting a goal you've set for yourself is a great way to boost your self-esteem.
4. **Talk to someone.** Talk through your worries, telling someone about your mental health difficulties or just sharing your day with another person can make a huge difference to the way you feel. We know that it's always better to talk than to stay 'stuck in your own head'. [Please click here to view a video about tips on starting a conversation about mental health.](#)

If you're experiencing a mental health problem, please reach out and ask for help. To find out more about our services, [please click here](#).

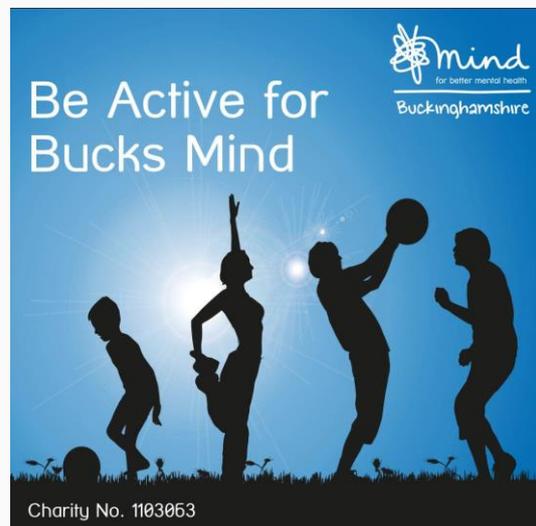
## How You Can Help

Buckinghamshire Mind relies on donations and community fundraising, which underpin our vital mental health services. We are in uncertain times where much of our fundraising events and activities have been cancelled or postponed due to the global Covid-19 pandemic. Therefore, more than ever, your support will make an incredible difference, ensuring we can be here to support our community's mental health service needs in the months to come.

### Be Active for Bucks Mind

Be Active for Bucks Mind is our new fundraising campaign that encourages you to be active every day, in a way that suits you, and raise vital funds for Bucks Mind at the same time.

You don't have to be a marathon runner or take up a sport to take part, you simply need to try and be active in some way every day for a period of time. You could do gardening, dog walking, yoga or even be mentally active by completing a crossword. You could do a different activity every day, or repeat the same one. You could do it every day for a week, a month or longer. It really is up to you!



Once you've decided what activity you want to do and for how long, just set-up a [JustGiving fundraising page](#) and ask your friends and family to sponsor you.

We know that being active every day supports mental wellbeing. By taking part in the Be Active for Bucks Mind you can not only support your own mental health but also that of local people experiencing a mental health problem by raising funds for Bucks Mind.

For more information please contact [fundraising@bucksmind.org.uk](mailto:fundraising@bucksmind.org.uk).

## Ride4Charity, Sri Lanka – 5-11 September 2021



We've teamed up with adventure travel specialist Travelteer to take part in Ride4Charity - an amazing self-drive Tuk Tuk adventure on the beautiful island of Sri Lanka all in the name of charity!

We're looking for those with a passion for adventure to start fundraising for our charity and take part in a breath-taking road trip through the mountains, famed tea plantations and white sand beaches of Sri Lanka!

Ride4Charity provides a once-in-a-lifetime experience, while also raising vital funds for Bucks Mind. So you can help local people with mental health problems to get the support they need, while also having an amazing adventure.

To find out more please [download the brochure here](#).

You can also contact Ride4Charity directly:

T: 0115 874 4399

E: [Ride4Charity@travelteer.co.uk](mailto:Ride4Charity@travelteer.co.uk)

W: [www.ride4charity.co.uk](http://www.ride4charity.co.uk)

## Virtual Crafternoon



Many of us are spending a lot of time at home due to the current lockdown restrictions.

Crafting is a great indoor activity and it's also good for your mental wellbeing. By hosting a Virtual Crafternoon in your home you can enjoy all the benefits of crafting with your friends (via Zoom or other online platforms) and raise funds for Bucks Mind at the same time.

Set-up a fundraising page online and ask your guests to make a donation for Bucks Mind to take part in your Virtual Crafternoon. To find out more [please click here](#).

## Thank You

**A huge thank you to Silverson Machines for their continued support of our vital Befriending Service with donations of £2,500 per quarter. This makes an incredible difference to the service and the people it supports.**

**Thank you very much to Afton Chemical Ltd for their generous donation of £2,500. Employees of Afton Chemical, which is based in, Bracknell, have chosen to support Buckinghamshire Mind as one of their selected charities for 2021.**

**Thank you to the Berkshire Community Foundation (BCF), for awarding Bucks Mind a grant of £1,875 from their Christmas Campaign. The grant was made possible by generous donations from individuals and businesses, who came together to support those most in need at Christmas.**