



## SECE Mind opens new Trauma programme thanks to bid win.

South East and Central Essex Mind have been awarded more than £350,000 by the Big Lottery Fund to deliver a brand new service helping those who are experiencing mental health problems resulting from psychological trauma. The new 3 year service has been designed so that users go through four different stages which all offer specialised and bespoke help and support.

The Trauma programme is unique in the UK in that it works with trauma-specific issues and is built around a tiered entry system. The service is a vital asset to the community as it offers longer-term specialised psychotherapy and counselling for those with more complex needs.

Kristina Stazaker, the charities' Development Manager says *"Everyone at SECE Mind worked really hard to win this bid as we knew how much the community needs help with their mental health. It took around 9 months for us to complete the application and we are absolutely thrilled to have been successful. We cannot thank the Big Lottery Fund enough for their generosity"*.

Georgina Beadon, the Service Manager says *"I feel the new Trauma programme is the most holistic, integrated and innovative service we have built over the last decade and it has been designed in collaboration with local stakeholders, service users and the community so that everyone benefits. I feel proud to have led this bid and look forward to its future successes"*

Anyone who wishes to join the Trauma programme or address their mental health issues, resulting from trauma, can contact the charity for more information and guidance.

## 50 years of serving the community

This year we are delighted to report that our services have been helping the community for over 50 years. Our journey to this point has taken many shapes and forms gradually evolving to how we exist today. The organisation known as Southend District Mental Health Association was started in 1966 by volunteers who provided a day care service for the long term mentally ill and their carers and a befriending scheme. Shortly after, a constitution was adopted and in 1972 the Association purchased the first of three houses, for accommodating people with mental ill health. On 31 January 1973 the Association registered as a charity and amended its constitution. Four years later, the Association became affiliated to Mind being one of over 140 local Mind associations, which comprise the Mind network delivering mental health services in England and Wales. In 2011 the Association merged with Chelmsford and District Mind Centre (1985) Ltd and the following year changed its name to South East and Central Essex Mind Ltd, becoming a limited company. In 2018 we plan to host some events to celebrate our long-standing presence in the county and to look forward in review how we can meet the future needs of our community.



**Thank you!** We always like to say thank you to our donors and partners. This edition we would particularly like to say thank you to the Big Lottery, Essex Community Foundation, Santander Foundation, ROSCA Trust, Chelmsford Star Cooperative, Fowler, Smith and Jones Trust, Sarah Holburn, Royal Bank of Scotland, The Denman Charitable Trust, Rochford Running club, CWU South East Anglia branch, Swayne Park School, Chalkwell park Methodist church and to all of our partners and sister organisations for your help and support.



## IES showcase!

The Essex Community Foundation, through their FireBird Fund, kindly supported covering the costs of a Coordinator for our advice and guidance service. The role of the Coordinator was to oversee the busy drop-in clinic, and manage the team of fantastic volunteers who assist to responding to the phone calls and emails we receive from people with mental health concerns. The funding period started in October 2016 and ended in April 2017. We are delighted to report that in this period 462 people made contact with us and received the advice and guidance they needed. Each person also received a follow up call to make sure they were OK and if they had any more questions. Some people needed further assistance and were signposted on to additional services where they would receive the best help from our partnership organisations. These services include GP surgeries, ISPT, Family Mosaic, A&E, Pohwer, Samaritans, Trustlinks, Rethink, CRUSE, CAB, STaRS, The Hub, HARP, Healthwatch and Together Advocacy.

### *What have we learnt?*

This funding allowed us not only to recruit and expand the service, it also allowed us to evaluate our performance and assess what the communities' needs are from our findings.

We have learnt that:

- ⇒ The service is a necessity and it is essential to continue if the needs of the community are to be met.
- ⇒ The role needs to be bigger so that the service can operate longer hours so it can reach out to people who could not access the service in these restricted hours.
- ⇒ The service is designed to ensure the majority of people do not need to be signposted onto other services. The feedback given in the follow-up calls showed that the advice given was enough to address the mental health concern in question.
- ⇒ Volunteers who give their time to run the project find empowerment and value in the role they fulfil

We are currently looking for individuals, businesses or other local bodies to help fund this vital service. Please contact us if you wish to contribute.

## Introducing...

Each month, we introduce a different member of staff or volunteer. In this edition, here is the organisations Senior Housing Officer, Kim Ewell



**Name:** Kim Ewell

**Job Title:** Senior Housing Officer

**Most relaxing activity:** Love cooking – I'll give anything a go!! Walking my dog, and the usual suspects knitting, crochet and always wanted to try card making...I also have a vast collection of DVD's varying genres from horrors to romantic.

**Favourite animal:** My dog and of course the cat!!

### **When did you start working for Mind?**

I started nearly four years ago and have seen many changes. I have worked in mental health for many years and when the role was advertised I knew I could make a difference and slowly and surely, I have. I have a mantra if I can't win then I learn.

### **What's a typical day for you at work?**

Every day is completely different within housing. Supporting the tenants with their individual needs, such as their daily living, budgeting skills and leading them into independence; meeting other professions and agencies. I work with some truly amazing people shared with much laughter.

### **What do you wish people knew about us?**

The dedication and compassion of the staff with a common goal to support individuals with mental health needs.

### **What's the most exciting project you have worked on?**

Being able to create a house into a home for our future tenants. Taking something that was virtually broken and making it almost new.

### **What do you find the most challenging aspect of your role?**

Not being able to say 'no' and since the cut backs across the whole board we experience challenges every single day especially when finding the right support for the people we support



### Low-cost Counselling services

We offer specialised counselling services for as little as £10 per session depending on how much you earn. Contact 01702 501123 to find out more today.

### Peer Support

Our peer support programme offers support by pairing you up with somebody who has 'lived experience' of mental health issues, sharing knowledge and understanding to help you recover. Ring 01702 501123 to sign up

### Training your staff

We can deliver mental health training to your business or school. With a wide range of courses, we can give you the training you need. Please email [mht@seandcessexmind.org.uk](mailto:mht@seandcessexmind.org.uk) today to see how you can benefit.

### Need advice?

Ring 01702 501123 or email us on [IES@seandcessexmind.org.uk](mailto:IES@seandcessexmind.org.uk) if you need advice or guidance on a mental health issue. The lines are open 10am to 3pm, Monday to Friday. You can also drop into our Jubilee centre.

### Looking for supported housing?

Living independently can be difficult and sometimes help might be needed. We can provide help for some people. Ring 01702 501123 today and we can talk you through it.

### Counselling room private hire

We also promote wellbeing in our area by offering our counselling rooms to external counsellors to use. You can hire by the hour from Monday to Friday. For more information, visit our website [www.seandcessexmind.org.uk](http://www.seandcessexmind.org.uk)

### Volunteering opportunities

We are currently recruiting for volunteers to run our phone, email and drop-in service in Southend. This is an exciting opportunity to gain experience on the frontline in a busy mental health centre. Ring 01702 501123 today to find out more.

### Offer! Student Counselling package

We understand how expensive it can be for student getting their counselling hours. We can help with a 50% discount on counselling by qualified counsellors with BACP membership. Ring 01702 501123 to find out more.



# Make a difference to your local mental health services today...

Although we share the same values and brand as national Mind, we are a separate charity with our own independent board of trustees. We are solely responsible for funding our local services. It costs over £1 million each year to keep our services running.

You can help your local services today in lots of different ways.

- ★ Become a volunteer at either our Southend or Chelmsford site and help those going through difficult times
- ★ Fundraise for us by hosting an event or a collection
- ★ Donate today and make the world of difference to your local mental health charity

Don't forget!

- ★ You are not alone - 1 in 4 of us will report having been diagnosed with at least one mental health problem.
- ★ If you are ready to talk, we are here. We offer a variety of different therapy options including counselling services and peer support.
- ★ We offer essential bespoke training courses to help schools, groups and local businesses

Ring us on 01702 601123 or email [office@seandcessexmind.org.uk](mailto:office@seandcessexmind.org.uk) if you would like further information

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*Our services rely heavily on donations given to us by our kind funders and supporters. Please get in touch if you, your business, community group or school would like to join us in standing up for mental health in our area.*

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