



A voluntary organisation working with people living in the Borough, who are aged 18+ and who experience distress or isolation because of mental health difficulties.

Befriending Services

The Befriending Service provides support for people who feel isolated or alone due to the effects of mental illness.

A Befriender is someone who can be there to listen and give some time when it is most needed. A volunteer befriender might visit someone at home, go for a walk or even go to a doctors appointment or maybe shopping.

They can provide information about local clubs, groups etc. or even go with someone on new ventures, such as clubs or classes, for the first time.

Telephone Befriending

We are now offering Telephone Befriending for people on our Befriending Service list who may be waiting some time to find a suitable befriender. This would involve a weekly phone call with a St Helens Mind Volunteer and would help to reduce isolation, provide the chance to have a chat and may help boost confidence and self esteem

The Befriending Services aim to

- Improve self confidence
- Improve self esteem
- Reduce isolation caused by mental ill health
- Reduce loneliness
- Enable people to cope with life after the Befriending Service

Social Groups & Peer Support

Our Social Groups are for people who are experiencing mental health problems and who would benefit from an enjoyable, safe and welcoming place to meet with others. All our groups are different, but they all aim to:

- Provide a place to go for company and mutual support
- Build confidence and self-esteem
- provide the opportunity to contribute skills and experience
- Support recovery
- Provide support to access mainstream opportunities
- Develop social skills
- Lessen isolation
- Have fun and enjoy activities
- Signpost and inform

Mixed Social Groups

Each group differs in what people can enjoy when they attend. There may be a quiz, a chance to chat or enjoy a board game. Some groups offer arts and craft activities. They are in Haydock, Newton-le-Willows and St.Helens.

Men's Group

Held at the Mansion House site in Victoria Park, St.Helens. This men-only group sees lots of laughs and banter as well as a quiz or maybe a guest speaker or leisurely walk.

Ladies Creative Group

The ladies meet weekly in Thatto Heath and enjoy a variety of arts and crafts as well as each others company.

Audio Group

You can bring an instrument, sing, recite poetry and even have it recorded in this new group.

Cinema Group

We visit the Lucem Community Cinema, enjoying films together in a welcoming environment.

Ladies Active Group

With no regular base or day to meet, these ladies find interesting activities or events to take part in.

Reading for Wellbeing

The Group meets weekly, exploring themes in literature and enjoying shared reading.

A Place to Grow

Our established allotment and a yet to be developed new garden provide a place for fresh air, company and exercise.

Sound of Mind

Our choir sessions have members of all abilities and really proves that singing together can benefit physical and mental wellbeing.

Social Evenings

Once a month we go out for tea and enjoy each others company at a local pub.



Call 01744 647089 to make a referral into our Social Groups

Volunteer & make a real difference

We currently have around 50 volunteers, without whom we could not run any of our services and support so many local people. They give freely of their time, experience and enthusiasm and we are very grateful to them.

Although all our volunteers go the extra mile, some have offered their services across the board, helping at, and facilitating groups, befriending and helping to promote our work and attract even more volunteers.

All we ask is that each volunteer is aged 18+, willing to commit a couple of hours a week of their time, attend an induction and be prepared to have fun, learn new skills, gain confidence, meet friends and make a massive difference to the lives of the people we support.

Volunteers are needed as befrienders, to support someone on a one-to-one basis for 2 to 3 hours a week.

We also need volunteers to help facilitate our groups. We have several around the borough and need dedicated, caring and practical volunteers for various roles to keep the groups running smoothly.

Events and fundraising volunteers help us to promote the service, identify ways to raise funds at events or in public locations and lend a hand meeting the public and giving out information about the work we do in St.Helens.

Volunteers are also needed to help on our allotment and in the kitchen garden. Both sites need volunteers who are interested in gardening and who would like to help the people who use our service to enjoy the outdoors, chat with friends, grow flowers and vegetables and relax.

Activities volunteers may have a specific skill or hobby they would like to share. They tend to help out generally, but can be called upon to run sessions such as craft activities, meditation, art or reading for wellbeing.

St.Helens Mind

01744 647089

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www.sthelensmind.org.uk

The Co-op Local Community Fund

Are you a Co-operative Member? Every time members shop at the Co-op, 1% of what they spend on selected own-brand products and services goes to the Co-op Local Community Fund.

The Co-op Local Community Fund has chosen St.Helens Mind as one of its beneficiaries. The fund is now open for members to choose and give their 1% to St.Helens Mind. This funding period is for 11 months until the 27 October 2018.

Along with other causes in your community we will also receive an equal share of the money raised from sales of carrier bags. Members in our local community will be able to choose St.Helens Mind and give their 1% from the 12 November.

The more you shop, the more we share. Sign up at
<https://membership.coop.co.uk/causes/13821/>

How you can help St.Helens Mind

As a small local charity, St.Helens Mind relies on donations and grants to help us to maintain and develop our services for vulnerable local people who are experiencing mental health difficulties.

Money we raise helps us to continue our core work; a Befriending Service and Social Groups.

It helps us to maintain leisure and recreational sessions, develop new activities such as a choir, and allows us to maintain good standards of training and support for volunteers.

Without funds we couldn't attract and train new volunteers to meet the increasing demands for our support.

We raise money in many ways

Having regular donors reassures us that we have a regular amount of money coming in to help us to maintain aspects of our work.

Donating online is the easiest and quickest way to support St. Helens Mind. This can be done via Virgin Money Giving. Donors can choose to make a one-off donation or set up a regular direct debit which helps us to plan for the future.

Some people choose to pledge a gift to us in their Will, or choose to donate in memory of someone special, as a personal way of remembering them.

If you are feeling energetic, you can run a half marathon, or if you feel inspired, you could host a concert. Previous fundraisers have organised a Ball, taken part in a craft fair and even toggged up in fancy dress to pound the streets to raise funds.

Every donation helps us reach out to people who need us, ensuring that no one is left to cope alone with a mental health problem. Every donation, no matter how big or small can go a long way to helping someone.

We aim to respond to every cry for help and you could make this happen.