



# Oxfordshire Mind

## Sponsored Walk

For better  
mental health

Registered Charity Number 261476

### Sponsored Walk Across Port Meadow, Oxford - Approx 7 Miles

A Circular Walk from the Mind Office, 2 Kings Meadow, Osney Mead, Oxford OX2 0DP  
Start: 12.00 noon

### Sunday, 27<sup>th</sup> June 2010



Within five minutes of leaving the Oxfordshire Mind office we will be heading towards Oxford's famous riverside pub, The Trout at Wolvercote. The scenery will be rural as you find yourself walking a quite stretch of the Oxford Canal towpath and then over lush green fields along the River Thames.

We will have a break at The Trout for liquid refreshments and if you wish (and whether permitting) a short picnic stop on Port Meadow afterwards!

Please wear comfortable shoes and bring waterproofs (just in case!)

Don't forget your sponsorship form on the day, together with your picnic and water (a must in hot weather!).

You will be given a registration form when you arrive.

Thank you for taking part in this event. The funds you raise will help support people living with mental and emotional health problems such as anxiety, bereavement, depression, life crisis, loneliness, recovery from breakdowns, panic attacks, stress and schizophrenia.

Your support is very much appreciated.



For better mental health

# Oxfordshire Mind

## Donation Form

### SPONSORED WALK IN AID OF OXFORDSHIRE MIND ACROSS PORT MEADOW, OXFORD

**APPROX 7 MILES CIRCULAR – SUNDAY, 27TH JUNE 2010**

START: 12.00 NOON., OUTSIDE THE MIND OFFICE, 2 KINGS MEADOW, OSNEY MEAD, OXFORD OX2 0DP



It would extremely helpful if you could make your donation payable to 'Oxfordshire Mind' and hand it to the person taking part when you support them. Thank you!

**NAME:** .....

**ADDRESS:** .....

..... **EMAIL:** .....

**Free money for Oxfordshire Mind!**

Gift aid is an easy way in which you can increase the amount you raise for Oxfordshire Mind. Oxfordshire Mind is entitled to reclaim the tax made from anyone who is a UK taxpayer who makes a donation towards your event (please note we can not claim gift aid for donations from yourself or your family).

All you need to do is simply ask your supporter to insert today's date on the donation form and check if they are a UK taxpayer. This will not cost yourself or your supporter anything. But it does mean that for every £10.00 donated, Oxfordshire Mind can claim a further £2.50 from the taxman!

**PLEASE BE AS GENEROUS AS YOU CAN!      THANK YOU FOR YOUR SUPPORT!**

Name and address of supporter	Donation Amount £	Gift Aid And today's date	Tick When paid
<i>e.g. A. Friend, 22 Any Road, Oxford OX2 6AH</i>	£20	10/06/2010	

**"Mind has been the listening ear when all hope has failed and there is no one else to turn to. It has been my rock, my sympathetic friend, my source of info. Without Mind I wouldn't know half of what I know now. Suffering from a mental illness isn't easy, but Mind has given me the strength to move on. Thank you!"**





## **Oxfordshire Mind provides:**

**A network of fifteen well used, effective Community Resource Projects** including women-only services, a service for black and minority ethnic men, a group for young people, and evening and weekend services that can be accessed by people who work during the day. Our projects are currently based based in Abingdon, Banbury, Bicester, Carterton, Chipping Norton, Didcot, Henley, Kidlington, Oxford, Thame, Wallingford, Wantage and Witney.

**Our central office offers a help and information service on all mental health issues and local resources.** Tel: 01865 263730. We stock a large array of booklets on medication, legal rights, mental health and illness.

**Understanding leaflets available:** Anxiety Attention Deficit Hyperactivity Disorder, Autism in Children, Bereavement, Caring, Childhood Distress, Dementia, Depression, Dual Diagnosis, Eating Distress, Gender Dysphoria, Learning Disabilities, Manic Depression, Mental Illness, Obsessive Compulsive Disorder, Paranoia, Personality Disorder, Phobias, Post Natal Depression, Post-Traumatic Stress, Premenstrual Syndrome, Schizophrenia, Seasonal Affective Disorder (SAD), Self-Harm, Talking Treatments, The Psychological Effects of Street Drugs. We also stock a large array of **'How To'** leaflets such as How to: Cope with Relationship Breakdowns, Cope as a Carer, Survive Student Life, Assert Yourself, Cope with Panic Attacks, Help someone who is Suicidal, Recognise the early signs of Mental Illness, Deal with Anger, Survive Family Life, Recover after a Breakdown, Cope with Sleep Problems, Deal with Bullying at Work etc.

**Six supported housing projects** managed in partnership with Oxford Citizens' Housing Association, Cherwell Housing Association, Oxford City Council and Supporting People for approximately sixty residents.

**Two Benefits Advice Workers** for people all over Oxfordshire with mental illness.

A monthly **Carers Support Group** where relatives, friends and carers can discuss freely and in confidence the problems that arise from looking after someone with mental illness.

A programme of **therapeutic groups**, using techniques based on cognitive behavioural therapy to teach strategies for Coping with Anxiety, CBT Skills, Coping with Stress and Challenging Depression.

**A rural transport service** (enabling people living in rural communities to access Oxfordshire Mind's projects).

A 350-page **Mind Guide** to mental health services in Oxfordshire.

In partnership with Oxfordshire Mental Health Matters we provide a **Mental Health Information Line** for free and confidential information about any aspect of mental health. Telephone **01865 247788**, Monday - Friday 9.30 a.m. - 4.30 p.m.

In May 2008 Oxfordshire Mind launched a new pilot project to **Improve Access to Psychological Therapies**. We have currently employed 7 staff to work with GP's across Oxfordshire.

**In 2010/11 Oxfordshire Mind needs funds to develop various areas of its work. Your donation / support will play an essential part in this as it will help us:**

- **Develop our evening services for working people, parents and students** - In order to support more people we need to develop and fund **evening services**.
- **Raise awareness** about mental health issues.
- **Produce publicity materials**. Many people are still not aware of the services we have to offer.
- **Develop our Groups Work Programme** - The groups offer opportunities to learn coping skills and help people take more control of their lives. We are currently running groups on Coping with Anxiety, Coping with Depression, and Building Self-Esteem.

- **Train staff to run Cognitive Therapy Behavioural Workshops** - We would like to expand our current therapeutic groups so they are accessible to more people; including working people and people who live in rural areas. To train our staff in this field costs Oxfordshire Mind £550.00 per person (this is a special rate agreed with the Trust). There is a growing need for these courses and we would like to be able to train 3-4 staff on this course over the next year.
- **Access to a range of therapies and creative activities for people with mental health problems living on benefits** - It is well known that a range of therapies and creative activities can help people with mental health problems improve the quality of their lives. Medication is one thing that can help, but access to Massage, Reflexology, Aromatherapy, Yoga, Head Massage, Chi Gong, Meditation, Dance, Music, Creative Arts etc. can greatly improve people's mental well being. Sadly a lot of these activities are not accessible to people who cannot afford them and it is unfortunate that these are often the people who need them the most. Oxfordshire Mind tries to run these types of activities through employing people with the necessary skills on a sessional basis. Each session usually costs between £20 - £50. These activities are extremely popular and have attracted new people who need our support who may not otherwise use our services. Previous groups have been run from the projects budgets (which are very limited) and it would be good to run a series of groups which could be advertised through the course of a year. **£2000** would allow us to run 50-60 varied sessions for people with mental health problems within our projects.
- **Volunteer training** – Training volunteers is costly, but many volunteers go on to work in mental health which is good for those who live in our community.
- **Fund our rural transport service** - We have a network of fifteen day centres throughout the county. To run this service costs approximately £15,000 per annum (including fuel, servicing, repairs, insurance, volunteer expenses etc). **We will have to replace one of our mini buses in 2008/09 at a cost of approx £32,000** - We have raised £8,000 so far.
- **The Mind Guide to Mental Health Services in Oxfordshire** - The Guide is often described as the mental health bible. It takes many hours of preparation and approximately £10,000 to print. It is distributed to all G.P.'s, mental health professionals and the general public.
- **Christmas Activities** in our projects cost approx £2,000 - £4,000 per annum. Oxfordshire Mind recognises that Christmas can be a distressing time for some people, especially those who feel isolated and alone. Many of our projects run special events in the run-up to Christmas, and hold special 'Post-Christmas Chill-out Days' on 27<sup>th</sup> December. Activities include Festive Art Groups (making Christmas decorations and cards using recycled materials), Christmas lunches, Sweet-making, Christmas music and singing, Christmas bring and share buffets, coping with Christmas workshops, bowling trips, Christmas bazaar, raffle and tombolas, Theatre trips and a Christmas Quiz to name but a few!
- **Refurbishment of Mind projects** – Some of our Community Resource Projects are in desperate need of re-decoration and refurbishment. We need funds to refurbish and redecorate the centres, undertake structural work to support the development of community kitchens, renew key electrical appliances in the kitchens (e.g. cookers, dishwashers and fridge/freezers), develop and equip community ICT hubs providing internet access and access to learning opportunities, purchase comfortable chairs for group work and training activities, new tables and chairs for the proposed community cafés, information and display racks and develop some new signage for the centres.

I hope this gives you an insight as to what the funds you have raised will help us with.

Nichola Clargo, Finance & Personnel Officer

### **Fancy taking up a charity challenge in 2011? Why not join us by trekking in Slovenia?**

**When:** 24<sup>th</sup> – 29<sup>th</sup> June 2011  
**Registration Fee:** £50  
**Fundraising and sponsorship:** £1,450  
**No of days away:** 6  
**For more information contact:** 01865 263733 or  
[nicky.clargo@oxfordshire-mind.org.uk](mailto:nicky.clargo@oxfordshire-mind.org.uk)

