



We're fighting for mental health. For support. For respect. For you.

Befriending Service

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. Or they could befriend by telephone.

Telephone Befriending

We are now offering Telephone Befriending. 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*

2021 - How things have changed

As our community slowly regains some normality, the St.Helens Mind team is making plans for resuming our services. Thankfully, we were able to change our Befriending Service to telephone befriending at the very start of the pandemic and continued to welcome new volunteers and referrals for people who were in need of regular one to one support.

However, since early 2020, we were required to close the majority of our services, as we use public buildings for our groups and activities and these were closed due to the pandemic.

This meant we no longer had our art group, social groups, choir, music group, reading for wellbeing, ladies craft group, and for a while, our allotment.

As restrictions in social isolating changed we managed to open our allotment and secure some funding to run the Men's Group. The ladies active group resumed their visits to their small garden in Victoria Park and met for walks and craft classes.

To help us to start groups again we are applying for grants and also looking at alternatives to deliver support to the community. Our previous cost of venue hire reached almost £10,000. In order to start delivery of any groups and activities we need to secure funding and begin to charge a small amount of 'subs' to help us to cover costs.

Our current offer

As well as our befriending service, our allotment/garden is open on Mondays and Wednesdays for our members and is also open on Thursdays for the wider community. Our Choir, Music Group and Haydock Social Group will be opening in September

We are accepting referrals for befriending, the allotment, the Men's Group, Ladies Active Group and any other social groups and activities as they open up again.

A Place to Grow!

The impact of COVID-19 is being felt everywhere. Self-isolation can bring with it loneliness, and a feeling of loss of connection with your community. St. Helens Mind can help.



Let us brighten your day!

You may be surprised that St. Helens Mind doesn't just help people who are experiencing mental health difficulties. We are also here to help you to maintain your mental wellbeing, by tackling issues like loneliness and isolation that can lead to stress and anxiety.



We are now offering you the chance to enjoy our beautiful allotment each Thursday to help you to keep connected, share your thoughts, enjoy fresh air and good company. It will be a chance to do some gardening as well as just getting together for a chat and a laugh over a cuppa - vital in these challenging times.

Would you like to know more?

If you feel that you, or someone you know, would benefit from a regular visit to our lovely allotment/garden and be assured of a warm welcome, please get in touch and we can arrange a visit.

Email peter@sthelensmind.org.uk or Phone: 07703 185 232

You can also send a message from St. Helens Mind's Facebook page or website: www.sthelensmind.org.uk



St Helens Mind is registered in England and Wales as a Registered Charity No. 1143202 and Company Limited by Guarantee No. 7550408

Check us out on social media

www.sthelensmind.org.uk

www.facebook.com/sthelensmind

twitter.com/sthelensmind

www.facebook.com/STHMAllotment

off donation or regular direct which helps us to



set up a debit plan our future.

Volunteering

Without volunteers, we could not run any of our services. They give freely of their time, experience and enthusiasm and we are very grateful to them.

All our volunteers go the extra mile, some offer their services across the board, helping at, and facilitating groups, befriending, helping with craft sessions and other activities, and helping to promote our work at events

You need to be 18+, able to commit a couple of hours a week of your time, attend an induction and be prepared to have fun, learn new

How can you help?

As a small local charity, St. Helens Mind relies on donations and grants to help us to maintain and develop our services for 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.

Donating online is the easiest and quickest way to support St. Helens Mind. This can be done via Virgin Money Giving. You can make a one-