



for better mental health

Havinging

Supporting and Educating
the local community

Havinging Mind is your local independently funded mental health charity.

We support people living in Havinging who may be experiencing problems with their mental health and their carers.

We campaign to improve services, raise **awareness and promote understanding.**

We provide a range of services that:

- Provide advice and information
- Give individuals the tools to manage their mental health
- Provide activities to create peer support



Our services

18-30 programme

Our 18-30 programme offers support for young adults in recovery from mental health distress. Support and encouragement to build fulfilling lives through awareness, prevention and peer support.

Befriending

A volunteer befriender supports individuals on a one-to-one basis in their home and community, working together to identify steps to achieve goals and overcome difficulties, whilst providing emotional and social support.

Carers support

Our carers support service involves confidential groups where carers meet other carers and benefit from staff and peer support, a regular newsletter, one to one advice and support, training and awareness sessions and social activities.

Live a better life

The live a better life project is a physical and mental wellbeing programme, that aims to reduce the risk of obesity, diabetes and heart disease, as well as developing coping skills for mental health. This is achieved through a range of workshops and activities including a walking group, music group and badminton session.

Older, Wiser, Live, Stronger (OWLS)

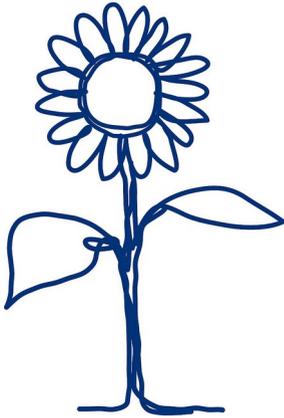
Our OWLS service is aimed for the over 50s and involves training and group sessions that promote recovery and wellbeing, enable people to maintain or re-build meaningful lives.

Referral, Enablement & Pathway Service (REPS)

The REPS scheme involves one-to-one support with aspects of an individual's life such as housing and benefit issues that they are finding difficult to manage whilst they are experiencing mental health problems.

We also...

- offer opportunities for people to get involved with the organisation through **volunteering**, learn more about mental health and support others in their recovery.
- **signpost** individuals to other support organisations across the borough
- offer bespoke mental health awareness **training**.
- take the lead in the borough on **raising awareness** of mental health. We hold and attend many events throughout the year to promote better understanding about mental health.



Some facts about us...

During 2015/16:

- **720 people** accessed our services
- The number of carers we supported **increased by 20%**
- The number of young people helped through our Child and Adolescent Mentoring **increased by 90%**
- We received **410** new referrals, an increase of **66%**
- The youngest person that accessed our services was **10**.....the oldest was **94**

“It wasn't until I came to Havering Mind that I found that there was someone to help”

“I feel much more able to confront my problems now. I feel stronger”



“I know that the people I talk to understand me, won't laugh at me and are people who I can trust”

“I have learnt a lot of coping strategies to help me to deal with my problems”

Our services encourage and promote...

Social Inclusion

Physical activity

Higher self esteem

Improved Wellbeing

Better coping strategies

Increased motivation



Better understanding of mental health

We all have our own mental health

**Anyone can experience problems with their
mental wellbeing**

More detailed information about mental health problems can be found by visiting
the national Mind charity website:
www.mind.org.uk



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