



Our Impact

2023 - 2024

Our Year in Numbers

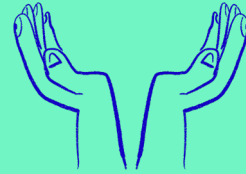
9130

people supported



84%

of people we support feel less isolated and more connected



7557

hours given by our volunteers



691

Counselling sessions

1291

people trained in Workplace Wellbeing

3305

people attended Champion the Change events



163

times Safe Haven was chosen as an alternative to A&E

150

new Befriending partnerships



259,250

people reached through our website and social media



180

People accessing 2 or more services

2156

children, parents and school staff supported by our Mental Health Education in Schools service



334

people supported by Community Connectors

836

students engaged through our Peer Support in Schools service



1728

people supported by Community Link Workers

243

people supported via Outreach services



4291

attendances at our Wellbeing Groups

29

Mental Health Safety Plans written in 6 months

30

Young people supported in first 4 months of Counselling for Young People service

651

adults supported by our Peer Support Services

Our Reach

People Supported

During the year we supported **9130** people. This includes 3817 people who accessed one of our services, 1291 adults who received training, 2992 young people trained as peer mentors and 1030 people who were impacted directly through our campaigning work.

People Engaged

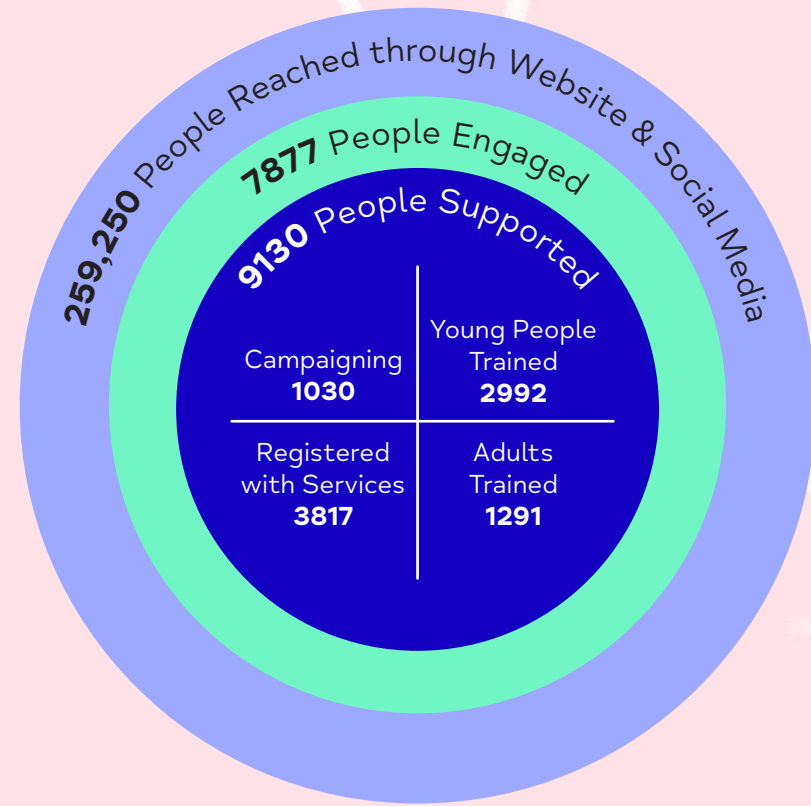
We also engaged with a further **7877** people through community events, awareness training in schools, volunteer training and through signposting to other services.

People Reached

In addition, we reached **259,250** people through our website and social media platforms.

We are continually striving to celebrate the difference that we make.

Numbers of people paint a picture, but sometimes it's the words of an individual, such as those below, that really tell the story.



Person-Centred Support

An expectant mother experiencing paranoia, low mood and isolation was referred to the Bucks Mind Perinatal Support Worker, who is part of the Oxford Health NHS Foundation Trust's Perinatal Team. She was supported to attend community-based groups, develop skills in managing her own wellbeing and empowered to lead on making her own life choices.

“My support worker is amazing and has massively supported me over the past few months and given me the confidence to make some really big decisions. Nothing has ever been too much trouble. She is so kind and compassionate, and really commits to making sure I am ok and moving forward. I found her to be non-judgemental, kind and super knowledgeable. She has been instrumental in my overall health and wellbeing as a mum. Every post-natal mum needs someone like her.”

Empowering children and young people



Our Children and Young People's team deliver mental health education in schools and work in primary and secondary schools to train students in the top year to become Peer Mentors to fellow students.

Claire McMahon, Assistant Head Teacher, Year 6 Class Teacher and PSHE Lead, Haddenham Junior School, said: **"I've seen the children grow massively in confidence throughout their time as peer mentors. When they first start, they're keen, but a little bit nervous about the weight of the responsibility. By the end of it, they're visibly more confident, have great communication skills, better leadership skills, more sense of responsibility and much more awareness of mental health and the importance of what we do to look after our mental health."**

"I wanted to be a peer mentor because I wanted to make sure everybody in our school feels like it's a safe place."

"Being a peer mentor has helped my wellbeing because I'm much happier now seeing other people happy."

Supporting Recovery



Bob shares how the Befriending service started his recovery journey: **"My story starts 12 years ago when I lost my wife very suddenly to leukaemia. The suddenness, shock and disbelief were too hard to manage. I went into a deep depression. Nothing made much difference to the way I felt until I was referred by my GP to the Befriending service at Bucks Mind."**

"When I first met Mike, my Befriender, I felt so down. He was understanding and patient and gradually started to ask about my week and if anything good had happened. He made me realise that if I could find one or two happy things to focus on, it could take the edge off the sadness. When the partnership came to an end, I decided to see if I could volunteer as a Befriender myself and it has been one of the best things I have done."

"I'm a lot happier now. Being part of Bucks Mind really helps - I feel valued, appreciated and useful. I love meeting the other volunteers and feeling part of something. If there were more Befrienders in the world it would be a better place."



Thank you!

Our Volunteers

We simply could not deliver all our vital services in Buckinghamshire and East Berkshire without the huge contribution of our wonderful volunteers.

Our volunteer Board of Trustees bring a diverse range of skills, expertise and experience to our organisation, which provides Buckinghamshire Mind with huge depth and breadth of thinking.

In 2023-24, our 218 adult volunteers gave an incredible 7,557 hours this year. At the same time, our Peer Support in Schools service, which works with volunteers in Years 5, 6 and Sixth Form, trained 836 children and young people as mentors across 52 schools.

“I’ve found volunteering as a Counsellor with Bucks Mind incredibly rewarding. Bucks Mind attracts people from all walks of life across the entire spectrum of society. Although the work has at times been challenging, the experience I’m gaining is invaluable.” John, Volunteer Counsellor

We are so grateful to all our volunteers, who have made such a difference to the lives of the people we support. Thank you so much, you are amazing.



Our Campaigning

Champion the Change (CtC) is a community-based campaign. We are committed to ending mental health stigma and discrimination by empowering people to speak openly about mental health, better identify mental health needs and know how to access support.

In October 2023, CtC partnered with Buckinghamshire New University to celebrate World Mental Health Day and Black History Month with an event that brought together student’s poetry, songs about mental health, mindfulness activities and signposting.

For Children’s Mental Health Week, we developed activity packs with our Children and Young People’s team and distributed them to local libraries.

In February, we attended a football match at Chesham United Football Club, where we had 380 mental health focused conversations, signposted to local services.

Also this year, CtC delivered drinks mats that raise awareness about mental health to 56 sports clubs and hosted a talk on childhood eating disorders for parents, carers and teachers.



Community Fundraisers and Donors

Buckinghamshire Mind is hugely grateful to all our funders, commissioners, statutory partners, donors and fundraisers for their incredible support.

Every year, people in our community take on amazing challenges to support our work; as individuals, groups or businesses. Below are just a few examples. **Thank you!**



Fair Pay Services (formerly Orange Genie) raised a wonderful £920 by completing the 3 Peaks Challenge in Surrey on 5th November 2023.

Bucks Students Union supported Bucks Mind as its RAG charity in 2023 and raised a fantastic £2,665.



Chesham United FC raised a total of £2394.13 through a spectacular Treorchy Choir concert on 17th June 2023.



Mentmore Arts Festival, held on 27th-29th May 2023, chose Bucks Mind as its beneficiary charity for 2023, raising an outstanding £5,500.

Gerrards Cross Golf Club raised an incredible £25,071.41 when Andrew Philpott and Debbie Veys selected Bucks Mind during their year as Captains in 2023.



Chloe and Lucy raised an amazing £74.60 through a bake sale that they organised on 15th April 2023.

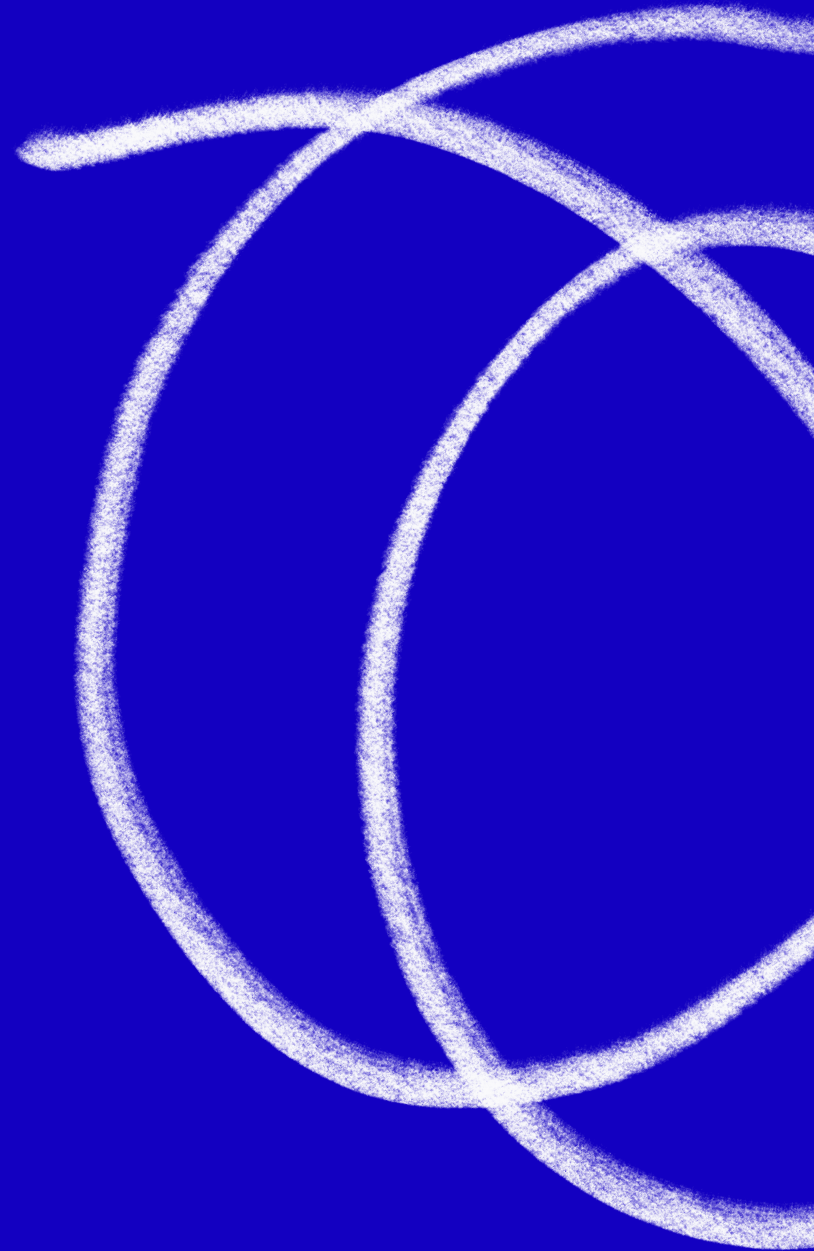
As we celebrate our 110th anniversary, we are calling on everyone to unite with us to fight for mental health across our communities. Together we can ensure no mind is left behind.

You can get involved by donating to our £110k appeal, joining our 110 Challenge or becoming a volunteer:

www.bucksmind.org.uk/support-us/donate

www.bucksmind.org.uk/110-challenge

www.bucksmind.org.uk/get-involved



@bucksmind

www.bucksmind.org.uk

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