



**Bucks Mind Celebrates 110 Years  
of fighting for mental health  
wellbeing in our community.**

In the 1930s our charity supported people in a wide variety of ways, including purchasing clothing or paying for medical, dental and optical care for adults who were unemployed due to mental ill-health and providing home tuition for children experiencing mental health difficulties. Post-war, the charity noted an increase in mental health problems within the community. At the same time, it was recognised that grants to provide clothing etc were mostly no longer required because people with mental health problems were now able to find employment and earn money for themselves.

In 1951, Dr Alfred Torrie gave a speech at our AGM about how prejudice related to mental health was a 'hindrance' to the work of the charity. "The man in the street avoids the subject," he said. This is still an issue, despite society's attitudes having come a long way. We are challenging the stigma and discrimination associated with mental health and encouraging people to talk about their mental health through our campaign; Champion the Change.

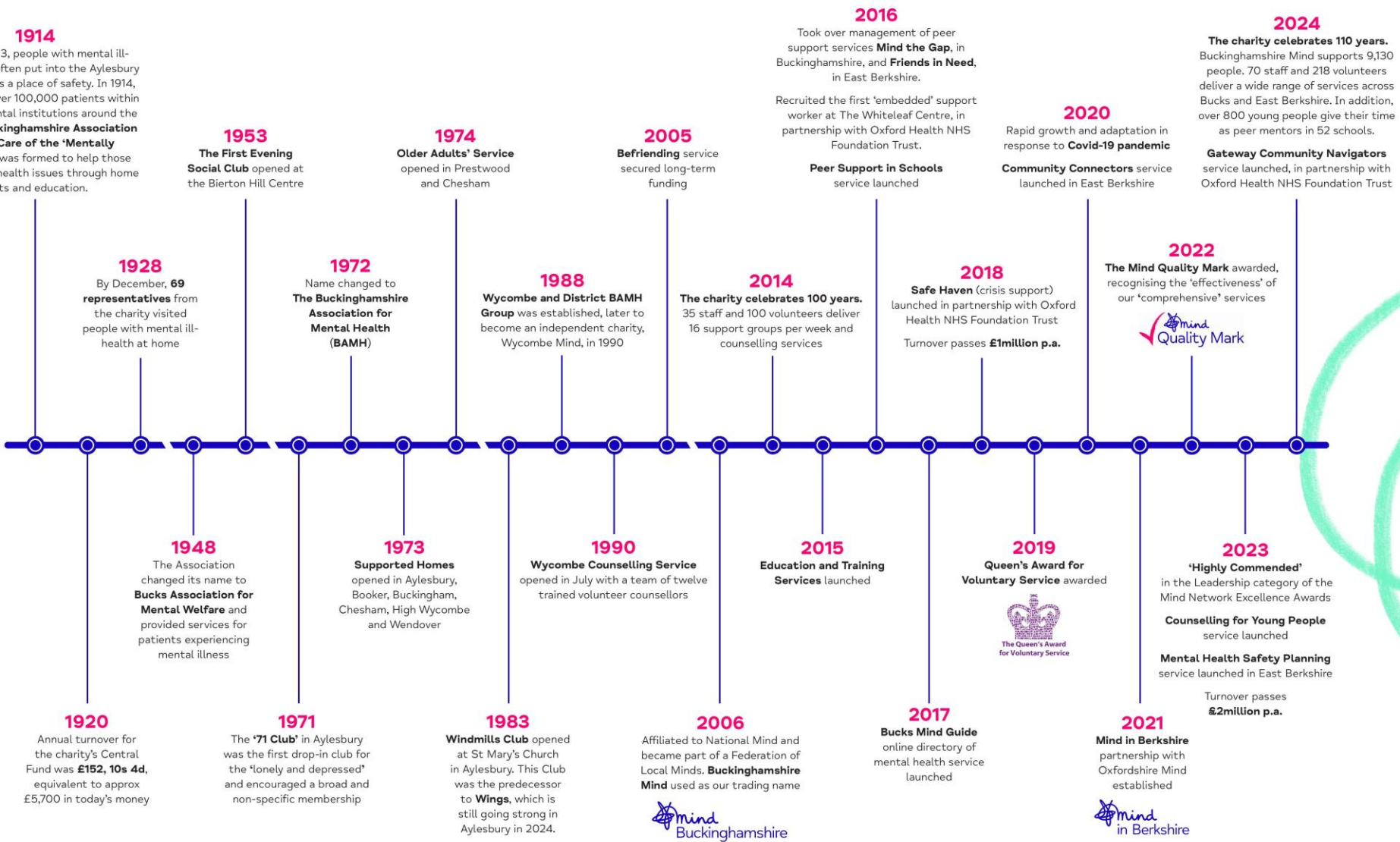
**“Buckinghamshire Mind was there in the most difficult and challenging time in my life and helped me navigate through. It has been absolutely incredible for me.”**

# The Last 10 Years

- Since our 100<sup>th</sup> anniversary, the number of people supported per year has increased threefold, from 2,800 in 2014 to 9,130 in 2024.
- Our services are now wide-ranging, with Safe Haven crisis support, Children and Young People's services, Community Connectors, outreach, peers support groups and Safety Planning added to our existing Befriending, Counselling and Wellbeing services in the last 10 years.
- We now have 218 adult volunteers, over double the amount we had 10 years ago. We are also supported by over 800 young people who give their time as peer mentors in 52 schools.

**“Thank you for all the help. I've got a flat now and I've been working full-time for over a year. The flat's lovely and I'm even starting a part-time college course in Counselling.”**

**“Safe Haven keeps me safe, they are reliable, they do not turn me away, they never make me feel like I am wasting their time. They are genuinely nice, kind people.”**





# How you can get involved

## Take on the 110 Challenge or donate and help us raise £110,000!

There are many ways that you can take part, depending on your interests:

- If you're a keen runner, you could aim to complete a set distance in 110 minutes. Or a distance of 110 km/miles over a duration of time that feels right for you.
- You could get together with friends or co-workers to form a team and complete 110 kilometers/miles of walking, running, cycling or swimming. Each member completes as many miles as they're comfortable with to add to the total.
- You could try giving up something you love (e.g. social media, chocolate, crisps, coffee, alcohol) for 110 days (okay or 110 hours).
- Or hold a tombola and charge £1.10 per ticket.
- You could simply set a fundraising target of £110 and create any challenge you like.



**Every penny you raise will support our vital mental health services.**

For loads more **110 Challenge for Bucks Mind** ideas and to set-up your own unique sponsorship and fundraising page, [please click here](#). We're always here to help support your fundraising. Please get in touch at [fundraising@bucksmind.org.uk](mailto:fundraising@bucksmind.org.uk)

# Our Impact in 2023-2024

**9,130** lives touched



**94%**

of people we supported were satisfied or very satisfied

**130**

people supported by our Adult and Young People's Counselling

**2,156**

children, parents and school staff supported by our Mental Health Education Services.



**672**

people supported by our Peer Support Services.



**243**

People supported by Outreach Services

**325**

times Safe Haven (crisis support) was chosen as an alternative to A&E



# The future

**We will target our work where we know we'll have the greatest impact.**

**We will expand our support for children and young people.**

**We will develop our support for people experiencing health inequalities in our communities, including those living in poverty.**



## What the people we support say

“The Befriending service has helped me transform my life to the point where I am able to socialise again. Which is anything but tiny!”

“My knowledge, understanding and skills around mental health have improved. Very good resources and engaging training day. Helped me to be more confident in my role as a Peer Mentor. I have more knowledge around mental illnesses.”

“I have made new friends, I have more support and feel more confident and hopeful. I love coming to Mind the Gap. They cheer me up with their sense of humour.”

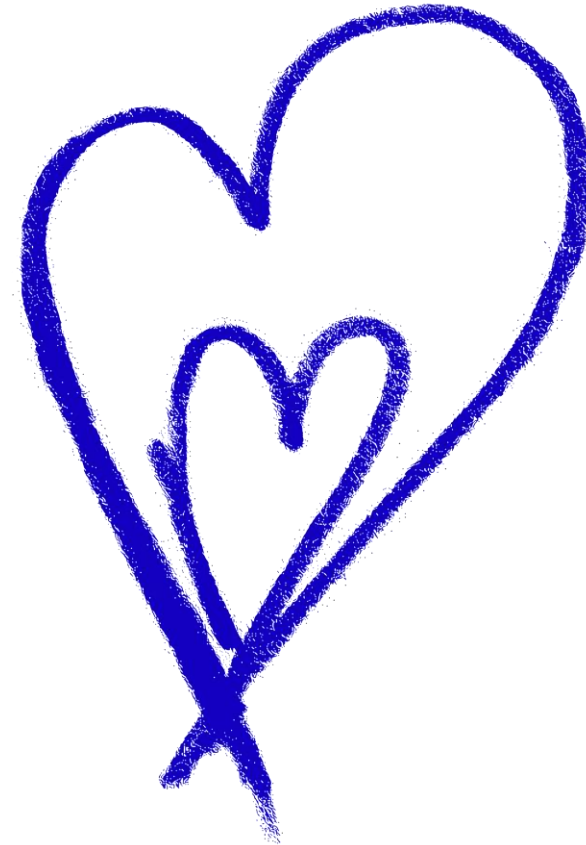
“My Perinatal Support Worker is amazing and has massively supported me over the past few months and given me the confidence to make some really big decisions. Nothing has ever been too much trouble. She is so kind and compassionate, and really commits to making sure I am ok and moving forward. I found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

“I have to say it was one of the best training sessions I have done! I took so much away from it, which I can use for myself and pass onto the team.”

“I am learning to become more independent and self-sufficient. I have made new friends. The Wellbeing Workers are friendly, sociable and helpful.”

## Volunteer Voice

“I believe doing what I’m doing is giving people confidence, belief in themselves and worthy individuals. It’s not an overnight change, but one step at a time, one brick on top of another. Through this, my confidence has been growing, self-worth, a better understanding of myself has been brought about by this amazing organisation under the banner Bucks Mind.”





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