

Dr Naomi Beer
Administrator, DBMT
56 Marmora Road
London SE22 0RY

6th September 2018

Dear Dr Beer

Interim Grant Report: Wiltshire Mind: Salisbury Group

Further to the Trustees generous award of £1,000 towards our work with people with mental health issues in Salisbury, I am delighted to have this opportunity to update you on how this work impacts and benefits people suffering from severe mental illness.

The “You in Mind” group meets weekly from 10.30 am to 1.30pm and offers one to one support and signposting, group activities and discussion as well as visiting speakers. Up to 16 people, many of whom are vulnerable and socially isolated, attend on a regular basis. Members report that they find the group supportive, upbeat and relaxed whilst simultaneously providing a space where people can express their feelings and share their experiences and pass on information. As members have described:

“A light hearted, good humoured group that truly accepts you as you are. I love that there is no pressure to be happy or sad or anything other than how you feel and how you are”

“A good opportunity to meet people with similar problems and concerns”

The group provides peer support and members have remarked that it is gratifying to know that they are listened to as individuals, something they feel rarely happens outside the group as they feel that most people are not interested in other people’s mental health or get bored!

In recent weeks we are able to report the following outcomes:

- One member has been encouraged by the group to begin to collate a mental health support book based on lived experiences
- Two members have returned to work and one is volunteering in a charity shop
- One member has been helping another with some gardening in exchange for cooking tips
- A further member has found the confidence and support to continue towards building relationships in order to meet her family life goal targets.

Many of the members are vulnerable and have little confidence. For some, it provides the only opportunity to leave to house and socialise as members say:

“I spend most of my time at home on my own and the MIND group gets me out, meeting people and having someone to talk to.”

“The MIND group is important to me because I get to socialise and I hardly have any social events, at all, whatsoever”

Collectively the group supports members regardless of where they are on their journey with mental health. Some have developed the confidence to for example return to the work place whilst others are content, for the time being, just to socialise. However, a further positive impact that the group has is to remove the perceived stigma that exists around mental health as a whole. One member stated that:

“Since attending, I have felt significantly more able to be open about mental health. By beginning that here, I was able to learn to do that in other areas of my life and realise that it helps to inspire others to do so too”

Please do not hesitate to contact me should you require any further information or would like to visit us. I look forward to hearing from you in due course.

Best wishes

Yours sincerely

Julia Cawthorne
Fundraiser