

CHARITY SUMMARY 2015

What do we do?

Manchester Mind provides a portfolio of advice and support services to alleviate the impact of poor mental health on young people, adults and families living in Manchester.

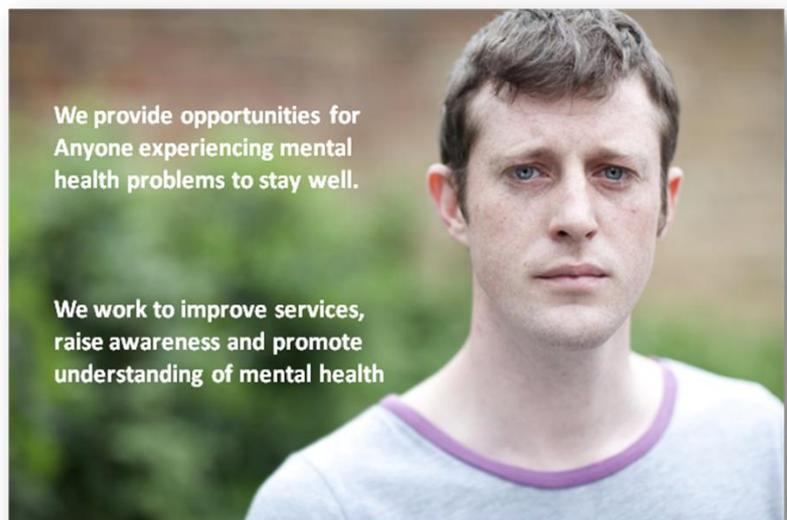
We support over 4000 people per year.



We are not a local branch of a national charity - as with all local Mind associations across the UK, we're an independent charity (1102058) and totally self-financed.

Manchester Mind recognises the impact of poverty on mental health and works to improve the lives of some of the most vulnerable residents in our city. Many of our service users have multiple and complex needs, including housing issues, debt, alcohol and substance misuse.

We also support over 80 volunteers every year at our cafe, office, eco-therapy projects and young person's service. We encourage this form of regular, ongoing engagement as a safe and positive route for people recovering from mental health issues.





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Our Projects and Services...

1. Advice Team: a flexible and creative approach to delivering welfare benefits, debt and housing advice for people with mental health issues. We also attend tribunals and work in partnership with 5 other advice agencies to deliver the "Manchester Volunteer Advice Project" (MVAP).

2. YASP: supporting young people aged 15-25 through volunteering, mentoring, befriending, welfare advice, counselling and awareness sessions in schools, colleges and universities.

3. Community Café: (based at the Zion Community Centre) offers supported training placements to people with mental health issues with the aim of improving mental health by tackling social isolation, building confidence, skills and social networks.

4. Volunteering Project provides supported volunteering in administration, advice work, social media, mentoring and befriending, to help people build new skills and refresh old skills, so encouraging confidence and social networks.

5. BITE: activities and skills development to improve wellbeing through growing (2 allotment sites), cooking sessions and healthy eating.

6. Good Mood Food: successful catering social enterprise. A highly viable business, offering volunteering and employment for people wanting to return to work.

7. Training for community groups/ volunteers in mental health awareness; professional boundaries, interviews, presentation skills. We also offer training for private, public and third sector employees

8. Big Manchester: family intervention work, in partnership with Barnardo's, Women's Aid, Lifeline and Homestart

9. Assertive Outreach: partnership with Manchester Mental Health & Social Care Trust. Statutory provision for 308 people with a) long-term psychotic illness AND other complex issues (i.e. substance misuse, homelessness); b) forensic histories AND multiple hospital admissions; c) who also lack engagement with mainstream statutory provision.

10. Food for All: a dignified alternative to food banks, supporting 500 young people, adults and families, all of whom have poor mental health and difficulty in accessing fresh food. We offer emergency food to people at high risk of food poverty and batch cooking sessions where people learn to cook in our kitchen, take home all the dishes they make (large batches) and free utensils, pots and pans for their home.

11. Building a Healthy Future: free 6 week emotional resilience courses for people with diabetes and heart conditions. The courses aim to intervene at an early stage, so preventing mental health problems

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Thank you for your interest and support - with your help Manchester Mind can continue to work for better mental health for all.