

Delivery



1899*

People accessed our services

*approximately

We ran over **1075** wellbeing sessions across
Basildon, Laindon, Pitsea and Wickford.

Helping people to...

Live healthier & happier
by delivering the 5 ways to wellbeing



"Motivated Minds for me has been a welcome change in the approach to mental health. The way they are helping people in all different circumstance who struggle with mental health is a more natural and caring way. Focusing on building confidence, offering support and showing that people are not alone in their struggles." – Lewis

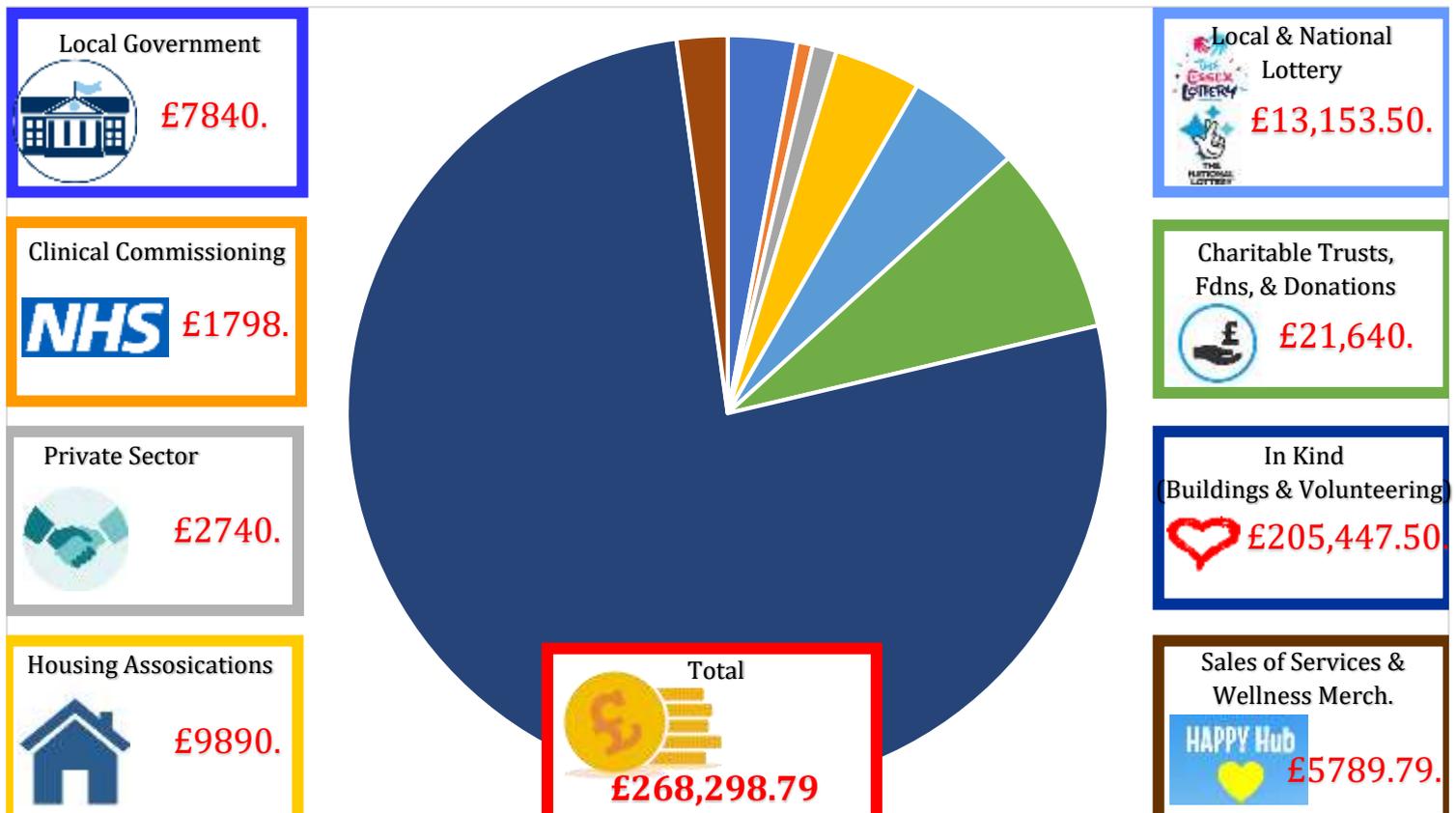
"The HAPPY Hub has been amazing for me. For the first time in over 10 years I feel like I have some support. Carla in particular has been my rock. Can come in and have a quick chat. Nothing seems too much and I don't feel like I'm bothering them". – Liz

Introduction

2018 was our 3rd year of trading as Wellbeing 4 Life CIC, and what a great year it was. Building on our success from previous years, we built many new partnerships which allowed us to grow and reach further into the community. The biggest being with Eastgate Shopping Centre, Basildon. Thanks to our partnership we now have our own wellness shop the 'HAPPY Hub', which is open 7 days a week, with 2 late night openings. Running the shop, as well as our other delivery would not have been possible without our tribe of dedicated volunteers, therefore we are ever grateful to both our partners and our team who support our ethos and vision for helping people live healthier and happier.

I have been in and out of Basildon Mental Health unit for many years, I practically lived in the Doctors office. I thought there was no other options, I thought these were my only options. It was a viscous circle with no change. And then I heard about Motivated Minds. There has been times where I have been close to going back to the mental health ward, but now I have a support system which is a phone call or visit away. I now feel supported and listened too and I am building a tool-kit with Motivated Minds to help me grow." - CS

Financial Income



We are super proud of the amount of financial support we have received in 2018-2019. This growth has resulted in our own full-time premises allowing us opportunity to enlist volunteers, train them and deliver more programmes, helping us reach more people.

Motivated Minds Delivery in Wellbeing in the Community...

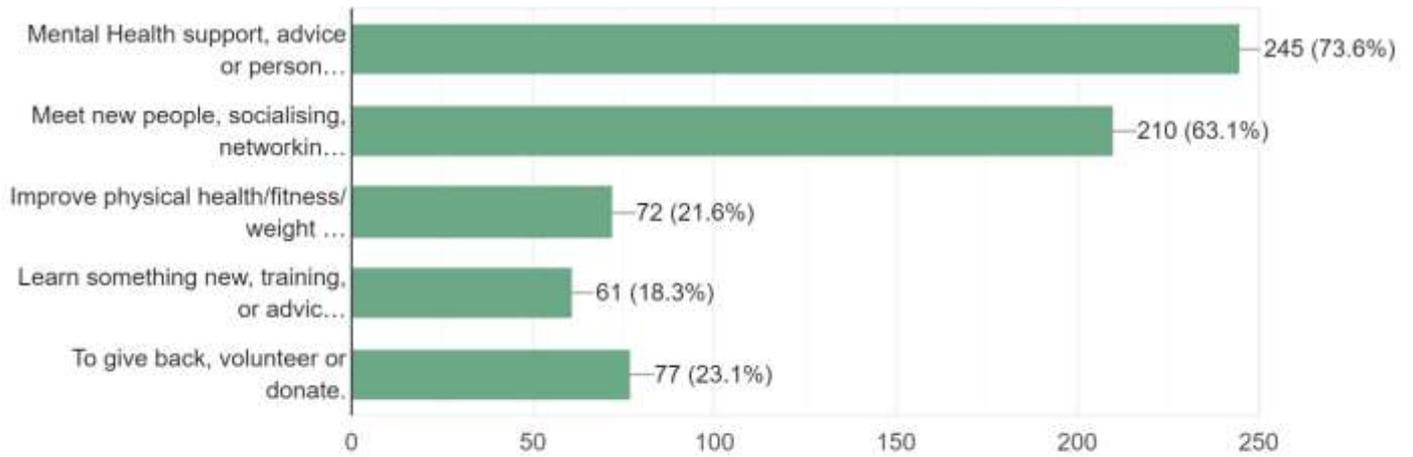
Programme Name	Core Outcomes	No. of sessions
Well Kids (6yr – 11yr) / Well Youth (11yrs to 25)	<ul style="list-style-type: none"> • Create a safe, technology free environment • Develop understanding of health • Practice applications of mindfulness • Develop mental health peer support 	65 / 122
Bridging the GAP – Community Dinner	<ul style="list-style-type: none"> • Create a community safe space • Community prepares food for one another • Discussions around culture, history & health 	96
Master MINDfulness / Meditation Melt	<ul style="list-style-type: none"> • Develop understanding and various practices and principles of mindfulness • Managing one’s thoughts and mental health 	50
Cup of Kindness	<ul style="list-style-type: none"> • Drop-in cuppa and chat • Opportunity for people to come together, and share experiences and coping strategies for poor mental health • Develop social opportunities 	20
Relax & Reboot Spa days	<ul style="list-style-type: none"> • Technology free day • Construction of self-care and benefits of • Develop social opportunities 	7
MIND craft – therapeutic arts & crafts	<ul style="list-style-type: none"> • Practice applications of reflection & mindfulness • Develop social opportunities 	81
EmpowerME – Positive reading Club	<ul style="list-style-type: none"> • Develop mental health self-help group • Practice positive activities and reflection 	50
Walk 4 Wellbeing	<ul style="list-style-type: none"> • Engage people in physical activity • Develop social opportunities • Peer to peer mental health support 	71
Exercise Buddies	<ul style="list-style-type: none"> • Engage people in physical activity • Develop their motivation and confidence 	50
MENd – Men’s mental health support group	<ul style="list-style-type: none"> • Engage men who are debilitated by their mental health • Create peer to peer support structure • Develop physical activity • Practice applications of strengths analysis & goal setting 	12
Ready Steady Move	<ul style="list-style-type: none"> • Engage people with limited mobility or declining cognitive functioning • Create a safe space for participants and carer • Practice applications of strengthening and fall prevention into fun movement 	16
Boardgame Club	<ul style="list-style-type: none"> • Develop social opportunities 	20
Personal Challenges (Snowdon & Stubbers)	<ul style="list-style-type: none"> • Highlight attitude and achievement 	2
Wellness Workshops	<ul style="list-style-type: none"> • Develop understanding of psychology and mental health 	31
Peabody - Information, Advice & Guidance	<ul style="list-style-type: none"> • Support with financial, housing, and accessing services 	20
Peabody – Employment Support	<ul style="list-style-type: none"> • Support to find and apply for employment 	6
Futures in Mind – Community Café	<ul style="list-style-type: none"> • Peer support for participants in recovery from substance misuse 	50
One to Ones	<ul style="list-style-type: none"> • Positive Psychology intervention & coaching 	306

Snap Shot Statistics...

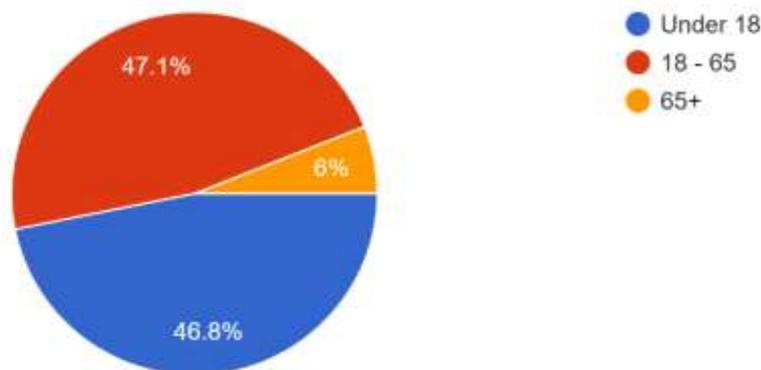
Data indicating why our participants choose to join us, age range and geographic data.

Why are you joining us today?

333 responses

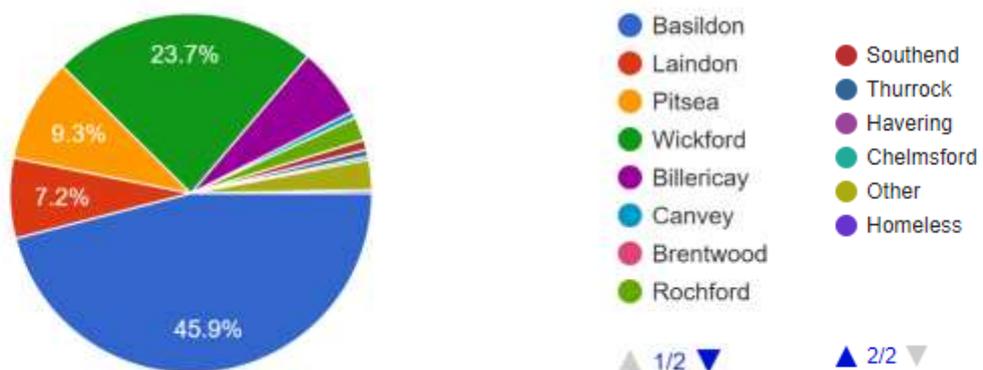


333 responses



Residential Geographic Area

333 responses



So, who are Team Motivated...

Directors:

Carla Andrews	-	Founder & Employed Wellness Ambassador
Vikki Kavanagh	-	Volunteer and Yoga & Mindfulness Practitioner
Danny Laurence	-	Volunteer and a supporter of Motivated Minds
Paul Davison	-	Volunteer and a supporter of Motivated Minds

Employed:

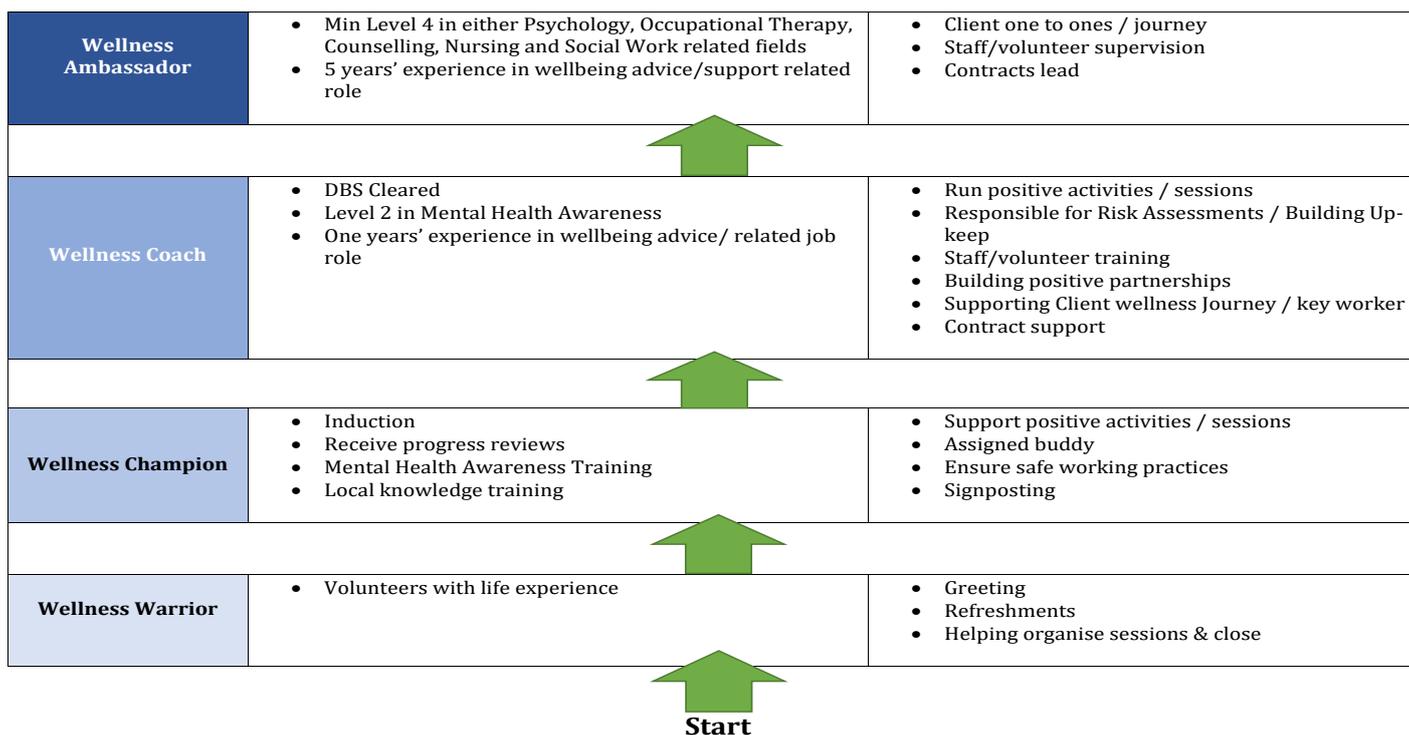
Ed Liddiard	-	Coach Core Apprentice & Youth Wellness Champion
Chris Dodd	-	Wellness Coach & Horticulture Lead (part-time)

Regular Volunteers:

Jo	-	Wellness Coach & Community Delivery Lead
Sandy	-	Wellness Ambassador & Youth Counsellor
Alex	-	Wellness Champion & Child Protection Lead
Amelia	-	Wellness Coach & Walk Leader
Karen	-	Wellness Ambassador & Walk Leader
Ann	-	Wellness Coach & Youth Support
Lewis	-	Wellness Warrior & Marketing Support
Gordon	-	Wellness Ambassador & Occupational Therapy Consultant

Wellness Warriors - Dennis, Elaine, Jakki, Liam, Sue, Iris, Paul, Matthew, Sophie, Chloe

Team Member Pathway...



Junior Motivators:

Calub, Alex, Molly, Saffron, Chase and Elouise are all aged between 11 and 17, they all take responsibility with delivery ideas, the running of youth sessions, or volunteering at the HAPPY Hub, gaining invaluable work and life experience.

Training & Opportunities

We actively source training for all our volunteers to help them reach the next level both professionally and personally. Growth in confidence and self-worth is fundamental, so we will do what we can to support the people that support us. From gaining invaluable experience, to using computers, to accredited Level 2 in Mental Health Awareness, or beyond, we aim to support people on their life journey.

During 2018 we had 7 volunteers who had been long term unemployed due to mental ill health go into paid employment.

Added Value...

Alongside our programmes we also pride ourselves with our ability to connect to people through social media. Our Facebook page currently has 2709 followers, which over a 28 day period has an average post reach of 38,331 with 7,655 post engagements. In addition, we also have a private members group for adults who have engaged with one of our programmes and would like continued peer support. Alongside this we also run one for young people that attend our Well Youth Club.

Each month within the HAPPY Hub runs a Pay-it-Forward community appeal, supporting the most vulnerable members of our community. To-date we have ran period poverty, blankets for the elderly, Christmas gifts, clothes/shoes/toiletries for the homeless and Community Can-Can a food donation scheme to help those in need. We also offer free fruit, which proves really popular!

Motivated Minds Core Values

We are people people

- We harness/celebrate the family spirit that Motivated Minds was founded upon.
- We are a friendly, enthusiastic and a positive team.
- We are committed to each other, our customers and the business.

We aim high

- We have very high standards and we know how to achieve them.
- We understand that delivering high quality services takes effort.
- We work consistently and effectively to achieve the best and nothing less.
- We are determined and tenacious in our quest to improve individual and community wellbeing.

We give a damn

- We apply care & attention so that we get things right for our customers, community and environment.
- We focus on high quality and sustainability so that our provisions can grow and serve the wider community.
- We are passionate about what we do and constantly seek to develop ourselves and our services.
- We do things the way we do because it matters.

We do the right thing

- We encourage a culture of honesty and candour, realistic expectations and transparency in all actions.
- We make decisions based on fact, experience, and the consequences that may follow.
- We speak up, whether that is to challenge the status quo or to ask for help when it's needed.
- We are always willing to learn and understand more so that we can remain ahead of the game.

"My son has been attending for the last few weeks and all I can say is WOW what a difference, he looks forwards to his Friday nights and weekends are no longer a constant battle between us all. He can actually calm himself and listen to us and have a reasoned discussion about what needs to be done rather than stomping off upstairs (our doors are loving it too!). Thank you so much, you've given us family time back again." JV



HAPPY Hub & Ping Pong Parlour, Eastgate Shopping Centre, Basildon

Opened 1st October 2018



Case study...

AB started with us at the end of 2017, wanting to volunteer to support her substance misuse recovery. Previously, she had spent her days at home watching tv, cleaning and caring for her autistic sons. AB initially volunteered for us for 8 hours a week, supporting our delivery behind the scenes with set up and close down. Within a few weeks she embedded with the team and shared her personal experiences and decided to take part in several of our programmes to support her own growth. Within 6 months she had climbed Mount Snowdon, passed her driving test (she'd been learning for over 10 years), and could order her own food when out in a restaurant. Today, she is a key player in helping Motivated Minds grow strength to strength

2019 - 2020

Over the past three years we have learnt and evolved a lot. Our ground up approach has allowed us to identify gaps in wellbeing and develop practical solutions within the community. However, with only 1 full-time and 1 part-time member of staff, as well as an apprentice, time has proved to be precious. Therefore, in 2018 we out sourced our payroll and day to day accounting to relieve a little pressure.

Volunteers have been vital to our growth, however 80% of our regular volunteers have severe mental ill health, therefore we have to be extremely flexible in our relationship with them and slowly build them up. Therefore, in 2019 we hope to be in the position to recruit at least another 3 paid staff, giving us stability and essential support with bid-writing and delivery. Particularly as there has been interest from other areas such as Havering, Thurrock, Southend and even Norwich.

Our HAPPY Hub wellness shop has proved very successful in its first 5 months within a shopping centre. Our aim has always been to reduce stigma around mental health and by placing the hub in the heart of a town we are very pleased with the positive reactions it has received. Therefore, we would like to put one on every high street, wouldn't that be something? A safe place for people to go and be supported by those who have a wealth of knowledge and personal experience. A place to purchase mental health books and aids. A place to source advice, sit and relax, or take part in a positive activity such as table tennis. The HAPPY Hub in Eastgate is hopefully just the beginning.

Our Partners who made our 2018-2019 delivery possible... many thanks

We really wouldn't be here today without the support of others in our grand vision.

Firstly, I'd like to thank Essex Youth Service for your continued support over the past four years. From our first contract to now our sustained Well Youth Club, supporting over 90 young people, brings us great pride.

Also, our fantastic partners who have invested in us to bring about behaviour change, to engage and unite communities, to support improved mental health and help people to live healthier and happier. I thank you for giving us the opportunity to make a difference and for your belief in Motivated Minds.



To all the people I have stalked, yes you know, Jason from Active Essex, Grant from Basildon council, Simon from Heart of Pitsea and Chris from CVS, you have all given me your time and wisdom, and for that I am ever grateful.

Then there are those who became friends: Vikki, Danny, Heather, Louise, Angela, Tracey, Jo and Chris. It all started off professional but when visions crossover and mutual support is given, I am proud to call you all my friends.

Of course, we wouldn't have achieved what we have if it wasn't for our volunteers both past and present. Every minute you give, every smile you share has made all this possible today. Your kindness ROCKS, thank you!!!

To our customers, you are the reason we do this! The look in your eyes, the relief in your body, your kind words, we are here for you!

THANK YOU

Love Carla. Managing Director



How to find out more...

Feel free to pop down to the HAPPY Hub, at Eastgate Shopping Centre, Basildon, SS14 1AF and meet a member of our team. Alternatively, call 01268 520785 for a chat or to book an appointment.

Visit www.motivated-minds.co.uk