



Your lifelong wellbeing provider



About us...

Founded in 2011, Motivated Minds, located in Basildon, Essex, is a not-for-profit organisation with the core mission to build mental health and wellbeing across the life course. We aim to equip people with skills to build positive mental health and help them grow through life's challenges.

Our work focuses on researching, developing and delivering services to help individuals, organisations, and the wider community, to be mentally and physically well. This is achieved by partnering with institutes, such as Essex University and various public, private and third sector organisations, enabling research into, and delivery of mental health and wellbeing services. Our point of difference is our in-house research and development capability which allows us to continuously update and innovate our mental health and wellbeing offerings.

Since our formation, we are very proud to have improved the wellbeing and resilience of thousands of people across the UK. As such, we have strong evidence that our interventions works. This has also been recognised through various awards and recognition, including: SME 'Innovation to Mental Health', Public Health England 'Health on the High Street' finalist. Furthermore, our Founder and Managing Director has received both an MBE, and well as a British Citizen Award for contribution to health.

Our volunteers have also been recognised for the essential roles that they played and have recieved 'Community Star', 'Inspiring Role Model' and 'Volunteer of the Year' awards, and we really couldn't be prouder.



Our Managing Director

Carla Andrews MBE BCAh, is the founder and Managing Director of Motivated Minds. Awarded an MBE for her services to wellbeing across Essex in the 2021 New Year Honours List, as well as a British Citizen Award for Health in 2020, Carla has truly made a stand for mental health.

Having created an award-winning social enterprise which empowers individuals and communities, Carla shares her own journey, wisdom and academic knowledge to help others unlock the key to living happier and healthier lives.



Hope and empowerment are at the heart of Carla's work in which she uses positive psychology and coaching solutions to insight positive behaviour change. Carla overcome her childhood trauma and limiting beliefs, whilst balancing being a single mother of two autistic children.

With first-hand experience she identified a lack of services and support which became the inspiration for Motivated Minds and led to her becoming a recognised advocate of mental health and wellbeing.

Carla's clear vision and creative drive for health and wellbeing has led to her opening the UK's first one-stop-wellness-shop, the HAPPY Hub.



HAPPY Hub

One Stop Wellness Shop



Situated in the heart of Basildon's Eastgate Shopping Centre, the HAPPY Hub is the UK's first one-stop-wellness shop, promoting the 5 Ways to Wellbeing and offering a range of therapeutic merchandise and mental health and wellbeing services.

Opened in 2018, the HAPPY Hub offers a bright, spacious space and hosts not only the wellbeing retail element, but also a training and sensory area, one to one rooms, physical activity space, and a community connect area, which hosts our Communi-TEA Cafe. Today, we are open 7 days a week.

Runner-up in the category of 'Health on the High Street' in the Royal Society of Public Health 2019 awards, we are very proud to be supporting the community by bringing mental health to the high street in a positive, unique way.

Our ambition is to create a network of HAPPY Hubs across the UK, each supporting its own community. Run by local people, serving local people.



We aim to do this through utilising an Assest Based Community Development model to open and empower the community, turning each new HAPPY Hub into its own charitable organisation, run by the community and serving its community.

In addition we want to work with existing community hubs, connect them to our network to deliver a high standard of mental health and wellbeing across the country.

Empowering the Community to Thrive through:

- **Mental health promotion**
- **Therapeutic & wellbeing related merchandise**
- **Psychological therapies & workshops**
- **Peer support**
- **Informal and accredited learning**
- **Fitness fun**
- **Community fridge/foodbank**
- **Volunteering and work experience opportunities**
- **Partnership working**
- **Utilizing corporate social responsibility**
- **Creating a sustainable model**

If you would like to come and visit our Basildon hub and see us in action please call 07846 209 846



HAPPY Hub
One Stop Wellness Shop

What we do

All of our work is based on the most effective disciplines of health and personal development. Focus is given to individual strengths and facilitating skill-sets, aiding achievement and fulfilling potential, as well as promoting good mental and physical health

From workplace wellbeing, to peer led activities, to one-to-one support, we offer something for everyone. Here's a selection of the support available:



Walk 4 Wellness - Led walk & talk around a park



MEN'd - Men's mental health support group



Cup of Kindness - Getting through life support group



Well Kids Club - Wellness club for children 5+
Well Youth Club - Mental health support for 11+



#TeamMotivated - Private facebook group with virtual activities and support.



Volunteering - Wake up with purpose and come and help us change the stigma of mental health.

Work with us

At Motivated Minds we are passionate about communities, so where we can, we work with partners to collectively offer the best support possible.

Funding:

From local Clinical Commissioning Groups, to councils, and funding agencies such as the Big Lottery, we are proud to deliver a diverse array of mental health and wellbeing support for a very competitive price.

Outreach:

Whilst much of our work is delivered from our very own Happy Hub, we know it's important to bring our support to a variety of spaces within our community which is why we deliver activity sessions in local parks, youth support within schools, and workplace wellbeing within professional settings.

If you would like to discuss your unique need get in touch!

Celebrating partnerships with...





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