

July 2019 to September 2019 we have...

Supported **1116** people

667 York Advocacy

449 York Mind

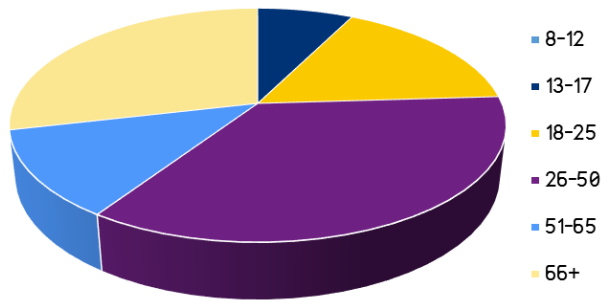


In York
and
surrounding
areas

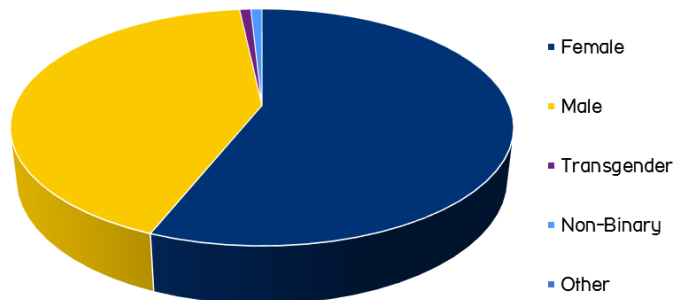


- Acomb
- Derwent
- Fulford
- Heslington
- Holgate
- Micklegate
- Strensall
- Wheldrake
- Bishophorpe
- Dringhouses & Woodthorpe
- Guildhall
- Heworth
- Hull Road
- Osbaldwick
- Rural West York
- Outside York
- Clifton
- Fishergate
- Haxby & Wigginton
- Heworth Without
- Huntington & New Earswick
- Skelton, Rawcliffe @ Clifton Without
- Westfield

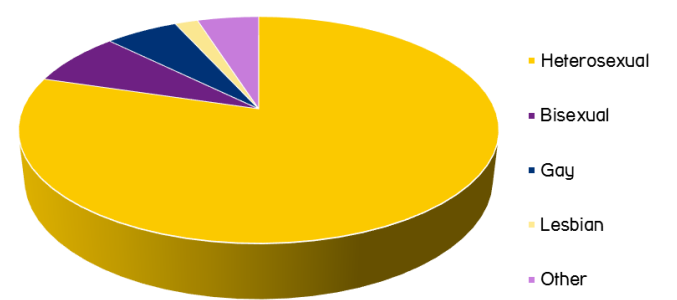
Age (of 524 disclosed)



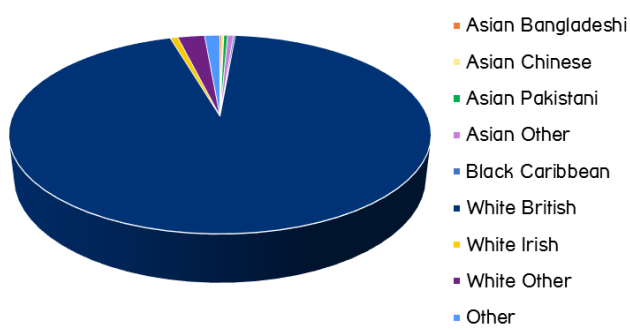
Gender (of 583 disclosed)



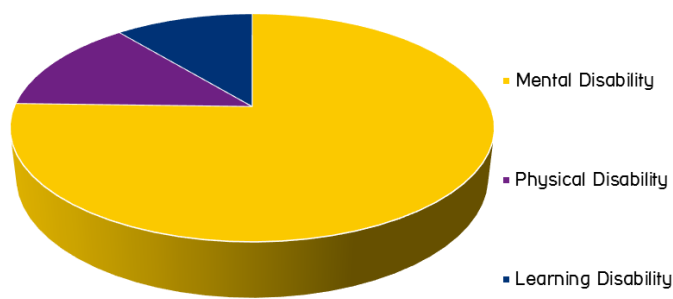
Sexual Orientation (of 334 disclosed)



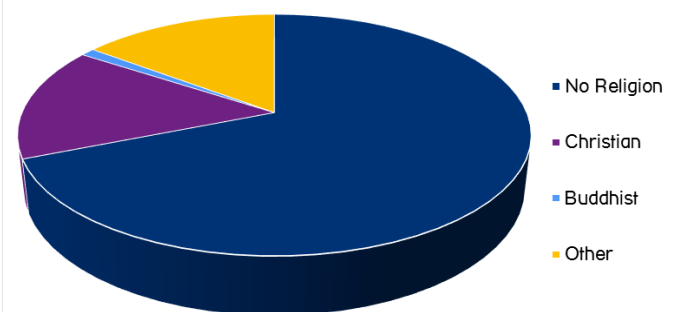
Ethnicity (of 583 disclosed)



Disability (of 283 disclosed)



Religion (of 192 disclosed)



Delivered

67 ATI 1-1 sessions



27 YP peer support sessions



109 YP mentoring sessions



79 group activities



21 awareness events to 2931 people



445 counselling sessions



92 hours of training to 238 people



194 YP counselling sessions



213 new advocacy cases



Achieved

133 people completed York Mind support and left the service. Of whom...

84 people Completed resilience questionnaires. 82% made an overall improvement

	% of improvements
Overall I feel emotionally well	82
I can deal with the pressures and challenges that life throws at me and bounce back from any setbacks	71
I am confident in my own abilities	67
I can meet new people and get involved in new situations	50
I have acquired the skills and knowledge I need to improve my situation and can apply them	72
I am able to improve, manage and maintain my emotional wellbeing	78

76% of people have exceeded or fully met personal goals

- Personal Goals: "To cope better with day to day stuff without fear of losing it, or having an emotional breakdown"
- Personal Goals: "To stand up for myself and practice the skills I need to face challenging situations"
- Personal Goals: "To explore [my] experience of being bullied and move forward from it"
- Personal Goals: "To get a better understanding of why I feel the way I do"
- Personal Goals: "To feel less anxious and reduce anxious thoughts"
- Personal Goals: "Within 3 months, to have developed skills and tools to be able to manage my anxiety in the workplace in order to maintain employment."

"If it wasn't for Mind id be lost and still broken. The comfort I felt going and every single staff member are gifts from God. Trust them. They are here to help and listen. They sure helped me and I am learning new things to help my life on the outside and I'm learning to put myself first and it's okay. Thank you to the whole team at York Mind."

"I have felt so much better when the group is on. I feel noticeably fitter and more positive about my body image"

"I am really thankful to have been offered this support, it has been life changing"

"The counsellor has been amazing and I have been able to fully open up for the first time. I felt comfortable and not judged. I cannot praise Mind enough. I feel in such a better place and have the skills to help myself in the future"

"[Advocate] was 'the best'. [Advocate] took me in the right direct and I cannot read and write and she helped me to know my rights and next steps"

"When I came to Mind in October I was in a really bad place. Without this, who knows where I would be now. My whole life has changed, everything is better."

Feedback

Positive Changes

- One participant has begun to access LGBT groups within the local community after feeling accepted within York Mind activity groups to be themselves.
- One young person visited a café for the first time in her life, having never done so before due to her mental health
- One young person reported that they no longer respond emotively to anger, that they are now more aware of when they are feeling angry and able to calm themselves down.
- One person was supported to find accommodation which prevented homelessness.
- One person stated that sessions had made them realise how important it is to make time for themselves, resulting in the starting to go swimming and for walks.
- One person successfully appealed PIP through the tribunal process and had payments back dated by a year.

Robert accessed York Mind activities following his release from prison. Due to his offence, he had been moved to York rather than his home area and was placed in hostel accommodation Robert stated that he knew no one in York and needed to access appropriate mental health and social support but did not know where to start. He did not feel that he was receiving adequate support to move forward.

The activities team liaised with Robert's offender management team to establish any risks or safeguards in place, to support Robert and others. Working alongside Robert he identified a number of groups and activities he wished to join. We put together an activity support plan to ensure that Robert was able to access activities, whilst adhering to any restrictions he had in place.

Robert joined a range of groups and though he said he was nervous at first, soon became part of the groups and supported others. Robert had educated himself whilst in prison and through activities was able to further utilise his skills. As his confidence grew, Robert started to think about work opportunities and the team helped him to access York Learning and sign up for some adult education classes. Robert used the activity groups to build social connections and feedback on his plans to lay foundations in the area. Group members supported him and guided him.

As he had no local connection to York, Robert was unable to secure accommodation but through support from activities he looked further afield and was successful in securing accommodation in North Yorkshire. Robert continues to visit York and access some social activities with York Mind. He has feedback that without the belief and support of York Mind he would not have been able to be rehabilitated into a community and most likely would have returned to prison. Robert says: 'York Mind took a chance on me and did not judge my past. They helped nurture my interests and had the knowledge to find the most appropriate support for me. Everyone I met through York Mind has cared about me and I have made some long term connections, which I did not feel possible after 7 years in prison. The range of activities available through the activities service is like going to college-there is something for everyone. The fact they are free is amazing. After initial interview it was really easy access. Always on the end of the phone if I needed a chat or a cry'.

