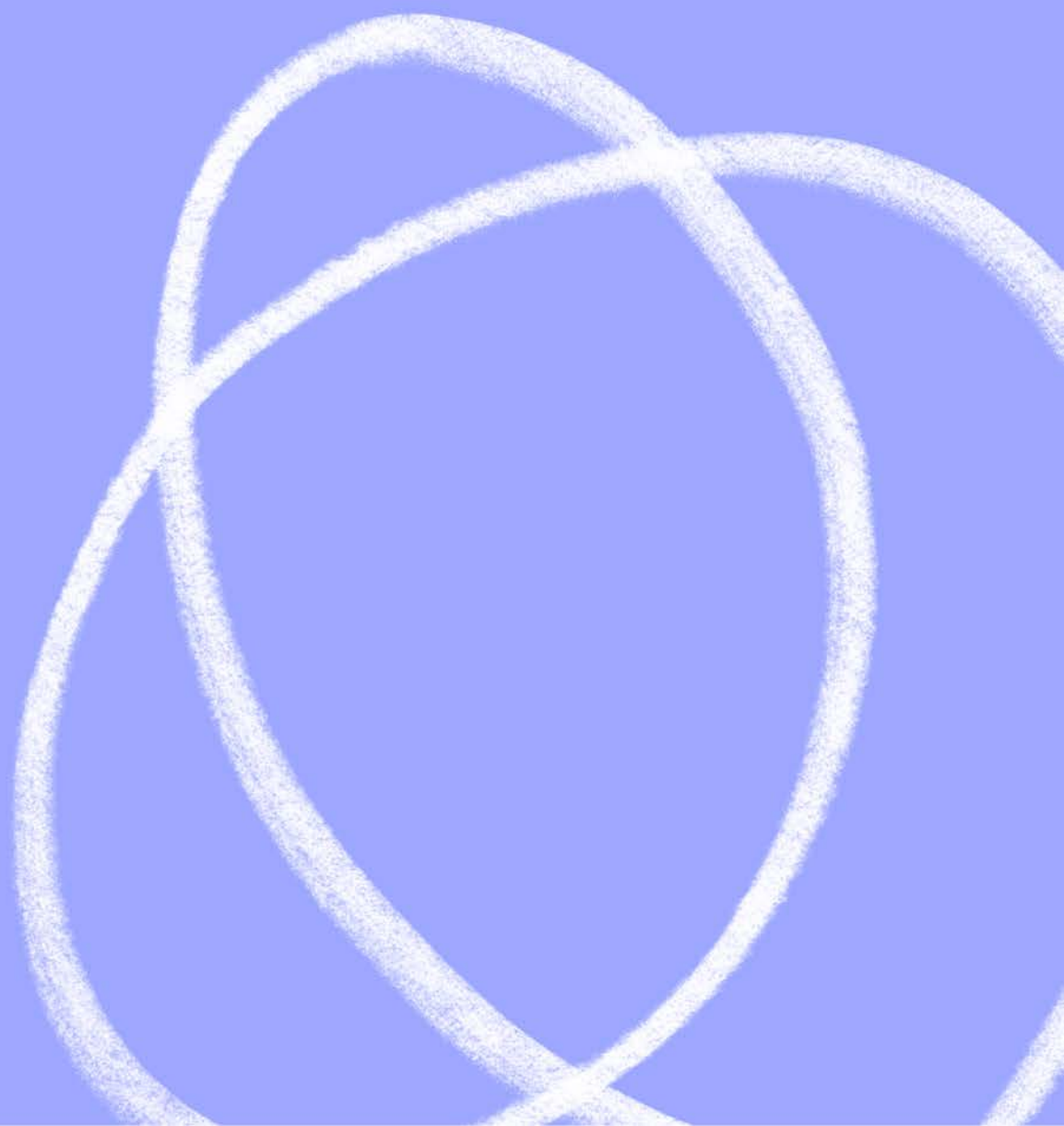




Mid and
North Powys
Canolbarth a
Gogledd Powys

Annual Report 2022-2023



Registered Charity
Number: 1167840

Registered Company
Number: 10158044

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Board's Report

Welcome to Mid and North Powys Mind's Annual Report for the year 2022-23.

As an organisation we continue to use the learning from the past 2 years in terms of how we deliver our services. Although many services have returned to at least some element of in-person delivery, we are also seeing a strong demand for services to be delivered remotely and have firmly embedded this into our work. We pride ourselves on following client preference in terms of delivery, but must also take into account the increasingly high demand we are receiving for our services. We have had to consider these 2 factors and now deliver services in a blended way in the main, with a mix of in-person and digital delivery, which is working well, both for our clients and our staff team.

Financially, the year was successful and enabled us to continue to deliver the services we provide, as well as expand our youth provision. We were also successful in securing funding for our award winning Mums Matter programme.

During the year we had quite a few staff changes. In April we employed a new Youth Worker and Supported Self Help practitioner for young people, Elaine Evans Spence, helping us to expand our provision for 11-25 year olds. Martin Jones retired in May, with Abbie Lycett joining us as our Bereavement Support Co-ordinator and, when Dawn Clifford (one of our Supported Self Help Practitioners) left us, Abbie also took this role, in addition to her other post. Dawn remains with us as a member of our Counselling team.

Becca Oakley left the organisation as Administrator in May. Jennie Williams took on the role of Office Manager and we employed 2 new Administrators, Jody Price and Julia Parker. In July Becca Oakley also left us in her role as Pride Co-ordinator (which was a fixed term post). In September Shaun Griffiths' work with us as LGBTQ+ Worker came to an end. The same month Lizzie Cockle left the organisation (as 1:1 Support Worker and Training team Lead), with Betty Morrall-Lane joining us as Training Coordinator in September. Lastly, in February 2023, Kelly Davies joined us as our new Mums Matter 1:1 Support Worker.

We would also like to take this opportunity to welcome 2 new trustees to the Board, Caroline Wilson and Catherine Nunn and to offer our thanks and appreciation to Christine Johnson, Melissa Townsend, Jane Jarvis and Ian Hannah, who all left the Board of Directors within the last year.

None of the above would be possible without the superb contribution of all our stakeholders. Our staff and volunteers continue to work tirelessly to provide the high quality services which we deliver and the Board would like to express our sincerest thanks to all those involved. Their dedication, hard work and passion are at the core of everything that the organisation achieves and it is this collective approach which has created the thriving organisation which we have become today.

Mid and North Powys Mind Board of Directors



Mission

Improving mental wellbeing for people in
Mid & North Powys

Vision

Mid & North Powys Mind will continue to be known as a place to go for information and support for those with mental health needs, their families and friends. We will promote mental wellbeing in the wider community. We will respond to local, individual and community needs regarding these issues with up to date proven methods, working closely with other voluntary and statutory organisations. We value individuality and work to raise awareness.

Our Goals

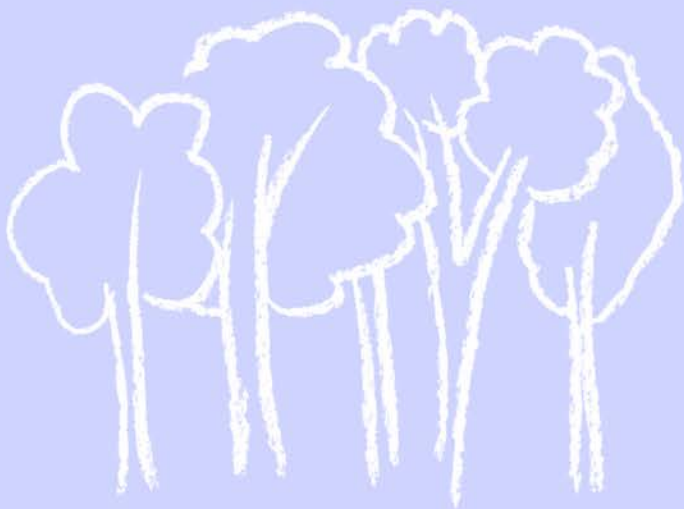
- Staying well: Support people likely to develop mental health problems, to stay well.
- Empowering choice: Empower people who experience a mental health problem to make informed choices about how they live and recover
- Improving services and support: Ensure people get the right services and support at the right time to help their recovery and enable them to live with their mental health problem
- Enabling social participation: Open the doors to people with experience of mental health problems participating fully in society
- Removing inequality of opportunity: Gain equality of treatment for people who experience both mental health and other forms of discrimination
- Organisational excellence: Make the most of our assets by building a culture of excellence.

Strategic Aims and Objectives

We have identified 5 strategic aims on which we will concentrate to achieve our Mission and Vision:

1. To monitor and improve the quality of our services by being responsive, proactive and innovative
2. To develop new services, projects and products that reach out to our rural population and enhance peoples' recovery and wellbeing
3. To work collaboratively with other organisations and in co-production with the people we support, to provide the best services for local communities.
4. To ensure that Mid & North Powys Mind is a great place to work and volunteer
5. To maintain current levels of funding and improve financial sustainability

Each strategic aim is supported by a number of measurable objectives. You can download a copy of our strategic plan by visiting our website or request a hard copy from our office.



Impact Summary 2022 -2023


1126
people supported


7145
sessions of support


98%
rated us
4 or 5 / 5

99% felt listened to & heard

97% felt they received helpful info

96% felt support addressed what mattered

90% had improved mental health

89% had improved resilience

90% moved towards the life they wanted to live

Bereavement Support

63 people supported in their grief and loss.

95% rated information received as helpful or very helpful
92% reported their emotional health and wellbeing improving

1 to 1 Support

179 contracted hours of one-to one support per week, across weekdays and evenings.

100% felt they were listened to/very listened to and their voice was heard
88% reported their mental health had improved/improved a lot

Outreach

41 people accessed the groups

100% felt more connected to others
91% felt their mental health had improved

Wellbeing Centre

88 people attended over 622 sessions across drop-ins, workshops, groups and support sessions.

 A lovely group of people and I look forward to seeing them

Training

28 training courses delivered with 198 attendances from 152 different people.

85% felt more connected to others
86% felt more confident


Supported Self-Help

183 people supported over the year

84% showed increased well-being
100% of users said they would recommend the service to friends or family


Youth Service

176 young people supported

 After speaking to you I am happier and go out and talk a bit more. I had problems with the way I looked and now I have more confidence in my body.


Silvercloud


55 people supported, with the most requested programme being "Space from Anxiety"

Feeling like I did 10 years ago,
 other people have also noticed the difference.

Mums Matter

71 mums supported through the Mums Matter courses, 26 mums with 1 to 1 support and 10 family members through the supporter's session.

 I have made new friends and no longer feel alone

It made me feel better and has changed my life 


Counselling

57 people have had counselling

Anxiety Scores 16 -> 7
Depression Scores 15 -> 6
Mental Wellbeing 38 -> 52

The scores show a significant shift in levels of anxiety, depression & wellbeing after counselling

Pride & LGBTQ

 About 400 people attended the 1st Powys Pride event

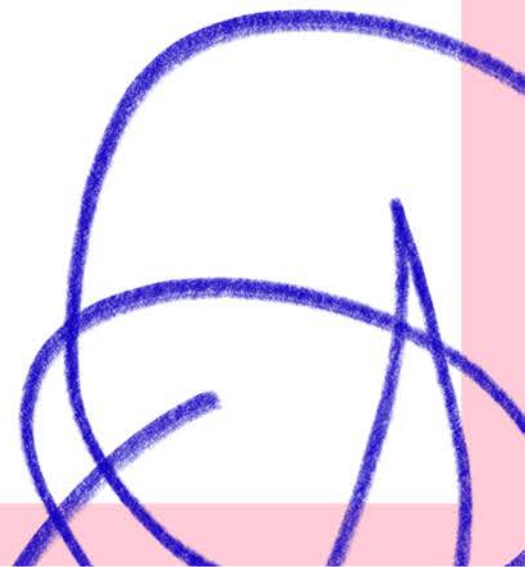
The atmosphere was unlike anything I've experienced in Powys, and I know that it meant so much to so many people that they were able to have an event like this in their home county.

One to One Support

During this period our one to one support team consisted of Tim Skelcher, Claire Abson, Caroline Stanley, Katie Jones, Becci Willey, Janet Henderson and Lizzie Cockle (who left in September). Between the team they currently provide 179 contracted hours of one-to one support per week, across weekdays and evenings. Our funders have included the Moondance Foundation, The National Lottery Community Fund, Henry Smith and the Housing Support Grant.

The One-to-One Support Service has provided in-depth and person-centred mental health support, to enable anyone aged 16 years and over to address barriers, build a plan and take small steps forward to recovery. Support has been delivered part in-person/part remote – depending on need. Staff meet people in their own homes, our base or wider community. People have been offered up to 10 sessions of support that also coordinates external (i.e. Citizens Advice/Domestic Abuse Services) and internal services (training courses, support groups, CBT etc) forming a coordinated ‘team around the person’. Support has started with a ‘What Matters’ conversation where we seek to build the relationship and get to the heart of the underlying need/s.

Over the year, the team have supported 307 different people over 2433 sessions of support. The service has been operating at capacity for nearly all of this period and currently has a roughly 2 month waiting list. We have seen higher levels of demand and complexity and severity of need than ever before, as the result of the continued impact of the pandemic and cost of living crisis.



On entry to the service the average Warwick Edinburgh Mental Wellbeing Scale (WEMWBS) score was 32.9 (very low wellbeing) and the average service exit score was 45.2 (UK population average is 51).

99%	of people found support helped /helped a lot, to address what is important to them
100%	of people felt they were listened to/very listened to and that their voice was heard
96%	rated the information received as helpful/very helpful
89%	rated the support as helping them to move towards the life they want to live
Everyone was able to communicate in the language of their choice	
No-one felt unsafe whilst accessing support	
80%	felt more connected/a lot more connected to others
88%	reported their mental health had improved/improved a lot
87%	felt more a lot more resilient
82%	felt their confidence and self-esteem had improved/improved a lot
98%	rated our services as 4/5 or more (91% as 5/5)

What people said they liked most about the service (in their own words):



Being listened to, having my voice heard, this has given me more confidence to be able to deal with whatever happens in the future



It has helped me to reflect, very deep questions, it has been amazing.



Flexible friendly support at the right time for me.



I felt listened to, I had really good support, it encouraged me to be more open with family and friends.



Brilliant information given on local services that can help. I felt listened to and what I said mattered. It was important to me to talk to someone outside of my family.



It has been consistent and really helpful in making me better. I believed you could be relied on when I did not trust anyone. Very approachable and non-judgemental. I don't feel rushed ever.



How quickly support was available, the fact I was able to be supported by [Worker] who already knew me so I didn't have to explain myself to someone new. I was able to go at my pace, support was flexible.



Didn't feel like I was talking to a robot, felt like another human being who understands and isn't just going through a list of what has to be said.

Some of the specific outcomes we have helped people achieve (in their own words):

- Attending new groups, contact with CAB, confidence, being better at making decisions.
 - Dealing with ongoing repeated issues to help prevent them reoccurring
 - Getting PIP, getting to Dyfi donkeys, woodlands, eco-therapy, attended counselling, increasing physical activity.
 - I am getting out of the house more often now.
 - Helped me communicate better and set goals.
 - I am still alive! That probably wouldn't have been the case had I not contacted Mind and Mind's [Worker] being there. She has lovely qualities of a nice person.
 - I have always struggled to say no to people - working with [Worker] has taught me that its ok to say no and how to go about doing so.
 - I got up the courage to move to a care home.
- I feel stronger.
 - I feel more focused and optimistic.
 - I have been able to return to work after having a breakdown 13 years ago.
 - I have started my own Company and moved on from my old relationship.
 - I have started to attend an art course at college which i would never have done before.
 - I now have the confidence to go out alone and be sociable.
 - Improved my mental health. Helped me when I was 'let go' from my job in the pandemic. Saved my life when I was suicidal, by being a key person that kept me afloat and giving me tips to help feel better. Helped me to find friends in the local area by suggesting groups to attend. Helped me to feel valued and find my way back to working. Gave me skills to be able to recognise when depression is a risk and to fight it, which is proving invaluable through life's ups and downs. I simply cannot thank [Worker] enough.
 - It has helped me engage with CMHT to be open about my illness, confidence to deal with the medical side.

Thanks to our funders:



Training

Since April 2022 we have delivered 28 training courses throughout the year. We have increased our in-person courses since covid, however, we have found some of our courses work better online and have a better reach for busy, time-strapped and even socially anxious individuals. We ran 11 in-person courses and 17 online courses in total. Our in-person courses take place in various venues across mid and north Powys to reach more individuals, however, we do make the most of our training room in Llandrindod Wells where possible.

The courses have covered a variety of topics, including Stress and anxiety management, Confidence building, Living well with the menopause, Assertiveness skills, Guided Hypnotherapy for deep relaxation, Positive thinking, Ways to support young people who are struggling, Creative writing, An introduction to quantum consciousness therapy, Coping with frustration, Building self-worth, Coping with exam stress, 5 ways to wellbeing, Beginners running group and more.

We continue to develop and add to the courses we deliver, when we see a need or demand for a certain topic, meaning the courses we offer are relevant and of real value to the attendees.

There were 198 attendances across the training sessions with 152 different people attending in total. On average 7 individuals attended each course and session.

94%	feel more resilient after the course
97%	feel the course has helped them move towards the life they want to live
85%	attendees feel more connected to others
86%	feel more confident
88%	have reported improved mental health

The training team have been involved in delivering training to external organisations, these included Dementia awareness, Wellbeing Workshops, Resilience Training and LGBTQIA Awareness training and Relaxation sessions to improve team well-being throughout the year.

What Our Clients said about the Courses:



Tips for how to refocus your thinking from negative to positive thoughts.

Everyone was very friendly and kind, I felt connected and very listened to.



The explanations were very clear, the tutor was easy to approach, and the sessions were interesting and easy to digest.



Just wanted to say a massive thank you both for a truly amazing session yesterday!! We had so many wonderful positive comments afterwards. It was genuinely an absolutely resounding success. The team was really engaged, and many have said that will take something away from the session – it made a very positive impact. Thank you!



I've really enjoyed the service and the tutor was lovely and very positive. Using the service has helped build my confidence in myself and has helped me to make new friends and connections with others



“I have learned a lot in a warm and welcoming environment. Really helpful course, I feel a lot more confident as a parent.”



Mums Matter

Led by our Perinatal team lead, Tracy Lewis, the Mums Matter project continues to grow and give an excellent service to meet the demand of mums suffering with low anxiety and concerns of those with postnatal depression. Mums Matter is a wraparound support service to support mums to thrive through the perinatal period.

The service consists of:

- an 8 week course (which runs 9 times per year) including a supporter's session
- 9 peer support groups in different areas, additionally there are pop up walk and talk groups
- 1 to 1 specialised peri-natal mental health support

The 8 week course has a free crèche attached and covers topics including: expectations, basic needs, unhelpful thinking patterns, developing self-esteem, birth and feeding issues and lots more. The Mums Matter courses are available in person across mid and north Powys, as well as online.



The peer support groups are run in 6 different areas and there is also a weekly Zumba class, run on Zoom. The volunteers also run two specialised peer supports either end of Powys for mums who themselves or children have additional needs.

The new element to the service is the 1 to 1 specialised support. We introduced this element to the service as we were experiencing very high demand for this type of support, as well as exceptional demand across our generic 1:1 service, meaning that service was unable to pick up the extra demand coming from mums. We have expanded the service to meet this need and a new worker has been employed to offer 1:1 support over the phone/zoom or in person. This element of the service can help mums with confidence building, isolation, learning to talk openly about their struggles and support to join their local mums matter course. The 1:1 support can also help mums to deal with other issues that come up during the course to help the mother survive and thrive through this period.

Over the last 12 months we have helped 71 mums through the Mums Matter courses, 26 mums through the 1 to 1 support service and 10 family members through the supporter's session.



There is an average of 7 mums attending one of the 9 peer support groups every month which means 63 mums every month are attending peer support in their community, which is helping grow their confidence, combating loneliness and isolation and giving mums space to talk about their concerns and worries with their peers who can listen, empathise and offer support and advice as well as having a free cuppa and a biscuit.

The project has 21 volunteers who in turn help our Mums Matter facilitator run the Mums Matter courses, they also run the 9 peer support groups and pop up walk and talk groups.

This year we entered PAVO volunteer of the year awards 2023 to highlight the excellent job that the Mums Matter volunteers do. The award ceremony was held in Newtown at the Elephant and Castle at the End of March. We were delighted with the result as Mums Matter peer support won The Powys Volunteer award 2023 Excellence in Health and Wellbeing Group Award. The volunteers work incredibly hard supporting their peers and making early parenting a joy for mothers who are struggling.



The Mums Matter Facilitator and volunteers attend local shows, carnivals, fairs and playgroups, giving talks and helping to reduce the stigma associated with mental health in the perinatal period.

We have also written a piece for Mother's day which was printed in the local papers and online. We have filmed peer support and Zumba sessions and mums have given interviews to reporters from the BBC on behalf of Mind Cymru to show the excellent standard of mental health support given by the Mums Matter wraparound support service. We have been approached by ITV to do a film and interview about mums dealing with their mental health, managing the everyday and dealing with children with additional difficulties across different spectrums.

Quotes from mothers who have completed the Mums Matter course:



The course surpassed expectation



The course is positive and realistic



I felt heard and understood



Covered a range of topics and has helped me think positively again



The tutor is epic



Amazing to have the crèche facility my little one loved it



I feel empowered



I have made new friends and no longer feel alone



It made me feel better and has changed by life



I feel so much more confident and less anxious and now have better coping techniques



Materials were excellent! Very impressed

Youth Service

This year we have continued building on our Youth Service, and reshaping our service to support the increased number and needs of our young people, we have noticed an increased in demand, particularly relating to the effects of the Covid pandemic.

During the last 12 months we have supported 176 young people and, now have 3 Youth Staff, Lorna, the CYP Team Lead, Claire, support worker and a new member of staff, Elaine, who has a split role, with 14 support hours and 14 Supported Self Help hours. We have made much use of having a dedicated Supported Self Help practitioner, specifically aimed at supporting young people between the ages of 11 and 25, this has enabled us to have a fantastic in-house service, which has had some excellent results for the young people we work with.

Work in Schools

We offer dedicated support on three campuses Builth, Llandrindod and Llanidloes. We offer both one to one support and Supported Self Help, below are a few comments from Young People who use our school's service.

How comforting it was and how it helped to improve my wellbeing.



YP aged 12

I like the help and being able to talk without judgment.



YP aged 15

It is very engaging, open and personal, the discussions are always helpful.



YP aged 14

“Mind offer Ysgol Calon Cymru exceptional, friendly and dedicated provision. The staff are keen to work collaboratively, with a pupil centred approach, to ensure the best outcomes for pupils' emotional and physical health. Practitioners go above and beyond to support pupils, attending multi-agency meetings where appropriate, and offering actionable feedback of strategies that staff can employ to support our learners.”

“The provision that Mind offer supports both parents and pupils alike. Provision for parents has also been outstanding. Sessions have been offered ranging from exam stress through to supporting anxious children. The whole stakeholder approach that MIND encompasses supports the whole school approach to wellbeing that Ysgol Calon Cymru embed at the heart of our practice”.

R. Rhys Jones Campus Head, Llandrindod Wells

We also support young people from NPTC Newtown, and young people from other schools, this support is offered usually over a video platform or over the phone, we are very person-centred, and will meet in person where capacity allows.

During the past year we have contributed to the new school curriculum by delivering PSE lessons involving 129 pupils, across two campuses, this was based on recognising emotions, and dealing with them in a healthy way.

One to One

We continue to offer one to one support for young people in Mid and North Powys Mind, and now with a Youth Guided Self Help practitioner this has augmented the service.

I am better than when I first started. After speaking to you I am happier and go out and talk a bit more. I had problems with the way I looked and now I have more confidence in my body. I feel happier in myself and more confident in the way I look. I feel more connected with my family because I have had you to help me with that.



16 to 25 Group

Our 16 to 25 group has continued to be two evenings a week, Monday's online, and this past year we have gone back to having in-person group more often, currently this is every other Thursday at The Wellbeing Centre, Llandrindod Wells, where we have planned activities, and offer a safe, supportive place to be yourself.

Through the Summer of 2022 we met with representatives from the Horizon project, funded by PTHB, and through collaborative working had 6 weeks with the Mid Powys Youth Theatre. The young people were encouraged and assisted in writing their own story, encouraged to reflect on writing and had time and opportunity to talk about their own experiences within the project.

What do you like best about this service?

The fact that I feel more connected to others.



YP aged 18

...to know I am not alone



YP aged 17

...I am able to talk openly without judgment



YP aged 22

12 to 15 Group

On a Tuesday at 5 pm we have an online group for 12-to-15-year old's, all are welcome, and this continues to grow and develop.

We have introduced dedicated training as part of our core Youth Service, these are how to deal with exam stress, which is a 3-week programme, looking at preparing for exams, exam day and self-care.

For Parents/Carer's of young people who are having difficulties with their mental health, interactive in-person training over 4 weeks, this has different elements, such as parenting styles, understanding and helping with poor mental health, self-harm, eating disorders, combating negative thinking, and self-care amongst others, and it has received great feedback from participants.

Picking up lots of tips in a secure and friendly environment. I will definitely be using all the information in my folder. I already feel my teen and I have had more helpful conversations'



I liked every minute of this course, I realised that I don't have to be perfect, that I am enough



Friendly happy environment and a lot of laughs



Found the tutors really good, not sure how you could improve it, meeting the other parents, sharing our stories and picking up lots of tips on how I can support my young person



“The service works closely with other organisations in the field of Youth support and we have developed great working relationships: ‘Working alongside the professionals at Mid and North Powys Mind, is multi professional working at its best! Working collaboratively has seen some real positive changes for the children and young people we work with.’”

Katy Cherrington, CAMHS Children Looked After Highly Specialist Practitioner



Once again, we would like to take this opportunity to thank the volunteers who give freely of their time to work with us. We continue to work closely with statutory and third sector organisations (and welcome collaborative working) to work with our young people and support them in whatever their needs may be, to increase their wellbeing.

Supported Self-Help

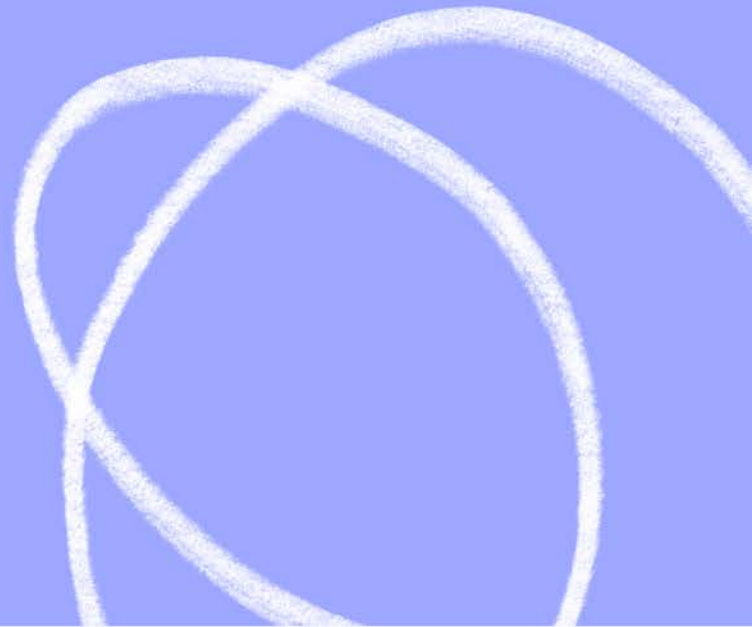
The past year has seen quite a few changes; the first being a name change from Active Monitoring to 'Supported Self-Help'. It was felt that this gave more of an idea to clients as to what to expect from the service.

It continues as a pan-Wales service; led and funded through national Mind, delivered in partnership with 17 different local Minds across Wales. The second big change will be that the service will be rolled out across all England in the Autumn of 2023.

Supported Self-Help is a service designed by national Mind as a 6 week/session intervention, to help people very quickly gain control of their feelings and expand their range of coping mechanisms, using CBT approaches. It has seven pathways; Anxiety & Panic, Feeling Alone, Depression, Grief & Loss, Self Esteem & Managing Anger. An eighth pathway booklet on the Menopause is soon to be added.

These pathways are guided by comprehensive printed booklets, which are posted out to the person's home address – they contain tried and tested information, tips and exercises to help people gain control of their mental health. This is coupled with up to 6 sessions of phone support.

The service has been delivered entirely remotely and referrals have come via an on-line national sign-up portal. People can either self-refer or agencies can refer people using the same on-line system.



In this period the team have supported 183 people. 84% showed increased well-being as measured by the Short Warwick Edinburgh Mental Well-Being Scale; and 100% of users said they would recommend the service to friends or family.



183
people
supported



84%
showed
increased
wellbeing



100%
would
recommend the
service to family
and friends

The last change has been within our Self-Help Practitioner team. Mary-Ann Shoubridge is still with the team, Dawn Clifford decided to concentrate on her counselling role within MNP Mind – so we have been joined by Abbie Lycett. We are still able to offer 35 hours of supportive work per week.

Here are some quotes from clients:



My confidence is
returning & I have
meaning back in my life



I feel more positive
about getting out now.
People have noticed a
change in me



It's been a life-
saver for me.



I'm grateful to be able
to speak to someone
who doesn't judge me



Life or things are the
same, but now I have
the tools to be able
to cope

Blended Online SilverCloud CBT

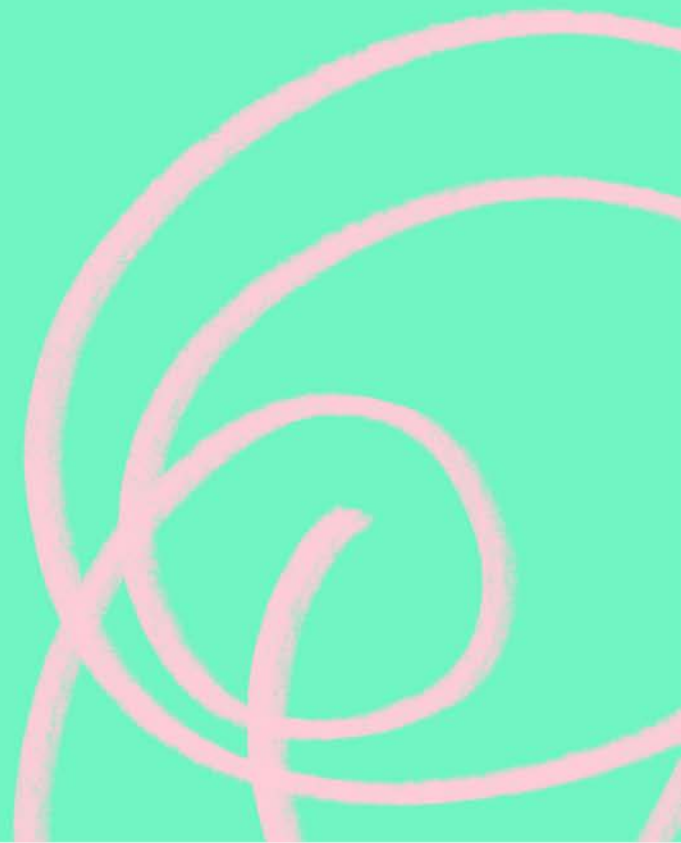
Our Blended Online SilverCloud CBT Practitioners are Jen Englefield and Amy Haddon. Amy covers Llandrindod Wells, Builth and Rhayader and Jen covers Knighton and Presteigne.

Blended On-line CBT is led by Powys Teaching Health Board and delivered in partnership with Mid & North Powys Mind, Mind Ystradgynlais and Ponthafren, across the whole county. Jen and Amy provide support for people to access SilverCloud, which is an online self-help programme, based on Cognitive Behaviour Therapy. People are offered 6 fortnightly telephone sessions to support and motivate them when using SilverCloud. People accessing the service are a combination of self-referrals and external referrals from a variety of services, such as GP's and Primary care Counsellors.

During the past year Jen and Amy have supported 55 clients, the most requested programmes have been 'Space from Anxiety' and 'Space from Anxiety and Depression.'

Amy was invited to speak at the 'Dementia Matters' group in Llandrindod Wells in May 2022. It was a great opportunity to share information about our service.

Jen and Amy attended the first 'Knighton Health and Wellbeing event' in August 2022. This event showcased the many varieties of wellbeing support available in the area. Jen gave a talk about SilverCloud and they met with members of the public throughout the day.





Feedback from the service:



the thing I liked the most-your manner and non-judgemental approach, you've been fabulous



I've turned a corner



My self-esteem is slowly rising up



Feeling like I did 10 years ago, other people have also noticed the difference.



SilverCloud

Wellbeing Centre

The Wellbeing Centre is open for drop ins Monday 1-4pm and Thursday 10-1pm. Within the times we have been able to offer emergency 1:1 appointments to people who would like to speak to a member of staff, they are able to discuss anything that may be effecting their wellbeing. We are also able to refer people to different services that Mind provide and also pull in other services. These appointment slots are also available to people living in the north via the phone.

Thursday 10-1 is a games session, we offer a good selection of board games and peer support.

We have monthly craft groups held on a Monday, from bead workshops to card making. All of these groups have been offered by members who have been supported by Mind and have an interest in craft. With additional support from Caroline Stanley, our Wellbeing Centre Coordinator, and Liz Percival (volunteer) building confidence in the group leads. The craft groups have been popular and will continue in the new financial year.

We have run bite size training sessions during the year: 5 ways to Wellbeing, Building Self Worth and Resilience Training. These were also well attended.

From a crochet workshop members asked if they could have a regular sewing group so we now have Stitch n Bitch, Fridays 12-3. This has been a popular group. Members bring in their own sewing, knitting, crochet and needle felting, swop ideas, share their skills and support each other.



Over the winter months we opened as a warm space and were on the Powys directory showing people where they could go to keep warm in the cost of living crisis. We approached the foodbank and Red Cross to ask for food items, blankets and flasks so we could offer them to people who may have been struggling.

February we hosted a Time to Talk day this event was well attended, we had energy advocates, local PCSO and 5 ways to wellbeing training and an art group in the day. In the evening the youth group had a craft workshop and positive self-talk session.



The Wellbeing Centre offers recovery focused, holistic support to all members at Mid and North Powys Mind and the service provided is popular and well received.



Pride & LGBTQ+

Mid and North Powys Mind has been running an LGBTQ+ peer support group since 2017, until its closure in September 2022, due to lack of demand for the group. This is not necessarily a negative, it may mean that people feel less isolated and less need to attend the group.

The group was set up after a need was identified to provide a safe, supportive space for people who identify as LGBTQ+ to meet with peers, enabling people to discuss the issues they were facing that were impacting on their mental health, reducing isolation and improving people's sense of wellbeing. Initially the group met monthly, increasing to once a fortnight quite quickly, on request of the members.

As a peer led group, members wanted to raise awareness about being LGBTQ+ in Powys and help reduce the stigma that is attached and ease the effects of minority stress. The group invited the local Police LGBTQ+ liaison officer to speak, which created good links and promoted safety. The group also went to film showings and discussed specific topics requested by group members. The group also worked with NHS Wales to improve sexual health services in Powys, through consultation. 46 people accessed the group in the first few years.

Led by Mid and North Powys Mind's LGBTQ+ worker, Shaun Griffiths, the group were passionate about reducing stigma and ensuring that those who needed it were able to access support. In 2019 discussions began around holding a Pride picnic.

Then came the Pandemic! Although the picnic had to go on hold, during the following year plans grew and we employed a Pride Co-ordinator, Becca Oakley, to work alongside our LGBTQ+ worker. We were successful in some small funding bids to support the project and worked hard to make the vision of the group become a reality.



On Saturday 16th July 2022 Llandrindod Wells was home to our landmark event in Powys as members and allies of the LGBTQ+ community marched in celebration of Powys Pride's inaugural event. Over 400 people turned out to celebrate Powys' first ever Pride parade.



The day started at 12pm with a march around the lake before arriving at the Temple Gardens for the festival.

The festival at Temple Gardens featured an array of performances, speeches, stalls and support from all corners of the LGBTQ+ community in Powys. The event featured numerous stalls from organisations across Powys such as NHS Cymru, Montgomeryshire Family Crisis Centre, Powys Association of Voluntary Organisations, Montgomeryshire Girl Guides, Umbrella Cymru, and many offering advice to attendees and showing solidarity with the community. Artistic stalls also played a part, with music, poetry readings and a display chronicling the history of LGBTQ+ rights in Powys.



In the evening entertainment moved to Pavillion. The Pavilion hosted a ticketed event featuring drag artists Polly Amorous and Pixie Perez, Britney Spears tribute Absolute Britney, and music from DJ Madame Twisted.

Powys Pride volunteer Ivy Taylor commented on the event. She said:

“To say I’m very pleased with how it’s gone is an understatement, I didn’t know what to expect but I never could have imagined something like this. I grew up in Powys, and spent 15 years being unsure of my identity, thinking I was the only one who felt this way. It’s why events like this are so vital for a community, to meet voices and other perspectives that assure us we are not alone and that allow us to be ourselves amongst ourselves, especially in more isolated rural communities.”

“We are completely floored by how well everything went for the first ever Powys Pride, when around 400 people came out to show their support and have fun. The atmosphere was unlike anything I’ve experienced in Powys, and I know that it meant so much to so many people that they were able to have an event like this in their home county.”

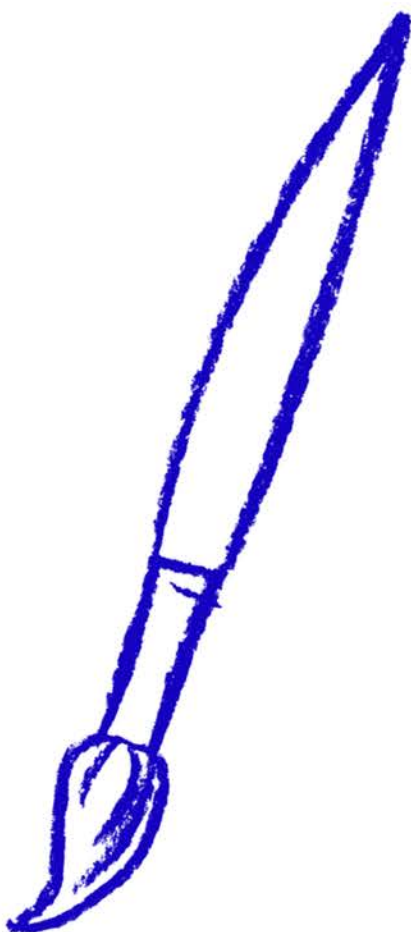


The Art Group

The Art Group runs every Thursday morning in our Llandrindod Wellbeing Centre, from 10:30 till 12:30. The group is run by 2 well trained volunteers, Linda Roberts and Linda Ellis and welcomes anyone with an interest to join the popular group.

As well as providing a space for members to create their artwork, the group also helps people to feel more connected to others, share skills and tips and has enabled people to feel more confident and have improved self-esteem.

The Art group's work is proudly displayed throughout our building and always receives positive comments from visitors.



Community Groups

The past 12 months have been enjoyable and fun for the members and volunteers for the Builth and Knighton Outreach Groups.

Both groups meet twice a month, on the 2nd and 4th weeks of the month. The Builth group have decided that this is how they would like to proceed, with telephone calls on the weeks we do not meet. Thanks to the dedication and support of the Builth Volunteers, Christine Johnson and Gillian Coleby, who have continued to support with the both the telephone rota and group sessions.

The Knighton group are very lucky to have Margaret Bennett as a volunteer, who takes time out of her busy life to help run the group. The Knighton group would like to return to meeting weekly, but are in need of an additional volunteer or two, to enable this to happen.

The Builth group have enjoyed a variety of activities, including a film session, decorating Easter biscuits and a trip to Elan Valley. The group were left some money by a member who had sadly passed away. To remember her, the group enjoyed a trip on the Brecon Canal. Thanks must also be given to Llanwrtyd Community Transport, who have assisted with our transport needs on trips out.



The Knighton group have also experienced a range of sessions, including pamper sessions, crafts, games, and garden visits and afternoon teas in the sun. It was lovely to see a large group of Knighton members attend Mid and North Powys Mind's AGM and Open Day at The Commodore, Llandrindod Wells.

Both groups have enjoyed regular sessions with Impelo, who we have worked alongside to provide chair based movement to music sessions, which are very popular with the members.

The Builth and Kington groups are lucky to have a regular group of members who attend, but we would also welcome any new members to join us.

During the year 41 people accessed the groups. As a result of attending:

95%	of people felt that the service helped them to find out and address what was important to them
100%	of people felt listened to and that their voice was heard
100%	of people felt more connected to others
91%	of people felt their mental health had improved
82%	of people felt better able to manage future challenges
86%	felt that their confidence and self-esteem had improved

When asked what people most liked about the groups, responses included:



Being able to meet friends, old and new.



The camaraderie and the company and fun we have at each of our sessions.



Company. Fun. Feel included.

Physical Activity

Walk and Talk groups

Llandrindod

This group is held on a Monday, 10-11am. The group has continued to run throughout the year and has been popular with members giving people a chance to be in nature on a gentle walk. Some members have accessed other services and have offered to run workshops at the Wellbeing Centre. Some people have formed friendships, going for a drink in the café after their walk.

Builth Wells

Builth Walk and Talk met weekly on Monday mornings throughout the year with 12 different people attending. Those attending enjoyed a gentle walk along the Groe, alongside the river, feeling the benefits of being out in nature and meeting others. After a break over Winter we are back to it with a new day and time on Wednesday evenings.

Newtown

Newtown walking group started back up and continues to do well. We have a steady walk around the quiet areas in town, where we chat and take in the environment around us. We have recently teamed up with Ponthafren and made a joint walking group.

Quotes from walking groups members:



My support worker made me feel at very at ease, she was compassionate and a great listener.



Support has helped me a lot and taught me how to be assertive. Mind is awesome



Felt good to be able to talk freely without judgment

Outcomes from walking groups members:



Helped me to see what is important to me and how to deal with that



Gave me strategies to help my mental health now and in the future



Being able to leave my home for the first time in years with support

Machynlleth Running Group

Building on the success last year of our 12 week beginners running groups in Newtown and Llanidloes, this year we held another 12 week beginners running course in Machynlleth, thanks to funding from the Millennium Stadium Charitable Trust.

The group was led by Lizzie Cockle and two volunteers, Shoned and Amie. 15 people attended over the twelve weeks. After the course, the group continued to meet, with support from Shoned and Amie.



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Everyone that attended felt more/much more resilient as a result of attending, 83% felt their mental health had improved, 84% felt more, or a lot more connected to others and everyone felt that the course had helped them or helped them a lot, to move towards the life they want to live.



A huge thank you to MNP Mind to bringing the group to Machynlleth. The group has given me so much confidence. I've applied for a new job. New me, new beginnings.



I like the fact that it's got me out of my usual mundane routine and also meeting new people which is really out of comfort zone, also that I can achieve things if I push myself. Possibly, I've made a few other changes at the same time as joining this course and everything combined has eased symptoms I've experience in the past.



I enjoyed the build-up each week and the no pressure - I just wished I could have attended all sessions. The leaders/volunteers were fab!

Get Active Project

Building on this work and in recognition of the important role physical activity can play in improving mental health, we were successfully awarded funding from national Mind and ASICS to deliver a twelve-month physical activity promotion project called Get Active.



The project employs Betty Morrall-Lane (9hrs/wk) and Jo Jones (7hrs/wk) to promote the mental health benefits of physical activity, coordinate a series of physical activity taster sessions and longer 6 or 12 week courses, across mid and north Powys. The project is open to all but particularly aimed at people with poor mental health and/or low levels of physical activity.

The project started in January 2023 and during its first quarter, started to deliver another 12 week beginners running course in Newtown, led by Betty and volunteers Judith Moore and Barbara Woodruff. Demand was very high, with 22 people originally signing up for the course.

The project is also promoting existing physical activity opportunities in the community and is making links with local clubs, groups and Sport Powys.

Several other tasters and longer courses are planned including non-contact boxing, yoga, gentle fitness for new mums and babies, walking football, walk & talk, qigong and lots more!



Tai Chi

This group runs in Llandrindod every Monday evening from 5:30-7:30pm. The group is led alternate weeks by tutor Lisa gardener and experienced volunteers.

33 people have attended during the year and the group continues to be popular, so much so that we now have a waiting list to join.

Additional Therapies

The following therapies are only accessed via internal Mid & North Powys Mind referral, as part of a holistic package of bespoke support. Our staff and volunteer team can then ensure the person fully understands the therapy on offer and it is at the right time for them.

EMDR (Eye Movement Desensitisation & Reprocessing), Ego State Therapy and Hypnosis

John Paul Higgerson (or JP, qualified and registered with the BSCH) has delivered some of our client training for many years. In May 2022, we started a pilot service delivering up to 5 sessions per week of the above therapies. JP works as an integrated psychotherapist, this means he can use the different therapy styles he is qualified in, to gain the best outcome for the client. During that time JP has supported 34 people with positive results.

EMDR

EMDR was developed – and is best known – as a therapy for treating trauma and post-traumatic stress disorder (PTSD). It's recognised by the National Institute for Health and Care Excellence (NICE) and the World Health Organisation (WHO) as a treatment for PTSD. It can be used to help with a range of mental health difficulties. During the treatment, people recall (a previously discussed) traumatic experience while making bi lateral eye movements guided by the therapist. The therapy consists of eight phases; history taking, client preparation, assessment, desensitization of traumatic event and negative beliefs, installation of positive beliefs, desensitise bodily sensations previously connected with the trauma, closure and revaluation of treatment effect at the next session.

Ego State therapy

Ego-state therapy is a psychodrama approach in which an individual's psyche is considered to be an internal collection of distinct but integrated ego states, or a family of selves. People navigate many different roles and identities during their everyday lives and develop various ego states to adapt to different circumstances.

For example, a woman might become a fierce protector of her children while also climbing the corporate ladder as a chief financial officer. Sometimes in response to trauma, one ego state will end up dominating the rest. Ego states may also become problematic when people find themselves stuck in a particular state or discover that a given state is no longer beneficial. For example, a survivor of child abuse might become stuck in a victim role as an adult, resulting in unhealthy relationships and anxiety. Ego-state therapists seek to identify an individual's different ego states and integrate them into a coherent whole to help people resolve complex psychological challenges.

Hypnotherapy

Hypnosis is a psychological procedure that can help to change how you feel and act. You're fully in control when under hypnosis and do not have to take on the therapist's suggestions if you do not want to.

In hypnosis, you are put in a state of focused concentration that involves becoming less aware of your surroundings. In this state, you are more able to accept 'suggestions', also known as 'invitations'. Your therapist will make suggestions that encourage you to move away from unhelpful beliefs towards more helpful beliefs. For example, if you mistakenly believe that you are a bad person, in hypnosis the therapist will give you suggestions that help to change that to a more reasonable belief that you are fine as you are.

Feedback from clients:



"I am better able to cope with my own emotions and have the tools to cope with situations as they arise"



...the kids have commented, my work colleagues have noticed and [partner] is so happy to have me, not just back but stronger and more positive than I have been for years.....Thank you!



John Paul helped me more than I can put into words, though the subject of our meeting was very dark, he put me at ease and helped me work through the issues I was having and we revisited the situations that had caused my breakdown. He taught me new skills and showed me a different perspective. Over the next three months I regained control of my life and learned to deal with my emotions, I became more confident in myself and better able to deal with the people around me

One to one Mind Coaching

Mike Buckley supports people to learn mindfulness on a one to one basis. Mike has over 30 years' experience of tai chi, meditation and mindfulness. People learn some easy guided mindfulness meditations and common sense insights, that they can use at home and at work, to help stay stress and anxiety free. Sessions last for one hour and are delivered via phone or zoom. On average, people find 3 to 4 sessions is all it takes to make a big difference to how they are feeling, but this can extend up to 10, depending on the needs of the person.

Mike has supported 40 people during this period with positive results. This service could not run without the kind donations from very generous members of the public – thank you.

Feedback from clients:



Has helped me become calmer through regular mediation. I am still learning but feel more positive



Non-judgmental, trust, honesty, openness



“Would have been alone without this help in spiralling poor mental state, feel like I've been caught and held”

Bereavement Support Service

Working in partnership with Minds in Powys, Mid & North Powys Mind (as the lead agency) was granted Welsh Government funding to expand elements of our Bereavement Support Service out across all Powys. This funding has enabled both Brecon & District Mind and Ystradgynlais Mind (as well as ourselves) to provide support for people bereaved by suicide and specialist bereavement counselling (within our counselling service). This Welsh Government grant also funds our Bereavement Support Service.

Our Bereavement Support Service began in January 2022 and covers the mid and north Powys area. It offers support to adults, young people and children. Our service aims to support people in working through their grief and loss and we offer support in person, via the telephone or online. Our bereavement supporters are volunteers who amongst them have many years' experience in providing bereavement support and are extensively trained. We welcomed 6 new volunteers to bereavement support in 2023, bringing our total of active volunteers to 14. Our children and young people trained supporters have also delivered support to children in school, helping children process their grief in a school setting.

Since April 2022 we have supported 63 people in their grief and loss.

95%	of people rated the information received as helpful or very helpful
92%	of people reported their emotional health and wellbeing improving
85%	of people felt more resilient
82%	of people felt their confidence and self-esteem has improved
100%	of people have been supported in the language they wished to be supported in

The service has also been working with Powys Teaching Health Board and partners on providing support for people bereaved by suicide. We sit on the Talk to Me 2 Steering Group for Powys and co-produce (with Ponthafren and attendees) a new peer support group for people bereaved by suicide. This group meets on the 1st Tuesday of the month across different venues in the Mid and North Powys area and provides a space for people bereaved by suicide to talk together and support each other.

Quotes from Bereavement Support Clients:



After the support
I felt more normal
and less alone



Being able to talk
honestly with no
barriers to a
neutral person



The volunteer was understanding
and I felt I was able to speak to her
as I was not able to speak about my
feelings to my family. We worked
through things and I didn't feel
pushed into doing something that I
didn't want to do.



The volunteer was very
supportive and gave me
confidence to talk. She
made me look at things
differently. She was
excellent

mind
in Powys

Local Minds working in partnership
Minds lleol gweithio mewn partneriaeth

Counselling service

Counselling as an integral part of Mid and North Powys Mind's services and one of the most in demand services we offer. This means that we always have a waiting list for this service of around 3-6 months.

Clients on the waiting list are always offered other services in the meantime, so no-one is simply put on the list without other support.

Each client is offered 12 sessions, each one lasting 1 hour. We continue to offer telephone/digital counselling in the main, but have also offered some walk and talk counselling if this suits the individual. Both have gone extremely well for both clients and counsellors.

With 3 counsellors working in the service this year we have been able to offer, on average, between 14 and 16 sessions a week. A total of 57 people have received support from our counselling service during the year.

Our evaluation data for this service shows that, as a result of receiving counselling:

Anxiety (GAD-7)

0-5 = No anxiety symptoms	6-10 = Mild anxiety	11-15 = Moderate anxiety
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Counselling Service scores

Pre (mean score) = 16

Post (mean score) = 7

This shows that the service has been particularly effective at reducing client's anxiety from moderate anxiety to mild anxiety symptoms. This is a really significant shift.

Depression (PHQ-9)

0-4 = No depression symptoms	5-9= Mild depression
10-14= Moderate depression	15-19 = Moderately severe depression

Counselling Service scores

Pre (mean score) = 15

Post (mean score) = 6

This shows that another outcome of counselling has been that client's depression scores have moved from moderately severe depression to mild.

Mental Wellbeing (WEMWBS)

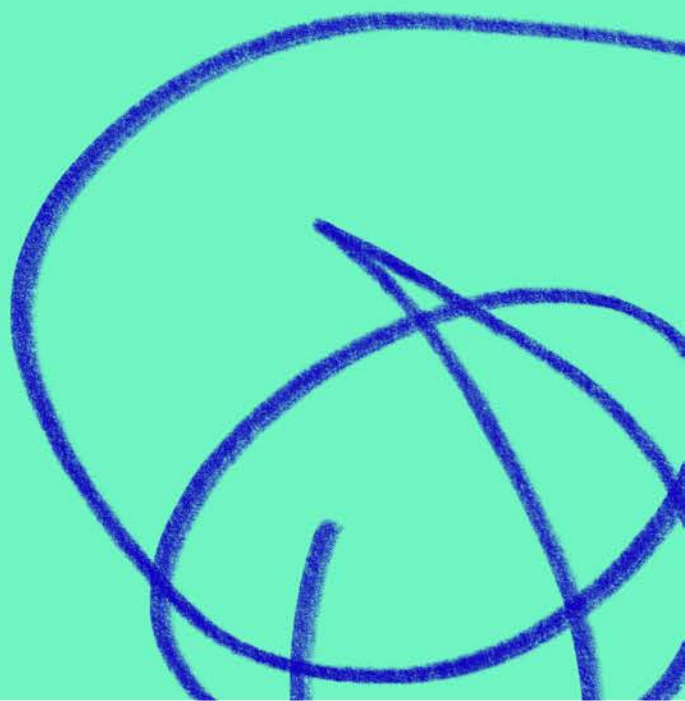
14-42 = low mental wellbeing	43-59 = average mental wellbeing	60-70 = high mental wellbeing
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Counselling Service scores

Pre (mean score) = 38

Post (mean score) = 52

This outcome measure provides evidence that, as a result of attending counselling, clients moved from having low mental wellbeing, to having mental wellbeing in line with the population norm.



Funders and Supporters

We are very grateful to all our funders, without their support we would not be able to run all the valuable services we offer:

Powys Teaching Health Board Big Lottery Fund

Housing Support Grant

Powys County Council

Moondance Foundation

ASICS

Henry Smith

PAVO

Mind

WCVA

Henry Smith

Lloyds Foundation

Llandrindod Town Council

Postcode Community Lottery



We also received £9369 in donations from the public. These are amazing figures and we would like to say a huge thank you to all of our supporters.

Financial Information

The income for the year totalled £580,284 whilst our expenditure for the year was £617,993 resulting in Mid and North Powys Mind ending the year with a deficit of £37,709. This deficit is due to the timings of grant payments, some having been received in advance for the next financial year. Accounts can often look like this, as they only show income that was received during a very specific time frame, and not all the income received for individual projects running within the same period.

Staff costs were the main area of expenditure at £400,267, but without our staff we would have no services. The other costs of £217,726 consist of other service delivery costs, volunteer costs, rent, utilities and administration.



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