



Suzanne Evanson

A piece of Mind - meet Suzanne!

If you can sew a face mask, walk up a mountain or hold a collection tin at a fundraising event, Suzanne Evanson wants to hear from you! And if you're a women's group, a men's shed, a school or a Brown Owl, you'll probably be hearing from her in the next few months.

Suzanne is the newly appointed **Community Fundraiser and Engagement Officer** with Conwy Mind. And having taken up the role in the middle of the Coronavirus lockdown, she's chomping at the bit to get out and about, meeting people and raising awareness of the charity.

She's organising regular coffee mornings, information stands in prominent outdoor locations and talks to community groups throughout Conwy. And she's hoping to launch Crafternoons, where nimble-fingered volunteers can knit, crochet, paint or plant for Mind as part of a packed programme of fundraising plans.

"We rely on people fundraising for us, to be able to deliver our services," she said.



Born in St Asaph, Suzanne worked for Blind Veterans UK before taking up the position with Conwy Mind. "I have had depression so I've had personal experience of mental health issues and this is a charity very close to my heart," she said

"We want to get rid of the stigma surrounding mental health and to emphasise that it's okay to be not okay.

"If we can get the message out from an early age – from primary schools upwards – we can promote positive mental health"

If you'd like to be more involved with Conwy Mind, as a fundraiser, or if you or your family and friends want to learn more about mental health from a member of the Mind team, email Suzanne at suzanne.evanson@conwymind.org.uk

A VERY BIG THANKYOU

Conwy Mind is a charity and we rely on grant, donations and fundraising events for all our income.

It's thanks to the generosity of large and small companies, local businesses and groups and individual fundraising heroes, that we're able to support so many people in Conwy.

The Steve Morgan Covid Emergency Fund very kindly gave us two grants during the pandemic, enabling us to expand our telephone support service. And we received a welcome grant from Mind Cymru, to set up our Active Monitoring programme in June.

Every penny we receive or raise stays in Conwy – to support individuals and services across the county.



Natasha Williams, a member of our telephone support team.

OUR FANTASTIC FUNDRAISERS



And now for some rare good news from the Coronavirus crisis....thanks to Bangor University Men's Rugby Union team. The lads competed against Chester Uni Men's RU team for the Covid Cup - challenging themselves to walk, run and cycle as many miles as possible in eight weeks.

The Bangor team won the Cup, and raised a very impressive £500 which they donated to Conwy Mind,

THE NEWSLETTER WITH NO NAME!



Help - we haven't got a name! We've shared lots of ideas in our weekly Zoom meetings - some good, some just plain silly- now it's over to you! Send us your suggested names for our Conwy Mind newsletter, and we'll send you a £25 Marks & Spencer voucher. We're looking for something a little bit funny, eye-catching, and relevant to what we do. Post or email your entries to us to arrive before 5pm on August 31. We'll announce the winner in our next issue.