

SUCCESS STORY

It's always nice to be recognised. So we were delighted when Conwy Mind was chosen as one of the winners in the recent Mind Network Excellence awards. The awards are organised annually to celebrate the achievements of the network of Mind organisations around the UK, highlighting 'the wealth of expertise and innovation in local Minds'.



Conwy Mind won the Partnerships and Profile category, for its work towards achieving the Mind Quality Review and for taking the organisation in a new direction. And although the award had to be presented virtually this year, we now have a trophy to put in our new reception area and a banner to use on our website and emails.



ON THE MOVE!

In the next few weeks, we're packing up our files and furniture and re-locating to bright, modern premises on Abergele Business Park. And we're already looking forward to working in an open plan layout with lots of additional space.

Due to Covid restrictions, we're currently working in 'bubbles'. So some of us will be office-based for most of the week and others are continuing to work from home, with office catch-ups every month. We've had a 400% increase in calls since the beginning of lockdown in March, but the move won't affect the delivery of services.

Because we've been working flexibly for the past seven months, you won't even notice the change of address!

The new offices will have two counselling rooms and designated areas for training

sessions and one-to-one meetings.

And as soon as it's safe to do so – hopefully early next year – we'll be offering office-based services and sessions.



BEE MINDFUL



Year 2 pupils at Ysgol San Sior in Llandudno have been making Mindful Buzziness friendship bracelets, with a mindfulness quote attached. And this month, the 6 and 7- year-olds, led by inspirational teacher **Lisa Jones**, sent Conwy Mind a £200 cheque, raised from bracelet sales. Next step, for this enterprising year group, is Mindfulness bee mugs, which come with hot chocolate, marshmallows, cookies and a bee bracelet. A cosy Christmas treat for just £7, with all proceeds to charity.

