



MIND MATTERS

It's been a very busy time here at Conwy Mind, with a 400% increase in calls and referrals since the beginning of the pandemic. Our forthcoming move to Abergele will be a huge boost for service users and staff, because our offices here in Llandudno are no longer fit for purpose. Large scale maintenance and refurbishment of the 18th century building is too costly for us to undertake and so the Trustees have made the decision to sell.

We'll be investing the money from the sale to help fund the expansion of the services we offer. And we'll continue to reach and help as many people as possible, across the county.

We'll be focussing on outreach and community based resources and activities. And as soon as health guidelines permit, we'll be out of the office and into local communities, with events such as community hubs, groups and coffee mornings. We will also be increasing our counselling and talking therapies.

By successfully expanding our online and telephone services during lockdown, we've been able to respond to the huge rise in demand for support - and we'll continue to offer these services. We also plan to re-introduce face-to-face meetings, as soon as it's safe to do so.

And we're delighted that our hard work and innovation have been recognised nationally, by the Mind Network Excellence awards. Take care and stay safe.

Denise Roberts
Chief Executive, Conwy Mind.

MEETING OF MINDS

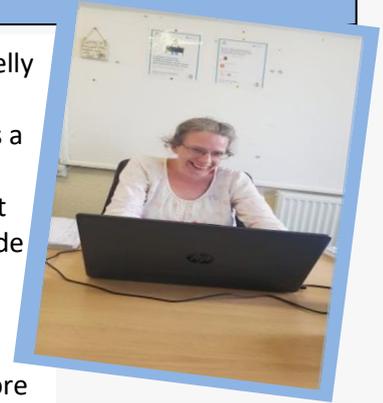
Business Development Manager Rachel Ginnelly doesn't need a crystal ball to see what the future holds for Conwy Mind. She already has a good idea about how it's going to shape up! Rachel joined Conwy Mind in March. And part of her role, to date, has been to work alongside the CEO and trustees to develop a 5 year Business Plan.

The result is a far-reaching strategy for the future, which will deliver more services to more people, in a user-friendly format.

Rachel describes her role as: "a combination of financial management, developing services and ensuring that the services on offer are clear and accessible to the people who need them."

Having worked with Relate, a mental health charity in Rochdale and as Birmingham City Council's Voluntary Sector lead, she brings decades of experience to her new role. She followed her dream of living beside the sea, by moving to Llandudno from Lancashire two years ago and admits "I now can't imagine living anywhere else!"

And she's even found an up side to lockdown, working from home with daily head-clearing walks to the beach. She's currently working on ideas for generating income, including paid for counselling and delivering mental health training to organisations in the region.



"I want people to see that we're a professional, responsive organisation doing really valuable work, she said.

Conwy Mind in a great position to move forwards."

HELP SCHEME EXPANDS



Our popular ActiveMonitoring programme is now available in GP surgeries in the east of Conwy, in Kinmel Bay, Abergele and at Cadwgan, Rhoslan and Ryseldene surgeries in Colwyn Bay. People in the west of Conwy can access support via one of our hub workers. Working with an Active Monitoring Practitioner, users are given the tools and coping strategies to manage mild to moderate mental health problems before they escalate. The programme is delivered in five sessions over 6 weeks and has proved highly effective in improving general health and wellbeing.



Xmas countdown

Here's an easy – and seasonal – way to make a donation to Conwy Mind. If you buy your Christmas cards from us, you'll be helping to support our work.

We will have two festive designs for sale. Visit



our website for details.

CONTACT US!

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