



Our vision

is of a society that **promotes and protects good mental health** for all and that treats people with experience of mental health issues **fairly, positively, supportively and with respect.**



745 volunteer hours
provided by
29 VOLUNTEERS

5,587
people supported



★ **100%**

of **Community
Advocacy Service**
client feedback
was 'Satisfied' or
'Very Satisfied'

£49,758 raised though
**fundraising
and donations**
– helping us
develop new
services &
reach more
people



We provided specialist mental
health advice & information to
1034 people



96%

of Employment Advice
clients felt they were
**more able to support
their own mental health
in the workplace**

2,000+
people 
received our professional,
independent
advocacy support

We provided mental
health training to
915
employees
across
SUSSEX



**Employment
advice & support
provided to
over
770**
people 

22-23 Key achievements and highlights

Mind in Brighton and Hove successfully renewed our Mind Quality Mark (MQM) following a robust and comprehensive assessment process. Our assessment report highlighted a number of strengths and areas of excellence including strategy, finance and policies and positive comments including “MiBH is a forward-thinking organisation driven by the change it wants to make for its beneficiaries”. We were particularly pleased that the review team commended the way that MiBH’s values are lived out at every level of the organisation noting that “Trustees, staff and volunteers at MiBH are highly motivated to make the local Mind’s vision of a world that promotes and protects mental health a reality”. In addition, MiBH was selected as the Winner of the Mind Network Excellence Award for Strategy which is within the MQM Leadership & Governance theme.

We also renewed our Advocacy Quality Performance Mark (QPM) during the year, demonstrating our continued achievement of delivering high quality, independent and professional Advocacy services across Brighton & Hove and West Sussex.

We were delighted to receive fantastic feedback from the assessment including “the team also demonstrated that they are highly values led and the principles of advocacy were clearly running through all aspects of the service” and “people who had accessed the advocacy service and the external stakeholders we spoke with all expressed how much they value the service and the quality of the advocacy provided”.

After several month of development, we launched our new website in August, incorporating the Mind brand refresh and alongside an update of our publicity materials.

We received lots of positive comments about the changes including people finding the website easier to navigate, less cluttered, more modern looking and finding the accessibility function and link to national Mind’s directory of use.

- We were successful with our bid for **a new Men’s Mental Health Training and Skills Programme** in ESx to be delivered in partnership with Grassroots Suicide Prevention. The long term aim of this project is to raise awareness and contribute to reducing the suicide rate for men in ESx.
- Within our **Mental Health Advice Service**, 97% of people stated that they ‘found the service useful’ and 94% that they felt the staff had ‘listened to them and understood their issues’
- Our Mental Health Advice Service **established new partnerships with local organisations** to deliver specific advice and workshops to refugees and asylum seekers
- At **Lighthouse**, we developed and delivered a **recruitment training workshop** for members interested in being more involved in recruitment at the service
- Our **Employment Advice Service** delivered an additional **22 skills and information workshops** alongside our busy **1:1 support** for people to find work or retain their current employment
- The two most common outcomes for people accessing our **Advocacy support** are they are better informed of their rights and their views are listened to
- **96% of IMHA clients** in WSx stated that they found the service very easy to contact and access
- Within our B&H IMHA service, outcome data collected showed that **86% of clients were supported to increase their access to community services** upon discharge from hospital

- During **Advocacy Awareness Week** in Nov 2022, our advocates held a drop in session in Jubilee Library in Brighton to **raise awareness of advocacy and services available** and in WSx advocates visited Foodbanks across the county to promote advocacy and meet volunteers
- Our **Wellbeing in East Sussex** service developed and delivered **new workshops on the Five Ways to Wellbeing, Resilience and ‘Moment for Mindfulness’ sessions** on Hastings beach
- We promoted and celebrated key mental health calendar events throughout the year including **Mental Health Awareness Week** in May, **World Mental Health Day** in Oct and **Time to Talk Day** in Feb
- Our new **Men’s Mental Health Training and Skills Project, Men in Mind** successfully delivered its first workshop to barbers, tattoo artists and boxing club staff in June
- To mark **International Men’s Day** our Men’s Mental Health service in Hastings worked with **Arts on Prescription** to design and produce a coaster to promote good mental health for men and connect them to resources for support. 160 coasters were distributed to pubs and cafes around Hastings
- Our Men’s Mental Health Community Development Fund Hastings continued to **support a range of local men’s wellbeing groups** including bike rides, community gardening, walks and talks, fire circles, arts groups and kickboxing
- Our **Peer Mentoring service** in WSx received 100% positive evaluations from people accessing peer mentor support
- Our **Breathing Space** service provided individualised wellbeing support and resources to **over 200 people across Sussex**
- We supported the **garden for Mind at the RHS Chelsea Flower Show**, by renowned garden designer Andy Sturgeon who created the Mind Garden as a sanctuary for conversation and as part of Project Giving Back, which funds gardens for good causes
- Mind in Brighton and Hove has been **signed up to the Brighton and Hove Living Wage Campaign** employer declaration for a number of years and as an organisation we remain proudly committed to this.

Testimonials

“The support I received was far in excess of what I expected and I would not hesitate to contact Mind again” (Mental Health Advice)

This is the first time someone is saying let’s see what we can do instead of there is nothing we can do. You have been so helpful (Mental Health Advice)

I am glad I met staff for the first few sessions of the group at the Lighthouse, I can now go on my own to the café as my anxiety has reduced (Lighthouse member)

I found it therapeutic talking about my ongoing situation at work which had impacted badly on my mental health and wellbeing (Employment Advice)

The Lighthouse is like a family with likeminded people, it has helped keep me safe over the last year (Lighthouse member)

Mission accomplished... if it wasn’t for your advocacy I could NEVER have done such a task (B&H Community Advocacy)

“ With your support and recognising what I need and don’t need, I feel at moments a sense of hope and resilience that I had very little, if any of before ”
(WSx IMHA)

“ You’ve been an angel. The support you’ve given me has been life-changing – I know it sounds dramatic but I have been able to focus more on my recovery – thank you very, very, very, much ” (WSx community Advocacy)

“ My dad wants to take you out for a drink! He said it was really helpful talking with you on the phone about my situation and understands it a lot better ”
(B&H IMHA)

“ I have shared so much today, thank you for listening to me, it was good to talk about it to people who listen ”
(Wellbeing in ESx)

“ Men my age, we don’t talk about this stuff.....but we need to. Great work! ” (Men’s Mental Health, Hastings)

“ The support has been excellent and the training was really good. I learnt quite a bit and it was fun. You are providing a really useful service ” (WSx Peer Mentoring)

“ I was thinking about leaving college as I was so stressed but talking it through has helped me to stay at college and I am feeling more positive – thank you ”
(Breathing Space)

“ Your constant support over this period has been invaluable, simply put, without your encouragement and input, I wouldn’t be here, many, many thanks ”
(Breathing Space)

“ The session helped reinforce the importance of normalising conversations around mental health in the workplace. ”
(Training participant)

“ This was fantastic. I’m going to try the tools and look forward to keeping in touch to let you know how it goes ”
(Men in Mind workshop participant)

“ This event today was amazing and very helpful, it actively gives space to men and mental health, in a creative, dynamic way, and lets people know about other services ”
(ESx Men’s Mental Health)

Thanks to all our partners, supporters and funders:

- Brighton and Hove City Council
- Brighton and Hove Clinical Commissioning Group
- Brighton & Hove Community Roots
- Orbit Housing Group
- Coastal West Sussex, Crawley & Horsham and Mid Sussex CCGs
- East Sussex County Council
- National Mind
- Pathfinder West Sussex Alliance Partners
- Sussex Advocacy Partnership: MindOut, Speak Out, SIS, Impact Initiatives, POhWER
- West Sussex County Council
- Grassroots Suicide Prevention
- Our Volunteers, Trustees and members
- Our supporters who donated or raised money for us

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