

From Mind in Taunton and West Somerset

New volunteering opportunities

IF you are looking for a fun and rewarding way to make a difference volunteering for Mind in Taunton and West Somerset could be just what you need. It may be a cliché but volunteers really are our lifeblood - without their commitment and enthusiasm we would not be able to continue to provide such valuable services.

For anyone interested in getting involved we are holding a volunteer drop-in session at our Canal Road office on Thursday November 1st between 4pm and 6pm. You are under no obligation - simply come along and find out a bit more about what we do and how you could help us support local people.

Mind in Taunton and West Somerset are currently offering a range of exciting new volunteer fundraising roles across Somerset. From organising events to online marketing, there will be something to suit everyone.

Some of the roles can be done from home, many are flexible and can be carried out around other commitments you may have. You will gain a range of new skills, meet new people and you will know that the time you give will be helping local people experiencing mental and emotional distress.

The hands-on experience you will gain through volunteering with us will be invaluable if you are planning a return to paid work or if you are looking to pursue a career in social care, fundraising or marketing. Many people start out as volunteers in their field before going onto paid employment.

Please be our friend!

AS a small local charity we rely on the support of individuals to keep our services strong and independent.

From the equivalent of just a pound a month you could become a 'friend of Mind in Taunton and West Somerset' and help us support local people experiencing emotional distress.

Please consider becoming our friend - every pound we raise really does make a difference to individual lives. You can use the form enclosed to give a one-off donation or sign up to a regular standing order.

In return new friends will receive a welcome pack full of information about mental health and of course the satisfaction of knowing you are supporting a good cause!

Looking to the future

AS many people will be aware the last few months have seen a lot of changes at Mind in Taunton and West Somerset. We have seen significant funding streams come to an end and despite valiant attempts to find further funding we have had to close several projects.

We are of course very sad to lose these valuable services - which include MindER, the Therapy Project and the Mind Skills and Opportunities Centre - but realise that this is sometimes the nature of the voluntary sector.

We would like to thank all the staff and volunteers who have been involved in these projects over the years and wish them every happiness for the future.

We remain very positive about the future and hope that there will be plenty of new exciting initiatives developing over the next year.

CONTACT US

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West Somerset Inclusion Project Re-launch

LOCAL people were able to see the work of Mind in West Somerset first hand on October 12 when the charity celebrated its re-launch with an information trailer display in Wellington Square, Minehead. With the Exmoor Food Festival taking place at the same time, the day was dedicated to explaining how food can affect mood. Mind has worked closely with The Food and Mood Community Interest Company and now produces booklets and recipes on the subject.

The West Somerset project has recently been successful in winning funding from the The Big Lottery and has been undergoing significant revamping and refurbishing. A new project team are now in place to deliver a range of services including drop-in support groups across West Somerset, advice and information about mental health issues, a listening service for those with emotional distress, and workshops to raise awareness of mental health issues for the wider community.

The West Somerset Mind offices are at 3 Parks Lane, Minehead and are open for public advice and information from Monday to Friday from 9.30 a.m. to 11.00 a.m. and additionally on Tuesdays from 4.30 p.m. to 6.00 p.m. Appointments may be made outside these hours.

You can contact the office direct on 01643 708765.

Fabulous Family Fun at the O'Bridge

BIG thanks to all the staff at the O'Bridge, Taunton, who held a family fun day in August to raise money for MindTWS.

Robert T. Riley, one of our fundraising volunteers, was on hand on the day selling balloons and supporting the event.

"It has been a fantastic day" said Robert. "I'd like to thank everyone at the O'Bridge for all their support and generosity, particularly Helen and Mary for everything they have done."



ABOVE: Staff from the O'Bridge present MindTWS with a cheque for £335 - the proceeds from the fun day.

AGM invite

Friends and supporters are invited to attend Mind in Taunton and West Somerset's Annual General Meeting, to be held at the Canal Road office on November 26th at 4pm.

Please R.S.V.P. if you plan to attend so that we can make arrangements for seating and refreshments.

Challenge yourself to make a difference

MindTWS has teamed up with Charity Challenge to offer supporters the adventure of a lifetime. From trekking across the Sahara to cycling the Kathmandu valley there is surely a challenge to suit everyone.

Charity Challenge is not just about raising money, nor is it purely a physical trial - it is about pushing yourself to the limit - physically and mentally, meeting new people, experiencing different cultures throughout the world and achieving personal goals.

Charity Challenges are something out of the ordinary. Why go on a regular holiday when you can experience adventure, get fit AND raise money at the same time?



Shop till you drop

Exciting news! We're delighted to announce the launch of our new fundraising webshop. When shopping online, you can access over 100 leading retailers including Amazon, Tesco, Marks and Spencer and John Lewis. Services such as DVD rental, travel insurance and Sky packages are also featured.

Every time you do your shopping through our webshop you'll automatically earn commission for us! You don't pay anything extra by using our webshop, so please try to use it whenever you can.

Visit the shop at www.buy.at/mindtaunton and check out all the great offers.



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