

Our Impact 2024-2025

For Better Mental Health and Wellbeing



About Wiltshire Mind

We are an independent charity supporting people in Wiltshire with their mental health.

Our services are accessible for everybody in our community. We offer adult counselling, children and young people's counselling for those aged 11+, and support groups across our county.

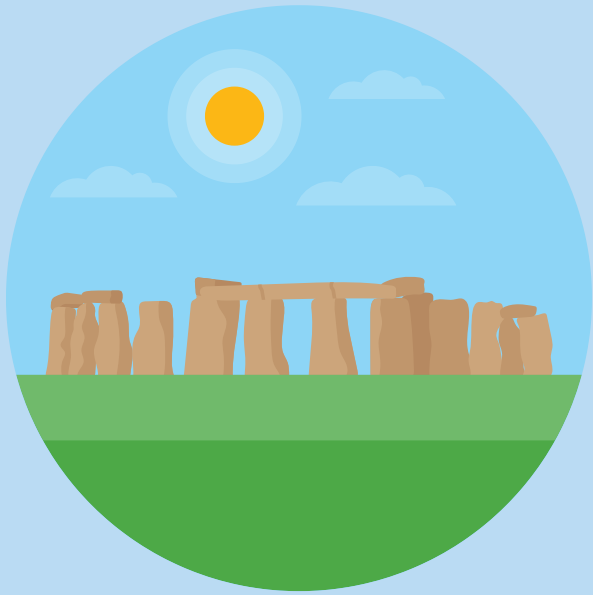
For businesses we provide mental health training. For schools, we offer mental health workshops and assemblies.

There has never been a greater focus on mental health, which is clearly highlighting the demand for services that can effectively enable individuals to deal with their mental health.

At least 1 in 4 people are affected by poor mental health across the UK, and at a local level we estimate there are 67,000 people struggling with their mental health.



The Wiltshire Story



In our rural county of Wiltshire, we have a population of 490,000 people. Approximately 70,000 people are struggling with their mental health.

An estimated 22,000 have a personality disorder and an estimated 7,700 people have bipolar disorder.

There are around 29,000 cases of self-harm in Wiltshire a year.

Our county has a strong military presence, and data shows there are around 15,000 cases of PTSD being experienced across all walks of life.

For young people, common mental health disorders include anxiety, depression, and it is estimated some 6000 people struggle with eating disorders.

There is a massive unmet need for people experiencing mild to moderate mental health support needs.



About Us

Our Aims

- To build a community where mental health and wellbeing is better understood and supported.
- We are dedicated to promoting positive mental health and wellbeing by offering compassionate, accessible services to anyone living in Wiltshire over the age of 11.
- With an inclusive approach, we're here to ensure that no one has to face mental health challenges alone.



About Us



Our Values and Purpose

We're here to provide friendly, safe place where anyone can find the support and respect they need and deserve:

- Supporting mental health and wellbeing for people in Wiltshire
- Striving to give people more autonomy and choice
- We support the local healthcare system by delivering preventative and early-intervention services that promote wellbeing and reduce the need for crisis care
- We offer safe, supportive spaces where individuals feel able to connect and participate in society
- We treat everyone as an individual and ensure they feel valued, heard and supported
- We actively listen to our community and seek feedback to ensure our wellbeing services meet their needs and make a meaningful impact
- We aim to build a sustainable and effective charity

“I am much calmer in general and less anxious. I feel more able to manage my emotions surrounding the issues I came to your service about.”



“My counsellor was wonderful. She always listened without judgement, allowing me to bounce thoughts back and forth. She helped keep me grounded and safe when memories or emotions felt overwhelming”



Our Clients

Making A Difference Together

We are deeply grateful to our 13 volunteer counsellors who dedicate their time to assist both our staff and clients, providing over 1,000 hours of one-on-one counseling for adults each year.

A heartfelt thank you goes out to our volunteers who support our facilitators in the Support Groups; they are the foundation of Wiltshire Mind within the community.

Our fundraising efforts are powered by supporters throughout Wiltshire who contribute countless hours of voluntary work to generate the funds necessary for our services. Remarkably, over half of our total income is derived from voluntary donations, and we sincerely appreciate our generous supporters.

With a diverse range of fundraising activities, Wiltshire Mind also receives backing from local businesses and other charities.

We take pride in being recognized as Charity of the Year by several local companies this year.



Making A Difference Together



During the year we delivered three significant grant fuelled programmes to help more people in Wiltshire.

- UK Shared Prosperity Fund
- UK Health Inequalities Fund
- NHS Charities Together

We are very grateful to our grant funders who continue to support us and our beneficiaries.

We continue to innovate, introducing new Parent Workshops as part of our Schools Wellbeing Project and specialist Carers Support Workshops.

Our quality assurance is backed by the Mind Quality Mark accreditation, and our Mental Health Training is delivered in partnership with MyWhiteDog.com - an accredited MH England provider.



Our Financials

2024-2025

Income	Expenditure	Balance
£187,744	£189,113	£-1,369



Our reserves policy

The trustees have agreed that Wiltshire Mind's reserve policy is to hold three to six months of planned expenditure as a general reserve to be available with immediate access. The Trustees are aware of the need for reserves and aim to increase the reserve fund as and when conditions allow.

Our Impact In Numbers



279 Children and
Young People
Supported



336 Adults
Supported

957

People
supported by
our charity
last year



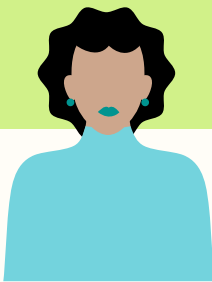
1000

Volunteering
hours
provided by
our volunteers



331

Children and
young people's
counselling
sessions held



1725

Adult
counselling
sessions held



408

Attendances
at our Support
Groups



236

Children
supported by
our Schools
Wellbeing
project.



Our Impact In Numbers

Mental Health Training and Workshops

Number of people supported

129

Mental Health
Training



22

Parent
Workshops and
Schools Staff
Wellbeing



24

Carers Wellbeing
Support and
Training



15

Wellbeing Support
for Military



Better Outcomes For All

- An increase in the overall confidence of the individuals attending
- Calmer and more positive approach going forward by individuals
- Confidence by individuals to be honest with others
- Ability to put things into perspective
- Realization that individuals can open up without fear
- Reduction in self-harm
- Reduction in addiction and life-threatening mental illness



Better Outcomes For All

“In 2019, too many things went wrong at the same time. It was my first experience of depression. I bottled everything up. I didn't tell anyone until it was almost too late.

Although the road to recovery began with a visit to the doctor, it wasn't until I joined my local Wiltshire Mind Support Group that things really started to change for the better.

The safe space to speak freely with other people who were struggling with their mental health was quite literally a lifeline. I was also able to take advantage of Wiltshire Mind's counselling service. the weekly one-to-one sessions were invaluable.

I have nothing but praise for Wiltshire Mind and its dedicated staff”



Ellie's Story



Thank you!

wiltshiremind.co.uk

