

BOB ICS Mental Health Action Planning Process: VCSE Profiles





Meet the organisations we're working with to develop the BOB VCSE Mental Health Action Planning Process

The BOB VCSE Mental Health Action Planning Process aims to strengthen mutual understanding across sectors, leading to more collaboration between NHS and charity leaders from strategic system conversations to grassroots community action.

The BOB VCSE Health Alliance is increasingly embedded in BOB ICS partnership structures with the ICB, Oxford Health, Berkshire Healthcare and primary care partners. Our NHS partners have an increasing appreciation of the crucial role VCSE plays in supporting the NHS with its current challenges and want to work through the conditions to enable that effectively.

We're working with voluntary organisations to shape the action planning process so we can develop principles required to pursue good mental health and wellbeing starting in childhood.

Read on to learn more about the organisations who are forming part of the process.



**Working together to
build a better Oxford**

Oxford Hub works together with a local healthcare network and community groups in South East Oxford to support people to improve their health and wellbeing holistically. We support people to meet new people, connect with each other, get active and we support people in setting up their own activities.

We work in partnership with the South East Oxford Health Alliance (SEOxHA) to support patients through social prescribing . Social prescribing helps people to access things that will improve their health and wellbeing, with support from a link worker or connector, including exercise classes, social groups and creative activities, depending on what's best for each individual.

For more information about Oxford Hub visit <https://www.oxfordhub.org/>



We provide a peer support group for those experiencing mental health difficulties, including wellbeing activities & advocacy support. Eight Bells is a friendly, member-led, voluntary group, that provides friendship, support, and a listening ear to people experiencing mental health issues in Newbury, Thatcham, and the surrounding areas. We run a mental health drop-in centre that offers a safe, supportive and welcoming environment in Newbury Town. We provide support to about 100 members living across West Berkshire whose lives are affected by mental health issues.

We're committed to enriching members' lives, well-being, confidence, and self-esteem. We're dedicated to creating positive change through peer support, personalised assistance from our coordinators, committed volunteers, training, and a diverse array of well-being activities

For more information about Eight Bells for Mental Health visit <https://eightbellsnewbury.co.uk>



The Advocacy People believe in a society where people feel in control of their lives and are confident to speak up and people who can't speak up for themselves have someone in their corner to speak for them. It is our mission to help anybody who needs independent support to speak up, deliver quality and innovation in advocacy through our practice, and improve people's lives individually and collectively by putting their case to policymakers.

Anyone can feel powerless and unable to speak up when faced with a difficult situation. Anyone should have access to an advocate. People should be heard at every level of policy and decision-making. We work hard to make this happen. As the law has changed to include other rights to advocacy, we have changed too. We are experienced and skilled in all the advocacy services that must be provided by law.

For more information about The Advocacy People visit <https://www.theadvocacypeople.org.uk>



Utulivu Women's Group is an organisation that promotes the health and well-being of Black and Ethnic diverse women and their families to integrate better into society. Our work is focused on: Community Hub, Mental health programs and health inequalities, gender-based violence and FGM.

We work to empower, engage and support women, girls and families in Reading and surrounding areas to improve their lives and those of their families. These reports support our ambition to deliver, measure and evaluate our social impact. Our services include: Health Wellbeing Hub, Gender-Based Violence Support, Training & Employment, Community Media

For more information about Utulivu Women's Group visit <https://utulivu.co.uk/>



Talking sense about autism.

Autism Berkshire is an organisation that provides support to children, young people and adults pre and post diagnosis of autism. Many of the children and young people we support have anxiety, OCD or eating disorders. Many of the adults have anxiety, OCD and eating disorders along with unemployment, homelessness or issues around housing, relationship breakdowns and gender fluidity.

Our mission is to help and support autistic people of all ages in Berkshire and their families. We aim to enhance the current provision of services and support, to improve autistic people's quality of life and give them maximum independence.

For more information about Autism Berkshire visit www.autismberkshire.org.uk



Educafe is a Community Interest Company (CIC) that was set up to bring together diverse communities in West Berkshire.

Educafe aims to:

- Provide safe spaces to meet, eat, learn and make new friends
- Bring people together to create community spirit and cohesion
- Break down barriers and reduce health inequalities
- Improve health and well-being of residents and access to local services
- Reduce isolation and loneliness and improve people's mental health

We welcome visitors regularly who have mental health issues, a history of self-harm, suicide and other complex needs. Find out more: <https://www.educafeuk.co.uk>

For more information about Educafe visit <https://www.educafeuk.co.uk/>



Reside Dance C.I.C. works with dance movement psychotherapists to provide dance and movement sessions for a range of disadvantaged groups with physical and mental health diagnoses.

We tend to work with individuals who experience musculoskeletal pain, low-level anxiety, stress and depression, and who have recently experienced trauma. We have also worked with young people with physical and learning disabilities, and culturally diverse families from lower socio-economic backgrounds. We use robust evaluation methods to monitor and evidence the impact our programmes have. We regularly signpost to NHS services when participants need further support outside of what we can offer.

For more information about Reside Dance visit <https://residedance.co.uk/>



The Mustard Tree partners with local communities, charities and statutory organisations to identify unmet needs among the most vulnerable and marginalised people in our society. Working through those partnerships we then innovate and develop projects that reduce health and social inequalities, increase community engagement, and give a voice to the unheard.

We work to reduce social isolation by developing positive relationships and networks in the community. We offer a variety of support to local people facing disadvantages ranging from befriending to mentoring, drop-ins, hubs and chaplaincy outreach. We also run the hospital navigators programme in A&E in the Royal Berkshire Hospital.

For more information about The Mustard Tree visit <https://themustardtree.org/>



Nai's House is a blended youth and well-being service that offers a new way to access and receive mental health support. Our approach is non-clinical and it has been developed from the viewpoint of the service user. It is backed by research and incorporates many of the ideals that youth consultations and agencies have highlighted a need for. This means we can deliver a service that is flexible and informal in its approach.

We believe prevention is the best approach to investing in the emotional and mental well-being of future generations and in reducing the number of deaths by suicide.

We offer consistent, confidential support that is delivered in a non-clinical environment and is tailored to meet individual needs.

For more information about Nai's House visit <https://www.naishouse.org.uk/>



Sexual Assault and Abuse Support Service Buckinghamshire and Milton Keynes provides support to survivors of sexual violence and domestic abuse of all genders over the age of 5 across Buckinghamshire and Milton Keynes. Our services include one-to-one counselling, psychoeducation, telephone support, peer support, group therapy and advocacy.

By offering long-term support, we enable survivors to understand the impact trauma has on the brain and empower them to take back control, with 83% of survivors reporting improvements in these areas following receiving long-term support.

For more information about Sexual Assault and Abuse Support Service Buckinghamshire and Milton Keynes visit <https://saassbmk.org.uk/>



Colostomy UK provides practical and emotional support for people across the UK living with stomas (ostomates). We offer a wide range of information and support services in many forms, all accessible to the 200,000 people living with stomas in the UK and their support networks.

We run a 24/7 stoma helpline which provides emotional support, we offer a befriending service and have a closed Facebook support group. We run active ostomates classes to support ostomates' mental health, these classes include yoga, meditation, zumba, swimming and art. We promote support groups across the UK and have a quarterly support magazine called Tidings. Our Stoma Aware campaign aims to tackle the stigma that still exists in some areas of society, helping people with stomas to lead a more fulfilling life. We also run a rugby league team.

For more information about Colostomy UK visit <https://www.colostomyuk.org/>



Citizens Advice Reading, a local charity, helps Reading people by providing a free, impartial, confidential advice service to anyone.

Our volunteers advise on many issues; bills, debts, benefits, immigration and more, from advice and signposting to Tribunal representation. We also use data about common issues to influence wider policy change. In providing access to high-quality advice, help and advocacy, we empower and encourage people to solve the issues which are worrying them which very much supports mental health and wellbeing.

For more information about Citizens Advice Reading visit <https://www.citizensadvicereading.org/>



We use creativity to tackle the inequality in our community, through transformative programmes that unlock people's potential and strengthen communities. People of all ages come here to make art, make friendships and make change in their own lives, and the world around them.

Despite being in one of the richest cities in the country, many people who live in the surrounding area experience multiple inequalities.

Our vision is for the communities in this area to become recognised for their creative talent and leadership. And for them to no longer be labelled as victims of a system of inequality, but are instead celebrated as powerful makers of creativity and community-led change.

For more information about Ark.T visit <https://www.ark-t.org/>



We provide support to all people who are being impacted by their mental health support needs on a day-to-day basis. This includes people who are feeling socially isolated and/or are experiencing mild to moderate depression, anxiety, stress or are struggling to return to work after a period of sick leave. Social and therapeutic horticulture helps improve mental health by bringing people together, offering chances to learn new skills, boosting self-esteem and confidence, and providing physical exercise in a beautiful outdoor setting at Lindengate.

Our Wellbeing Programmes and courses are focused on supporting people aged over 18+ but we also run programmes for young people through our connections with local schools.

We also support people living with memory loss and dementia, and their carers through our Memory Pathways Programme.

For more information about Lindengate visit <https://www.lindengate.org.uk/>



WISE Wellness is a faith-based holistic wellbeing initiative launched by WISE charity, particularly focused on mental wellbeing. By helping individuals achieve peacefulness not only will it enhance their mental health but also promote the overall wellness of its local community. Rooted in Islamic principles, the program seeks to foster well-being through various avenues including counselling, awareness campaigns, workshops, well-being speaker sessions, events and collaboration with other organisations and support services.

The core ethos of *WISE Wellness* draws inspiration from the Words of God in the Quran and the teachings of Prophet Muhammad (peace and blessings on him) Sunnah combined with modern approaches to mental health to promote physical, mental, and spiritual wellbeing. By integrating these principles into its offerings, the program aims to provide an approach to well-being that serves its community.

For more information about WISE Wellness contact wisewellness@wise-web.org

BOB VCSE HEALTH ALLIANCE



The Health Alliance brings together the Voluntary, Community and Social Enterprise (VCSE) sector across Buckinghamshire, Oxfordshire and Berkshire West (Reading, West Berkshire and Wokingham). We foster collaboration among VCSE organisations and between the VCSE sector and the NHS.

VCSE Organisations in Buckinghamshire, Oxfordshire & Berkshire West



44,500
Employees



£2.1 bn
Value



162,300
Regular
volunteers



£224.9m
Value of
volunteers



7,500
Registered
organisations

The four primary shared principles which we want to drive behaviours in our partnership work are:



For more information visit
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