

# Review of our year

Guernsey Mind is a mental health charity and our aim is to support the people of the Bailiwick, encouraging a positive attitude towards mental health and supporting mental wellbeing.

2023 has been another busy year for the small team at Guernsey Mind. Here are a few of our highlights...

## Support

**406** people have contacted Guernsey Mind looking for mental health support

**Over 1100** individual therapy sessions held

**15** people supported individually in Alderney

**200 Peer support drop-in sessions** at Shiloh Church and at the Guernsey Mind Centre.

**Group sessions** including art psychotherapy, chronic illness, mindfulness and sleep.

## Training

**151 people** trained as Mental Health First Aiders

**42 people** trained in Suicide First Aid, including a sponsored session for third sector

Community training sessions held covering:

- Boundary setting
- Equality and diversity
- Menopause and mental health

Team training in:

- States Disability training
- Level 2 Safeguarding
- Level 1 Domestic Violence



## Community Support & Events

**Hope Singers** meet every Tuesday - An all-inclusive community singing group which creates a supportive and safe space for people to meet and enjoy their love of music and singing.

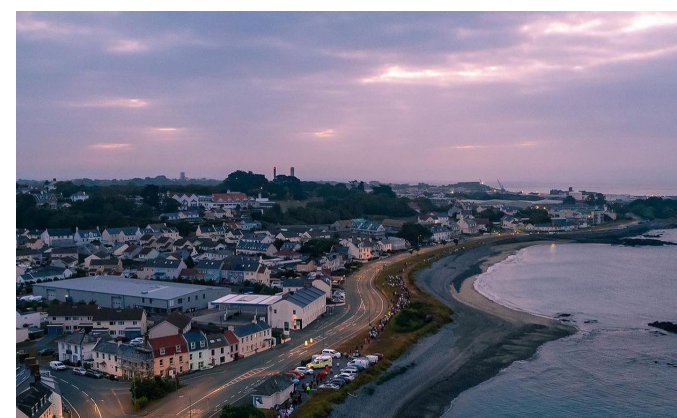
In 2023, Hope performed at the Muratti and at Castle Nights, and also the Christmas Lights as well as several other events



**Guernsey 2023 Island Games** we provided a support line for athletes and volunteers

**West Show** tea and talk 'lounge' at the West Show

**602** for our sunrise Walk of Hope to raise awareness around suicide. **35** walkers in Alderney



We were an active beneficiary of the **Skipton Swimathon**

We attended **Les Nicolles Prison Wellbeing Fair**, and the **List Wellbeing Event**

**Fun Run** - a 5km route added to our normal 10km run - **over 300** participants

Guest speaker - we welcomed Alice Hendy to talk to the community about **Ripple** - a powerful online suicide intervention tool

“ Thank you for your help. When I was lost and didn't know where to turn or what to do, Guernsey Mind helped me get back to my old worry free and happy self ”

## Our service & team

We maintained our accreditation MQM from national Mind

We welcomed 3 new Board members.

We have played an active role in the refresh of the Mental Health and Wellbeing Strategy sponsored by Public Health.

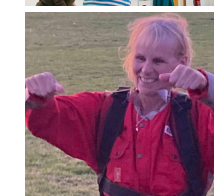


## Huge thanks

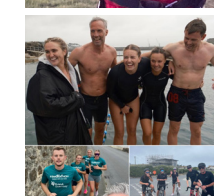
A huge thank you to all those who have supported and completed fund raising activities including...



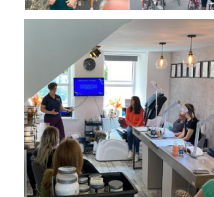
The wonderful Sally Perriam who braved the shave for Guernsey Mind



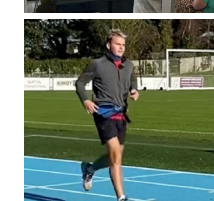
Collette Quertier's 'Jump for Jay' when she did a skydive in memory of her son



The team from Swoffers who completed a 10k run, 40k cycle and a 1.5k swim



The Beauty Rooms who hosted a wellbeing awareness evening



Drew Jonkmans who ran over 100 miles in 24 hours for Guernsey Mind

## Funding

Guernsey Mind is an independent mental health charity. All our services are funded through donations and private funding. We will never turn people away on the basis that they cannot afford to pay, but we would ask that clients make a financial contribution for each session where they are reasonably able to do so.