





# Welcome from Anita

## **I'm delighted to introduce West Sussex Mind's Impact Report 2024.**

I got help through Families in Mind, West Sussex Mind's service for parents and carers with young children, and the support I received has been truly life-changing. I've gone from feeling anxious and isolated after the birth of my second son to learning to take better care of myself and becoming a calmer and more confident parent.

I've built my own connections and friends in the community, expanded my support network and I've started doing meditation and yoga for self-care. And I've started helping other people through volunteering with West Sussex Mind.

I completed the charity's brilliant peer support training, and now I support a Families in Mind group once a week, give peer support to others and run online mindfulness groups. I find it incredibly rewarding to use my own lived experience to help others on their recovery journey.

My voluntary work is also building my skills and experience towards my longer term aim of getting back into paid employment. And I've felt supported and valued every step of the way.

West Sussex Mind has given me confidence again in myself, a wonderful community of fellow parents and it's a place where I can grow and thrive.

I'm proud of the difference that West Sussex Mind makes to people's lives in our community.

This Impact Report provides a snapshot of some of that invaluable work during the financial year 2023-24 and I hope that you enjoy it.



**Anita is a peer volunteer  
at West Sussex Mind**

**We support. We train. We campaign.**

**6,323**

**People supported**

[vs 6,230 people in 2022-23]

**29,472**

**Individual and group interventions**

[vs 24,959 in 2022-23]

**6,111**

**People trained**

**1,617**

**People reached through our awareness raising activities**



**Sydney, who got support with our young people's service**

“ I was in a bad place emotionally and physically. But getting support with West Sussex Mind is honestly one of the best things I've done. It's helped me understand myself more and provide myself with the things I need if any issues reoccur. ”

Find the extended Impact Report 2024 on our website





## Inclusive & empowering mental health support

# 8,616

Calls answered by  
our Help Point

# 6,323

People supported

# 2,610

Interventions to help  
children and young people

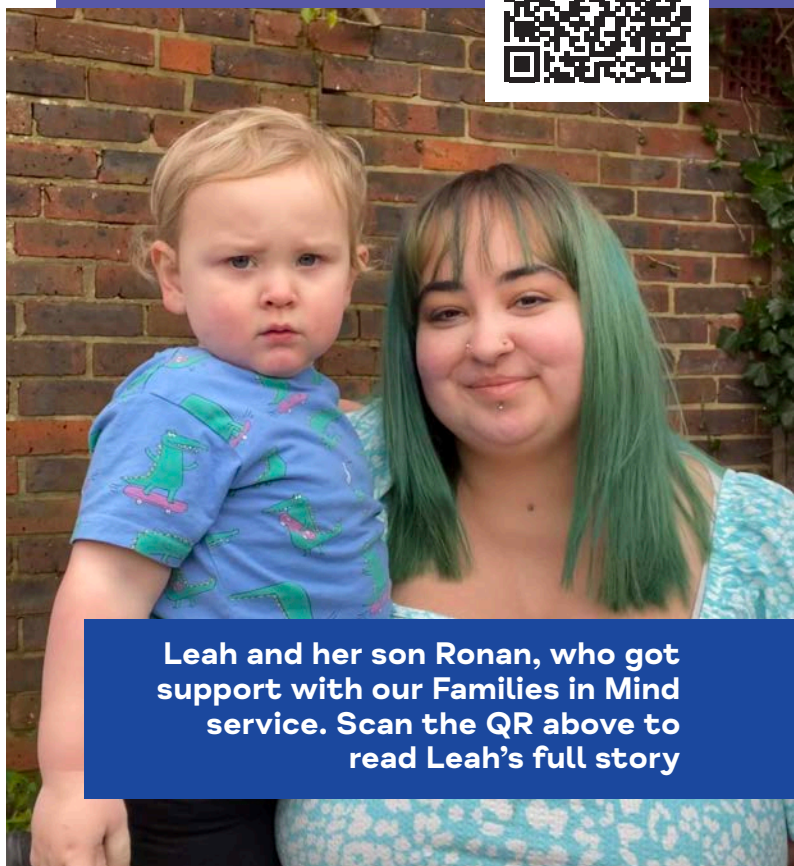
# 464

People supported by Staying  
Well, our crisis support  
service

[vs 390 in 2022-23]

“ I get a lump in my throat  
when I talk about Families in  
Mind. The support workers truly  
care about you and your child.

They go out of their way to  
make sure that, on your down  
days, you know you are loved  
and worthy. ”



Leah and her son Ronan, who got  
support with our Families in Mind  
service. Scan the QR above to  
read Leah's full story

**During 2023-24, we supported more people than ever before, continuing to provide high-quality mental health support to meet growing demand.**

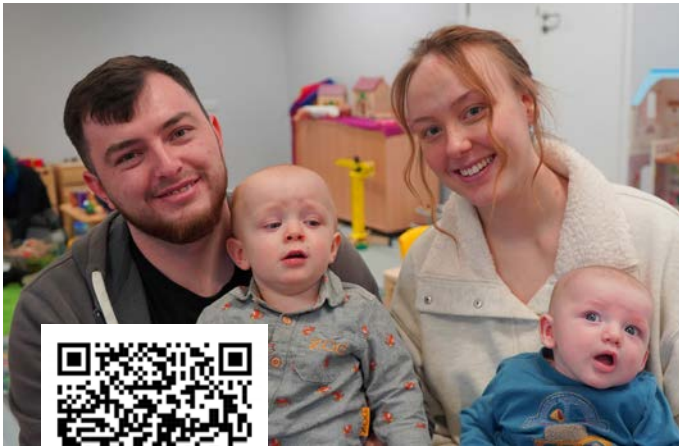
From individual and group support, to social activities that build confidence, our emphasis is on empowering people to learn to manage their mental health and wellbeing.

We're also finding new ways to deliver our support. For example, we're bringing more peer volunteers into our support offer and trained 27 peer volunteers in 2023-24 through a ten-week programme funded by East Head Impact.

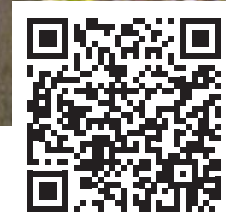
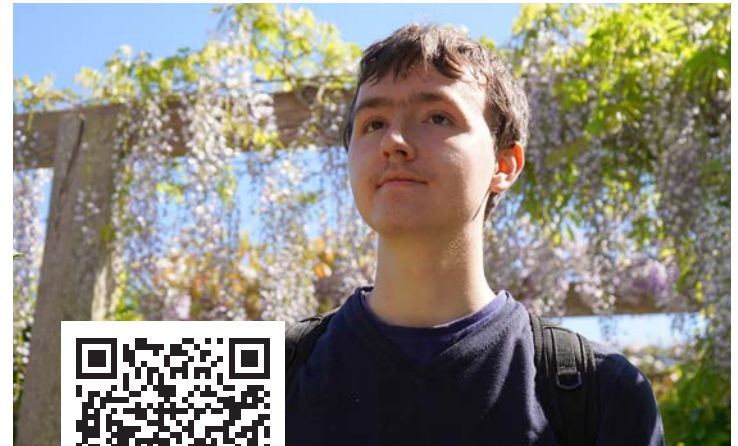
The trainees build pathways into employment, volunteering and training, while our service users get more opportunities for peer support.



**Nick and Alex at our peer volunteer celebration event**



Watch our video about our support for families with young children



Watch our video about our support for young people

# Tackling health inequalities in our community

632

People reached through our project connecting with people in the most deprived areas of Adur

637

People reached through our Ukrainian community outreach work

258

People reached through our Polish community outreach work

23

Attendances at our LGBTQIA+ peer support group launched in December 2023

**An important part of our strategy is to reach out to communities that may feel excluded from mental health support.**

We developed a model for this work, employing specialist outreach workers with lived experience of mental health to connect and introduce these communities to our services.

This year we completed our Adur outreach project, focused on Lancing, Sompting, Fishersgate and Southwick, where we knew people were struggling to get support and faced financial hardship.

We saw an increase in people from these areas getting support with us and we've embedded this approach into our work.

We also extended our work with refugees in West Sussex from support for Ukrainians resettling here to working with other refugee and asylum seeker communities in Chichester.

We did this through a new partnership with Sanctuary in Chichester.

**Find out more about our support for refugees and asylum seekers**



**Our mental health worker Lidiia with a Sanctuary in Chichester volunteer**

# Training to raise awareness and reduce stigma

# 6,111

People received our training and learning opportunities

# 479

Parents and carers trained to support their children's mental health

**Our training aims to increase understanding about mental health among people who live and work in West Sussex and reduce stigma. Highlights included:**

- Developing courses to support refugee mental wellbeing, including a programme for Ukrainian refugees funded by West Sussex County Council
- Training 116 people at Citizens Advice and other partner organisations as part of a poverty and mental health project with Horsham Council
- Delivering Adult and Youth Mental Health First Aid training to staff at West Sussex County Council, local businesses and partner agencies
- Bespoke training for businesses to promote mental health in the workplace.

“ The course offered a very thorough and deep understanding of mental health. Very good examples and personal experiences shared. ”

Attendee at one of our Youth Mental Health First Aid courses



# Our fundraising activities

During 2023-2024, we raised more money than ever before - **£256,000** – to continue our priority services.

This was a significant achievement in a particularly challenging and increasingly competitive fundraising environment for charities. Fundraising helps us reach more people and some of our projects are financed entirely through fundraising.

## Here are some of the year's fundraising highlights:

- Our second Mental Elf 5k festive fun run attracted over 200 runners and walkers to Worthing seafront and raised over £9,200 for our charity. It also included a celebrity appearance from local Olympian Sally Gunnell OBE
- An exciting abseil challenge at Peacehaven Cliffs, our first ever joint fundraising event with Safe in Sussex



Watch the Mental Elf 5k video

# £256,000

Raised for priority services

# £916,068

Raised for new development services and projects

- A generous £10,000 donation from local accountancy firm Carpenter Box
- Jacobs Steel's annual ball in aid of West Sussex Mind and Guild Care, which raised over £8,800 for our charity.



Watch the abseil challenge video



# Our financial performance

**In 2023-24, West Sussex Mind spent £3,300,705, which was a 20% increase on 2022-23.**

Our principal funders were:

- NHS Sussex Integrated Care Board
- GP practices and primary care networks
- West Sussex County Council and other local district and parish councils
- National Lottery Community Fund.

Much of our work was funded by contracts to provide specific services, for example, the National Lottery Community Fund supports our Families in Mind service, while the NHS funds our adult mental health services and Staying Well, our crisis support service in Worthing.

We also secured grant and trust funding from a number of organisations throughout the year to fund specific projects and services.

These included:

- £80,871 over two years from Friends of Midhurst Community Hospital Trust to fund Mental Health First Aid training and peer support work
- £242,000 from national Mind to fund our new supported self-help service for two years
- £14,997 from Macmillan Cancer Support to fund a cancer care and mental health project within local Polish communities
- £61,000 from West Sussex County Council to continue our Self-Harm Learning Network.



# Looking ahead

## Our key goals for 2024-25 are to:

- Make sure that people know about our services and that support is available
- Offer and develop high-quality, flexible mental health support in the towns and rural communities of West Sussex, provided through a range of channels
- Build a strong West Sussex Mind team, organisation and brand
- Raise awareness about mental health in local communities across West Sussex to combat stigma and encourage people to come forward for support
- Expand our prevention and early intervention work, targeting communities who need this most and reducing the pressure on the NHS
- Create and co-produce our next five-year strategy for 2025-2030.



**Kerrin Page, West Sussex Mind CEO**  
**Kate Scales, West Sussex Mind deputy CEO**

👏 Thank you to all  
our partners who have  
worked with us in  
2023-24. 🙏







## The last word: Our chair, Sue Hawker

**This year, we supported more people than ever before and we've continued to find innovative ways to meet the increasing demand for support.**

A great example of this is the step change we've seen in our use of volunteers. Thanks to our partnership with East Head Impact, we trained 27 peer volunteers during 2023-24 through a bespoke training programme. These volunteers are having a significant impact supporting people across the organisation and we are grateful to them for their commitment and passion.

We continue to put our service users at the heart of everything we do and I'm excited about where this will take us. Addressing health inequalities among different communities is at the forefront of all our work, and our outreach projects with refugee, Polish and Ukrainian communities are great examples of this, as are our cost of living initiatives.

I'm delighted that our Families in Mind service has continued to get support from the National Lottery Community Fund. Having intervention and support for parents during children's early years can be truly life-changing and prevents problems escalating in the future.

The successful appointment of our new CEO, Kerrin, has been another significant achievement this year. It's been a busy and at times challenging year and Kerrin has led with professionalism and good humour, continuing to put people and communities first in everything we do. I would like to thank him for the way in which he has seamlessly moved into his new role.

Finally, I'd like to say a huge thank you to our dedicated staff, volunteers, trustees, supporters and funders for their hard work and continuing commitment to our charity.



**We won't give up until everyone  
experiencing a mental health  
problem gets the support and  
respect they deserve**



West Sussex  mind

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