

## OUR VALUES

**Informed** - People with mental health problems drive the work of Mid Cheshire MIND

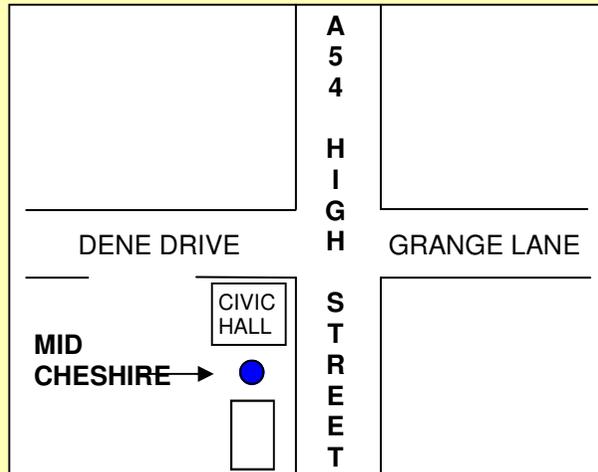
**Diversity** - We respect everyone's experience and ensure inclusion is at the heart of all our work

**Partnership** - We are committed to work with our health and social care colleagues and all who will help us achieve our mission

**Integrity** - Our independence ensures integrity.

**Determined** - We will continue to challenge discrimination and campaign for better mental health.

## WHERE ARE WE?



## OPENING TIMES

MONDAY	10:00am to 05:00pm
TUESDAY	01:00pm to 06:30pm
WEDNESDAY	10:00am to 05:00pm
THURSDAY	03:30pm to 09:00pm
FRIDAY	10:00am to 04:30pm

**SATURDAY AND SUNDAY CLOSED**

Mid Cheshire Mind  
1a Dene Drive  
Winsford  
Cheshire  
CW7 1AX  
01606 863305



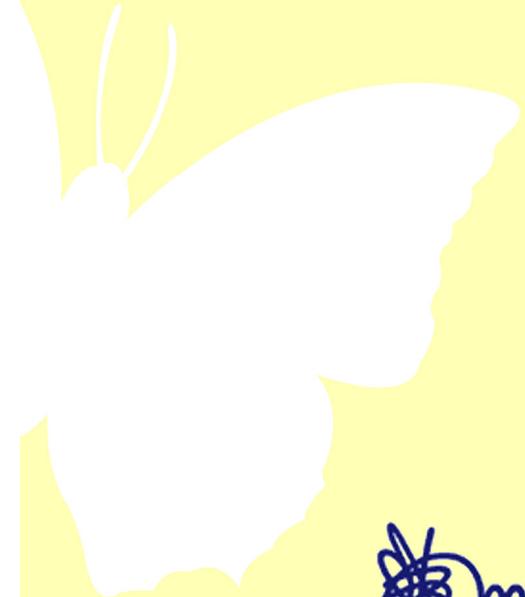
[www.midcheshiremind.org.uk](http://www.midcheshiremind.org.uk)  
[office@midcheshiremind.org.uk](mailto:office@midcheshiremind.org.uk)

Registered Charity No: 1142838

# Mid Cheshire MIND



Providing support to people  
suffering or recovering from  
mental health problems



## WHO ARE WE?

Mid Cheshire Mind is an informal drop in group for people who have had or are currently suffering from mental health problems.

Mid Cheshire Mind is a registered charity affiliated to National Mind. A Winsford group was formed in 1984 and is now based in the centre of the town making it accessible to many local people

## WHO IS THE GROUP FOR?

Mid Cheshire Mind can offer support to anyone over the age of 18 from the Mid Cheshire area who may suffer from a mental health problem. We cannot offer support to individuals whose main problem is alcohol or drug misuse but we will endeavour to put them in contact with the appropriate service.

## HOW CAN I JOIN?

To become a member of Mid Cheshire Mind you will need to be referred by either your GP, Social Services, Hospital Consultant or your Community Psychiatric Nurse. Other agencies who believe you may benefit from the group may also refer you.



Recreation Room

## VOLUNTEERS

Mid Cheshire Mind has two paid staff and relies on the enthusiasm and support of voluntary workers. Their role involves supporting and encouraging members in activities as well as helping in the day to day running of the group. If you are interested in being a volunteer contact Beryl Houghton on 01606 863305.



Games Room

## AIMS & OBJECTIVES OF MID CHESHIRE MIND

To reduce the likelihood of recurrence of mental health problems by offering support to individuals who are living in the community or preparing for hospital discharge.

To encourage individuals to be valued members of their local community by supporting them in the use of local resources.

To provide social, leisure and educational opportunities which help overcome the loneliness and isolation often experienced by those suffering from mental health problems.

To promote the active involvement of members in the management committee, with day to day tasks and fundraising for the group.

To help raise the awareness locally and nationally of mental health issues and challenge the stigma and prejudice faced by many individuals suffering from a mental health problem.

## SO WHAT DO WE DO

Members are encouraged to be involved in all the planning and running of activities and these vary from art groups, bingo, quizzes and outings to local places of interest. Regular fundraising is a key task for members in supporting their local group. All activities are optional but members are encouraged to take part in all events.



Relaxation Room

## MISSION STATEMENT

The Vision of Mid Cheshire Mind is to promote and protect good mental health for anyone who might need to access our services.

Mid Cheshire MIND will treat those people suffering from mental health problems fairly, positively and with respect.

Mid Cheshire MIND will make sure their voice is heard by those who influence change.

Mid Cheshire MIND will provide support and information, campaign locally and nationally to improve services.

Mid Cheshire MIND will do all that is possible to help those suffering from mental distress live as full a life as possible.