



For better  
mental health

# Hull & East Yorkshire Mind

## Background information

Hull & East Yorkshire Mind was founded in 1976. The organisation is a registered charity, and a company limited by guarantee. It is affiliated to National Mind, in London through an affiliation agreement, but receives no regular income from National Mind in support of its operations. The activities of the organisation are directed by an Executive Committee of up to 15 volunteer Trustees.

Although an independent, autonomous organisation, Hull and East Yorkshire Mind is one of over 200 local Mind associations that have agreed to support the mission and values of National Mind and strive to reflect them in its governing documents and its work.

The intention of the charity is:

- to promote the preservation of mental health within the community by:
  - the provision of facilities and services for social welfare, personal development, recreation, and social inclusion, being non-party in politics and non-sectarian in religion, without distinction of race, gender or sexuality
  - the promotion of training opportunities
- to promote the recovery, independence and social inclusion of people experiencing, or recovering from, mental ill health
- to promote vocational opportunities for people with, or recovering from, mental ill health.

For people affected by mental health problems in Hull and East Yorkshire, the organisation will seek to:

- promote good mental health and wellbeing
- promote community awareness of mental health by interaction with other agencies and the general public
- encourage recognition that people affected by mental health problems are disadvantaged in society

- promote equality and empowerment for those affected by mental health problems
- campaign on mental health issues and provide quality services

## **Current Position**

Hull & East Yorkshire Mind currently:

- employs approximately 80 paid staff
- engages over 40 volunteers
- serves the geographical area of Hull and the East Riding of Yorkshire (a population of 573,600).
- has clearly defined project areas which include:
  - Supported housing (60 places)
  - Floating support (24 places)
  - Development and support workers covering the East Riding (Bridlington, Beverley and Goole)
  - Community based arts project, Old Parcels Office (Bridlington) and Arts in Mind for children (Hull)
  - Step Up project in Hull & East Yorkshire (vocational support, employment, training and education)
  - Day Services (Hull)
  - Information services
  - Volunteer opportunities and support
  - LINX project (accommodation for up to 7 young people experiencing early onset psychosis)
  - ACE project – Youth volunteering project (Hull)
  - POINT - Social Prescribing (Hull) – Project working with three GP localities to signpost people frequently attending GP surgeries with non-medical needs to more appropriate community services
  - Health in Mind – Moving People project in East Riding areas of Hornsea and Withernsea promoting physical activity as a means of achieving and maintaining good mental health and well being
  - MindWorks – Training for both the local community and the corporate sector throughout the Hull and East Yorkshire area