

**ISSUE 05**

**AUGUST 2024**

## 5<sup>th</sup> – 11<sup>th</sup> August is Local Mind Week!



Do you know what Local Minds do, and how to go about finding the Mind local to you?

Across Wales, a network of 16 local Minds provide bespoke mental health services and support to their local communities. Each Local Mind raises their own funds and has their own board of trustees.

‘One size fits all’ doesn’t work for mental health, which is why we shape our support around you and our community. We want everyone in Wales to have better mental health. That’s why we exist; we’ve got the skills, experience and expertise to help every one of us who needs it.

Learn more about our Local Minds:  
<https://www.mind.org.uk/about-us/mind-cymru-mind-in-wales/local-minds-in-wales/>

### Can you help?

If you can and would like to donate, please scan the QR Code or follow this link:  
<https://checkout.justgiving.com/c/2923320>



All donations are gratefully received and help us to deliver our services.

**Thank you!**



## We are relocating!

Caerphilly Borough Mind will soon be changing premises.

We are **NOT** closing!

Our services will continue as normal.



To stay up to date with the relocation and learn about our services, please follow us on:

Facebook: Caerphilly Borough Mind  
<https://www.facebook.com/profile.php?id=100094099352821>

X (Twitter): Caerphilly Borough Mind  
<https://twitter.com/CaerphillyBMind>

Website: <https://www.caerphillymind.co.uk>

If you need our services, please get in touch:

**02921 052721**

**[admin@caerphillyboroughmind.org](mailto:admin@caerphillyboroughmind.org)**



## Introducing our staff

**David Jones – Counselling Lead**

David loves having the opportunity to make a difference; giving people the chance to look at their lives in a more positive way and make a difference in their lives. David finds it amazing to work with such wonderful counselling students and says: “Hopefully, these are the next generation of 'Minders' who can cite Caerphilly Borough Mind as their inspiration!”



<https://www.caerphillymind.co.uk/>