

ISSUE 02

MAY 2024

13th – 19th May is Mental Health Awareness Week!

Together, we can make sure that no mind is left behind.

Gyda'n gilydd, gallwn wneud yn siŵr ein bod yn meddwl am bob meddwl.

Join us in the fight for mental health.
Ymunwch â ni yn y frwydr dros iechyd meddwl.



Mental Health Awareness Week

Every year, 1 in 4 of us will experience a mental health problem. But too many of us aren't getting the help we need. Over 2 million people are waiting for NHS mental health services.

That's why we're launching **#NoMindLeftBehind** for Mental Health Awareness Week 2024.

Get involved this Mental Health Awareness Week:

- Share our campaign on social media throughout the week
- Organise or take part in a fundraising event so that we can continue Caerphilly Borough Mind's services
- Donate today to help us drive change and be there for more people who need us

Together, we can make sure that no mind is left behind.

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!



Trustees Wanted!

Are you passionate about mental health? Would you like to make a difference to your community?

We are seeking new trustee board members!

We are particularly keen to hear from applicants who have finance, marketing, and legal experience, but please do get in touch even if your skills fall outside these areas.

Caerphilly Borough Mind is governed by a Board of Trustees. The Board is made of people from the local community including:

- Service users
- Carers
- Local professionals



We also ensure that those with lived experience of mental health issues are included in the makeup of the board.

If you are interested and would like to learn more, please contact Jill at:

director@caerphillyboroughmind.org

Introducing our staff

Jayne Watkins – Services Manager

Jayne began her journey with us as a volunteer in 2008 and was later hired as our Volunteer Coordinator in 2010.

Jayne is now our Services Manager and has dedicated over 14 years of hard work and innovation to help create the organisation we are today!

