

ISSUE 03

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Happy Pride Month 2024!

3 Peaks Challenge Fundraiser!



We're here all year round for anyone who's LGBTQIA+. But Pride is a special time to celebrate, to protest, to reflect.

Even with all the progress of recent years, those of us who identify as LGBTQIA+ are still more likely to face discrimination. Abuse. Stigma. The effect this can have on your mental health is enormous. And LGBTQIA+ people are more likely to experience a mental health problem because of it.

We're calling on the UK government to ban 'conversion therapy' for everyone, in all circumstances. If you identify as LGBTQIA+ and you're finding things tough, we have tips and information for you on the Mind website: <https://www.mind.org.uk/news-campaigns/pride-at-mind/>

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!



Love Caerphilly Family Church has kindly arranged a fundraiser for Caerphilly Borough Mind! Love Caerphilly is a family church in the heart of Caerphilly, Wales. With a strong community presence and many young families on board, their vision is to help people find home and discover purpose.

“Our challenge this year is to take on the massive national 3 peaks challenge in just 24 hours. We will be climbing Ben Nevis, Scafell Pike and Snowdon - a total ascent of 3,064 metres (10,052 feet), a total walking distance of 23 miles and a total driving distance of 462 miles - all to raise money for Mind Caerphilly.”



This is a tremendous challenge, and we are so grateful for all the hard work and for thinking of us! If you would like to learn more and donate, please follow this link:

<https://www.gofundme.com/f/national-3-peaks-challenge-in-support-of-mind-caerphilly>

Introducing our staff

Imogen Lawton – Training & Digital Officer

Imogen started as a volunteer at age 16. After college and university, she returned to volunteering and became our receptionist in 2013. Since then, she has continued to develop her knowledge and skills and is now our resident trainer and digital officer – plus, a bit of everything else as she's always keen to add to her skillset and try her hand at something new!

