



For better
mental health

Bromley Mind

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Press release

Bromley Mind praised for top quality mental health support

TV chat show star Trisha Goddard has presented Sandi Lowing, Chief Executive of Bromley Mind, with an award in recognition of achieving the highest possible standard in providing mental health services to the local community (photo attached). Bromley Mind has been particularly commended for its services for people with dementia and for young mothers.

Trisha Goddard, who as well as being a renowned TV personality is also a mental health expert, said: *"Bromley Mind has been given this award in recognition of them having achieved the highest possible standard in how they operate and run themselves. Losing money, work or a business is devastating enough. Feeling as though you are losing your mind as a result can be the final kick when you're down for the count. In the present climate, organisations like Bromley Mind focused on helping us to look after our mental health, are seeing an increasing number of people needing their services, while their budgets are often decreasing. Therefore what they've managed to achieve is doubly impressive."*

Bromley Mind, which helps over 1,700 people each year at sites in Bromley, Beckenham and Orpington, was recently reviewed by national Mind as one of three local Mind organisations leading the way in providing excellent mental health care to local people. The stringent standards set by national Mind are also endorsed by the Charity Commission, meaning that Bromley Mind is now nationally accredited as a top level effective charitable organisation.

Reviewers were particularly impressed with MindCare, Bromley Mind's specialist service for people with dementia. MindCare provides round-the-clock support, including day centres, care at home, and respite for carers. In addition to older people's services, Bromley Mind also offers a full range of services helping people deal with common problems such as stress, anxiety and depression, along with practical lifestyle support such as benefits advice for people with enduring mental distress.

Sandi Lowing, Chief Executive of Bromley Mind, said: *"We were all delighted to hear that Bromley Mind was awarded the top level award for Quality Management in Mind. Everyone in the organisation has played a part - our service users by helping us set priorities and standards that are important to them, staff and volunteers by being totally focused on and caring enormously about their work, and trustees by taking the long view and making sure resources go where they make the most difference."*

Dementia service success - case study

Mr Russell is 81 and has Alzheimer's Disease. When he first came to MindCare, he was depressed and withdrawn. His wife said he was uncommunicative at home and difficult when she tried to help him. At the MindCare Centre, she saw a different person - her husband was king of the snooker table, participated in every activity and was helpful to others. Mrs Russell appreciated the advice she received from MindCare staff on how to motivate her husband at home, and is reassured to know that, if the time comes when he can no longer attend the Centre, the MindCare at Home service will continue to provide personal care, sitting and weekend respite to support her in her caring role.

*****ENDS*****

Notes to editors

- Bromley Mind is affiliated to the national mental health charity Mind. For more information on Bromley Mind, visit www.bromleymind.org.uk
- For more information and interviews, please call Bromley Mind on 01689 81 12 22
- 1 in 4 people have a mental health problem at some times in their lives. Bromley Mind helps people overcome common problems like stress, depression and anxiety by running *Coping with life* courses across the borough
- 1 in 40 people will be diagnosed with a severe mental illness each year. Bromley Mind helps by providing day services, benefits advice and outreach services
- 1 in 20 people over the age of 65 has some form of dementia. Bromley Mind runs specialist day centres and care at home to support people with dementia and their carers
- Mind is the leading mental health charity in England and Wales. We work to create a better life for everyone with experience of mental distress
- Please note that Mind is not an acronym and should be set in title case.

<p>For further information or comment please contact Sandi Lowing, Chief Executive, Bromley Mind on 01689 606204</p>
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