



Local Services - Countywide Change

Our Impact
2024/25



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2024-2025 Board of Trustees

Chair	Rob Bessell
Raj Rajani	David Curtis
	Grace Dench
	Brian Frisby
	Angela Green
Chief Executive	Frida Norman
Sarah Hillier	Vicki Pearce
	Ranjit Singh
	Robert Stubbs
	Philip Webster



Our Vision

To Improve mental health in Northamptonshire

Our Values

- Integrity**
We are honest with strong principles and high standards
- Compassionate**
We care and understand the importance of good mental health and wellbeing
- Person-Centered**
We place the person at the centre of our services
- Inclusive**
We are open to all
- Dedicated:**
We are dedicated to tackling the stigma behind mental health

Our Purpose

To listen, support, take action, and help build resilience for better mental health.

Sarah Hillier

Our Chief Executive

This year has been one of both celebration and challenge for Northamptonshire Mind. In January 2024, we proudly entered our 60th year of providing mental health support across the county. It has been a privilege to mark this milestone with staff, volunteers, and supporters through a series of special events. Highlights included the Waendel Walk and Big Biker Challenge, our Art & History Exhibition, a celebratory Concert, the Winter Ball, and the Mental Elf Festive Fun Run. These occasions gave us the chance to reflect on our history, bring people together, and share the impact of our work.

At the same time, we have remained focused on what matters most: supporting people when they need us. Our six community hubs continue to provide safe and welcoming places for thousands of local people, while

our Crisis Cafes and mental health helpline have been there 365 days a year for those in need. We are proud of the strength of our partnerships, particularly with Northamptonshire Healthcare NHS Foundation Trust and the Mental Health Northants Collaboration, which allow us to extend our reach and deliver vital services together. This year, thanks to funding from the National Lottery and North Northamptonshire Council, we also launched two new initiatives. Through these projects, our Community Champions and Community Connectors are helping to build stronger links in communities facing greater barriers to accessing mental health support.

Volunteering

Volunteers remain at the heart of Northamptonshire Mind. From supporting our services and welcoming people into our community hubs, to keeping our charity shop running and raising vital funds, their contribution is invaluable. Our Board of Trustees also volunteer their time, skills, and expertise to help guide and shape our work behind the scenes.

We are proud to offer meaningful roles that match different skills and interests, with training and support provided every step of the way. In return, volunteers tell us they gain new skills, confidence, and friendships.

To all our volunteers – thank you. Your generosity and commitment make it possible for us to continue providing life-changing support across Northamptonshire.

The Power of Partnership

We work collaboratively with other charities, NHFT, MHNC, Local Authorities, Northamptonshire Police, businesses and national funders to ensure a joined-up approach that provides accessible and effective services.



MENTAL HEALTH
NORTHANTS
COLLABORATION



North
Northamptonshire
Council



West
Northamptonshire
Council



Northamptonshire Healthcare
NHS Foundation Trust



Accommodation
Concern



GROW WILD



This year has also brought difficult realities. Like many in our sector, we are facing the “triple squeeze” of increased demand, rising costs, and reduced funding. We have had to take tough but necessary decisions to safeguard our future, including changes to some services and roles. These decisions have not been easy, but they are essential to ensure we can continue to be here for the next 60 years. What has not changed is our commitment: to fight for mental health, to campaign for greater investment, and to stand alongside the people and communities who rely on us.

I want to thank our staff, volunteers, funders, and supporters who make

all of this possible. Your dedication and compassion ensure that, even in challenging times, Northamptonshire Mind remains a place of safety, hope, and support.

Finally, I would like to acknowledge a leadership transition. Our Chair, Frida Norman, stepped down in May 2025 after two years of valued service, and we are grateful for her contribution. Raj Rajani, who has served as a Trustee since 2020, has now stepped into the role of Chair and will present at this year’s AGM.

Together, we look ahead with determination to adapt, to innovate, and to keep improving mental health in Northamptonshire.



Highlights

Looking back over the last year

Place-Based

Our Community Mental Health Hubs have developed strong links with partners, local businesses, and service users, creating a true sense of place and identity in each town.

Data and insight

We introduced a new case and data management system, making it easier for staff and volunteers to record and track the service user journey and the impact of our work. This also improves the experience for service users, who no longer need to repeat their stories or information each time they seek support.

Income Generation

Our supporters went above and beyond – running ultra marathons, jumping out of planes, climbing mountains, swimming lengths, hosting brunches, selling clothes, and even auctioning comic books – all to help raise vital funds for our life-saving services.

Navigators

Our Navigators have returned to our community hubs, moving away from NHS buildings and strengthening the community aspect of their role. This shift reinforces the value of non-clinical interventions and helps introduce Northamptonshire Mind's work to new audiences.



 **Mind**
Northamptonshire

 **COMMUNITY**
FUND

Inclusion in Action

Thanks to funding from The National Lottery Community Fund, we launched our Community Connector project to support Global Ethnic Majority (GEM) communities. Connectors play a vital role in building trust, tackling stigma, and linking people to the right mental health and wellbeing services. In its first year, the project engaged over 820 individuals, helping to break down barriers and ensure support is more accessible and inclusive.

We Are the Champions

In partnership with MHNC and North Northamptonshire Council, we established a team of trained Community Champion volunteers based in rural and out-of-town locations. This preventative, community-focused project is helping people access support earlier, with 10 volunteers already supporting nearly 250 individuals.

Hospital at Home

Our dedicated mental health support service designed to help those who have recently been discharged from hospital saw 46 individuals and delivered 579 interventions.

Than-Kew

Thanks to countywide funding from Kew Gardens' Grow Wild initiative, our hubs in Corby, Wellingborough, Northampton, and Daventry were able to develop their outdoor spaces. These gardens are now places where people can connect with nature, volunteer, and improve their wellbeing together.



Crisis Cafes

Management of our Crisis Cafés returned to our Community Services Managers this year, embedding good practice and strengthening the service user experience. Across the year, there were over 5,000 visits to our cafés, showing the vital role they play in providing safe, supportive spaces when people need them most

One Call Away

The 24/7 Mental Health Number continues to be a lifeline, with 105,322 calls answered this year, a 3% increase on the previous year. The steady flow of calls across every month highlights the vital role of year-round support in keeping Northamptonshire well.

NORTHAMPTON

A COMMUNITY SUPPORTED



2,076 visits to our Northampton Crisis Café.



544 one to one Emotional Support sessions delivered.



7,397 visits to Mind in Northampton.



106 people attended **2599** peer support sessions.



735 Counselling sessions attended.



34 people have attended our Wellbeing Education Network courses.



36 people have joined in with activities in Northampton.



442 people from Global Ethnic Majority Communities have engaged with the Community Connector project.



CORBY

A COMMUNITY GIVING



677 visits to our Corby Crisis Café.



260 one to one Emotional Support sessions delivered.



2854 visits to Mind in Corby



62 people attended **1480** Peer Support sessions.



209 Counselling sessions attended.



22 people have attended our Wellbeing Education Network courses.



62 people from Global Ethnic Majority Communities have engaged with the community Connector project.



“I was given the time to feel comfortable enough to open-up. After decades of looking after everyone else. I have found it difficult to talk about my own problems and instead of focusing on those of the person I was with. But here it is all about me, which was daunting at first but incredibly helpful.”

RUSHDEN

A COMMUNITY CONNECTED



1264 visits to our
Rushden Crisis Café.



292 Counselling
sessions attended.



506 one to one Emotional
Support sessions delivered.



31 people have attended our
Wellbeing Education Network
courses.



6003 visits to Mind in
Rushden.



56 people attended 672
Peer Support sessions.



47 people have joined in
with activities in Rushden.





“A safe place where you meet people and make good friends.”



165 one to one Emotional Support sessions delivered.



122 visits to Mind in Towcester.



41 people attended Peer Support sessions.



6 people have attended our Wellbeing Education Network courses.



6 people have joined in with activities in Towcester & Brackley.



69 Counselling sessions attended.



TOWCESTER & BRACKLEY
A COMMUNITY GROWING

DAVENTRY

A COMMUNITY

CARING



242 visits to our Daventry Crisis Café.



477 one to one Emotional Support sessions delivered.



3314 visits to Mind in Daventry.



87 people attended **1974** Peer Support sessions.



18 people have attended our Wellbeing Education Network courses.



224 Counselling sessions attended.



10 people have joined in with activities in Daventry.



WELLINGBOROUGH

A COMMUNITY TOGETHER



1,014 visits to our Wellingborough Crisis Café.



338 one to one Emotional Support sessions delivered.



4,025 visits to Mind in Wellingborough.



92 people attended **1489** Peer Support sessions.



137 Counselling sessions attended.



51 people have attended our Wellbeing Education Network courses.



321 people from Global Ethic Majority Communities have engaged with the Community Connector project.



10 Community Champions based in **7** local communities supporting **247** people.



100 people have joined in with activities in Northampton.



“I’m so pleased I came; my nerves went so quickly when I was met at the door, and the welcome was so warm. It’s now like a second home and a safe space I can get help and support and talk to others.”

Celebrating 60 years



The Waendel Walk

60 Northamptonshire Mind walkers took part in a 5k friendship walk helping us launch our 60th Celebrations.



60th Anniversary Concert

Community choirs, service user music groups and professional singers joined forces to help raise funds and celebrate our 60th year.



Teaming up

We started a partnership with Mercure Hotel Northampton and had support from the Singing Solicitor and Friends.





Comic Book Heroes

The Community Comic project shines a light on local communities often overlooked in Northamptonshire's rich social heritage. Our team had the privilege of sharing personal stories alongside the work of Northamptonshire Mind. You can listen to an audio recording of Paul's story through the link below.

www.60milesbyroadorrail.co.uk/northamptonshire-mind/



Celebrating us all

Across Northamptonshire we hosted Summer BBQs, Culture Days, 60th Quizzes, Summer Parties and more!





Big Biker Challenge

Nearly 100 bikers toured the Northamptonshire countryside, stopping at each of our community mental health hubs before finishing with a celebration event and fundraiser.



Art and History Exhibition

Local artists and service users showcased powerful artworks that reflected their personal journeys with mental health. Displayed alongside 60 years of our organisation's history, the exhibition created a moving and unforgettable evening.



Our 60th Logo

We launched a competition to design our 60th anniversary logo, with the winning design created by a Daventry service user. The blue circle represents wholeness, unity, calmness, positivity and serenity. Nature features heavily, representing growth and life.

To find out more about our logo visit us on social media simply search 'Northamptonshire Mind'





Winter Ball

Supporters from far and wide gathered for a truly unforgettable night of food, magic, and dancing. The Singing Solicitor performed his charity single in aid of Northamptonshire Mind, while a live band got everyone in the mood to dance.

The event was not only a chance to celebrate, but also an opportunity to share the impact of our work over the past 60 years.



Mental Elf Run

Our 60th year ended in style, in elf style with an army of elves, Santas and Christmas fairies running, walking and jogging to raise funds for Northamptonshire Mind.





£143,000 IN INDIVIDUAL AND COMMUNITY GIVING THANK YOU!



We couldn't do what we do without the incredible support of the community.

Sky dives, charity singles, sponsored walks, quizzes and collection tins...it all adds up. These individual, corporate and community donations really do help us in our life saving and life changing work, however donations come in multiple forms. We're also grateful for the time, equipment, supplies and services that are supporters have given so freely and generously.



Get involved!

Volunteer.

Our volunteers are the backbone of our charity, offering a range of roles that cater to different interests and skills. By joining our team, you'll gain personal and professional benefits, including the opportunity to develop new skills and meet like-minded individuals. We recognise and appreciate the invaluable contribution our volunteers make, and we provide comprehensive training and support. Without our incredible team of volunteers, we wouldn't be able to provide the vital services and support that we do.



Partner.

A partnership with us demonstrates your company's commitment to better mental health for everyone. As well as raising vital funds to support our services and programmes, Northamptonshire Mind will always aim to raise mental health awareness and combat stigma amongst your colleagues and audiences - furthering workplace well-being initiatives and creating a powerful and lasting legacy.



Share.

There is another way you can support the much-needed work we do and it doesn't cost you a penny only a few seconds of your time.

You can like, share and support our social media pages, campaigns and services we offer.



Donate.

Northamptonshire Mind is an independently funded charity. We have our own registered charity number and do not receive statutory funding from Mind. Being under the Mind umbrella means that you can always be sure that our framework and standards meets the strict and rigorous quality expectations that Mind set. As an independent charity, we rely heavily on community fundraising and sponsorships from local businesses and individuals. You can also be sure that any money raised for Northamptonshire Mind will go directly to local mental health services and support.



OUR COMMUNITY MENTAL HEALTH HUBS



Northamptonshire
Mind 6/7 Regent
Square, Northampton

NN1 2NQ
01604 634310

enquiries@northamptonshiremind.org.uk

Charity Number: 1033000

Company Number: 02853335



18 Argyll St,
Corby NN17 1RU

14 Havelock St,
Wellingborough NN8 4QA



Phoenix House,
Skinner's Hill,
Rushden NN10 9YE

Brook Street,
Old Gas Works
Car Park,
Daventry NN11



6/7 Regent Square,
Northampton NN1 2NQ



The Barn, Bransons
Lane, Towcester
NN12 6AX