



Mid and North
East Essex

The background features a large, glowing white circular graphic composed of three overlapping loops. Scattered throughout are white snowflakes, white stars, and small white dots.

Partner Newsletter
December 2024



Dear Partner,

This newsletter comes to wish you and your teams a very Merry Christmas, to say thank you for your continued support of Mid and North East Essex Mind, during 2024 and to bring you news of what is coming up in 2025.


We wish you a Merry Christmas

Thank You!

Thank you for all your support and fundraising efforts during 2024, we've seen Match Activation workshops, Running Challenges, Cycling Challenges, Golf Days, Quiz Nights, Fire Walks, Invasions, Raffles, Business Breakfasts and lots of Mental Health Toolkit Training events.



Happy New Year 2025



We look after the mental wellbeing of people in a 120-mile boundary from Braintree to Clacton and Maldon to Chelmsford, with the A120 road passing through.

- 120 minutes is the recommended time each week we should move and also the recommended time to spend outside in nature.
- 120 means a lot to us - so join us for the 120 Challenge!
- When is it? Choose the timeframe that works for you – a day, a week, a month.
- Where is it? You can choose to undertake the 120 Challenge anywhere you want.

For the 120 Challenge you are in control. The 120 Challenge is based on moving more, it could be running, skipping, jumping, planking, cycling, boogieing, the choice of challenge is all yours! You could do the challenge at home, in the garden, in a park or anywhere outside.

For those who are less able to move or would prefer to undertake a non-physical activity why not consider baking 120 cakes, knitting 120 items, the choice is yours.

Why not get a group of work colleagues together to sign up for the challenge and receive free 120 Challenge T-shirts and fundraising support. Once you have reached £120 in fundraising, we'll send you a Mid and North East Essex branded item, a medal and a certificate for completing the 120 Challenge.



Mental Health Toolkit Business Breakfast

Join us on Time to Talk Day, Thursday 6th February 2025 for our second Mental Health Toolkit Business Breakfast, an exclusive networking event where Mid and North East Essex Mind's CEO, Ginny Idehen and Julian Outen, Partner, Solicitor and Head of Employment at Ellisons Solicitors, will share our approach on creating, practicing and maintain good workplace wellbeing.

Where:

The Lion House
The Lion Inn, Main Road
Boreham, Chelmsford
CM3 3JA

Event Schedule:

7.30am
Networking with refreshments
8.00am
Presentations by Julian and Ginny
9.30am Event Close

Scan the QR code to reserve your free place, or visit mnessexmind.org.uk/training



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COLCHESTER ZOO STAMPEDE

It's the very last chance to get your company logo on the back or this bespoke running vest for Colchester Zoo 10k Stampede - 19th May 2025



Time is running out to be the third corporate sponsor, with your company logo displayed alongside the Mid and North East Essex Mind logo on the back of our bespoke running vests for the Colchester Zoo 10k Stampede 2025. More details about the corporate sponsorship package are available from Julie Arthur, Corporate Partnerships Manager j.arthur@mnessexmind.org

Registration is now open for you to enter as an individual or as part of a corporate team, so why not get a group of your work colleagues together and take on this unique 10k challenge. Don't forget registration is half price if you enter via our website.



Scan the QR code, or visit <https://mnessexmind.org/p/colchesterstampede2025/>

Skydive during Mental Health Awareness Week 2025



Join Us and the team from the Essex Chamber of Commerce for a Skydiving Challenge to Support Mental Health!

During Mental Health Awareness Week, Denise Rossiter, Chief Executive, Essex Chamber of Commerce and some of her team will be taking on this exhilarating challenge, you can show your support by joining them.

Sign up today to join us for an unforgettable skydive at Beccles Airfield on 15th May 2025!

When you sign up, we ask that you pay a registration fee of £50 and pledge to raise a minimum of £350 in sponsorship via your own Mid and North East Essex Mind Just Giving page.

In return, Mid and North East Essex Mind will cover the full jump cost of £230. If you prefer, you can opt to cover the entire jump cost yourself. It's easy to register via our website www.mnessexmind.org/p/skydive-2025/

Take the leap for mental health—together, we can make a difference!

New Mental Health Service

Mid and North East Essex Mind is delivering a new mental health service to people living in Colchester and Tending. The North East Essex Sanctuary provides:

- Immediate mental health support for people in crisis as an alternative to going to A&E/UTC, unless they are assessed as requiring clinical treatment. Support will continue on a 1-1 basis for as long as necessary.
- Individual Support Plans to understand a person's needs and how they fit with the care they may already be receiving from other services, such as drug and alcohol support and mental health services. These may be people who have suicidal thoughts, thoughts of self harm, panic/anxiety attacks, PTSD, depression and people who hear voices.
- Support for people's general wellbeing, helping them to make connections in the community.

The Sanctuary is located at:

- The Haven, 10 St Peters Court, Colchester, Essex, CO1 1WD
- and
- The Mill, 355-359 Old Road, Clacton-on-Sea, Essex, CO15 3RQ

For more information about the service, please visit

<https://neesanctuary.co.uk/> or call us on (01206)764600.



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mnessexmind.org



fundraising@mnessexmind.org



01206 764600



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Mid and North East Essex Mind is a
registered charity, number 1064309.