



LET'S TALK
Stansted!

www.stanstedmentalhealth.org
contact@stanstedmentalhealth.org

Welcome

- The event is being recorded.
 - Zoom controls.
- Time for Questions At The End.
- Introducing Steering Committee.



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Summary of the Initiative

- Our Goals:
 - Save lives!
 - Offer '1st Aid' listening & signposting services.
 - Create and/or support community groups for those with mental health worries and their families.
- Steering Committee.
- Council Contacts & Representation.
- Links with local and regional mental health services.



Outreach Projects

- Places / Opportunities to meet, talk and share
- Many existing groups and activities in the area
- MHFA trained individuals to help identify and support those with mental health needs or concerns
- Ideas include:
 - Clubs (books, film etc)
 - Men's Shed / Women's Shed
 - Zoom Groups
 - Email / Text / Telephone support
 - Articles / Blog / Podcast
 - Village events (to offer support as well as fundraise)



Fundraising

- Funds needed for setting up, training and publicity materials
- Ideally small teams running each event/project
- Ideas include
 - Shows & Fayres
 - Regular street stall
 - Just Giving / Social Media / Leaflet campaign for donations
 - Arts & Crafts (Christmas?)
 - Business Sponsorship
 - Local council / government funds



Publicity

- Raise awareness throughout the villages
 - Posters / Leaflets
 - Shops & Businesses
 - LINK magazine in Stansted
 - Websites / Facebook Groups
- Work with the media
 - Local papers / radio stations
 - Articles and/or press releases
- Online Media
 - Website – updates / information / case studies
 - Social Media – contact information / latest news / inspiration
- Celebrations & Awareness Days
 - VAWG – 25th November – White Ribbon Day



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