

As we continue to expand our services and reach we were delighted to merge with Mid Cheshire Mind in September 2024. We are proud to support local people and communities throughout Staffordshire and Cheshire.



Our team

89 people worked across North Staffs and Mid Cheshire Mind on 31.03.2025. Our staff absence and turnover rates are significantly below sector averages. We offer a number of placement opportunities for counsellors in training – helping to develop the next generation of mental health specialists.

Our work is also boosted by an amazing team of volunteers donating **hundreds of hours of collective support and expertise** – including counsellors, fundraising ambassadors and our Board of Trustees.

In October 2024 we hosted an all staff away day at Middleport Pottery. Bringing together teams who work across both counties to share our successes and future plans.

We strive to make our organisation a great place to work. Our 2024 Staff Survey showed that **100%** of our team shared that they enjoy their job at NS Mind.

- **86%** feel that you contribute to the success of NS Mind,
- **84%** feel you have the opportunity to develop and grow at NS Mind, both personally and professionally,
- **86%** feel adequately supported in your role

Supporting Adults

Our adult group offer continues to grow with **117 groups** hosted – supporting over **700 local people**. New service launched this year includes a men's mental wellbeing group 'Mindful Men' hosted at M Club.

Collaboration with local trusted partners is central to our strategy as we know that we can achieve so much more by working with others. We worked with Changes Health and Wellbeing to launch Rise during the summer of 2024 - a safe and welcoming space that aims to support and improve mental health through support, activities and tackling loneliness.

Our private counselling service continued to grow during the year. We offer rapid access to high quality, accredited counselling at an affordable cost. In line with demand we opened a new counselling location in Stafford.



Supporting Children and Young People

Our schools team supported **2387** children in **39** schools in Staffordshire and Cheshire through a commissioned service that matches one of our specialist counsellors with the bespoke needs of each school.

We also supported front line staff in schools through supervision, debriefs and training.

1124 pupils accessed our Maccas Project targeted early intervention workshops which are free of charge to schools.

We are a proud partner working alongside Changes Health and Wellbeing and the Dove Service in delivering the StayWell service in Stoke on Trent <https://staywellcyp.org/home/>.

During 2024 we launched a new private counselling offer for CYP to complement our existing offer.



Supporting Businesses

We welcomed a new Training Manager to our team during the year who spent some time reviewing and revitalizing our training packages. **1250 people attended one of our training sessions** in their workplace – and **97% of people who joining one would recommend us to their friends and family!**

Our counselling and supervision offer for local businesses continues to grow and we support people working in a massive range of public and private sector workplaces.



Demand for supervision and reflective practice sessions for front line staff was high and we recruited a new supervisor to the team in early 2025 to help us to expand.

Supported Housing

Our housing service provides **46** places within supported housing for people with mental health problems. We support recovery and independence and our team is committed to customers moving forward in their lives.



We provide housing and floating support as part of the Destination:Home partnership – working alongside lead partner Concrete and Adullam – aimed at preventing local homelessness in Stoke on Trent.

During the year we began a deep dive review of our supported housing offer – enhancing the support we provide to our residents and beginning a large scale improvements programme for our properties.



Mid Cheshire Mind

The team is now well settled into our new wellbeing hub in Winsford Cross Shopping Centre. The building was further enhanced by a grant received from the Morrisons Foundation which has allowed us to create a new, large training room.

We were delighted to obtain funding to provide early intervention mental wellbeing coaching in Cheshire West and Chester – another sector collaboration as we work closely with Chapter Mental Health to ensure there is no wrong front door for people accessing the service.



What is Wellbeing Coaching?

Our new Wellbeing Coaching service has been launched across Cheshire West and Chester to support people who may be struggling with their mental health. Our friendly and experienced wellbeing team will provide someone to listen to you determine what support will help you to recover and to learn new skills that will help you to become more resilient and able to cope in the future.

Find out more and register



Chapter Mental Health
t: 01244 344 409
e: info@chaptermentalhealth.org



Mind Mid Cheshire
t: 01606 863 305
e: office@midcheshiremind.org.uk



© 2024 Chapter Registered charity: 1072395, Registered company: 3294547, Registered office: Stanlaw Abbey Business Centre, Dover Drive, Ellesmere Port CH65 9BF
© 2024 North Staffs Mind, Registered in England 02294089, Charity No. 700788. Mid Cheshire Mind is part of North Staffs Mind.

What will the Wellbeing Coaching consist of?

You will be matched with a wellbeing coach who will support you through 1:1 sessions. These will either be face to face or by telephone/online - depending on your preference. Your coach will work with you to explore goals and techniques to support your mental health.

We are also hosting a number of workshops on a range of subjects which you can join with other local people.

Who is delivering the Wellbeing Coaching?

Chapter Mental Health will deliver the service in and around Chester, Neston and Ellesmere Port whilst Mid Cheshire Mind will support people living in Vale Royal and rural outlying areas.

Is there a cost?

No the service is free. It has been funded by a partnership of Cheshire West and Chester Council and Cheshire and Wirral Partnership NHS Foundation Trust.

How do I access the Wellbeing Coaching?

Simply contact Chapter or Mid Cheshire Mind. You can access the service directly and do not need a referral from a healthcare or other professional.



This money was put towards our free service offer – including our Maccas youth project, groups and drop ins and a free 1:1 counselling service. Thank you!



Community Events

We were delighted to be present at 62 community events during 2024/25 – raising awareness about mental wellbeing and our service offer.



Our bereavement, art and peer support groups continue to expand and reach out to new locations.

Fundraising

Through amazing generosity you donated an amazing **£156,935.50** to us during the year. In December we organized 2 Mental Elf fun runs, where we were joined by over 500 runners – many in fancy dress.