

# St. Dymphna Befriending Group (Nuneaton and District)



# Who are we?

- \* A group of volunteers from Our Lady of the Angels Parish – Nuneaton.
- \* Many of the volunteers have personal experience of mental ill health. Personal experience, caring experience or just a desire to help those who experience mental health problems.

# Who we support...

- \* We aim to support those from parishes in the Rugby Deanery (Nuneaton, Bedworth, Bulkington, Atherstone and Rugby).
- \* Anyone who experiences mental ill health or mental distress
- \* Anxiety (OCD, phobia's BDD)
- \* Mood disorders (Bi-polar affective / depression)
- \* Post Traumatic Stress
- \* Schizophrenia / Psychotic Disorders
- \* Personality Disorders
- \* Organic Mental Illness – Alzheimer's etc.
- \* Carers
  
- \* Inclusive of any age.

# What we do...

- \* Befriending
- \* hospital in-reach visits
- \* practical and financial support
- \* challenge the barriers that those with mental health difficulties often experience – reduce stigma
- \* offering befriending and a point of contact for our members within the parish
- \* Offering educational sessions to whoever is interested within the parish in order to try and increase understanding and reduce stigma and discrimination.
- \* Facilitating specific social events for those that we support
- \* Organising fund raising events – with member involvement

# Barriers...

- \* Stigma
- \* Time to process CRB's
- \* Time to develop Safeguarding Policy

# Where things have worked well...

- \* Supportive Clergy
- \* Dedicated volunteers
- \* Supportive parish community
- \* Funding – assisted in getting the group off the ground.

# The future...

- \* Further expansion across the deanery
- \* Ecumenical approach
- \* Expansion to the point where we can apply for charity status
- \* Fundraising to support the on-going project

# Questions...

