



## **January - February 2023**

In **January** we started planning for the year ahead.

MindMosaic are a recognised training placement provider for counselling students from many colleges and universities. In **January** we recruited and held inductions for our new students. Having students at MindMosaic allows us to support many more people both in Inverclyde and beyond. Plans were also made for KiltWalk 2023.

On the 22nd of February we hosted an Introduction to Mindfulness course here at our office on 7 Union Street. This was hosted by Kathryn, who has received plenty of great feedback such as the below!

*"I am so glad I made the time to take part. I have already found it has helped with my stress levels. I am much calmer and wanting to carry on with the tools I have learned."*

### **Special Awareness Days**

Throughout the first four months of 2023 we wanted to highlight specific awareness days so that we could try and remind our clients that they are never alone, no matter how they feel.

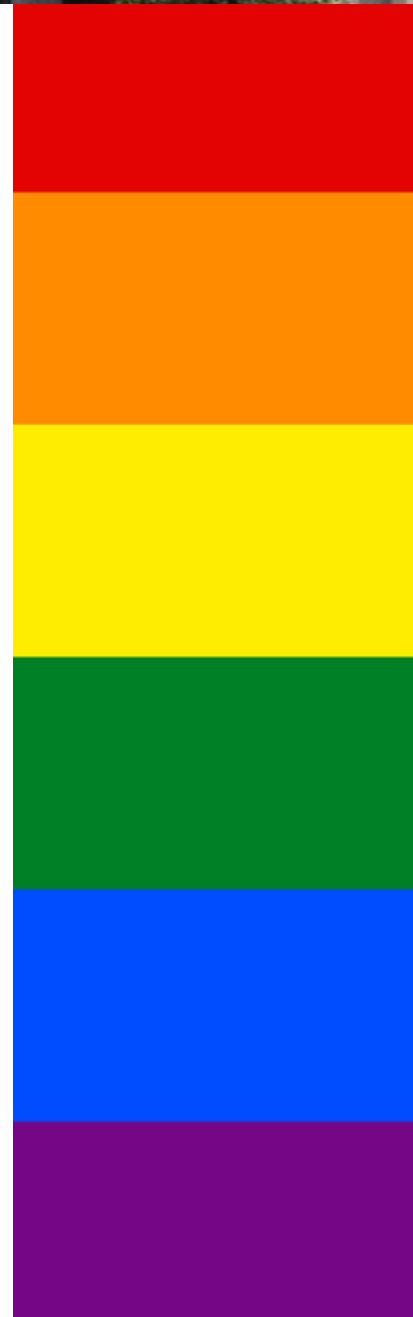
**January 16th - Otherwise known as Blue Monday.** Said to be the 'most depressing day' of the year. We provided some coping strategies, advice and support via our social media pages.

**LGBT+ History Month** - This was a reminder that MindMosaic is a supporter and safe space for all LGBT+ communities.

**February 1st - Breathing Space Day** - We encouraged our clients and social media followers to make time for their mental health and to access services should they require that breathing space.

**February 2nd - #TimeToTalk day** - Members of the MindMosaic team encouraged everyone to talk about Mental Health by posting short videos.

**February 6th** - This was the start of sexual abuse & sexual violence awareness week. Every survivor's journey is unique and we want you to know that at MindMosaic we are here to support you on that journey.





## March - April 2023

In **March** two of our **EMDR** practitioners attended the annual EMDR conference this month and fed back that it was an intensely informative event. EMDR is a comprehensive psychotherapy that helps you process and recover from past experiences that are affecting your mental health and wellbeing.

*"You don't just think your memories, you feel your memories."* - Rebecca Kase

**April** at MindMosaic was an amazing month for us, with plenty of different events starting up and the return of our **COSCA** course in **September**, applications are invited, should you be interested please visit our website.

### Special Awareness Days

**March 1st - Self Injury Awareness Day** - We wanted to help raise awareness, educate about self injury behaviours, and share resources for those who are in need of support. **#SIAD**

**March 6th - Safe Space Awareness** - On this day we wanted to highlight some stats surrounding abuse in the household, reminding our social media followers and clients that we were a Safe Space. **#safespace**

**March 8th - International Women's Day** - We wanted to put a spotlight on to give back to the women in our lives that have helped us.

**April - Stress Awareness Month** - With this post, we wanted to give some stats and figures surrounding Stress. We posted asking our clients and social media followers what kind of music that they listened to and how it helped when de-stressing and motivating.

**April 30th - KiltWalk** - Richard completed the KiltWalk on the 30th of April, raising £463 over the course of April. See below for more details on Richard's experience!



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## Meet MindMosaic!

On the 18th of May, we hosted an open day where we encouraged both our existing clients, social media followers and those that just wanted to find out a little more to pop by and see what it is that we do!

We had plenty of people attend, helping to ease their anxiety of stepping through the door.

Our lovely staff were on hand to meet and greet, and also to help those that popped in to learn more about what exactly it is that we do at MindMosaic.

## May at MindMosaic

May was a very busy month for us here at MindMosaic, with lots of different events and days that we wanted to highlight. From our Open Day to Mental Health Awareness Week and Perinatal Mental Health Awareness Week.

### Special Awareness Days - May

**May 1st - May 7th - Perinatal Mental Health Awareness Week** - We wanted to highlight the importance of issues surrounding perinatal mood disorders before, during and after pregnancy. We have recently introduced a new Perinatal Lead, more can be found below.

*Everyone wants to hold the baby but who holds the mum?*



**May 15th - May 21st - #MentalHealthAwarenessWeek** - Mental Health Awareness Week was another key day that we wanted to cover, with anxiety being theme for this year, we wanted to let our social media followers and clients know that there are tools to help. We also went into the community for this month. Spending time with other 3rd Sector colleagues at Broomhill Community Gardens.



# Celebrating MindMosaic Staff Achievements

We invest in people to support positive mental wellbeing in Inverclyde



## NEW HIRES!

Our main new hire is our Office Manager, Charles. He's had this to say about joining MindMosaic.

"I've recently joined MindMosaic from a background in the banking and rail industries. What drew me to this role was the opportunity to be working in an environment where I can be a part of something which supports our local people and communities to bring out the best in them. I'm excited to be working with the team at MindMosaic, building on their exceptional work, and looking forward to what the future holds for us all."



## NEW POSITIONS!

One of our counsellors, Roseanne. Has taken up the new position of CBT Counsellor/Perinatal Lead where she will be heading up

"In this new position, Roseanne will be responsible for developing and expanding Mind Mosaics existing Perinatal Mood Disorder Counselling and Support Service. She will also provide one to one therapy for a mixed caseload including those who fall into Mind Mosaics perinatal criteria of pregnancy or until their child is 2 years old."



## THE KILT WALK!

On the 30th of April, Richard took part in the KiltWalk and absolutely smashed it. He had this to say

"The Kiltwalk was an amazing event, extremely well supported with lots of motivation from others to keep moving. It was amazing just to get an idea of individual stories and why they were walking, as well as seeing them have so much fun doing it. It urged me to keep moving when it got tough, knowing I was telling my own story as well as helping to support all those who come to MindMosaic with a story of their own. My competitive spirit did kick in though, and after 5 hours and 31 minutes the walk was done, and the atmosphere at the end was unbelievable!"



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