

**MAY 2022
EXCLUSIVE
EDITION**

01
ISSUE



BEARDED FISHERMEN CHARITY

MENTAL HEALTH SUPPORT CENTRE

01

**WHO ARE BEARDED
FISHERMEN**

02-06

OUR SERVICES

All about what we offer

07-14

OUR PROJECTS AND FUTURE

This is what we do and plan to do

WHO ARE BEARDED FISHERMEN

We were founded in October 2019 by the side of a fishing lake in Ashby, by Rick Roberts & Mick Leyland, the reason being the loss of a fellow fishermen to suicide. This prompted us to start a support group as both Rick and Mick have been through similar experiences in life. what started out as just a simple support group has now grown into a great support network supporting mental health and suicide prevention. Since then, our activities have grown, prospered and expanded.

We are dedicated to provided support for all people to live a better life. Our donations are used to run our charity to give support to all those in need, without regard to their race, religion, or background. We strive to create a better mental health support network, and we thank all of you for helping us to achieve that.

We help people, families, and communities break the cycle of mental health and suicidal thoughts by being there and supporting people of all ages to achieve the best outcome for them. Working with different agencies and groups to help support people during the current mental health crisis.



We keep growing and working with more and more services and agencies to offer the best service to poeple that need support and help.



OUR SERVICES

BEARDED FISHERMEN

OUR SERVICES - CALL CENTRE



Our call centre runs 24/7 offering telephone support via an 0300 number.

We have dedicated and trained volunteers that work on the phones in teams covering all 24 hours in a day, we offer a listening service and we also can if need be take it further to offer support that is ongoing and work out the best way to offer the support a person that calls needs.

We try our hardest to keep our 100% answer rate going and we monitor calls constantly to keep the rate high.

We train all our call takers to the highest standard with call taking techniques and with mental health support, suicide prevention, safeguarding and even racism and equality training.

We continue our training of the call centre at all times through scenarios and new techniques to stay up to date.

Our call centre volunteers are fully covered by the rest of the team, we monitor the calls coming in with the team and if a call gets too much for the taker there is always someone on hand to support the call taker and to offer advice or to take over the call.

We get referrals from the police and the emergency services, doctors, hospitals and other specialist agencies to call people to chat with and help via our call centre service.

OUR SERVICES - SUPPORT



Our support service not only covers the call centre and calls coming in but we also take people in to support that have been referred to us from other services.

Sometimes this is just via phone or video but we also work on a peer to peer face to face service.

We can have people visit us to chat in our private rooms. this is available for anyone that prefers to speak to a person rather than on the phone.

We have peer to peer support available everyday for people to make appointments or to just drop in for a chat.

We also have counsellors that are available several days a week that are available to chat too if more than peer to peer is needed. Our counsellors are fully qualified and we also have year 5 and 6 trainee counsellors that we use for helping people.

We can also bring in specialist counsellors and psychologists when needed to deal with higher types of need as well as trauma counselling and family child counselling. We can also arrange bereavement counselling when required.

We are there to help people with what they need to help support their mental health and to keep people from going over and end up taking their life

OUR SERVICES - CRISIS SUPPORT

Our crisis support team are on call 24/7, they are crisis and medical trained to be able to go out quick to a crisis when needed.

We have a response vehicle that is marked up and carries all the medical equipment that is needed to save a life

The crisis team go out when needed to a person that is in crisis and has a risk of life and safety to themselves.

Working in partnership with the emergency services and the police we go out to help when they need someone with the mental health training to people in home or out in the public.

One of the main roles to the crisis response team is to save lives.

We also have been called out on many occasions with the police as we appear to be a friendly service that can help rather than the police that may seem more intimidating.

We liaise with the hospitals and the NHS crisis teams to get the best support for a person in crisis. and we then follow up using the support teams back at our centre to keep that person getting help onwards.

Our crisis team are First Responder Emergency Care trained as well as Trauma Trained and mental health trained.

The response team also help with missing persons,



OUR SERVICES - STREETWATCH

Our StreetWatch project is based on teams we have and volunteers that go out at night checking all the known suicide hot spots to prevent suicide attempts,

we also go out looking for homeless people and we check up and help the homeless to make sure they are safe and help to refer them if we can.



This project has been so successful in Gainsborough that with the help of the Bassetlaw CCG and the North Yorkshire Council we have been able to set the StreetWatch teams up in Scunthorpe and in Retford as well, this will allow our teams to help more people and be available to offer our services to two more areas that need the mental health support.

With these two further team it will allow us to see how we work in other areas and give us the possibility to add further teams in more town and cities throughout the UK>





OUR PROJECTS



BEARDED FISHERMEN

OUR PROJECTS - SCHOOL AMBASSADORS



The charity has looked at the current mental health crisis after covid that is currently effecting the schools, colleges and universities.

We decided that as we support the mental health for a lot of these place already we would get the students involved in helping to look after the mental health of fellow students.

We do essemblies at schools, we do talks at schools, colleges and universities to let them all know about the services we offer.

We talk to teachers and lectureres about how best to help the students and setup sessions withing the education places to talk to students in groups and also in one to one situations.

We get parents permission with forms given to students to become an ambassodor,

Once we have all the forms back we go in and teach the students what to do and what to look for and how to offer support to fellow students.

We teach them how to get the teachers involved when they need to and we train them to look after each other and stop bullying.

Each student after training and start with the project get an ambassodor badge to show that they are a wellbeing ambassodor.

We are getting this project off the ground and bringing more and more schools onto the project.

OUR PROJECTS - BIG MOVE FORWARD

The charity has grown so much over the last two years and our services have increased so much that we now need to look at getting somewhere bigger,

We need to find somewhere that we can have more desk space for the call centre to be able to take on the continued to grow calls and to be able to offer the face to face support.

We would also like to be able to offer a call in centre for support and to be able to offer a sit and chat space. More people want to just call in for help but at present we are out the way to offer that for people that walk.



One of the places we have found in Gainsborough is an old store that offers us plenty of space to be able to offer what we want to offer and with the opportunity to grow.

This is what our new project is that we are looking to get funding for and with the help of the public and businesses we hope this project will become a reality.

The services we offer are a very important source of support and help for many people and as we grow to be in more counties in the UK we feel this call centre will become a very important role at saving lives.

The background image is a composite of two scenes. The top scene shows a professional microphone with a pop filter, likely a Rode NT-A, mounted on a stand. The bottom scene shows an open book with photographs of people, a small card with a flower, and some dried grass on a wooden surface. The entire image is overlaid with a blue gradient.

WHY VOLUNTEER

BEARDED FISHERMEN

VOLUNTEER WITH US

You don't have to be from a certain area of expertise or have been through your own problems to be a call taker with us, there are also lots of ways you can help us from call taking, fundraising or media. your own expertise is always a bonus.

To be a call taker for us can be very rewarding and could change a persons life, during a persons difficult time you get the chance to make a big difference. just listening to someone can be a great help to them.

You get training and support every step of the way and get full support from your team and become prepared for all types of call.



Our fundraising volunteers take on many roles at Bearded Fishermen Charity. From organising fundraising events to speaking to local groups about what we offer and ways to support us.

Our fundraising volunteers are the friendly face of bearded Fishermen charity in their local communities. Raising awareness of mental health and suicide preventions and our work to support it. Most importantly, by raising money to help keep lives going and minds clear – keeping families together for longer.

VOLUNTEER FUNDRAISER



Volunteer Job Role

Charity Fundraiser

Responsible to: Volunteer Coordinator

Purpose of the Role: To support the charities fundraising and be part of the forefront to the public

Tasks

Attending regular group fundraising meetings – frequency agreed by your group.

Working with the Volunteer Fundraising Coordinator to help recruit local fundraising volunteers.

Inputting into the planning, organising and promoting of your group's fundraising events.

Attending fundraising events and collecting funds on behalf of the charity.

Acting as an ambassador for us at fundraising events.

Complying with our-relevant organisational policies, procedures and legal requirements such as health and safety legislation for fundraising events and safeguarding.

Liaising with the Volunteer Fundraising Coordinator to keep you up-to-date with the charities activities

This list is only a guide to the primary tasks, from time to time other tasks may be requested and agreed with the volunteer.

VOLUNTEER STREETWATCH



Volunteer Job Role

StreetWatch

Responsible to: Volunteer Coordinator

Purpose of the Role: To support and chat to people in and around the town to listen and advise, be friendly and assist the people you meet.

Tasks

- Walk around with the team in town areas**
- Advise best you can**
- Listen**
- Befriending**
- Liaise with the emergency services if needed**
- Be fit and active to walk for around 2 to 3 hours**
- enjoy chatting to people**
- Assist with people in crisis if the need arises**

This list is only a guide and db's checks and training is given to help with this role. radios and jackets are provided.



RADIO SPOTLIGHT

BEARDED FISHERMEN RADIO

BFRADIO

Bearded Fishermen Radio. We are a Community Radio Station serving the town of Gainsborough, Lincolnshire and the surrounding area.

Bearded Fisherman Radio first broadcast on 1st March 2021. We are a part of the Bearded Fishermen Charity whose mission is to provide help and support for anyone of any age with mental health issues. You can find more information about the Charity on its website www.beardedfishermen.org.uk.

Music & Mental Health

You may wonder Why as a mental Health Charity we set up a community radio station. That's easy, one of the best things to help with mental health issues, Depression and anxiety is MUSIC, Getting out and relaxing. You can find that having something to try and something that you can get out doing is a great therapy, Music is great therapy, the radio station also helps people to get out and do something they enjoy and its so easy to do. Many of our hosts are struggling with some form of mental health issues and they have found becoming a host on the radio has helped them a lot. Getting involved in planning a show choosing the music and talking to people over the air builds up confidence and it is also a great way to meet new people even if just virtually on air or by text into the studio. Why not come along and give it a try you may find you enjoy it.



Our Radio station is always looking to do more shows and take on more volunteers to have shows.