

Love Me Love My Mind

2025 - 2029 STRATEGY



Registered Charity No: 1177683

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily located on the right side of the frame, creating a modern, layered effect.

Welcome by Allen Price

A brief introduction

The background features abstract, overlapping geometric shapes in various shades of blue, ranging from light sky blue to deep navy blue. These shapes are primarily located on the right side and bottom of the frame, creating a modern, dynamic feel. The main text area is a clean, light gray, providing a high-contrast backdrop for the white and blue text.

Mission

To improve the quality of life for people in our
community affected by mental illness

Vision

A mentally healthier community in Epsom and Ewell with access to the right mental health support and an improved quality of life.

Purpose

Building a community for mental health and wellbeing support whilst promoting awareness

Services we currently provide

- ▶ Our main activities have predominantly been our weekly drop-in and our annual Epsom Mental Health Week, and recently we have added further activities as below.
- ▶ 1. Monday Drop-in attended by 35 + people every week.
- ▶ 2. Warm Welcome Space from October 2025 to March 2026, hot drinks, soup and a roll, advice and support
- ▶ 3. Volunteer Gardening group at Appleby House Care Home
- ▶ 4. Thursday evening Peer Support Group - weekly discussion topic. Playing board games, social interaction
- ▶ 5. Kids art club Saturday mornings
- ▶ 6. Kids Craft club Sunday afternoon
- ▶ 7. Epsom Mental Health Week every October around World Mental Health Day
- ▶ 8. St Barnabas Church Friday Advice Café
- ▶ 9. Community Engagement stands across the borough throughout the year

Strengths

- Track record of 19 years delivery
- Strong and consistent membership and engagement
 - Volunteers Commitment
 - Providing a safe space
 - LMLMM is a family
 - Challenging stigma
 - No-one is forgotten
 - Social impact
 - Commitment to mission
 - Authentic

Objectives/Goals

We Identified the charity's most pressing needs and goals for the next 3 - 5 years.

- Increase membership and engagement
- Maximise awareness of LMLMM and mental health / wellbeing
 - Increase number of volunteers
- More funding secured / more identified
 - Revise and update relevant policies

Key Performance Indicators

Define measurable outcomes to track the progress of strategic initiatives.

- Monitor attendance at all events
- Embed WEMWBS 7 or 14 question wellbeing survey into activities to increase members' wellbeing
- Focus on both short-term (e.g., fundraising targets, programme delivery) and long-term (e.g. growth, sustainability)

Funding

To ensure National Lottery Awards 4 All funding secures delivery of LMLMM core services for the next two years

To ensure LMLMM reserves fund all core costs related to service delivery

To produce a funding/delivery statistics plan to move LMLMM forward and support the charity to achieve its 2025 - 2029 strategy

To identify and research new funding opportunities

Example of the delivery plan

Year	Volunteers	Funding / 000	Members	Attendees	Wider Community
2024	10	20	50	50	20
2025	15	30	55	60	25
2026	23	65	64	96	35
2027	30	85	100	120	40
2028	33	100	110	132	45
2029	37	128	121	145	50

How you can help LMLMM

- ▶ Raise awareness through social media, word of mouth, or by distributing materials like flyers or posters to inform the public about mental health issues and the charity's work.
- ▶ Volunteers can help organize fundraising events such as charity runs, auctions, cake sales, or virtual events to raise money for the charity.
- ▶ Volunteers can write blog posts, newsletters, or social media content to keep the community informed and engaged.
- ▶ Volunteers with lived experience or expertise in mental health can share their stories or expertise through public speaking engagements or media interviews.
- ▶ Volunteers can provide non-clinical emotional support by actively listening to individuals going through tough times, providing comfort, or helping them connect to professional services.
- ▶ Volunteers can help the charity apply for funding and grants from foundations, government programs, or corporate sponsorships.

Thank you for all that you do to support
LMLMM and its members

THANKYOU!