

2025



Mind
Lancashire

Impact Report



2025 IN NUMBERS

 Lancashire



We supported over **12,000** people in Lancashire to achieve better mental health.



843 young people received 1-to-1 support, helping them overcome barriers to good mental wellbeing.



109 people were given a safe place to live and support to return to independent living.



83 volunteers gave over **1,250** hours of their time to support our work.



99% of 101 teachers who participated in Resilient Minds, reported feeling better equipped to promote children's resilience.



Over **3,000** people learned about Lancashire Mind and our services through the Lancashire Mind Roadshow for Mental Health Awareness Week.

500 runners and sponsors raised **£21,000** at our biggest Mental Elf.



6,260 children learned about their mental health and how to build resilience through our Bounce Forward programme.



500 Lancashire employees had access to mental health support via our Employee Assistance Programme.



100% of young people felt listened to while accessing our services.



11,806 children and young people learned skills to support their own wellbeing through group work.



134 people who've experienced baby loss and miscarriage were supported to manage their grief.



515 people from racialised communities were supported to understand and improve mental health via culturally sensitive activities.

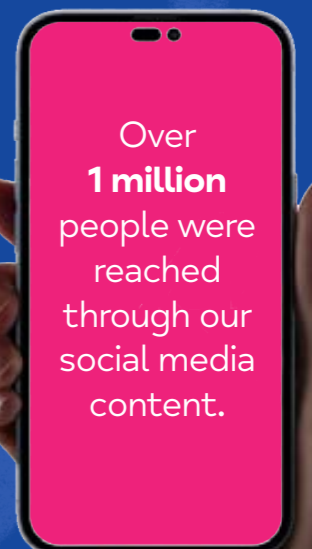


1,113 people contacted Lancashire Mind by phone and online seeking information and guidance.



therapies

100% of people said they'd recommend the @Therapies service to a friend.



Over **1 million** people were reached through our social media content.

Welcome

The CEO

As we marked our 25th year as a registered charity, it was a year of both innovation and success for Lancashire Mind, set against a backdrop of continued challenges for people across Lancashire and the charities that support them.

Despite this, we supported more people than ever before, reaching over 12,000 individuals directly and many more through events and online.

Our anniversary year provided an opportunity to reflect on our journey, strengthen our current reach, and look ahead to what more is needed. Initiatives such as our 25th anniversary ball with James' Places, the Lancashire Mind Roadshow, our new ambassador programme, and the '25 Stories' campaign all helped raise our profile and

connect with new audiences. We saw strong progress across our services. Our @Therapies programme delivered over 600 sessions in its first full year, while our new Employee Assistance Programme onboarded several businesses.

Fundraising events created some of the standout moments of the year, demonstrating the strength and generosity of Lancashire communities. New events such as the Summer Solstice Walking Challenge, Lancashire Three Peaks, Men's Sunrise Walk and Club Feelgood quickly established themselves alongside flagship events like Mental Elf and the Candlelight Walk.

In a challenging climate for the sector, with increasing mergers and closures, Lancashire Mind continued to grow. We remained

focused on building sustainable income while maintaining quality and listening to the voices of those we support, including through our lived experience panel.

Looking ahead, 2026 will bring both challenge and opportunity. We'll move into our new, modern office in Leyland, marking a new chapter after more than 20 years on Devonshire Road, while working with partners and communities to co-design the next phase of our strategy.

David Dunwell
Chief Executive
Officer



Chair of Trustees

It is my privilege to Chair the Lancashire Mind Board of Trustees - a role made easier by our dedicated, talented and diverse staff, volunteers and trustees.

Our charity has experienced significant growth and, more importantly, is reaching increasing numbers of people who experience mental health and emotional wellbeing challenges. Our mission is driven by three key pillars: connecting, supporting and changing minds.

Poor mental health continues to affect many people, with profound personal, family and societal impacts. Rising inequality and increasing polarisation further intensify these challenges and, whilst

I'm proud of our progress as Lancashire's leading mental health charity, this highlights the scale of the work still ahead.

As statutory services face growing demand, Lancashire Mind - alongside our valued business and community partners - remain committed to driving meaningful change for our communities.

As we closed 2025, we began reviewing our strategic plan and will be engaging widely with stakeholders, particularly those with lived experience, throughout 2026. This insight will help us to shape our new plan, guiding the focus of our work over the next five to ten years.

Our impact wouldn't be possible

without the ongoing dedication of our staff, volunteers, fundraisers, ambassadors and supporters. Acting as advocates, they bring our mission and values to life within their communities, encouraging more people to talk openly about mental health and access services.

I extend my sincere thanks to everyone who has contributed to Lancashire Mind - the difference you make is invaluable.

Michael Jameson
Chair of the
Board of Trustees



Lancashire Mind's

Vision, Mission and Values

In 2025, we lived by our mission and values every day. They guided our decisions and helped us support people's mental health across the county working toward our vision: a Lancashire where everyone can have the best mental health and wellbeing possible. Here's a few examples of how we did this.



Our Mission

We work to:

Connect Minds

Our **Training Team** worked with Andy's Man Club and the Mankind Initiative to help men in Lancashire find support for mental wellbeing and male abuse. Through the Lancashire Wellbeing Business Network, we shared resources that helped workplaces encourage men to speak up and seek help.

Support Minds

Our **Therapies Team** provided personalised coaching, education and therapy, giving people practical tools to improve their mental health and resilience. They also offered flexible, person led support for families experiencing grief and loss.

Change Minds

Our **Community Engagement Team** delivered training to organisations, businesses and service providers about mental health in racialised communities, helping them recognise and remove barriers to accessing support.

Lancashire Mind staff nominate their peers for annual values awards, celebrating teams and individuals who embody our values.

Values

Caring

Our **Operations Team** directly supported 423 people over the phone, by email and online, providing information and connecting people with the best service for their needs.

Bold

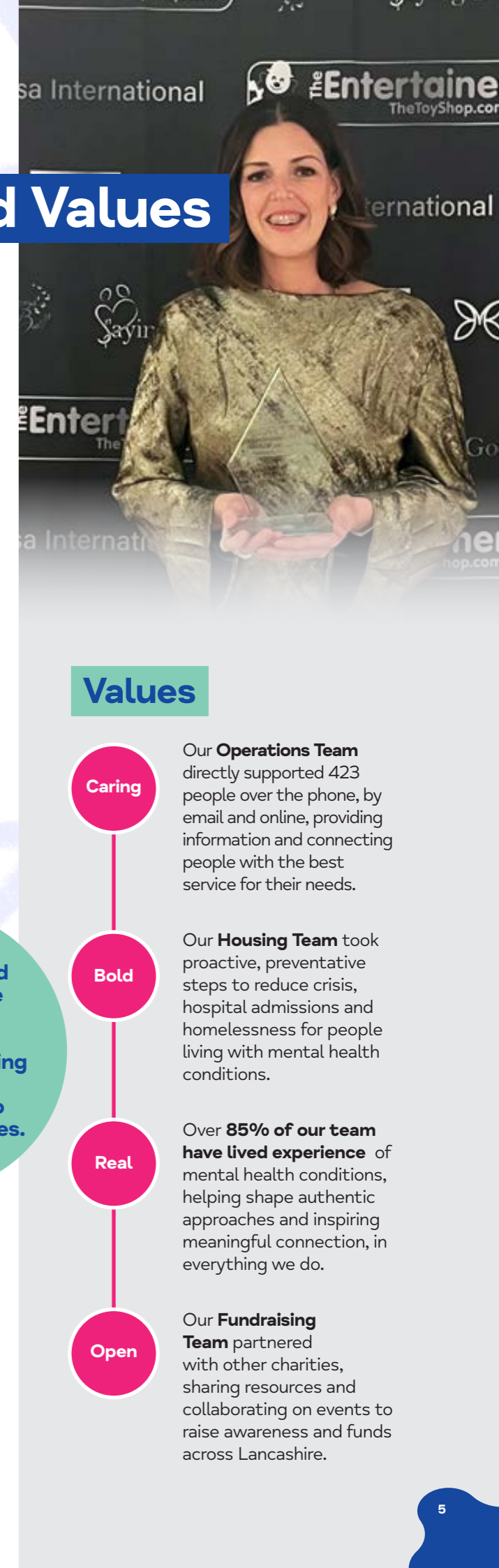
Our **Housing Team** took proactive, preventative steps to reduce crisis, hospital admissions and homelessness for people living with mental health conditions.

Real

Over **85% of our team** have lived experience of mental health conditions, helping shape authentic approaches and inspiring meaningful connection, in everything we do.

Open

Our **Fundraising Team** partnered with other charities, sharing resources and collaborating on events to raise awareness and funds across Lancashire.





Listen, Learn and Influence

Understanding and sharing local people's experiences with mental health so we can improve the services they receive.

Our **Housing Team** helped 43 people without a home to move into a safe space. They listened to their individual needs and provided practical, financial and emotional support tailored to each person.



100%

of young people felt listened to whilst accessing our services

The **Community Engagement Team** worked with people who wanted to share their lived experiences to shape our work. They created a lived experience panel with 15 members, began developing a Youth Advisory Group, and recorded a podcast with wellbeing ambassadors at Pendle Vale College, where young people spoke openly about mental health.

Our **Operations Team** made it easier for people to join us as staff or volunteers by launching a more accessible recruitment platform, helping people find information and apply more easily.

The **Fundraising Team** was busy building strong relationships with companies and community groups. They listened carefully to understand why people wanted to support us and what they needed from us. Our friendly team supported fundraisers every step of the way so they could raise as much as possible for Lancashire Mind's life changing services. By doing this, we created long lasting partnerships that support our charity's core values.

“At the start of my sessions my health anxiety was very severe and took up most of my time and energy, affecting my daily life. Now I feel like I have the tools I need to manage my anxiety better and realising that self-belief is one of the most important things to help you get better.”

Daniel*, after accessing @Therapies Service

*Name changed to protect privacy



Kellie's Story

When Max was 11, he accessed wellbeing coaching for young people. Max's mum, Kelly, tells their story.

Max had been struggling with big emotions he couldn't control. He often had meltdowns over things that didn't seem like triggers to me, but clearly felt overwhelming to him. It affected home life and school. Referring him to Lancashire Mind was simple and quick — I didn't need to go through a GP, and within a few weeks he was offered six weeks of coaching.

The coaching helped Max understand why he felt the way he did. He learned about anger, the fight or flight response and how his body reacted when he was overwhelmed. That knowledge gave him a sense of control he hadn't had before.

He was taught techniques, especially breathing exercises, that he used every day. When he felt himself getting triggered, he could recognise it and use those skills to stop things from escalating.

Max became calmer, more aware and more open about his feelings. He talked to me more, even when he felt embarrassed, and the guilt he used to feel after outbursts eased. Home life became more settled, his relationships improved and he began thriving at school.

I am incredibly grateful for the support he received. The skills he learned are things he can carry with him for life, and I would absolutely recommend this service to any young person who is struggling.

“Max was struggling with really big emotions that he couldn't control and I knew he needed more support than I could give on my own.”





Work with others to make positive changes

Working together with others to make positive changes and strengthen support in our community.

134 people who've experienced baby loss received support through Together After Loss.

Our **Therapies Team** worked with local charities, community groups and bereavement services to create and launch the Together After Loss project. The project is funded by Blackburn with Darwen Council and supports individuals and families who've experienced baby loss and miscarriage, offering 1:1 therapy in Blackburn with Darwen and peer support for people from across Lancashire.



1,572

Our **Training Team** helped 1,572 people across Lancashire increase their understanding about mental health, suicide prevention, neurodiversity and other related topics; building skills that help communities stay safe and be supportive.

The **Marketing and Communications Team** partnered with organisations to support people over Christmas — a time that could feel difficult for many. Together, we shared simple, reassuring messages and made sure people knew where to find help, helping people feel seen and supported.



By supporting the Orange Button suicide prevention campaign, the **Training Team** worked with local authorities, businesses and organisations across education and public services to highlight the importance of suicide prevention. We worked with 37 organisations to promote free training funded by Lancashire & South Cumbria Integrated Care Board, helping more people learn how to support others and save lives.

Our **Children and Young People's Coaching Team** provided 1-to-1 wellbeing coaching to 95 young people aged 10–18. Thanks to support from funders and local businesses, this service remained free to access. Coaches supported young people facing challenges such as self harm, thoughts of suicide, school avoidance, social anxiety and substance misuse.

“The Orange Button training gave everyone who attended the opportunity to step outside of their professional or caring role and listen to each other’s concerns, experiences and reflect on the impact that mental health has on everyone’s lives.”

Kerry, Volunteer Coordinator for Blackpool Carers



Zara's* Story

Zara accessed the Together After Loss service following the loss of her baby

I asked for support to help me process the loss of my baby after a miscarriage. The Together After Loss support groups were invaluable, especially as I hadn't been able to access counselling elsewhere due to postcode funding and limited resources. I also had very little personal support, so I didn't have many opportunities to talk about what I was going through.

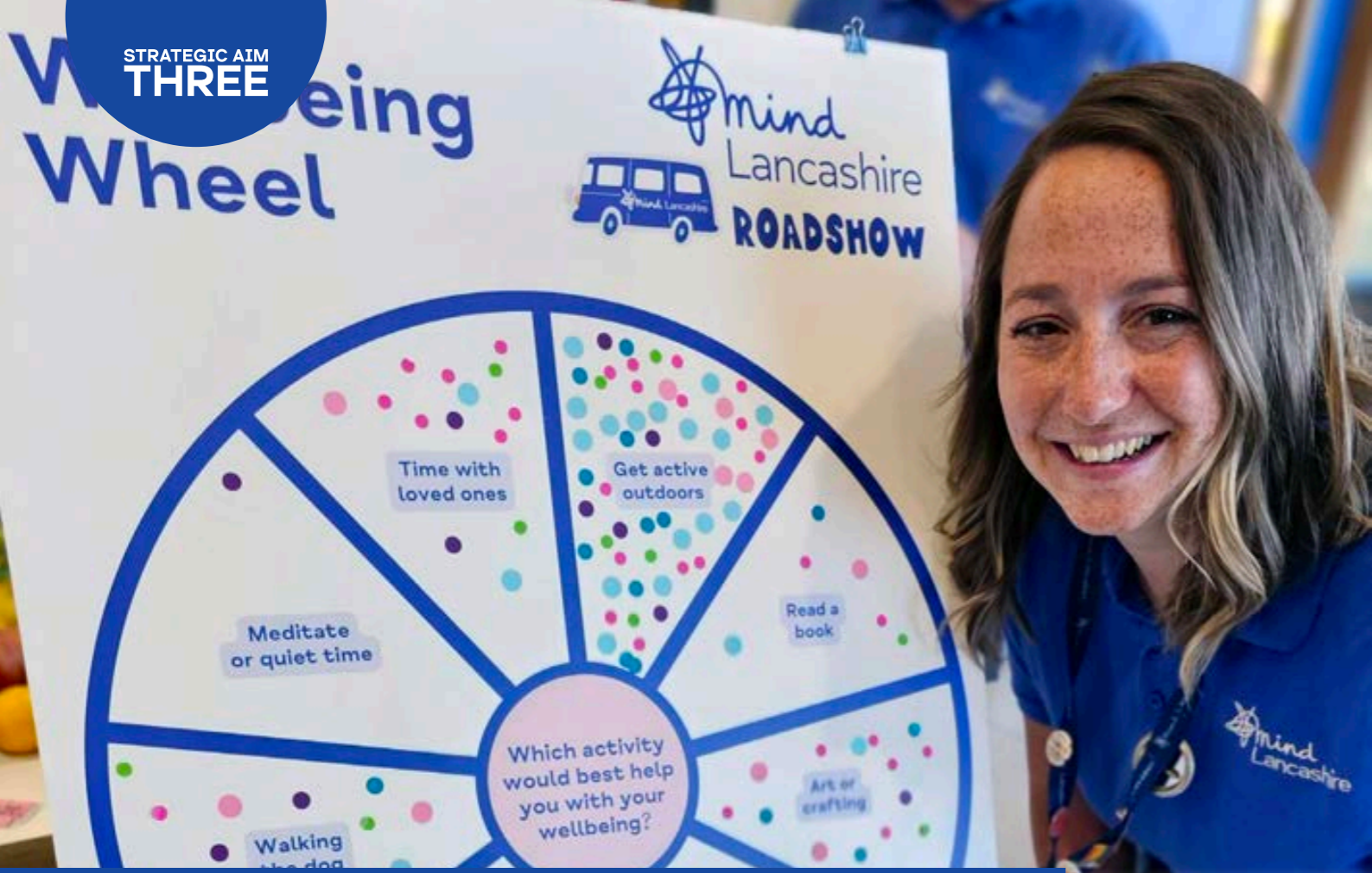
1-to-1 Peer Support made me feel less alone in grieving my baby. I didn't know anyone who had experienced baby loss or the devastation that comes

with it. It isn't something people talk about openly, and even those around you often don't know what to say. Sometimes they avoid mentioning your baby altogether, which can feel incredibly isolating.

The pain of losing a baby — the grief, the “what ifs”, and the difficult experiences in hospitals, at work and in social situations — can feel overwhelming. Being able to speak to someone with lived experience meant I could express the chaos I was feeling in a safe, non-judgmental space. When the worst happens, you need someone who genuinely cares and understands, and that is exactly what 1-to-1 Peer Support offered.

“1-to-1 Peer Support has made me feel less alone in grieving my baby. I didn't know anyone who'd experienced the loss of a baby and the devastation that comes with it.”

*Name changed to protect privacy



Make it easy to talk about mental health and wellbeing

Helping people talk openly about mental health and challenging negative ideas about it so everyone understands that mental health is just as important as physical health.

The **Children and Young People's Community Team** helped 943 young people through our Peer Support Programme. The programme brought young people together to share experiences and support each other, helping them feel less alone. We worked to make this support long lasting by starting new groups in schools and community spaces, training students as peer mentors and setting up lunchtime wellbeing clubs.

15 episodes of our podcast, Lancashire Mind Talks, were aired covering real life mental health experiences from Lancashire people.

Our **Marketing and Communications Team** focused on storytelling. We placed the voices of people who used our services at the centre of our work, listening to real experiences and turning them into stories that helped others understand their journeys. These stories shaped our campaigns, improved our services and encouraged open conversations about mental health.

“Thank you for making all of this possible. The fundraising and all the initiatives have changed my life so much. I don’t even really have the words to describe it, to be honest. Working with Lancashire Mind has opened up so many new doors for me. And the best part is... we’re helping so many people in the local community.”

Grace Murphy, Fundraiser from Actemium Design



The **Community Engagement Team** continued to work with South Asians and people from other racialised communities in East Lancashire through the Connecting Communities project. In many of these communities, stigma around mental health persists and is a barrier to accessing support. Through our sessions, people began to feel more comfortable talking about how they felt and learned that support was available when they needed it. Little by little, these conversations helped people feel less alone and more confident in seeking help.

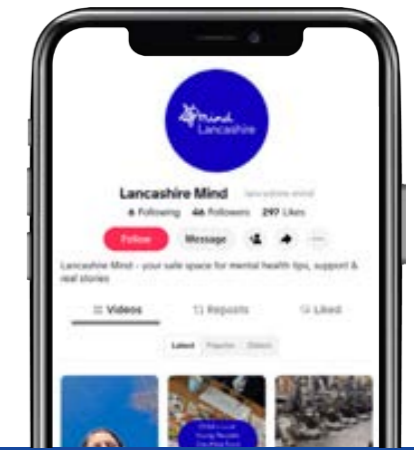
Our **Operations Team** responded to 1,113 enquiries from

people seeking support or information. Of these, 423 people were listened to directly with the team spending time to understand their needs before providing relevant information, advice and signposting. We know how hard it can feel to ask for help; our team listened, offered emotional support and helped people find the services that were right for them.

The **Children and Young People's Team** launched a new TikTok account to reach more young people with simple,

More than 100 people walked with us on World Suicide Prevention Day to show love, support and solidarity.

friendly mental health tips. We shared short videos about understanding feelings, learning coping strategies and knowing where to find support. By joining TikTok, we're connecting with young people in a space they already enjoy, using real voices, practical advice and a message of hope.



Sana's* Story



“This support has really helped me to move beyond mental limitations and feel that I am able to protect and support myself.”

*Name changed to protect privacy

Sana attended our **Connecting Communities** sessions for two years.

I learned a great deal through these sessions, including self help techniques and ways to build resilience. I was so thankful for the support I received, and it made an immense difference to my mental health. It helped me move beyond my limitations and feel able to protect and support myself.

I developed new perspectives and no longer withdrew from meeting new people. I put strong boundaries in place and felt my mental health and confidence improve significantly after attending 1-to-1 sessions. My anxiety reduced to a manageable level, and I was even able to travel alone.



Get people the help they need

We provided tailored services that supported people in the ways that worked best for them, helping them understand their feelings, build resilience and manage their mental health day to day.

Our Resilient Minds Programme, run by our **Children and Young People's Schools Team**, helped children learn they are stronger than they realise and can cope with challenges. 9,636 children accessed this support through their school. We also gave schools tools and activities to continue building resilience throughout the year.



5,643

We've connected with 5,643 young people through mass participation activities such as school assemblies.

In late 2024, our **Therapies Team** launched @Therapies to support people struggling to access help due to long waiting lists, cost or lack of suitable services. This low cost therapy offer supported 365 people throughout 2025.



The **Training Team** created a neurodiversity course to help adults understand neurodivergence and how to support neurodivergent young people. Over 300 people accessed the online course in just four weeks, showing how important it is to talk about mental health and neurodiversity together.

The **Housing Team** increased the number of people we can offer a home to by adding more than 20 new units to our existing offer. We also expanded into Blackburn and the Fylde Coast, meaning more people across Lancashire had a safe place to call their own while working towards independent living.



“I did not understand why I felt anxiety, but now I understand more about my brain and how to calm down using techniques. The resources given was very helpful. Some people do not know who to trust or openly speak about anxiety with, but you (Lancashire Mind) have provided a safe space to explore my feelings.”

Archie, aged 17, who accessed group support.



Anam's Story

Anam was referred to Lancashire Mind from the Wish Centre in Blackburn after fleeing domestic violence and becoming homeless. She moved into a Lancashire Mind property in 2025.

If you'd met me a year ago, you wouldn't have recognised the person I became. Back then, even leaving the house felt impossible. Walking to the shop at the end of my street was terrifying, and I waited until it was dark to put the bins out because I didn't want anyone to see me. That was how small my world had become.

But then everything changed. With Lancashire Mind's support, I built a routine that kept me grounded and helped me manage my anxiety and low mood. I

volunteered at a soup kitchen twice a week, went to the gym three times a week and kept my weekends for self care. I began working towards independent living — a future where my daughter and I could have our own home, our own space, our own life.

When I looked back at the person I was, I could see how much my confidence and self esteem had grown. I no longer need medication for my anxiety, and I feel far more comfortable around people. I started looking forward to each day — whether I was volunteering, going to the gym or attending my weekly session with Lancashire Mind. For the first time in a long time, my future felt positive.



“With Lancashire Mind's support, I built a routine that kept me grounded and helped me manage my anxiety and low mood.”



Keep getting better

We worked continuously to make Lancashire Mind stronger — improving our performance, governance and digital systems so more people could access support easily.

Our **Fundraising Team** expanded the Lancashire Mind events calendar with new activities. We loved seeing people come together to support mental health in fun and meaningful ways. Our new Lancashire Three Peaks event took place in September, with 100 people completing the 21km walk and raising over £11,000.



The **Operations Team** worked closely with all Lancashire Mind teams to strengthen systems and procedures. Each year, we run an internal Equity, Diversity and Inclusion (EDI) confidence survey to ensure our services are inclusive and welcoming. We also created new ways for staff to share feedback on their training, helping us understand what worked well and what needed improvement.

As part of our commitment to improving the quality and impact of our housing offer, our **Housing Team** carried out an annual tenant survey. When asked, “How likely are you to recommend Lancashire Mind to a friend or colleague?”, 93.7% said they would —

placing us well above the national benchmark and within the top performing range of registered housing providers.

The **Community Development Team** ensure people with lived experience are at the centre of our service and organisation development. Instead of asking people to fit into our systems, we invited honest feedback about what needed to change. By listening openly, we improved our services and strengthened mental health support across the county. The team also supported the EDI working group, sharing lived experiences and community voices to help the whole organisation grow and become more inclusive.

Our **Children and Young People’s Coaching Team** remained committed to adapting support to meet young people’s needs. When they saw more young people struggling with self harm in 2025, they created a new workshop, Empower to Talk. This gave young people a safe, calm space to explore their feelings, understand their behaviour and feel supported by people who care.



100%

of families who accessed our Together After Loss project reported feeling more confident in managing their own wellbeing.

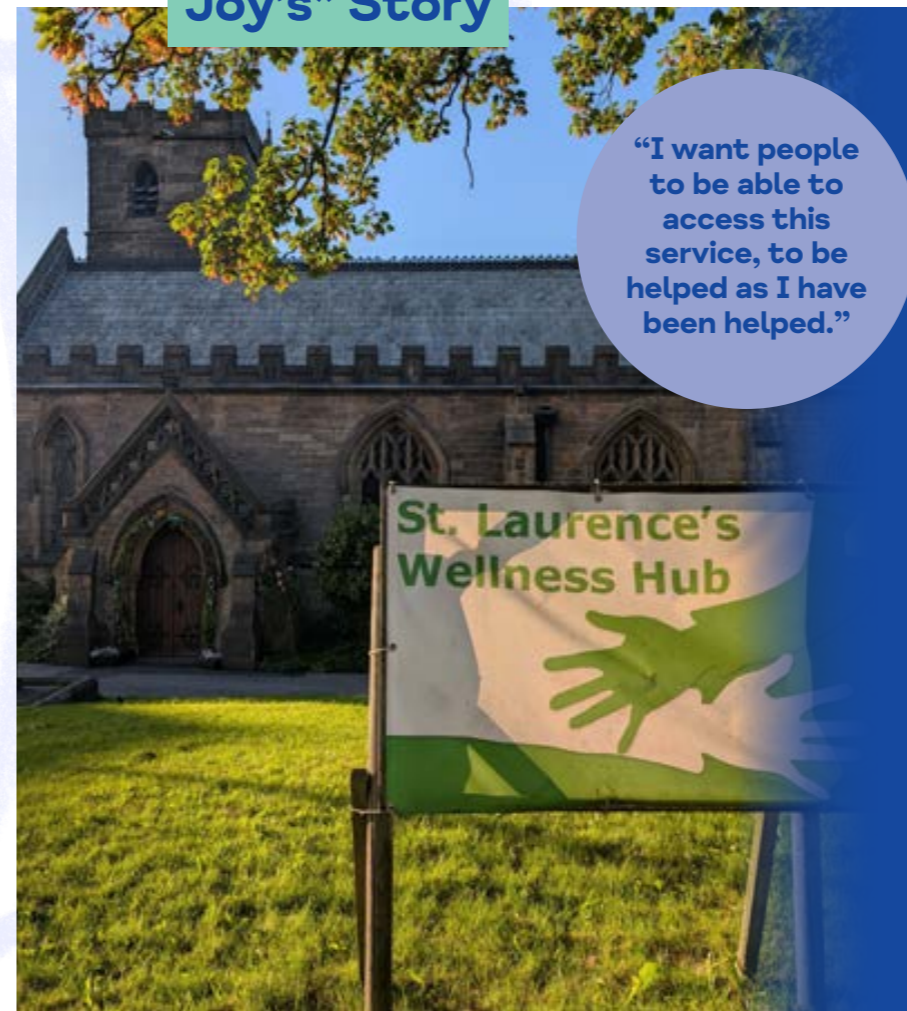
“I came to these sessions thinking that I might not be understood but I now come to these sessions with you understanding what I’ve said. I’m coming away with practical suggestions, not just talking, It’s been more impactful than just talking, I have tools to deal with things better.”

Jay* who accessed 1-to-1 workplace Wellbeing Coaching

*Name changed to protect privacy



Joy’s* Story



“I want people to be able to access this service, to be helped as I have been helped.”

I was introduced to wellbeing coaching through my church, St Laurence’s in Chorley. I first attended mindfulness sessions organised by the church, and although I wasn’t sure it was for me at the start, I kept going.

After a few general conversations and a difficult period where I was feeling very low, I was introduced to Raneesha from Lancashire Mind, who was offering 1-to-1 wellbeing coaching at St Laurence’s. She listened carefully and compassionately, and I felt safe and understood. She introduced me to mindfulness meditations, and I began learning how to let go.

I was extremely grateful for the support I received. If someone else is struggling, I would recommend wellbeing coaching and mindfulness without hesitation. I want others to be able to access the service and be helped as I have been helped.

*Name changed to protect privacy

Lancashire Mind's 25th Year

2025 was a special year for Lancashire Mind as we celebrated 25 years of being a registered charity, supporting people with their mental health. Chorley & South Ribble Mind became a registered charity in 2000 and was then joined by two other local Minds to become Lancashire Mind in 2011. Since 2000, more than 100,000 people have received help thanks to our staff, volunteers and supporters. Throughout the year, we ran an anniversary campaign to reflect on our impact and bring people together for the work still to do.

We've supported over 100,000 people across 25 years

We told 25 stories of local people's lived experience. Here are three, visit our website to read the others.



Fiona's Story

Fiona walked 1,300 miles to raise funds following her own experience of depression. "After a long battle with depression, it made me more determined to complete this challenge. Getting outdoors gave me focus. It clears my mind of all the thoughts that run through it."



Casey's Story

Casey faced years of mental health challenges before being admitted to hospital, a turning point that led him to Lancashire Mind's Housing Service. "Most of my life I've dealt with mental health challenges, being in hospital and having the support when I was discharged helped me through." One of the biggest changes for Casey was discovering fitness and boxing, a challenge that pushed him physically and mentally but ultimately helped him find discipline, purpose, and confidence. "I feel great that I've learnt a new skill that I'm good at." His advice to others... "Talk to people about how you're feeling and get support and the professional help that's offered to you."

Chloe's Story

Chloe's story shows how small steps can lead to meaningful change. A busy nurse and mum, Chloe started Couch to 5K to improve her fitness and mental wellbeing. Running quickly became a positive outlet, boosting her mood and confidence. Inspired, she joined Lancashire Mind's Mental Elf fun run, fundraising to support others. Her enthusiasm inspired her son to take part, turning it into a family experience. Together, they created lasting memories while supporting a cause close to their hearts. Chloe exceeded her fundraising goal, showing how self-care can grow into community impact, connection and shared wellbeing.



25th Birthday Celebration

We held a special celebration where staff, volunteers, trustees, ambassadors and supporters came together for an afternoon of wellbeing activities to mark our 25th year.



Lancashire Mind's 2025 Roadshow marked our 25th year by bringing mental health support directly into communities across Lancashire. Reaching over 2,000 people, the initiative combined fun, accessible wellbeing activities with opportunities to connect and learn about available support.

From a surprise choir flash mob to visits across schools, community hubs and public spaces, via the Lancashire Mind van, the roadshow highlighted the importance of community in supporting mental health. By offering both in-person and online activities, Lancashire Mind ensured inclusivity and engagement, while encouraging creativity, connection and awareness.

The initiative demonstrated the power of community-led approaches in improving wellbeing and reaching people where they are.

25 Ambassadors

We introduced 25 Lancashire Mind Ambassadors — local champions who share our vision and use their platforms to raise awareness and inspire action. Here are three, visit our website to meet the others.



Alysia Shorrock

Mental Health Advocate who accessed Lancashire Mind services as a young person. "Being an ambassador for Lancashire Mind is a true honour. My own journey showed me how crucial support and understanding are, and I want to help others find that support."



Rebecca J House

Mental Health Advocate and Founder of Strength in Struggles. "I'm Beck, a former police officer with 21 years' service. This role isn't just a title — it's rooted in my own mental health journey. No matter how bad things feel, there is always hope."



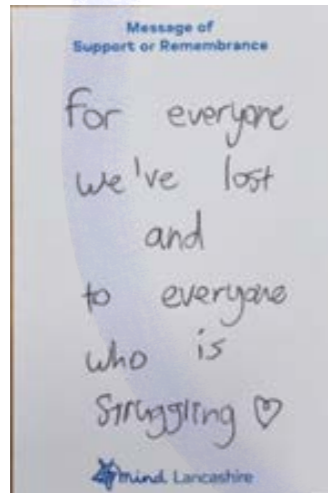
Clarke Carlisle

Former professional footballer and Mental Health Advocate. Clarke has long been at the forefront of addressing key social issues. He received an Honorary Fellowship from the University of Central Lancashire for his contributions to football and mental health and presented two award winning BBC documentaries.

2025 Events & Awards

The Candlelight Walk 2025

Lancashire Mind held its second Candlelight Walk to remember people who had died by suicide. More than 100 people walked together to show love, support and solidarity, reminding each other that no one should ever feel alone. The event, at Astley Park, Chorley, also raised awareness of suicide prevention training. In 2025, Lancashire Mind trained 1,500 people to talk to someone who might be struggling and how to support them safely — helping to build a kinder, stronger community.



Men's Sunrise Walk

We held our first men only Sunrise Walk — an 8km route through the hills of Rivington. The event was designed to help break the stigma around men's mental health by giving men a calm, pressure free space to talk, connect and challenge themselves. There was no judgement, just 50 men walking side-by-side and showing that mental health truly matters.



Lancashire Mind won the Health and Wellbeing Award at the Red Rose Awards. The event, held annually in Blackpool, welcomed more than 1,000 attendees, with only the strongest entries reaching the final round. Winning this award in our 25th year meant a great deal. It belongs to everyone who used our services, fundraised or volunteered — all helping to build a Lancashire where everyone can have the best mental health and wellbeing.

Thank you!

To all the organisations that have provided funding to support the delivery of Lancashire Mind services.



And thank you to all the businesses that have chosen to support Lancashire Mind through donations, sponsorship, volunteering and campaigning.

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| Actemium Design | Essential Industrial Services | Merchandise 4 Impact |
| Back Care Solutions | Farleys Solicitors | NFU Mutual Central Lancashire |
| BAE Systems | Farmhouse Biscuits | Pierce Business Advisory and Accountancy Group |
| Barnfield Construction | Fresh Perspective Resourcing | Pinewood Vets |
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| Ebeni | Leyland Trucks Helping Hand | Zebra Technologies |
| Electricity North West | Marsden Rawsthorn Solicitors | |
| Eric Wright Group | Menzies LLP | |

Thanks to the judges of the Red Rose Awards for recognising our achievements and impact by selecting us as the winners of the Health & Wellbeing Award.

Thank you to our dedicated staff, volunteers, trustee's and supporters. It's your passion and drive that leads to the difference we make in people's lives. We couldn't achieve this without you.



Listen to our podcast
Search 'Lancashire Mind Talks' on Spotify
or Amazon Music and join the conversation

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