Glastonbury Mental Health Network annual report

Registered charity no. 119330

Address: Richard Whiting House, 9 Silver Street, Glastonbury BA6 8BS

Trustees

Andrew Gowland	28.01.21 - present
Ifiyenia Bagias	28.01.21 - present
Jonathan Cousins	22.04.22 - present
Patricia Long	16.08.22 - present
Stefanie Foulerton	15.08.25 - present

GMHN project lead: Chloe Forfitt

Mission Statement

Glastonbury Mental Health Network is a small and ambitious local charity - incorporated in January 2021 and dedicated to supporting the mental health and wellbeing of Glastonbury residents through our events, services, projects and training. We aim to increase awareness and understanding of mental ill health across the whole community, and build confidence in how to support and signpost those who are struggling.

The charity's objects as set out in the Governing Document are:

- To relieve the needs of people with mental ill health by working to increase the understanding of mental health and mental health conditions, providing information, delivering training, raising awareness and challenging stigma and discrimination;
- To work together with the voluntary and community sector, statutory services, mental health allied practitioners and businesses to benefit the mental health and wellbeing of residents;
- To advance education as to the causes, consequences, management and prevention of mental ill health;
- To promote best practice in the field of mental health.

The Trustees believe that all of our purposes satisfy the public benefit requirement.

The direct benefits which flow from these purposes include improved wellbeing outcomes and reduced levels of stress and anxiety amongst people experiencing mental ill health in Glastonbury - who are the charity's core beneficiaries. These benefits are evidenced through feedback from those attending our events and trainings.

The services we provide also aim to benefit the whole community, and to make an impact in a variety of ways. As such our additional beneficiaries are:

- Those who have felt that our events have insulated them against crisis and / or who have received support and signposting. These events also create a space to normalise conversation around mental wellbeing and mental ill health. Beneficiaries attending our community events include local residents and people who are not living in bricks and mortar, as well as people from other parts of Somerset. Our events are also well attended by health and community professionals.
- Those that have met others, or developed a support network, through participating in our events, and found solidarity and connection.
- Carers and loved ones who have found support for friends and family members through our projects, and have also been supported themselves.
- Those who have undertaken our MHFA trainings, learning how to be more resilient in the face of MH crises, to hold space rather than be drawn into the crisis and to allow them to respond without compromising their own mental wellbeing.
- Those who have had access to new volunteering opportunities.
- Organisations who have made connections, widened their reach, drawn inspiration from and developed their understanding of mental health through our events and activities.

We believe from our experience, and from feedback, that our services have assisted:

- Those in crisis - This can cover a wide range of individuals and overlapping situations including, but not limited to:
    - Homeless - Those unable to find suitable accommodation of any sort
    - Transient population - Those who have opted to live outside of the housing market due to economic constraints and other reasons
    - Those suffering with addiction
    - Those suffering domestic abuse from relatives or guardians
    - Those affected by depression, anxiety, PTSD, dementia etc
    - Those affected by issues surrounding spiritual emergence

- Those who are affected by people in crisis, including:
    - Immediate family and friends
    - Frontline staff in public establishments (cafes, restaurants, shops, businesses)
    - A range of community professionals and mental health adjacent practitioners
    - Town and county councillors
    - Police officers

In fulfilling the public benefit requirement the charity Trustees have had regard to the Charity Commission's statutory public benefit guidance. The information below sets out the activities we have carried out to further our purposes and fulfil the public benefit requirement during the accounting period.

Activities and achievements

- **Delivering projects that support improved mental health and community resilience**

We continued to deliver our successful event, The Snug - a safe space focused on creativity, connection and community. The event moved venue from The Red Brick Building in January 2026 to the Avalon Community Centre and then to the St Dunstan's House Atrium from February onwards. The Snug is a weekly 3 hour daytime event which has been generously supported by a number of funders - with creative activities led by artists, refreshments, relaxing music and trained listeners/signposters available to chat to. The Snug took place approximately 50 times during the financial year, with between 15-30 attendances at each event. At these events we also assist individuals through signposting to a range of relevant organisations and services, including Citizen's Advice and social prescribing link workers, as we recognise that many people's mental health problems correlate with issues such as finance/debt, housing and isolation.

We hosted Food for Thought, a weekly event connecting mental wellbeing and shared cooking/eating through the winter months, using warm space funding. This event was regularly attended by up to 15 people per session and produce for the meal was generously donated by local health food shop, Earthfare.

We became the host organisation of a weekly Community Support Cafe at St John's Church in November 2025, an event delivered in partnership with the church and a range of local projects, practitioners and volunteers. The cafe is attended by around 100 people per week and provides refreshments by donation, free clothing, digital help, support and signposting, creative groups, neurodiverse chat space, a singing group and other projects. A range of professionals also attend on a weekly basis including the homeless outreach nursing and GP team and Housing Workers. The Community Support Cafe has a significant impact within the community, providing an important social space, as well as a lifeline in terms of practical assistance and links to support and services.

- **Harnessing the power of peer - celebrating our volunteers**

We continue to be powered by volunteers and are committed to the principles of co-production, ensuring that our projects are shaped by people with lived experience of mental health challenges. During the accounting year, we had regular support from volunteers - with 12 - 14 helping us each week at our events.

- **Facilitating a mental health literate community and mental wellbeing through partnerships, training and community engagement**

One of our greatest strengths lies in our partnership working. We continue to work closely with organisations including Somerset NHS Foundation Trust, Somerset Council's Housing Officers, local VCFSE organisations/groups and local artists.

We have continued to deliver regular Mental Health First Aid training sessions within the local community, facilitated by an NHS professional and attended by local people, VCSE staff and volunteers, and representatives from local businesses. We have also delivered signposting training sessions, to empower the local community to know what support/services are available, how to find up-to-date information and resources, and how to signpost safely and appropriately.

We co-facilitated a 'Pilgrimage on Prescription' event with a GP in April 2025. This pilot event aimed to take health and wellbeing conversations out of the built environment, and was inspired by the work of Dr Rangan Chatterjee and the Four Pillars of Health. We also partnered with several organisations on Time to Talk Day in February 2026, participating in an event at the Avalon Marshes, also involving Step Ride Thrive active travel project, Somerset Activity & Sports Partnership, NHS professionals and Somerset Council's Healthy Somerset team.

One of our Trustees attended 5 sessions on systems leadership in early 2026, hosted by the VCFSE sector capacity-building organisation, Spark Somerset.

- **Website**

Our website showcases our projects and services and provides links to other local and national mental health resources, support and information. During the accounting period the website had 1,600 unique users. The three most popular pages were The Snug, What is GMHN and Find Help.

- **Social Media**

We share content on social media including Facebook, Instagram and X. These platforms provide an opportunity for us to promote our activities as well as local community initiatives and services, plus other inspiring content from other creators. Our Facebook audience is over 1,600 and our content was viewed 204,887 times between 1 April 2025 and 31 March 2026. We have 205 followers on IG and 115 followers on X.