

Impact Report 2025



 **Mind**
Cambridgeshire,
Peterborough and
South Lincolnshire



Ashley Bunn, CEO

From the CEO

I am proud to present our 2025 Impact Report, which sets out the difference our organisation has made over the past year in supporting people's mental health and wellbeing across Cambridgeshire, Peterborough and South Lincolnshire.

In what has been a challenging year for so many, the role of the voluntary sector has never been more vital. At a time when mental health needs are rising across all communities, we are all challenged to do more with less.

Throughout the year we have seen increasing complexity in the challenges faced by individuals. In response, we have worked harder than ever to provide better outcomes for all.



We have developed and launched new services, including Smoking Cessation and WorkWell, for which we were proud to host a ministerial visit for. We have started to build our co-produced strategy for 2026 to 2031, and we have adapted our internal ways of working to ensure we are as efficient and effective as we can be. We achieved the Investors in the Environment Bronze Award and were highly commended with our Mind Quality Mark assessment. Most importantly, we have supported more people than ever before.

We are at a time when our statutory colleagues and the broader health system are seeing significant change and uncertainty. This is truly a time for partnership working, relationships and collaboration. It's a time to put people first. I am proud of the deepened partnerships that have been created and the influence that we have had across our system this past year.

This report not only highlights the reach of our amazing services, but the outcomes achieved through them and with real case studies. We have continued to place lived experience at the heart of our work, ensuring that the voices of those we support continue to inform service design, delivery and evaluation.

I would like to express my sincere thanks to our Staff, Volunteers and Trustees, whom I am in awe of every single day. You truly do support people when they need it most and you change people's lives daily. I am also grateful to our funders, commissioners and partners for their continued trust and support.

Looking ahead, we remain as ambitious as ever, yet realistic about the challenges faced. We will continue to listen, learn and innovate, advocating for a fairer and more inclusive mental health system. We will do this while delivering high quality support at a local level.

Ashley Bunn
Chief Executive Officer



Our impact

During 2024-25, we supported more than **8,000** people by providing approximately:

- **15,455** hours of one-to-one support to more than **2,817** people.
- **3,224** hours of group activities for **1,272** people.
- **2,568** hours of online support to **3,861** people via the digital service provided by Qwell.



114 hours of ad hoc listening support via our general enquiries telephone line.



350 hours of training and workshops attended by 1,753 participants, including 1,069 people trained in suicide prevention skills.



Reached 250,987 people in 2025 accross Facebook, X, Instagram and Linked In channels and achieved 498,162 post impressions.

Supporting our work

Thanks and acknowledgement to core service funders:

Barnardo's | Cambridgeshire and Peterborough Integrated Care Board | Cambridgeshire County Council | The Department of Health and Social Care | Evelyn Trust | Family Hubs Peterborough | Lincolnshire Partnership NHS Foundation Trust | Lincolnshire County Council | National Mind | Papworth Trust | Peterborough City Council | Police and Crime Commissioner

- Received more than 250 responses to our organisational Your Views Matter survey, with 89% respondents saying they would absolutely recommend CPSL Mind to family and friends.

New services

The WorkWell Service

The WorkWell service launched in December 2024 and delivers a free programme that helps people who might be struggling to find, or keep a job due to a health problem.

Since its launch, WorkWell has supported over 860 people and delivered 1,500 hours of support. The service works closely with other WorkWell hubs across Peterborough, Fenland and Huntingdonshire, Cambs City Council, The Department of Work and Pensions (DWP) and Integrated Care Systems (ICS) and Integrated Care Boards (ICBs).

The Rt Hon Dame Diana Johnson DBE visited our Cambridge office on 13th November 2025 to showcase the positive impact that WorkWell is having on the community. Minister for Employment Diana Johnson said: “I’ve been really impressed by WorkWell and what I’ve seen here in Cambridge and Peterborough. “The team are providing the tools and targeted support that people need to break down barriers and get into good work.

The Minister concluded, “This is what increasing opportunity looks like, helping people get in and get on in work, growing our economy and putting more money in people’s pockets.” Through the Personalised Support Budget WorkWell participants have access to counsellors, occupational therapy, CV writing and interview practice. There is also specialised training to support people with ADHD and/or Autism, plus a referral pathway to a dedicated Citizens Advice Bureau advisor.

One participant shared how WorkWell has helped them:

“It has been incredibly helpful to have been able to speak to you about my worries surrounding work whilst being unwell. I think the WorkWell Service is really useful.”



In partnership with





Stop Smoking Specialist Support

Our new Stop Smoking Specialist Service is here to support people living in Cambridgeshire. Research shows that smoking rates remain disproportionately high among people with mental health difficulties. Quitting can often feel more challenging due to the role smoking plays in coping with stress, anxiety and/or trauma.

This pilot, funded by Cambridgeshire County Council, is delivered by a dedicated CPSL Mind team. Our goal is to help people quit smoking while maintaining good mental health, improving physical health, and achieving financial benefits.

We all cope with challenges differently. For some, smoking becomes a way to manage difficult feelings or get through the day.

The CPSL Mind team are currently working with individuals to understand individual triggers and cravings and help people to find coping mechanisms.

Who is eligible?

Individuals aged 18+ living in Cambridgeshire (excluding Peterborough) who meet any of the following criteria:

- Already accessing CPSL Mind services.
- CPSL Mind employees.
- Individuals who have had a SMI (Severe Mental Illness) health check.

Support is available face-to-face, online, or by telephone — whichever works best for you.



Good Life Service

The Good Life Service has continued to have a positive impact within our communities. We celebrated the 6th anniversary of our Good Life Service on World Mental Health Day 2025 (10th October). The Good Life Service:

- Supports approximately 160 people per week in the community at its Good Mood Cafes.
- Supports approximately 98 people per week on a 1:1 basis by visiting people in the community.
- 49 people completed one of our workshop elements, including Anger Management, Understanding Your Needs and our Final Waves workshop.
- Supports approximately 189 people per month via the Qwell text messaging service (via Kooth), which helps to reach different groups of people in the community.



“It’s a community where I feel safe, accepted, and never judged.”

The service has continued to evolve with need and co-production has played a key role in the creation of new workshops.

We also developed a number of new partnerships and delivered pilot projects to reach different groups of people in the community. For example, A Good Mood Cafe pilot took place in association with Amplus Housing (Wisbech).

The Good Life Service also partnered with the Cambridge United Foundation by supporting the launch of the foundation’s Bright Horizons mental health café at the Cledara Abbey Stadium. One of our Good Life Service Facilitators attends the café and offers support to people attending. It shows the importance of meeting people where they feel most comfortable and has demonstrated our ability to adapt and respond to community need.

Reflecting on the positive impact the Good Mood Cafe sessions have had on their life, one attendee said, “As someone who is neurodivergent with sensory challenges, I often feel unsure of myself. But Shannon (one of the Good Mood Cafe facilitators) and the other attendees are unfailingly friendly and supportive. This cafe has become more than just a meeting place. It’s a community where I feel safe, accepted, and never judged.”

Another attendee said, “Every Thursday, at The Farmers in Yaxley, I have the privilege of attending a [Good Mood Cafe] run by CPSL Mind. It is a haven where I am welcomed and included wholeheartedly. From very early on, I was offered support in numerous ways to help with various aspects of my life, along with access to invaluable resources. This cafe creates an environment where change can take place and not just for me, but for many who attend.”

Good Life Service

Imogen's story:

Imogen* reflects on her childhood trauma and shares how CPSL Mind's Good Mood Cafes have helped her to find the support she needed to heal.

***The name of the person in the article has been changed to protect their identity**

Warning: You may find some of the details of this story distressing.

“As a child, I was very shy and very timid. I didn't know at the time that I was living with a coercive parent. It took me a long time to realise. The only thing I can remember from my childhood is that we had two holidays and Mum always made sure we had a good Christmas.

“It was hard. I was bullied at school, I was a loner, I didn't make friends easily, I didn't trust people. At the time, I couldn't tell my mum or dad how I felt. I couldn't show emotion. I didn't know how to talk about my emotions. I didn't learn how to do that. Kids were told to be seen and not heard.

“When I got to 18, I went on a youth training scheme and it was the best thing I ever did. There were six or seven of us on the course and I came out of my shell a bit. It opened my eyes to so many things.

“It wasn't until I started to struggle with my mental health that I began counselling. I would say it's only in the last 20 years that I've really worked on myself.



“It feels amazing to have so much support”

“I didn’t realise how bad I was. I would be at home and I would make a list of my jobs for the day, but then I would sit on the sofa, have a cup of hot chocolate, put the television on and I wouldn’t move. I was frozen.

“I went to the doctors and they said you can self-refer for talking therapy. I found out about CPSL Mind’s Good Mood Cafes, and I’ve been going for over three years now.

“My partner comes with me as well and two people I’ve been friends with for 35 years both come. They enjoy it. I’m trying to put the word around!

“It feels amazing to have so much support. I don’t think I’ve ever had this much support.

“I enjoy it all. It was such a laugh the other week at the Good Mood Cafe, I don’t think I’ve laughed so much in all my life.

“If people want to come along to the Good Mood cafes, come! There are people there who can help you, people at CPSL Mind can open doors to help you and point you in the right direction for support.”





The Good Life Fund

The Good Life Fund and Good Life Fund Plus comprises of two grants: The Good Fund, which offers grants of up to £1,500 to people in our local community and The Good Life Fund Plus awards sums of up to £10,000 awarded.

The Good Life Fund, which is funded by Cambridge County Council, distributes the grants to local people for activities that support the Five Ways to Wellbeing, which are: Connect, Be Active, Take Notice, Keep Learning and Give.

The Good Life Fund has supported over 106 community groups via our Good Life Fund. We have also funded 14 charities/organisations through CPSL Mind's Good Life Fund Plus project.

One of those projects is Little Miracles, which offers a non-judgemental, inclusive environment using a holistic approach to meet the needs of the whole family. Families can access advice, guidance, emotional support, training, safe spaces, and fun activities that they may not otherwise be able to afford or feel comfortable attending elsewhere.

Sew Positive charity, which delivers the Men's Hems group to support men's mental health by creating a safe space for individuals to come and connect and learn to sew, has benefited from the Good Life Fund. Mellisa Santiago-Val, Chief Executive Officer at Sew Positive, said: "As one of the charities supported by CPSL Mind's Good Life Fund project, as a fledgling community group in 2020, it's been a fantastic way to engage and grow the collaboration between Sew Positive and CPSL Mind to help improve mental health in our communities together."

With the help of CPSL Mind's Good Life Fund, the Hobby Hub in Yaxley was launched. Hobby Hub – a space to create, collaborate and share through traditional hobbies. The Hub includes everything from painting and scale modelling to state-of-the-art 3D printing. When asked about the idea behind the Hobby Hub, the Hub's founder, Ollie Ayres, said: "What we identified was a lot of people sort of self-medicate through hobbies, but hobbies are often practiced in isolation at home. Often with the stereotypical label of 'men in sheds' or 'ladies in their craft rooms.' We wanted to smash through these stereotypes. We wanted to create a space for all, no matter their differences to come together, collaborate, create, and be part of a community of like-minded individuals."

Discharge Buddy Service

Our team of Wellbeing and Recovery Workers supported 300 people.

The first few weeks following discharge can be a very challenging time for many.

Our Discharge Buddy Service is on hand to provide emotional support, along with resources and encouragement around developing self-help strategies and self-care tips.

Below is a selection of feedback the service has received this year:

“Your work is really powerful and helpful. I don’t think I would have understood how to get back up on my feet without you guys.”

This year we delivered more than 1,700 hours of support for individuals discharged from hospital and crisis services

One individual said: “I would recommend this service to anyone struggling after being discharged, I felt less alone and vulnerable. I was treated with kindness and respect. I felt courage to do things for myself using this service and I felt safe when I was with my Discharge Buddy.”

Another person said: “The Recovery and Wellbeing Worker was extremely attentive, she listened to my needs and made a plan that would cater to me. She also provided emotional support, knew when to be objective, and made sure I left every session smiling.”

Emotional Difficulties Support Service

- **375** referrals into the service
- **122** completed the **12** weeks with us
- **1,706** individual attendances within our groups

A 12-week programme that offers peer support groups as well as the opportunity to learn about new ideas and gain insight on how to manage their wellbeing.

In response to feedback from our communities, we changed the name of our Community Personality Disorder Service to the new Emotional Difficulties Support Service. This helped align it to our language when we support people.

“I really enjoyed the groups and looked forward to them each week. It made me feel that I wasn’t alone in my struggles.”

Community Connector Service

The importance of compassionate, community-based support has never been clearer. In today's fast-paced and often isolating world, many people living with mental health challenges find themselves feeling disconnected. That's where the Mental Health Community Connector Service (MHCC) steps in.



We're proud to share feedback and experiences from individuals who've worked with our team of Connectors.

One individual said: "It was good to be able to get things off my chest in my home with my connector and feel all right about it."

"The support has helped me to feel more motivated about going out and doing things."

The Community Connector service has supported over 500 individuals and has delivered over 1,800 hours of support in the community.

Another person shared their feedback and said, "The encouragement to do more was appreciated... Going out and about together has made a difference and has helped me to remember I can do these things on my own too."



Victim and Witness Support Service

Anyone living in Cambridgeshire and Peterborough, whose mental health or wellbeing has been affected by being a victim or a witness of a crime, is eligible to access the Victim and Witness Hub services.

Individuals are offered up to four telephone contact appointments focusing on self-help techniques such as relaxation and stress and anxiety management. The service is free to access.

We can only accept professional referrals from other victim support providers funded by the Office of The Police and Crime Commissioner (OPCC).

We actively supported 143 victims and witnesses, which equated 400 hours of 1:1 support.



“This service has been a total lifeline to me during a very emotional and difficult time.”

“The whole experience was a really positive one. I felt listened to, cared for, and believed. It helped me gain so much more self-esteem and confidence.”



Our team work to ensure that each individuals' needs are met in a way that suits them and the care provided by the team is led by the individuals accessing our service.

Reflecting on their positive experience of accessing the Sanctuary, one individual said: "Everyone I spoke with was amazing. The team are really great. They listened and understood me. I am very grateful for the support they gave me. I don't know what I expected, but the team were so understanding and supportive, they surpassed any expectations I may have had."

- We supported **1,166** individuals.
- **143** individuals in the proactive service.
- We provided **2,212** hours of support.
- We provided **421** hours of face to face support.

We have a longstanding and established partnership with the First Response Service (FRS), which has allowed us to support so many people and keep them safe in their homes and safe in their communities accross Cambridgeshire and Peterborough.

Supporting parents to stay well



We offer a range of services for women and men aged over 18 years old across Cambridgeshire and Peterborough to support wellbeing during the perinatal period.

Our courses include Mums Matter, Connecting Mums and Connecting Muslim Mums Courses. These are supplemented by peer support groups and enhanced wraparound 1:1 support.

Our partnership with Barnardos in Peterborough remains a key strength. Together we co-facilitate our groups. To enable this to happen successfully, we delivered co-facilitator training to seven of their members of staff. During this period we were also working with local partners to establish a new service. In partnership with the Mumma Hub, we co-produced a version of Connecting Mums with their staff that could be delivered to the Black, Brown and Mixed Ethnicity mums. We also delivered co-facilitator training of the Connecting Mums course to five members of their staff team.



Our perinatal service received 174 new referrals and engaged with 197 individuals

In 2025, we were delighted to have secured National Lottery funding to address a clear disparity of service delivery between Peterborough and Cambridgeshire. It was also recognised that there is also a need for Dads to receive support. In response, we began exploring additional funding to address both geographical and service delivery gaps. This will enable us to broaden our reach and increase our impact in future years.

CPSL Mind's Perinatal Service now offers dedicated mental health and wellbeing support for fathers across Peterborough and Cambridgeshire, with group sessions and 1-to-1 support available.

We run a peer support group just for dads where individuals can join at any point. This group is a safe, welcoming space to talk openly about experiences, learn from others, and gain tools to manage everyday challenges. Topics covered include emotional wellbeing, managing stress, relationships, communication, and more.

We are pleased to share some of the positive feedback with you:

"Good isn't a big enough word! My Facilitator was amazing and I felt so supported and I could talk about anything without judgement."

"Safe space where you can go with your children to learn techniques to support your mental health in a relaxed atmosphere."

"I feel more confident to go out to other groups and less stressed throughout the week."

"My facilitator has been kind and empathetic, but most importantly relatable and she has made everyone feel comfortable and confident."

"The group has had a massive, positive impact on me. I feel like I have made friends for life."

"If you struggle with mental health then this course is brilliant. It was the reason to help me get out of bed."

Perinatal Service

Sammy's story:

Sam is a mum of three – stepdaughter Zara (17), son Henry (6), and baby Emily (6 months). When Emily was born early and unexpectedly, things quickly spiralled.

“The birth was traumatic, and although Emily was ok, I really wasn’t. I didn’t feel mentally right at all. I self-referred for mental health support, but was told the waiting list was long. I felt so alone.”

It was through this moment of need that Sam found CPSL Mind’s Perinatal Service.

“I filled in the form and within a day, I got a call from Alex on the team (Perinatal Administration Assistant). She was so kind, calm and reassuring – it felt like someone finally understood. It can be scary talking about mental health and admitting you’re having a bit of a wobble, but she put me right at ease from the get-go. She was so lovely and talked me through the Mindful Mum’s drop-in sessions and the Mum’s Matter course. The fact that it was all fully funded was such a huge relief. I remember thinking, “This is the help I’ve been so desperately looking for.”

What made the biggest difference for Sam was the personal and thoughtful approach CPSL Mind offers.

“Before your first session, someone calls you and even meets you at the door, so you never have to walk in alone. That might seem small, but when you’re at rock bottom, it’s massive.”

She quickly found her rhythm with the service – attending the Mindful Mums Group and completing the Mum’s Matter course.



“ I want other women to know they’re not alone ”

“It honestly changed my life. The facilitators are amazing; they just get it! They’re so down to earth and honest about their own struggles too. Katy, one of the Perinatal Project Workers, is like a big sister. You feel safe to open up, cry, laugh, and share without any fear of being judged. They really make you feel that you’re not alone in this, and it’s such a welcoming and warming space.”

But the impact wasn’t just short term.

“I made real friends through these sessions. Lifelong connections. We check in on each other, we share the hard days and the good ones. Some days, I truly don’t know how I’d get through motherhood without this community.”

Now that Sam is in a better place, she’s passionate about giving back.

“I still attend the drop-ins, and I tell every new mum I meet about it. I want other women to know they’re not alone and that there is real, genuine help out there.”

You’re Not Alone – And You Don’t Have to Struggle in Silence
At CPSL Mind, we’re here to support you through every step of your perinatal journey.

Whether you need a space to connect with others, a course to rebuild confidence, or simply a friendly face who gets it, we’ve got your back.

**Mums
Matter**



Support in South Lincs

- **99 individuals** accessed **Good Mood Cafes** and we delivered **325 hours** of support.
- **40 individuals** accessed our **Night Light Cafes** and we delivered **404 hours** of support in our evening sessions.

Sandra (not her real name) visited the Night Light Cafe...as a means to getting out of the house after a few months of being off work due to anxiety. She told us she had come to the Night Light Cafe twice before, but had only got as far as the car park before turning back.

At the end of the session she said: "I am so pleased I made myself come in. It has done me the world of good. I will definitely come back in the future."

"I love coming to the Good Mood Cafe and enjoy being here, Richard and Sharon are such lovely people" Doreen, visitor

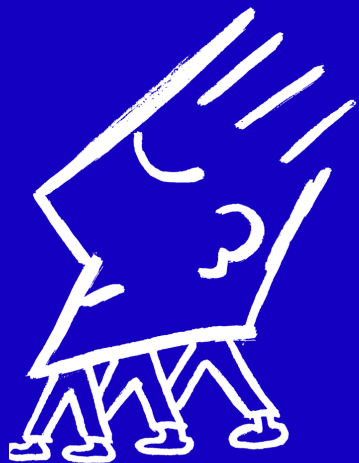
"No-one usually asks how I am. Thank you, I appreciate that. It helped me a lot coming to the cafe last night. Many thanks."
Sarah, Night Light Cafe visitor.



Anna

"I like coming to the night coffee on Wednesday and Thursday" - Anna

CPSL Mind and Co-production



“Being part of Co-production makes me feel heard and that my experience matters.”

Volunteer



This year, co-production has continued to be at the heart of everything we do at CPSL Mind. Working alongside people with lived experience, we've built genuine partnerships that are shaping how our services develop, improve and connect with our communities. Co-production volunteers have contributed over 150 hours across the year, offering their lived experience, creativity, and honest feedback to projects across the organisation. Their time and voices have helped shape communications, improve service accessibility, develop training content, and influence how services reach and support local people.

Co-production shaping our future

During the Summer of 2025, we embarked on a 'Strategy Listening Phase', bringing together peers, staff, and community partners to explore what matters most to local people. This open and inclusive approach is helping to shape CPSL Mind's direction for the coming years, ensuring our future priorities reflect the voices of those we support.





Our Making Space Coffee Mornings Insight Work included conversations with 30–40 people about local support gaps

Good Mood Cafe / Young Adult Engagement

- Co-production work around developing Good Mood Cafe sessions for 16–25-year-olds in supported accommodation helped us to understand what activities, topics, and approaches would make sessions more welcoming.

Making Space Coffee Mornings and Insight Work

- Conversations with 30–40 people gave us insights which influenced planning and service design of Good Life Service workshops for carers.

Reviewing Communications and Accessibility

- Feedback from co-production volunteers on website, leaflets, and social media posts helped us with accessible and inclusive messaging.

Service Feedback Loops

- Evidence we gather suggests people are experiencing complex issues and rising demand for 1:1 and drop-in services which informs service planning and highlights emerging gaps.
- Our organisational Your Views Matter survey received more than 400 responses in 2025, with more than 90% people saying they would recommend CPSL Mind to family and friends.





We trained 1,753 individuals

**We delivered
350 hours
of training and
workshops**

The training team is qualified to deliver both the Mental Health First Aid full course, either in-person or online, and the online Refresher course. These are attended by internal staff, and by individuals and groups from other businesses and organisations.

Suicide Prevention Capacity Builder (SPCB) Project

The SPCB Project aimed to make suicide understanding and support training more accessible to three of the communities known to experience high suicide rates, alongside stigma and discrimination. The Project was delivered by the SPCB and training teams.

Training Team delivery of the SPCB Project

- 41 SPCB STOP Suicide sessions were held in total, 33 of which were delivered by the training team and eight by SPCB Project staff.
- 464 people were trained through the SPCB Project, of which 389 were trained by the training team and 75 by SPCB Project staff.
- In addition to the SPCB Project, the training team delivered the wider work on suicide prevention in partnership with Public Health. CPSL Mind's training team trained a further 992 people through STOP Suicide workshops and talks.

New course for 2026

Trauma Informed Communication

As a result of this course, participants will:

- Understand how trauma-informed work supports people and how collaborative communication is part of this practice.
- Know the significance of working with a strengths-based approach.
- Understand the importance of language and communication in our services.
- Understand how to use the decision-making matrix to support people in making changes.
- Know how to communicate effectively using reflective listening.
- Be able to use an outcome-based framework as part of successful conversations.



**“I’m aware that my intervention
that night saved their life”**

Trigger warning: This story talks about suicide

Pete’s story - using the skills from Mental First Aid Training to save a man’s life from suicide

“At around 1.30 am I was walking with a group of friends when we noticed an individual stood alone on a bridge looking out over the river. A friend approached them but indicated to me that all was not well. My friend knew that I had some training in mental health and that it may be helpful. It quickly became apparent that the individual was extremely distressed and speaking incoherently, the only recognisable words included those of further concern and those that raised immediate concern for their welfare and an imminent suicide risk.

“My wife walked to a safer position and called for 999 assistance but kept in eye sight. Time seemed to dramatically slow at this point, I felt very alone and felt very small and the person seemed very big (in reality it was the other way).

“I spoke to them about anything and everything but their level of distress meant I could only make out a few words being said back. At this point I had to physically stop them climbing over the safety of the bridge wall, I felt even smaller yet increasingly stronger, this was not going to happen today. The person handed me personal items to look after.

“My role there and then was to keep them safe until help arrived. I told them that I wasn’t going to stand by without helping”

“I then started to remember the finer details of the Mental Health First Aider course completed earlier this year. My role there and then was to keep them safe until help arrived. I told them that I wasn’t going to stand by without helping. I said I couldn’t walk away because I cared. These two words changed the dynamics, I had eye contact for the first time and the reason for being there started to emerge. It is not my story to tell, but this significantly raised my concerns further.

“The challenges continued; however, I no longer felt alone as I knew I had the skills needed to keep him safe for that period of time. After 20 minutes or so, they began engaging a little more and the immediate risk had subsided, although they were still very distressed. ➡



“The Mental Health First aid training gave me confidence, it came back to me at the point that I needed it. The points of ALGEE. I approached and listened. I gave reassurance and I encouraged them to make contact with a local support group that I was aware of.

“I’m aware that my intervention that night saved their life, saying I CARED changed the conversation we had. I reminded myself that the training had reassured me that I could talk about suicide and it wouldn’t make the situation any worse. If anything, it helped reduce the severity of the situation we found ourselves in.

“I’d say to anyone who finds themselves in a similar situation, take the time to approach and listen. An hour of our time can mean a lifetime to someone else.”

STOP suicide

Save a life. Choose to live.



'Are you sure you're alright, mate?'

Ask, and Ask again.

In Cambridgeshire and Peterborough, the suicide rate was highest for men aged 50-54.



Support our Men's Health campaign #STOPSuicide #IdASK cpslmind.org.uk/STOPSuicide

In addition to the SPCB Project, the training team delivered the wider work on suicide prevention in partnership with Public Health. team trained a further **992 people** through **STOP Suicide workshops and talks** during 2024-25.

STOP Suicide training equips participants with the knowledge to identify warning signs, should there be any, to begin a conversation and build trust, ask directly about suicide, support someone to stay safe and to look after their own mental health and wellbeing.



Specific campaigns

STOP Suicide workshops and talks were adapted to focus specifically on suicide awareness and relationship breakdown, and on suicide awareness in the Fenland area. We also devised a campaign on chronic pain, based on research collated from our co-production team. More recently, in December 2025 and into 2026, we ran a campaign on Men's Health to highlight that in Cambridgeshire and Peterborough, the suicide rate was highest for men aged 50-54. The campaign was called 'Are you sure you're alright mate?'

The relationship breakdown campaign trained **45 people** and reached **372 organisations** to support the awareness of the campaign. The latest Men's Health Campaign reached hundreds of people by attendance at in-person engagement events at **South Cambridgeshire Council Men's Shed Event**, **Cambridge United Football Club** and partnerships with **Cambridge United Foundation**, the **Citizen Hub**, **Walk & Talk 4 Men**, **Andy's Man Club**, **Wyboston Hotel and Gym**, and **Peterborough Positive**.

"Attending the Stop Suicide workshop was a powerful and eye-opening experience. It made me reflect deeply on how I listen to people — not just to their words, but to their tone, their silences, and the subtle signs that someone might be struggling. Working in rural Fenland, I see firsthand how isolation, poor transport, limited job opportunities, and a lack of basic services can weigh heavily on people's mental health. It's an area that often feels forgotten, and sadly, that sense of invisibility can lead to despair."

Lucille Bingham
Village Agent, Fenland
Cambridgeshire ACRE
August 2025

STOP Suicide

Workshop

Free to attend online
STOP Suicide
Workshops delivered
by  Mind
CPSL

Support someone at risk to stay safe.

STOP suicide

Save a life. Choose to live.



Cambridge Half Marathon



Our team of 100 runners took on this iconic race to raise money and help us support local people in their recovery from a range of mental health challenges.

An incredible £58,000 raised and 982 miles run for us . . .

On 9th March 2025, the streets of Cambridge came alive with energy, determination and hope as runners took on the TTP Cambridge Half Marathon. We're incredibly proud that over £60,000 was raised by our team of runners and supporters.

With 75 runners taking part, the event was a powerful celebration of resilience, community and compassion. Every runner, fundraiser, volunteer, staff member and supporter played a vital role in making the day such a success.

What made the day especially meaningful were the personal stories behind the miles.

Lily ran to give back to the charity that helped her through severe anxiety.

Lily said, "I'd never done anything like this before, and honestly, I didn't think I could. But I'd completed the Couch to 5k programme and, when charity places for the TTP Cambridge Half Marathon opened in June last year, my mum encouraged me to go for it.

"I was thrilled to get a spot and absolutely honoured to run for such an amazing cause."



Lily

A huge thank you to all CPSL Mind runners

Thank you to our fundraisers

We are extremely proud of and grateful to every single person who has chosen to donate or raise money for CPSL Mind.

Alex Parker-Wiseman, Fundraising and Events Manager at CPSL Mind, said, "We had a record number of 100 runners for the Cambridge Half Marathon which in turn raised a record amount of money. We also held some wonderful walks from dog walks to joining fundraiser Ian Darler on his summer walks, setting off from Cambridge United Football Club. We had lots of individuals do some amazing activities from football matches in aid of CPSL Mind and cake sales in Peterborough. We can't thank all our amazing supporters enough for their generosity and can't wait to see what we can achieve in the future."

A huge thank you to:

Jagex, Buds Fitness, Ian Darler. Cambridge United Foundation, Just Digital, Sharman Quinney, Taylor Wimpey, Natwest, The Hyde Park Pub St Neots, Athena Care Home (Cambridge and Peterborough), Nene Park Golf Club, Beat This, Hidden Cambridge, Fowler Welch. Nottingham Cyclones and Peterborough Warriors Ice Hockey Teams, Persimmon Homes Peterborough, Motive Graphics, Gamlingay Connect Café. Seb Ponari.

Let's go punting. Fellows House. Acwye. Ninja Theory. Azets. Swiss Laundry. Hawes Percival. Regent Hotel Cambridge. Victoria Herd Pilgrims. Toyota Cambridge. Compare the Market. Mossup & Bowers. March Marvels. Theatre Players St Ives. Masonic Lodge. Rosemarinus Charitable Trust. Ferro Lounge. Melbourne FC. Batterson Chivers Foundation. Murray Jacogs.



Seb's 2,750KM Challenge: Running from the UK to Albania



Fundraiser Seb Ponari took on an incredible challenge in June 2025 — running 2,750 kilometres in just 40 days, from Cambridge all the way to his home country Albania. He fundraised an incredible £13,352 in aid of CPSL Mind and we are astounded by Seb's passion, commitment and true resilience throughout this challenge. A huge thank you to Seb and his team!

Ahead of the challenge, Seb said: "2025 marks 10 years since my dad passed away. My dad went for a nap at 66 years old and never woke up again – he had a heart attack. A year later, my brother-in-law went to sleep and never woke up. He was 45 years old."

"I was heavily depressed at the time and, for three months, I wanted to end my life. I wanted to take drugs and drink every day. I was trying to escape the pain." There was a turning point for Seb. "At one point, I asked myself if this isn't the end, can it be a new beginning? By asking that question, I started to open up to life again. My wife was pregnant with our second child, and I couldn't do that to her. I picked myself up and made a change."

The second step was running.

"Running makes me go into my world and reflect, explains Seb. It gives me the adrenaline that I need. I'm an adrenaline seeker. I do skydives, I do aerobatics. I need it. I'm not someone who can sit still. I need to move."

Campaigns!

Mental Health Awareness Week 2025



We reached:

18,000 people across our social media channels

Hundreds of people in person at our Peterborough Cathedral square event

Secured **10 pieces of media coverage** across **Print, Digital, Radio and TV**

Trained over **10 local businesses** in Mental Health training in the Workplace

On Mental Health Awareness Week, 12-18th May, we united with hundreds of local people in our communities to host positive and inclusive events in Peterborough, Cambridge and South Lincolnshire.

Through the power of music, conversation, exercise, and connecting with nature, we helped people find 'Moments of Joy' to support wellbeing. We joined up with 'The Rock Choir' for a live performance on Peterborough Cathedral square, singing Sam Ryder's 'Mountain' with the community and invited people to our Pop Up Good Mood Cafe. We also hosted a 'Punt & Pastry' networking event on the River Cam and our training team delivered mental health awareness training to local businesses. The team visited a Night Light Cafe in Long Sutton, South Lincolnshire and we hosted a dog walk in beautiful Ferry Meadows, Peterborough. Thank you to everyone who made this Mental Health Awareness Week so memorable!



Volunteering

Volunteering continues to be at the heart of CPSL Mind, bringing lived experience and compassion to support individuals across Cambridge, Peterborough, and South Lincolnshire. Our volunteers make a profound difference — whether through quiet, reassuring conversations in a Good Mood Cafe, cheering at fundraising events, or signposting members of the public to vital mental health support.

Impact and Key Achievements

- 44 dedicated volunteers contributed approximately 1,827 hours of their time this year.
- Peer Mentoring: Volunteers provided one-to-one support and facilitated peer-led spaces such as Good Mood Cafes and peer support groups, offering hope and connection.
- Co-production: Volunteers shaped services by giving honest feedback, identifying gaps, and ensuring our work reflects real community needs.
- Fundraising Support: Volunteers stood on the sidelines at events, amplifying our reach and helping raise essential funds.
- Community Engagement: Through lived experience, volunteers helped design and improve services, ensuring CPSL Mind remains rooted in compassion and collaboration.



Image caption (left to right: Laura Breakwell Volunteer Manager CPSL Mind and Belle Volunteer Peer Mentor)

“I’ve just slotted into place.”

Volunteer feedback

“I now understand that by empowering others to achieve goals and improve their wellbeing, it will in turn create a greater sense of my own self-esteem and stability too.”



“As I’ve moved into my role with the organisation, it’s like ‘Finally!’ I’ve found that I’ve just slotted into place, as one of many pieces of a vast and colourful jigsaw puzzle, depicting a portrait of life in our community.”

Contact us



General Enquiries

For general enquires, please call
0300 303 4363 from Monday to Friday,
9.30am to 5.30pm (excluding Bank Holidays)
or email enquiries@cpslmind.org.uk



www.facebook.com/CPSLMind



[@cpslmind](https://www.instagram.com/cpslmind)



www.linkedin.com/in/cpsl-mind/

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Website

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We are an independent charity and part of the Local Mind Network, sharing quality standards, branding and knowledge. We support adults (18-plus) experiencing mental health problems across Cambridgeshire, Peterborough and South Lincolnshire. We promote positive mental health for all, via campaigns and awareness raising, guided self-help, early intervention and projects that connect communities and build resilience.

Reg. Charity Number 265087 | Reg. in England Number 1082980

