



Clear Mind Derby
SAFETY INTEGRITY RESPECT DIGNITY

The Journey so far...

A trauma aware, community rooted approach to wellbeing, belonging, and early intervention.



Impact Report

(Nov 2023–Nov 2025)




www.clearmind-cic.co.uk



Executive Summary

Between November 2023 and November 2025, Clear Mind Derby CIC (CMD) strengthened its role as a trusted, trauma aware organisation supporting adults across Derby City who face isolation, mental health challenges, loneliness, and barriers to accessing traditional services.

CMD delivered a relational, preventative, and accessible model of support through:

-  Trauma aware community activities
-  A warm, inclusive community café
-  A stabilising outreach service providing holding support and early intervention



Mental Health
First Aider

MHFA England

Across this period, CMD created safe, welcoming spaces where adults could build confidence, strengthen social connections, and access timely, compassionate support.

Our work reduced isolation, improved wellbeing, and helped individuals navigate complex systems with dignity and confidence.

CMD continued to operate with strong governance, transparent financial stewardship, and a commitment to proportional, documented, and sustainable partnerships.



Our Vision, Aim & Objectives

Vision Enhancing quality of life through the impact of community engagement and participation.

Aim To improve health and wellbeing outcomes and strengthen social connections for adults across Derby City.

Objectives

1. Deliver accessible, trauma aware community events and workshops.
2. Provide personalised, relational outreach support.
3. Operate a warm, inclusive community café that reduces isolation.





Community Events & Workshops

CMD delivered a diverse programme of weekly and monthly workshops and social connection activities, covering:



Mental health and trauma aware support



Neurodiversity and disability awareness



Safeguarding and online safety



Welfare benefits, budgeting, tenancy support



Maths, English, employment pathways



Creative workshops and social spaces



Workshops reduced isolation, increased confidence, improved wellbeing, and strengthened community resilience. Drop ins and coffee mornings provided gentle engagement pathways for people who struggle with formal environments.



Food Provision & Community Support



2024 Activities

- Christmas food hampers
- Free community Christmas dinner
- Christmas family event
- Dunelm Delivering Joy scheme
- Free community meals

2025 Activities

- Food Hygiene Rating 5
- HAF partnership – catered lunches
- Free meals for school aged children & parents
- 15 free community meals across 2024–2025
- Easter partnership with Handyside Court





Additional Food Support Delivered

This work reduced food insecurity, strengthened community connection, and supported families during periods of crisis.

- A community café serving **15–20 PEOPLE** daily
- Neighbourly partnership – surplus food shared with community
- Food parcels provided for the community as and when needed

Outreach Impact

A relational, preventative, and stabilising support pathway for adults across Derby City.

BETWEEN 2023 AND 2025, CMD delivered a voluntary led outreach service that became a lifeline for adults experiencing isolation, mental health challenges, loneliness, unsafe living conditions, and barriers to accessing traditional services.

••• **BEFORE**



AFTER



Referrals

CMD received

151 REFERRALS

from:

- GP surgeries
- Healthy Housing Hub
- Local Area Coordinators
 - Social Care teams
 - Mental Health teams
 - Social Prescribers
- Community and voluntary organisations
- Individuals seeking support
 - Family members and friends seeking help for loved ones

THANK YOU



Bridging the Gap

Through relational, and practical support, CMD enabled people to remain connected to their community, strengthen emotional stability, and access the systems and opportunities they needed to move forward.

CMD provided:

- Holding support during long waits for specialist / statutory intervention
- Emotional stability through trauma aware listening
- Practical navigation of systems, forms, housing, and benefits
- Relational engagement that rebuilt trust
- Gentle pathways into workshops, the café, and community spaces
- Tailored support that improved accessibility due to varied methods of support, locations and support delivered in people's own homes.

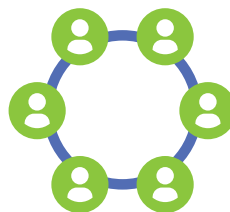
CMD acted as a community based waiting room, preventing escalation and helping people stay connected to hope, community, and themselves.



Impact on Individuals

People experienced:

- ↓ Reduced loneliness and anxiety
- ↑ Increased emotional stability
- ↑ Improved ability to navigate systems
- ↑ Greater confidence and self advocacy
- ↑ Stronger social connections
- ↓ Reduced crisis risk
- ↑ Suitable and more appropriate housing
- ↑ Home management support focusing on organised and safer living environments



Found today's session so helpful and I'm really grateful for the opportunity to talk freely about my situation amongst people who understand. There was no judgement and I felt supported. Thank you.

Impact on the Wider System

CMD reduced pressure on GPs and crisis teams, improved engagement with statutory pathways, and strengthened community resilience.

Pausing Outreach

CMD paused outreach in November 2025 due to capacity pressures and the need to operate safely and sustainably. Relaunching outreach support is a key priority for 2026.





Feedback from our community members



Community members spoke about finding moments of calm, connection, and genuine care with us — small but powerful experiences that helped them feel less alone and more hopeful.

Many shared that being welcomed without judgement gave them the courage to open up, rebuild trust, and take gentle steps forward in their own time.

“Lovely food, great service and sense of community – Thank you”

“Thank you so much for your workshop, really appreciated it, it was extremely informative”

“I am so grateful for all the help and advice, Clear Mind Derby have become that social safety net we all need”

“Nice friendly experience, lovely to meet new people, great company and food was amazing. I feel very comfortable at this group, will definitely be returning.”

“My support worker was absolutely brilliant she and her colleague took great care of my needs and were very reassuring and kind”

“You have been a great help to me and this is a great service”

“I felt so lost and alone and now i just simply feel part of something - Thank you!”





Challenges & Learning

CMD learned that:

- A predominantly voluntary model brings strengths but also capacity challenges.
- Consistency, boundaries, and values led decision making are essential.
- Supporting people with complex needs requires patience, dignity, and flexibility.
- Tailored, flexible support significantly increased accessibility for marginalised groups.
- Accessibility must be shaped around the individual, not the system.
- Supporting the supporters is vital; no one should feel alone in this work.



Priorities for 2026



SECURING SUSTAINABLE FUNDING



To:

- Relaunch our outreach service safely
 - Strengthen the community café
 - Increase staff capacity
 - Reduce reliance on volunteers
 - Deliver consistent workshops and drop ins



STRENGTHENING PARTNERSHIPS WITH COMMISSIONERS



CMD aims to deepen relationships with:

- NHS commissioners
- Social prescribing teams
- Local authority departments
 - ICS partners
 - Community cohesion teams





Priorities for 2026



CHAMPIONING THE VOICES OF THE PEOPLE WE SUPPORT



CMD will continue advocating for:

- Timely, appropriate, tailored support
- Dignity, safety, and accessibility
- A system where people no longer feel they must “fight” for help



EXPANDING COMMUNITY CAFÉ VENUES



Exploring additional locations to:

- Reach more adults and families
- Provide warm, relational spaces
- Offer workshops and drop ins across the city



RELAUNCHING OUTREACH



Rebuilding outreach with:

- Stability
- Proper resourcing
- Trauma aware practice
- A blend of paid roles and supported volunteers



DEEPENING COLLABORATION



Working closely with health, housing, mental health, social care, education, and community partners.





What Our Volunteers Say

Volunteers told us they:

*Feel valued,
supported, and
respected*

*Appreciate CMD's
safe, welcoming
environment*

*Have grown in
confidence, skills,
and purpose*

*Value the
trauma aware
approach*

*Feel a strong
sense of
belonging*

*Are proud
to contribute to
meaningful change*

We are proud and honoured to have worked with such dedicated, compassionate individuals and give our biggest thanks to them for dedicating their time and efforts to our mission.



Thank you!





Our Thanks

The heart of Clear Mind Derby CIC's work is community — and our partners and funders are a vital part of that community. Over the past two years, we have been lifted by organisations who share our belief that everyone deserves a safe, welcoming space to be heard, supported, and valued.

We are grateful to the partners and agencies who have walked alongside us, including:

- Housing 21 - Handyside Court, Extra Living Scheme
- Derby City Council – Neighbourhood Board and Neighbourhood Managers
- Social Prescriber Networks, PCN Teams
- Statutory Services – Social Care, Mental Health Teams
- Community Action Derby
- Voluntary and Community Services

Each relationship has strengthened our ability to offer trauma-aware, inclusive support across Derby.



We also extend our heartfelt thanks to our funders such as:

- The National Lottery
- Local Councillors
- Derbyshire Police & Crime Commissioner
- Matthew Good Foundation

Each investment has enabled us to keep our doors open, sustain our wellbeing pathways, and respond to the needs of people who are too often overlooked.

Their support — whether through grants, commissioned work, or community contributions — has helped us build stability, safety, and hope for those we serve.









Conclusion

Clear Mind Derby CIC has demonstrated what is possible when community support is built on respect, safety, dignity and integrity. CMD has become a trusted anchor for adults who have felt unseen or unsupported within traditional systems.

Our trauma aware, relational approach has shown that early intervention, dignity, and accessible support change lives. We have reached individuals often missed by statutory services, supported people through crisis, and helped them reconnect with community, purpose, and hope.



As we move into 2026, our priorities are clear:

-  Sustainable funding
-  Deeper partnerships
-  Expanded community spaces
-  Relaunch of our outreach service

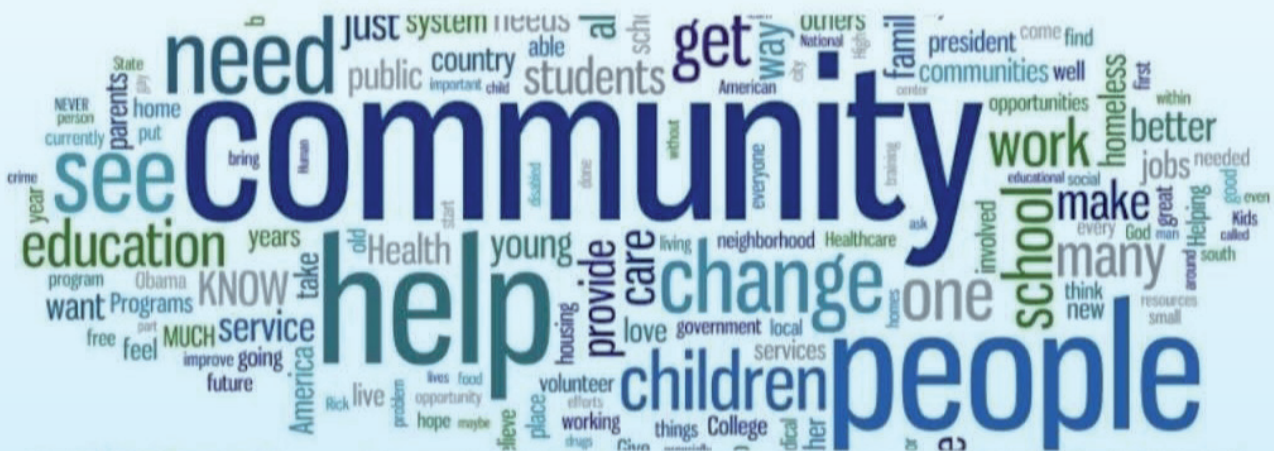
With the right investment and collaboration, CMD will continue to grow as a vital part of Derby's community wellbeing landscape — offering connection, dignity, and hope to those who need it most.





Clear Mind Derby

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Here is to 2026!

***With determination, community spirit and hope,
together we can continue to lighten the load.***

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