

## Who we've worked with

In south Bristol we supported Durville Road Neighbourhood Watch Group who found our work "informative and helpful"



In north Bristol we worked with ACE to support Southmead Churches Together who have now used CASS as a valuable resource for over six months



## 2015/16 ANNUAL REPORT:

### OUR IMPACT

For more information visit [www.cassbristol.org](http://www.cassbristol.org)

Polski



In inner and east Bristol we worked with the Polish Professional Network - a member of which went on to successfully apply for funding to run their own mental health event

## Who we are

The Community Access Support Service is part of **Bristol Mental Health** and is managed through the Healthy Living Consortium:

**Knowle West Health Park Company**  
**Southmead Development Trust**  
**Wellspring Healthy Living Centre**

In partnership with **SARI**: Working together with local charities to improve the health and wellbeing of Bristol

## How to contact us



[info@cassbristol.org](mailto:info@cassbristol.org)

[cassbristol](https://www.facebook.com/cassbristol)

[@cassbristol](https://twitter.com/cassbristol)

0117 304 1400

## What we do

The Community Access Support Service works with community, equality and faith groups to improve awareness of mental health and provide better links to support services in Bristol.

We listen to the experience of the community and feed back to service providers and funders to improve the access to services for all.

## Our reach

**3** networkers covering north, south and inner & east Bristol

**124** group leaders met



**76**  
Completed surveys

**477** Twitter followers

**4.5k**

Average weekly reach (twitter accounts)



**8.5k**

Average weekly tweets delivered to account timelines

**14** workshops run

with circa **300** attendees



**69**

information sessions delivered

**500** resource booklets distributed



CASS co-facilitated 4 equalities and mental health events targeting women, LGBT, BAME and disabled communities. In total 310 people attended.

## TIME TO CHANGE

We administered the Time to Change Champions Fund, helping 30 champions to run 32 local anti-stigma mental health events.

## What we've learned

I think our work has raised the profile of mental health in Bristol. Many people from diverse communities are now talking about mental health and what it means for them.

**Elaine Flint, CEO Wellspring HLC**

CASS has been capturing feedback and starting to influence mental health services in Bristol. We plan to increase the anti-stigma work and network more extensively this coming year.

**Alex Kittow, CEO Southmead Development Trust**

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The range of contacts made is the most impressive thing. We're finding new groups all the time, spreading the word about mental health services. We will truly know we have been successful when we compare knowledge about mental health with our baseline data from Year One and see that people are more informed.

**Vicki Morris, CEO Knowle West Health Park Company**

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Funded by the NHS  
[www.bristolmentalhealth.org](http://www.bristolmentalhealth.org)