

SATURDAY 14TH OCTOBER 2023

With Lavinia Donling

WORLD MENTAL HEALTH DAY

Tuesday (10th) was officially World Mental Health Day this year. We put on a vignette of a person's experience to help others gain an understanding into their world with their challenges on the Monday, and on the Tuesday we put out key themes observed from parents of their child and the challenges they faced. It is so important we continue to raise awareness about positive mental health, as quite often it can be seen as negative and something to be scared of. It can be a scary isolating experience, but with knowledge and understanding as how to support it, it can be as one of my adult clients recently described as "liberating" and the "path to freedom"

ROAD SHOW AUTUMN 2023

We are in Plymouth, Devon, so I could attend two radio shows in person at Ferndale Community Radio. The first was my Friday slot with Steve Medlin to talk

about Mental Health. Normally this is a 15-30 minute slot, but, because I was there in person, I was invited to stay for the duration of the show. The second was with Mike Tracey and his 'Bits n Pieces' show, which we sponsor. Mike and I have a lot of fun when I meet up with him to do his show, and we have known each other for a few years now. It feels surreal to be back in Plymouth raising awareness around Mental Health in the same week it is World Mental Health week, but also celebrating the fact that I graduated from Plymouth University on Friday 13th of October 1996. I continued to return to Plymouth weekly to complete a further course in counselling at Estover College bringing my dogs down with me and staying with friends. It has been, without doubt, an amazing career, and one I continue to be passionate about evermore so in directing TMW cic and EPS Ltd with my therapy and research.





This week, very fittingly on the evening on World Mental Health Day, was our annual NEDs meeting to consider plans for the next year, and we already have an interesting agenda to discuss. As you know one of our staff members is a teenager who works a couple hours a week looking at anonymised data for us, and produced some very interesting data which I talked about last weekend. This has also been given to the NEDs who have found it equally interesting. I know as Founder and Director that when I set up the TMW it was to support young people and military Veterans who seem to struggle to get support when they need it. I also chose TMW to be a cic, and this is imperative as not everyone can afford to access our services without some serious financial support. We have survived in a challenging financial climate over the past 3

years, which seems to be the obligatory trading water time before we can start applying for funding, but which will prove challenging whilst I remain the sole Director. The NEDs will undoubtedly have a challenging meeting ahead of them in helping steer the future of TMW cic to ensure it continues as I first set it up with a vision in mind.

THE M WORD NOVEMBER BALL 2023

Sergeant Victoria Pimm and I are organizing TMW first ever fundraising black tie event. It will be held on Saturday November the 11th at Sandhurst Military College. I really need everyone's help in this being a success, and whilst many of you might not be able or wish to attend, I still need your help in promoting it. Please can I ask that we all make a concerted effort to share the information about the fundraising Ball far and wide. It is only by sharing this news that we can successfully pull this off.

More information below

Have a great weekend everyone

Lavinia



The M Word cic

INVITES YOU TO THEIR 2023 FUNDRAISING
BLACK TIE DINNER

NOVEMBER

SATURDAY | **11** | AT 18:30
2023

ROYAL MILITARY ACADEMY
SANDHURST

STANDARD PRICE - £75

VIP PRICE - £110 WHICH INCLUDES A SEAT AT THE
TOP TABLE AND A SANDHURST TRUST SWAG BAG

ALL TICKET PRICES INCLUDES A 3 COURSE DINNER IN
THE PRESTIGIOUS INDIAN ARMY MEMORIAL ROOM,
OLD COLLEGE RMAS, ENTRANCE DRINKS, AND A FREE
TICKET TO OUR PRIZE DRAW.

TO BOOK YOUR TICKETS NOW - EMAIL
INFO@THE-M-WORDCIC.CO.UK