



*The Mayor and Mayoress of Basingstoke and Deane
Cllr Paul Miller and Sandra Miller*

The Mayor's
Charity Appeal
2022/23

Charities chosen by Cllr Paul Miller

Each Mayor chooses charities to support with the proceeds of fundraising and donations during his or her year in office. These are the charities chosen by Cllr Paul Miller:

Tough Enough To Care



Following the loss of two friends to suicide within four days of each other, Stuart Bratt set about making a change to the way we look at mental health.

Established in 2019 by Stuart and a small group of trusted friends, Tough Enough To Care (TETC) is a mental health charity that focuses on male dominated environments such as the military, construction trades and sports clubs with an aim to remove the stigma that surrounds the subject of mental health whilst making it an everyday conversation.

The charity recently launched a weekly men's peer to peer support group in Basingstoke. A place for men to attend on a Monday evening for a friendly and non-judgemental discussion

about anything and everything. The beauty of these sessions is that it is not clinical, it is just a relaxed environment facilitated by a trained charity member. The groups meet at The Roger Morris centre at Eastrop, Eastrop Way, Basingstoke, RG21 4QE and are free to attend and do not require any pre-booking or any type of referral.

Tough Enough To Care also visits workplaces, non-profit organisations and community sports clubs to deliver free mental health awareness training and to provide drop-in sessions for those wanting to talk to someone but are unsure where to turn to or those wanting to support others but not quite sure where to start. Tough Enough To Care helps to support those in need and equip friends, relatives and peers with the right skills to help and support people in their everyday lives.

Website: <https://www.touhoughtocare.org>

<https://www.facebook.com/ToughEnoughToCare>

Local: <https://www.facebook.com/groups/445341293908789/>

@toughcare

<https://www.instagram.com/touhoughtocare/>

Registered UK Charity number: 1187404

Donate online at

<https://www.justgiving.com/campaign/mayors-charity-appeal-22-23>



The Pink Place

The Pink Place, incorporating The Blue Space for men provides free wellbeing services, complementary therapies, counselling, mindfulness sessions and support to adults affected by cancer, living in Basingstoke and the surrounding area, from initial diagnosis, throughout treatment and beyond.



There are no NHS funds available for the holistic and wellbeing element of a cancer patient's treatment. It's well documented that this can form an integral part of their recovery, treating the whole person and not just the disease itself. The charity aims to fill this gap and combat the impact on the mental health, anxiety and isolation of those facing additional challenges due to a cancer diagnosis.

One in two people will get cancer. People like Helen, Rob and Lesley.

Helen said: "The charity has literally been a lifeline. Shocked from my

diagnosis, my head felt like it was going to explode but the support was amazing. Reflexology and mindfulness helped calm my mind and my body."

Rob said: "I'm indebted to the charity. I don't know what would have happened to my mental health without them being there for me, especially when dark thoughts creep in."

Lesley said: "The charity has been a life saver to me during this awful time of my life and has given me something to focus on rather than my cancer. Being able to talk to others in the same situation and hear how they are coping and sharing experiences has been so beneficial and has filled me with so much positivity. To have a chat over a cup of tea and a slice of homemade cake and with the wonderful addition of support, friendship and laughter has helped me so much. Knowing the charity is there for us, even on the bad days is wonderful."

The Pink Place, The Orchard, White Hart Lane,
Basingstoke, RG21 4AF

Website: <https://thepinkplace.org.uk/>

Tel: 07899 970841

 <https://facebook.com/ThePinkPlace>

 <https://twitter.com/ThePinkPlaceOrg>

 <https://instagram.com/thepinkplacecharity>

Registered UK Charity number: 1153494

Donate online at

www.peoplesfundraising.com/donation/the-mayors-charity-appeal-2022-23



For more information about the Mayor contact the
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