



**restore**  
working for mental health



# RESTORE FOR ORGANISATIONS



**Thank you for your interest in Restore, a leading mental health charity in Oxfordshire.**

Restore works in three ways: to support people towards **recovery** after mental ill health; to offer **coaching** that helps individuals reach their goals; to support people and groups with **learning** opportunities.

Restore survives, and thrives, thanks to connections with organisations. Together, we can reach more people, make a greater difference and raise community awareness.

Organisations can benefit from expertise and knowledge, gain skills, fulfil corporate social responsibilities and enrich employee wellbeing.



**ACTIVITY**  
Therapeutic groups, developing skills & confidence



**COACHING**  
Support towards work, volunteering & study



**LEARNING**  
Courses & training for individuals, business & community



## MENTAL HEALTH TRAINING

- Accredited & bespoke training
- Award winning instructors
- Support staff wellbeing & retention
- Reduce ill health at work



## CHALLENGE EVENTS

- Get active to make a difference
- Run, walk, ride, music, extreme
- Team bonding
- Staff engagement



## VOLUNTEERING DAYS

- Team away days with impact
- In Oxford, Banbury & Didcot
- Share skills or get outdoors
- CSR to deliver company values



## MENTAL HEALTH ADVICE

- Company policy advice
- Managers training
- Workshops on key dates
- Bespoke 1-2-1 coaching



## GIVING & FUNDRAISING

- Create-your-own fundraiser
- Tax free payroll giving
- Regular or one-off support
- Totalisers and donation-matching



## PUBLICITY

- Local publicity and PR
- Social media, email & web
- Logo sharing of partnerships
- Attract new talent and recognition

# VOLUNTEERING PACKAGES

Regular commitment can suit people eager to share their skills on an ongoing basis (minimum of half a day per fortnight).

Event or campaigning volunteers are much appreciated (occasional days).

Corporate team days with a physical or outdoor task to suit 4-12 people can be arranged. Days involve a mental health talk and optional lunch.

A suggested minimum donation\*, fundraising pledge or ongoing partnership ensures Restore best utilises limited opportunities and covers staff costs.

(\*From £295 to £995 depending on organisation size.)



# TRAINING PRODUCTS

Accredited and bespoke training for individuals, groups and organisations. Restore's well-being training promotes understanding, reduces stigma, supports workplaces, provides practical tools and resources. It is known to positively impact empathy, inclusivity, productivity and retention. **94% would recommend to a colleague or friend.**

Mental Health First Aid 12 hrs	MHFA Aware or Refresher - 4 hrs	Restore Bespoke
<b>Restore Explore</b> (long and short courses): Mental Health Awareness; Stress; Depression; Anxiety & Panic; Men's Mental Health; Team Away Day / Half Day; Mental Health for Managers; Suicide Awareness; Suicide First Aid		



## WHAT HAPPENS NEXT?

Organisations discuss their key areas of interest with Restore's team and decide how they wish to support and be supported (i.e. volunteering and training). A flexible approach can be taken to add more later.

A fundraising or donation pledge is made to commit an amount over a period of time (such as £10,000 over 12 months, which may vary based on size or industry sector for example). Commitments help to justify the charity's closer support through training, coaching, workshops etc.

A proposal will be created to clarify arrangements and launch plans.



### DISCUSS

areas of interest and define commitment



### DESIGN

partnership proposal based on choices



### DELIVER

launch and support better mental health

Together, we can Restore better mental health.



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