



A Letter To Our Stakeholders

17 March 2020

Dear Stakeholder

Re: COVID-19 pandemic

Following the Prime Minister's statement last night we have taken the decision to temporarily close our Breathe Café and to suspend our Breathe pop-up sessions. We intend to continue providing services to those in need through online offerings, through the mail and by telephone.

We recognise the need that many people have for our services, particularly now where some will struggle with increased anxiety and stress. We need to weigh this against the physical safety of our service users and our staff.

It remains our mission to provide access to mental health resources when people need them. To this end we have set up a Facebook group community called "Breathe – in it together" (<https://www.facebook.com/groups/611009869480491/?ref=bookmarks>) where we shall pursue the purpose of the Breathe Café, daily until further notice. Those who cannot join us on Facebook can call us on 01636-630832 to speak to someone instead. We also offer a range of mental health self-help guides which can be downloaded for free: <https://www.shawmind.org/support/>

We will be reaching out to our regular Breathe service users through text, email or regular mail as appropriate, to check-in on them on a weekly basis.

Although our office is officially closed to visitors and staff, we continue to work remotely and our phone lines remain open during office hours (9am-5pm Mondays–Fridays). We will continue to review the arrangements based on the Government's advice and hope to have our Breathe Café and pop-up sessions fully functional again as soon as possible. If you have any queries or concerns, please reach out to us.

Yours sincerely

Peter Wingrove
Operations Director