

New CEO appointed at Southampton mental health charity

Wednesday 15 June, 2022

This week, the Southampton based mental health charity announced the appointment of a new CEO to lead the organisation at an exciting time of rapid growth.

Sally Arscott succeeds Kevin Gardner who moved on from the position in April 2022 after 5 years as CEO. Sally joins the organisation after 15 years at the YMCA as Development Director.

Whilst at the YMCA, Sally Arscott championed the needs of the local communities, developing new services and facilities to ensure local children, young people and families can connect with others, access relevant programmes and realise their potential.

On joining Solent Mind, Sally said "too many people continue to struggle with poor mental health and don't know where to turn for help. Solent Mind is a fantastic organisation and I hope that as we continue to grow and respond to local needs, we can ensure many more people can access our support."

John Wilderspin, Director of the Solent Mind Board of Trustees said "I'm delighted to welcome Sally to Solent Mind and am looking forward to working with her in her new role. She brings a great skill set and a wealth of experience working in the charity sector both locally and in other parts of the country, as well as huge energy and passion for the work we do."

Sally is taking on the position at an exciting time for the organisation as it approaches its 60th anniversary this year.

Solent Mind are the leading mental health charity in Hampshire, supporting over 40,000 people with mental health problems annually. It is part of a network of 125 local Minds in England and Wales, which are independent charities affiliated to Mind, the national mental health charity. Solent Mind has its own Board of Trustees and raises its own funds to deliver its services, support and training tailored to the needs of people living in Hampshire.

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