

Redcar & Cleveland Mind Annual Review 2004/05

Redcar & Cleveland Mind recognises the value of people with experience of mental distress & wishes to listen to and learn from them. We seek to foster & enable user consultation & participation in the planning & delivery of mental health services.

*"the thorough
response provided
certainly
demonstrates that
the organisation is
in good health"
Chair, Mind
Quality Review
Assessment Panel*

Last year we worked towards National Mind's Quality Standards, a system for local mind associations to continue to be affiliated and we have successfully completed a full organisational review.

Redcar & Cleveland Mind - for people not labels

Partnerships

Partnership working continues to be an important aspect of our organisation and key partnerships over the last year included R&C Adult Learning Service, R&C Advice Partnership, Carer's Partnership, R&C Community Care Forum, Community Legal Services Partnership, Consumer Support Network, The Junction, R&C NSF Local Implementation Team for Mental Health, R&C Mental Health Promotion Partnership, Mind & the LMA Support Department, R&C Voluntary Development Agency.

We had representation on R&C Citizen's Advice Bureau, One Voice Tees Valley, ReSUMe (South Tees Service User Involvement Group) as well as high levels of involvement with National Mind through their Council of Management.

Active involvement in other forums included Care Coordination Governance Group, Carers Inclusion Group, Community Cohesion Task Group, R&C Community Network, R&C Community Resources Forum, Day Services Sub Group, Domestic Violence Forum, Health Action Link, Mental Health Promotion NSF Sub Group, Older People's Partnership Board, Older Persons NSF Sub Group, Service User & Carer Interest Group (South Tees), Social Inclusion Steering Group, Suicide Prevention Task Group, Tees Valley Sexual Violence Forum.

Training

Training undertaken included Mind Annual Conference 'Stepping up to Excellence' (Harrogate - March 05), Body Language, Building Capacity in Voluntary Organisations, Confidence Building, Conflict Management Skills, Creating a Marketing Strategy, Creative Thinking & Problem Solving, Dealing with Difficult, Dangerous & Disturbing Behaviour, First Aid at Work, Food Hygiene, How to Lift Low Self-Esteem, Managing Stress, Manual Handling, Mental Health Awareness, No Secrets, Promoting Independence (NVQ 3), Staff Appraisal, Supervision Skills.

Chair's Report

We were successful in a bid for funding to the Northern Rock Foundation. This will support the Director and Executive Committee for the next 3 years and gives us a platform towards self-funding beyond 2008.

The post of Office Services Manager was re-designated to Business & Finance Manager to reflect our growth.

A successful application to Tees Valley Joint Strategy Unit enabled us to enhance our space at Dove House, building an I.T. Suite to help establish a training into employment project.



We mounted a local campaign in conjunction with National Mind to raise awareness of the new Draft Mental Health Bill.

A Quality Task Group (in conjunction with Writeaway) took forward the Mind Quality Standards Review,

which we successfully achieved in March 2005.

We signed up to the Tees-wide Suicide Prevention Charter, headed by Tees & North East Yorkshire NHS Trust.

In partnership with The Junction, we are looking at ways of providing support for young people with mental health issues.

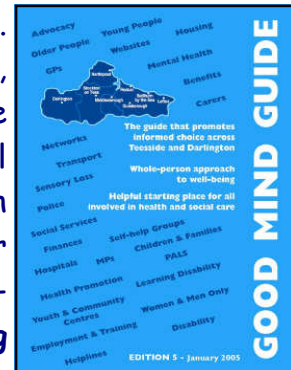


We continue to be involved in the modernisation of day services in line with the Social Exclusion Report, working with

Mental Health Matters and R&C Social Services Department.

Mental Health Information Service

Fifth edition Good Mind Guide issued January 2005. Distribution included all GP practices in Hartlepool, Langbaugh, Middlesbrough and North Tees Primary Care Trusts, Redcar & Cleveland Borough Council Social Services locations, local community groups, Tees & North East Yorkshire NHS Trust plus a wide range of other organisations. The online version maintained good usage - a continuing success at www.goodmindguide.org



"the Guide is an essential worktool" The Junction

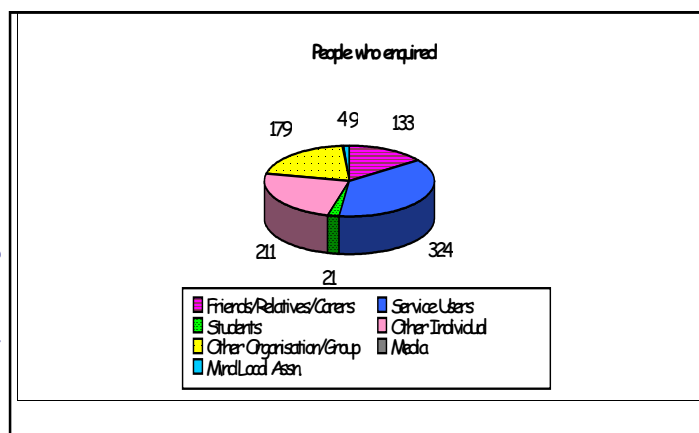


Information provided from five day service locations, two information service locations and in Carers Information Packs as well as at 34 events such as Carers Week, Drug Awareness Day, Voices & Choices for Disabled People, Langbaugh PCT Benzodiazepines training,

Youth Generation Youth Voice, Middlesbrough College Stress-buster Event, World Mental Health Day, Mindweek, Candlelit Vigil and a Pamper & Prevention Day for Carers.

"it's good to know I can call on this resource for my course" DipSW Student

We hold Community Legal Service Quality Mark for Assisted Information and undertook Mind Quality Standard.



"the presentation was a good vehicle for raising awareness amongst our staff of the issues underpinning diversity" Cleveland Probation Service

Mental Health Promotion



Co-ordinated **World Mental Health Day** event in Redcar High Street October 2004 - theme was **physical activity and mental health** - displays and activities included an interactive mountain bike display, group drumming demonstration, Tai Chi workshop and taster sessions

of complementary therapies.

"People had fun, children and adults alike, including volunteers and workers"

Promoted **Mindweek** in May 2004 - theme was isolation combated by inviting people to **multi-cultural tea drinking sessions** open to all.

"We had a great time dressing up and drinking cups of tea"

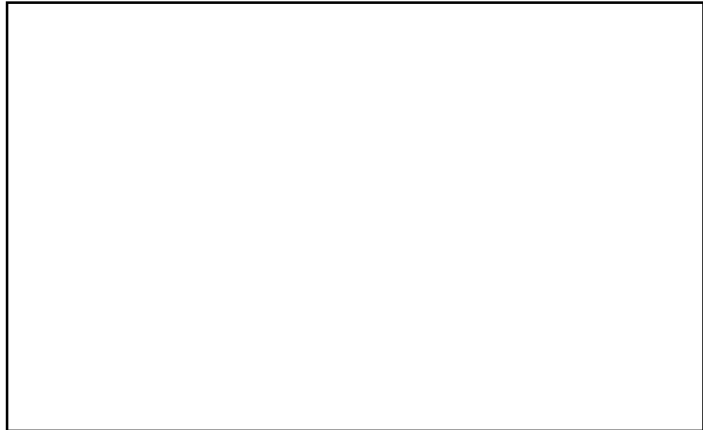


Candlelit Vigil on Redcar High Street in February 2005 to raise the public's and local media awareness of concerns about the **draft Mental Health Bill**. Petition completed and included in Mind's submission to Parliament.

"It was important to make a stand"

Day Services

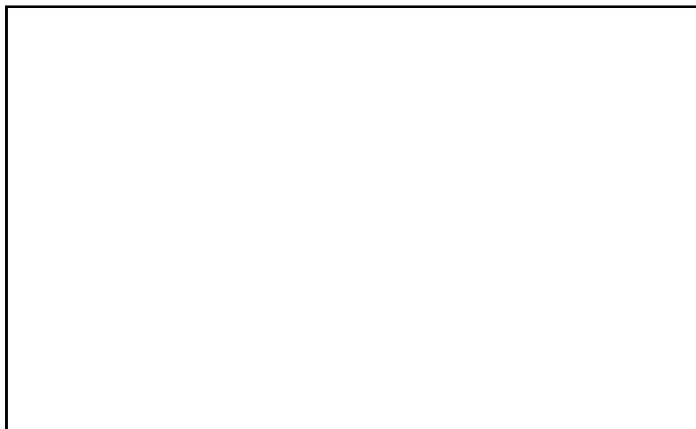
We launched our new organisational website at www.randcmind.org with the help of BBC Radio Cleveland's Stewart McFarlane, MBE and Ashok Kumar, MP for Middlesbrough South & East Cleveland. The site was designed to increase awareness of the services we offer and to show the talent of the service users who access it. News and events are updated regularly so people can keep up to date with what's happening and there is also art, creative writing, music and video clips.



"brilliant layout, bright and clear, really easy to find my way around"

Walking for Health sessions began at Redcar Day Service over three years ago with the introduction of short walks to local places of interest such as Coatham Marsh and Kirkleatham Woods. Walks are now a regular part of our programme at both day services, with monthly longer walks to Keswick and along the Cleveland Way. As well as the well-known physical and psychological benefits of exercise, people benefit from the social contact and grow in confidence from the **sense of achievement**.

"on a walk to Runswick Bay we saw some deer in their winter coats"



This year will see the **40th edition of 'Mindflash'** our ever popular newsletter which continues to have high levels of contributions from service users and other local organisations. The Group recently visited the 'Evening Gazette' Media Centre.

"It was great watching all the machines and talking to the reporters"

Funders

Many thanks to all our funders be you big or small, public or private

The Big Lottery Fund

Cleveland Community Foundation

Hartlepool Primary Care Trust

Langbaugh Health Action Zone

Langbaugh Primary Care Trust

Middlesbrough Primary Care Trust

National Mind (Local Mind Associations Fund)

Neighbourhood Renewal Fund

New Opportunities Fund

North Tees Primary Care Trust

The Open University

Redcar & Cleveland Borough Council

Skelton & Brotton Parish Council

Tees Valley Joint Strategy Unit

University of Teesside

£200+ from anonymous donors

Our Team

Executive Committee 2004/2005: Chair - Pat Robson Vice Chair - Shirley Hart Treasurer - Dennis Kiff Secretary - Janet Briggs Membership Secretary - Ann Weatherley Service User Reps (Redcar) - Lynda Bashford Ted Foster John Gates Maureen Gibson Unpaid Worker Reps (Redcar) - Diane Broderick Trina Croll Mary Goodman Peter Ward Service User Reps (East Cleveland) - Stuart Harris Janette Readman R&CBC Elected Member - Councillor Peter Todd R&C Citizen's Advice Bureau - Sonia Glen *Advisors* - Dr Marion Michie (Mental Health) Dr Bill O'Flanagan (Primary Care) David Askew (Legal) *Auditors* - S V Bye *Complaints Officers* - Sue Reeves & Wally Southall

Paid & Unpaid Workers: Brenda Addison Chris Ainsley Joanne Burnel Diane Broderick Gary Brown Trina Croll Jean Devasagayam Jane Evans Terry Fahey Paul Foster Maureen Gibson Ron Gibson Mary Goodman Caroline Grainger Shirley Hart Irene McMahon Jackie Madrell Keith Maenami Nick Murray Bev Owen Pat Robson Clare Smith Sharon Street Lesley Taylor Louise Tierney Sam Waites Peter Ward Ann Weatherley Pat Willis

Consultancies & Sessional Workers: Bob Beagrie Lynn Cassidy Iestyn Davies Wendy Gray Gwen Humble Gail Legget Liz Knowles Simon Mckeown Sian Megginson Caroline Robertson Pauline Rose Trish Simpson James Spencer Cathy Sprague Writeaway

Student: Jacqui Rawling (University of Teesside)

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