

**Redcar &
Cleveland
Mind**

Annual Review

05/06

Everyone at Redcar & Cleveland Mind was sad to hear of the death of our Secretary, Ted Foster.

Ted had been a member of Redcar & Cleveland Mind since our beginnings in '91 and for most of this time has been one of our most hardworking and committed trustees. Ted will be sadly missed by us all.

This year's annual review is dedicated to his memory.



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Our Team

Executive Committee 2005/2006: **Chair** - Pat Robson **Vice Chair** - Keith Maenami **Secretary** - Ted Foster **Treasurer** - Shirley Hart **Membership Secretary** - Ann Weatherley **Service User Reps (Redcar)** - Maureen Gibson Dennis Kiff Joely Sayer Peter Ward **Service User Reps (East Cleveland)** – Stuart Harris Janette Readman Pearl Tose **Volunteer Reps (Redcar)** – Diane Broderick Trina Croll **Volunteer Rep (East Cleveland)** – Jo Musgrave **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 Workers & Volunteers: Brenda Addison Chris Ainsley Diane Broderick Gary Brown Lyndsey Clark Trina Croll Jean Devasagayam Jane Evans Terry Fahey Paul Foster Maureen Gibson Ron Gibson Mary Goodman Ian Goodwin Caroline Grainger Diane Harding Shirley Hart Sharon Henshall Paul Hills Terry Lawton Irene McMahon Jackie Madrell Keith Maenami Nick Murray Jo Musgrave Sarah Nixon Bev Owen Pauline Pendry Sam Picknett Pat Robson Sharon Street Lesley Taylor Louise Tierney Helen Twelftree Peter Ward Ann Weatherley Pat Willis

Consultancies & Sessional Workers: Julie Beer Susan Cammish Iestyn Davies Katy Fahey Gail Leggett Simon Mckeown Catherine Patterson Caroline Robertson Pauline Rose Trish Simpson James Spencer Cathie Sprague Lesley Wood Writeaway

Students: Beth Kirkby & Hakuenwi Clara Maweni (DipSW - University of Teesside) Claire Oxendale (The Princes Trust)

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A Committed Committee

- Our Executive Committee has had a positive year and been fully committed on a wide front.
- The cornerstone of this year's work was our development day in August 05 where we reviewed and updated our Business Plan 'Building for our Future'. The success of the day came from the wide involvement of people from all parts of the organisation.
- The personnel sub group recruited a Mental Health Promotion Development Worker and reviewed paid worker terms and conditions of service.
- The health and safety sub group completed a review of our H&S policy and undertook risk assessments at both our premises (Dove House and Saltburn Outreach).
- Celebration of Achievement Awards were received by all our unpaid workers and trustees during Volunteer Week (June 05).
- Trustee workshops were effectively introduced for those who were interested in becoming trustees and wanting to learn more.
- www.randcmind.org, our service user website, went on-line in April 05 and was successfully launched by Stuart McFarlane MBE and Ashok Kumar MP for Middlesbrough South & East Cleveland.
- We were successful in our application to The Big Lottery Fund, in conjunction with R&C Citizen's Advice Bureau, to continue the 'Advice & Information Project' and extend it's service into more GP surgeries in rural East Cleveland.



*Ann, Sharon (Director), Shirley, Joely, Janette, Pat, Keith & Stuart
Just a few of R&C Mind's Executive Committee (AGM September 05)*

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Our Dedicated Day Services

- We continued to deliver two highly successful day services in Redcar and East Cleveland (over 4 sites) through a R&C Social Services Department contract and both services are accessible 7 days a week.
- 350+ people have accessed our day services over the past year.
- We continue to liaise with the community mental health teams and have regular input into CPA reviews to help prevent re-admission to hospital.
- A programme of activities is re-evaluated each quarter after consultation with service users and popular sessions have included Tai Chi, Aromatherapy, CLAIT, Assertiveness, Arts & Crafts and Swimming.
- Mindflash our ever popular quarterly newsletter continues to have high levels of contributions from service users and other local organisations, is distributed widely and celebrated it's 40th edition in September 05.
- Artists at Redcar Day Service brightened up the Drop In at Dove House (working in partnership with Village Arts) with a mural depicting 'Sunshine Corner' a bygone Redcar entertainment scene.
- Our art volunteer Caroline won first prize in the One Wish Competition organised by Tees & NE Yorkshire NHS Trust - the winning picture was used on the 2006 Trust Calendar.
- We participated in an audit of care coordination with R&C Social Services Department.
- Service users organised jumble sales, raffles and pool marathons to raise money for other charities including Teesside Hospice and Rhema School in Kampala (Uganda).
- Celebrations all around as Nick Murray (Day Service Organiser @ East Cleveland Day Service) was awarded The Andrew Piper Award by STAMP Revisited for developing our service user website @ www.randcmind.org.
- Our pool team, consisting of service users from both our day services, took part in a competition with other organisations including amongst others Mental Health Matters, Lothian Road Day Centre and Middlesbrough Mind. We didn't win the contest but everyone enjoyed the experience of visiting other local mental health organisations.
- Walking for Health was extended with longer walks around Pinchinthorpe, Runswick Bay, Sandsend and Whitby.
- The long running monthly Cyber Quiz between Redcar and East Cleveland Day Services and Mental Health Matters took on a new opponent - Redcar Real Opportunity Centre.

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Sue, Ron, Nick & Shirley celebrate the 40th edition of Mindflash



Terry, Suzanne & Alan receive a trophy for taking part in the Pool Competition



Nick receives the Andrew Piper Award from Wally Southall (STAMP Revisited)



Stuart McFarlane MBE, Liz Sharpe (Skelton & Brotton Parish Council) and Ashok Kumar MP for Middlesbrough South & East Cleveland celebrate the launch of www.randcmind.org



Caroline picks up first prize for One Wish competition



John and friend having a well earned rest on one of the longer healthy walks

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Informing & Promoting

- Information is provided from our 5 day service locations and the main Information Resource at Dove House (Redcar).
- The new 'Advice & Information Project' has information at 6 GP practices across Redcar and East Cleveland (in partnership with R&C Citizen's Advice Bureau).
- Our Good Mind Guide website @ www.goodmindguide.org has been technically upgraded to give it a fresh and bright new look and hits rose by 4,000 per month.
- Mindweek (May 05) was supported with a range of activities around the theme of 'Letting off Steam'. We encouraged everyone to take a 'tea' break from stress and had a Sri Lankan theme with events including drinking exotic teas and traditional crafts, music and dance. The highlight was watching the tea pickers and the baby elephant orphanage on video.



Louise & Ann tackle the tea quiz

- We supported and participated in 33 events and gave talks to a wide range of local groups including R&C Youth Voice, Carers Week, Chartered Institute of Personnel Directors, Drugs Awareness, International Women's Day, R&C Disabled People's Partnership Board and local schools and colleges.
- We organised a World Mental Health Day event (October 05) in conjunction with R&C Mental Health Promotion Partnership with a theme around anti-stigma and discrimination. The day was well attended and people had a chance to try drumming and circus skills and other stress busting therapies, over 400 members of the public visited our marquee in Redcar High Street.
- An anti-bullying poster competition was launched working in partnership with local schools. The winning poster was sent to all schools, colleges, libraries and youth centres in Redcar & Cleveland.
- We supported a mental health in the workplace campaign with on-site massage taster sessions for local businesses and workplaces including ICI Huntsman and R&C Borough Council. Over 9 organisations took part and feedback has been excellent.

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Partnerships, Quality & Training

Partnerships with individuals and organisations, local, regional and national networks remain a cornerstone of our work and over the last year included R&C Adult Learning Service, R&C Advice Partnership, Carer's Partnership, R&C Citizen's Advice Bureau, Community Legal Services Partnership, Consumer Support Network, The Junction, R&C NSF Local Implementation Team for Mental Health, R&C Mental Health Promotion Partnership, Middlesbrough Primary Care Trust, Mind & the LMA Support Department, South Bank Women's Centre, Village Arts, R&C Voluntary Development Agency.

We had representation on R&C Citizen's Advice Bureau management board and 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 ADVANCE, Carers Inclusion Group, R&C Community Care Forum, R&C Community Cohesion Partnership, R&C Community Network, R&C Community Resources Forum, R&C Disabled Person's Partnership, Health Action Link, R&C Mental Health Care Services Coordination Governance Group, NIACE, Older People's Partnership Board, Older Persons NSF Sub Group, Primary Care (Mental Health) Collaborative, Service User & Carer Interest Group (South Tees), Social Inclusion Task Group, Suicide Prevention Task Group, R&C Women's Aid, Youth Voice Steering Group.

We received a **Quality Management in Mind** award after undertaking a full organisational review and our Quality Task Group which includes service users, trustees, paid workers and volunteers continues to work together to take forward areas for change and improvement.

We also hold **Investors in People** accreditation and **The Assisted Information Quality Mark** awarded by The Legal Services Commission.

Training undertaken included Mind Annual Conference 'Service User Involvement', Body Language, Budgets & Book-keeping, Building Capacity in Voluntary Organisations, Creative Thinking & Problem Solving - Design Skills, Diploma in Management, Common Purpose 'Leading the Field', Feedback & Listening Skills, First Aid at Work, Food Hygiene, How to Lift Low Self-Esteem, Legal Structures for Groups, Manual Handling, Minute-taking, Mental Health Awareness, No Secrets, Organisational Review, Promoting Independence (NVQ 3), R&C Mind Induction, The Leadership Challenge, Understanding Diversity, What's a Management Committee all about'.

Trustees undertook a full induction including visits to all projects and services and a training session 'Voluntary but not Amateur' looking at roles & responsibilities and boundaries.

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Funders

Many thanks to all our funders - big & small, public & private

The Big Lottery Fund

Hartlepool Primary Care Trust

Langbaugh Primary Care Trust

Middlesbrough Primary Care Trust

Neighbourhood Renewal Fund

New Opportunities Fund

North Tees Primary Care Trust

Northern Rock Foundation

Redcar & Cleveland Borough Council

Skelton & Brotton Parish Council

University of Teesside

Willan Trust

£200+ from anonymous donors

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.

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