

# **Redcar & Cleveland Mind Annual Review 06/07**

**“Coming to the drop in has given me the opportunity to do training, I’ve just done first aid and am going to do food hygiene”**

**“The best thing for me is the Writing Group, I will be taking an exam soon”**

**“I look forward to one thing every month and that’s the healthy walk, when you walk your muscles ache but you get fitter”**

**“I joined in the diversity project, I met new people and drew a picture of what diversity means to me”**

**“I like coming to the Learn Direct sessions because they have helped improve my Maths & English”**

**“I like being a volunteer, the work is so different and interesting. Everyone is helpful if you get stuck”**

**“Things like confidence building have really helped me. I enjoyed helping on the newsletter”**

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# The People Who Make It Happen

**Executive Committee 2006/2007:** **Chair** - Pat Robson **Vice Chair** - Keith Maenami **Secretary** - Sue Cowling **Treasurer** - Shirley Hart **Membership Secretary** - Ann Weatherley **Service User Reps (Redcar)** - Maureen Gibson Dennis Kiff Mark Rookes Alan Spenceley **Service User Reps (East Cleveland)** – Mandy Bowers Kathy Chandaman **Volunteer Reps (Redcar)** – Diane Broderick Trina Croll Mary Goodman **Volunteer Rep (East Cleveland)** – Ian Goodwin **R&CBC Elected Member** - Councillor Peter Todd **R&C Citizen's Advice Bureau** - Trish Johnson **Advisors** - Dr Marion Michie (Mental Health) Dr Bill O'Flanagan (Primary Care) Lynda Monks (Legal) **Auditors** - S V Bye **Complaints Officers** - Sue Reeves & Wally Southall

**Paid Workers & Volunteers:** Brenda Addison Chris Ainsley Lisa Atkinson Diane Broderick Gary Brown Lindsey Clark Janine Coleman Trina Croll Jean Devasagayam Adele Elgood Jane Evans Terry Fahey Paul Foster Maureen Gibson Ron Gibson Mary Goodman Ian Goodwin Caroline Grainger Shirley Hart Paul Hills Jackie Madrell Keith Maenami Nick Murray Pauline Pendry Sam Picknett Greg Richards Pat Robson Sharon Street Lesley Taylor Louise Tierney Peter Ward Ann Weatherley Pat Willis Sheryl Wilson

**Consultancies & Sessional Workers:** Julie Beer Iestyn Davies Jo Green Michael Kinder Pauline Laverick Gail Leggett Simon Mckeown Keith Moss Adrian Moule Catherine Patterson Caroline Robertson Pauline Rose Trish Simpson James Spencer Cathie Sprague Steve Thompson Jeanette Wainwright

**Students:** Maggie Wales & Laura Willis (DipSW - University of Teesside) Danielle Laws (The Princes Trust) Helen Ord (Police Probation)

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# Working Together

Redcar & Cleveland Mind's reputation is built on a firm commitment to our mission statement, aims and values and our dedicated Executive Committee who have had a positive year. Our strength lies in our roots - people with experience of mental distress are actively involved in all areas of our organisation as paid workers, volunteers, service users and of course trustees.

The foundation of this year's work has been around diversity with the whole organisation getting involved using art to explore and come to a greater understanding of what diversity means. With funding from National Mind projects included a drumming CD, sculpture and an animation as well as individual works. The variety of media and the very different contributions emphasised the underlying theme of diversity.

The Treasurer & Finance Sub Group continued to ensure that all resources were well used and monies spent wisely in all our service areas. Funding has been an issue for the Information Service and securing sustainable funding is a priority.

The Personnel Sub Group reviewed paid worker terms and conditions of service and induction systems whilst the Health & Safety Sub Group attended a Royal Society for the Promotion of Health training course for the first time, fully reviewed our policy and undertook risk assessments at both our premises (Dove House and Saltburn Outreach).

We have been involved in the National Collaborative for Mental Health which is looking to improve primary care services for people with common mental health problems and media coverage has included several BBC Radio Tees interviews discussing various current mental health issues and policies.

The Director and Chair attended a National Mind conference 'Encouraging Service User Involvement' (Aug 06) and opportunities through partnerships will continue to be explored.

Finally, Jean Devasagayam sadly retired in Feb 07 after eight years as Information Worker and we would like to take this final opportunity to wish her a long and happy retirement.



*Mary, Sharon (Director), Diane, Sue, Trina, Maureen, Shirley, Keith & Pat (Chair)  
AGM September 06*

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# Day Services

- We continued to deliver two highly successful day services in Redcar and East Cleveland (over 5 sites) through a R&C Social Services Department contract and both services are accessible 7 days a week.
- 370+ people accessed our day services over the past year and day service workers continue to have regular input into CPA reviews to help prevent re-admission to hospital.
- Our programme of activities has undergone a major review and focus has shifted from drop in to groups and activities which are re-assessed every three months after consultation with service users.
- Activities have included Aromatherapy, Healthy Eating, Literacy & Numeracy, CLAIT, Confidence Building, Job Club, Dramatherapy and Swimming & Gym sessions.
- Service users have become more involved in the running of day services with high attendance at our community meetings and more active participation in Greenlights.
- Celebration of Achievement Awards were received by all our volunteers and trustees during Volunteers Week (Jun 06).
- Members of the Writing Group received Learner's Certificates from the Mayor of Redcar & Cleveland (Aug 06).
- First and second prizes were received by service users who entered art work at the annual Skelton & Brotton Produce Show (Aug 06).
- Service users and workers had an exciting opportunity to take part in the filming of the Atonement movie (based on a novel by Ian McEwan) where battle scenes from Dunkirk were filmed in Redcar (Aug 06).
- Service users joined National Mind (Nov 06) to lobby against the new Mental Health Bill in London.
- Involvement with the ADVANCE project resulted in having some input into the design of the new St. Luke's Hospital (Dec 06).
- Volunteers and service users entered a team into a Comic Relief Red Nose Day Quiz (Mar 07) organised by Redcar Real Opportunity Centre. This was a great way of showing support for other charities which raised almost £300.
- Service users continued to support other charities and this year raised money for Diabetes UK by selling crafts and organising 'bring and buy' sales.
- Sponsored walks and swims have also helped raise money for a pool table, alternative therapies and art materials for groups.
- 15 service users took part in newsletter training at the Gazette Media Centre (Mar 07).

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*Colin takes part in the Diversity project*



*Sam & Ann checking the Membership Lists*



*Can you spot Neil & Pearl as Atonement extras?*



*Margaret & Tony enjoying the Christmas Party*



*Marion, Helen, Pauline, Gloria, Mathew, Diane,  
Caroline, Nick & Kerry  
Film-making for the Diversity Project*



*Suzanne in London to lobby against  
the new Mental Health Bill*

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# Keeping You Informed

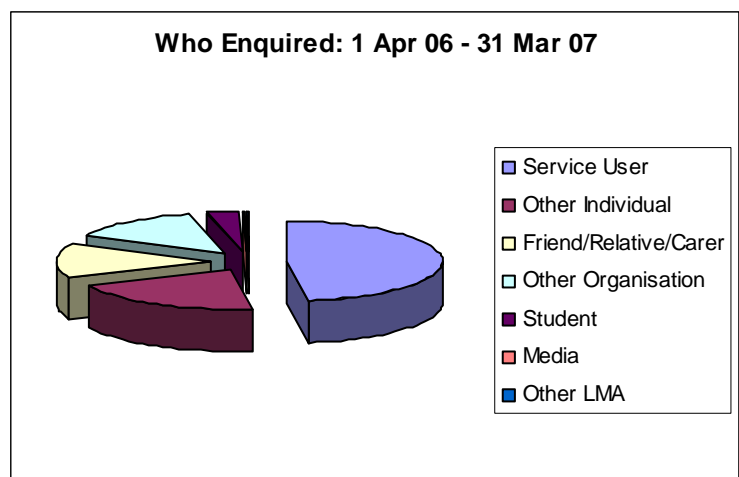
- Information was provided from our 5 day service locations and the main Information Resource at Dove House (Redcar).
- We also extended this service to 6 GP practices across Redcar and East Cleveland (in partnership with R&C Citizen's Advice Bureau) as part of an 'Advice & Information Project'.
- Our 'new look' Good Mind Guide website @ [www.goodmindguide.org](http://www.goodmindguide.org) was launched with an easier to use format. It continues to offer a fully comprehensive guide to local services and support.
- We celebrated Mindweek (May 06) in partnership with Redcar Real Opportunity Centre through singing workshops.
- Our workers and volunteers supported and participated in 20+ events which included Carers Week, Books on Prescription, Message in a Bottle, Nightsafe and Work Life Balance.
- We gave talks to a wide range of local groups including R&C Disabled People's Partnership Board, Drug Awareness Group, Homestart as well as local GP surgeries and Patient Groups, Gracelands Care Home and local schools and colleges.
- Our Information Worker and Director were asked to lead a workshop for National Mind at a 'Developing Local Mental Health Surgeries' training day (Jun 06).
- We held a World Mental Health Day event in Redcar High Street (Oct 06) which had a diversity message. People got involved in making a mandala and had chance to try some relaxing therapies.



*Louise Tierney - Info' Worker*



*World MH Day - The Mandala*



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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, R&C Mental Health Promotion Partnership, R&C NSF Local Implementation Team for Mental Health, Mind & the LMA Support Department and R&C Voluntary Development Agency.

**We had representation** on R&C Citizen's Advice Bureau management board, the National Collaborative for Mental Health, R&C Older People's Partnership Board, ReSUMe (South Tees Service User Involvement Group) and R&C Women's Aid management board.

**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 Disabled People's Partnership, Greenlights, Health Action Link, R&C Mental Health Care Services Coordination Governance Group, NIACE, Safe & Sound, Service User & Carer Interest Group (South Tees) and Social Inclusion Task Group.

We hold a **Quality in Mind** award, **The Assisted Information Quality Mark** awarded by The Legal Services Commission and **Investor in People** accreditation, after our second successful review.



*National Open College Network Class*

**Training undertaken** included Mind Annual Conference 'Moving & Shaking: Making Services Work for All', Assertiveness, Book-Keeping & Budgets, Charities Act, Common Purpose 'Leading the Field', Conflict Resolution, COSHH, Creative Development, Data Management, Diploma in Management, Diversity, First Aid at Work, Food Hygiene, Health & Safety, Manual Handling, Minute-taking, Mental Health Awareness, Mental Health Capacity Act, National Open College Network Certification for Progression, Negotiating Behaviour, No Secrets, Policies & Procedures, Promoting Independence (NVQ 3), R&C Mind Induction, Self-Esteem, Service User Involvement, Supervision & Support.

**New trustees undertook a full induction** including visits to all services and an informative training session '**Which Hat am I Wearing**' looking at roles, responsibilities, boundaries and supporting each other.

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# Money Matters

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

**The Big Lottery Fund**

**Hartlepool Primary Care Trust**

**Health Action Zone**

**Ladbrokes in the Community Charitable Trust**

**Middlesbrough Primary Care Trust**

**National Mind**

**Northern Rock Foundation**

**Redcar & Cleveland Borough Council**

**Redcar & Cleveland Primary Care Trust**

**Saltburn, Marske & New Markse Parish Council**

**Teesside University**

*+ we received £1,147 from individual donations*

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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