



For better
mental health



Rochdale & District Mind
(Including Bury and NE Lancs)

Annual Report

2009 to 2010

www.rochdalemind.org.uk



Rochdale and District Mind's Mission

Our vision is of a society that promotes and protects good mental health for all and that treats people with experience of mental distress fairly, positively and with respect.

The need and experience of people with mental distress drive our work and we make sure those who influence change, hear their voice. Our independence gives us the freedom to stand up and speak out on the real issues that affect daily lives.

We provide information and support, campaign to improve policy and attitudes and in partnership with independent local Mind associations, develop local services. We do all this to make it possible for people who experience mental distress to live full lives and play their full part in society.

Our 3 Strategic priorities 2008-11:

Recovery Wellbeing Social Inclusion

Recovery

Support individuals in the process of recovery to regain control over their lives and to fulfil their full potential.

Well-being

Develop a holistic approach to promote and enable mental, physical and emotional Wellbeing.

Social Inclusion

Work to help empower individuals to take on meaningful satisfying roles within social networks and communities.



Our Aims

- Promoting the views of local people with experience of mental distress.
- Promoting positive mental health and social inclusion and challenging discrimination.
- Working for improvements in mental health services locally in conjunction with those who use them.
- Developing quality services which reflect expressed need and diversity.

Values

Informed

People with experience of mental distress drive all we do.

Diversity

We respect everyone's experience and ensure inclusion is at the heart of our work.

Partnership

We are committed to working with our networks and all who will help us achieve our mission.

Integrity

Our independence ensures our integrity – we are never compromised.

Determined

We will never give up challenging discrimination and campaigning for better mental health.



Community Services

Our Community Wellbeing Services have been further developed throughout this year. Fishing, Singing for WellBeing, Arts for Wellbeing, Stress Management, Relaxation, Creative Writing, a Walking group, Self Development, Cook and Eat are some of the activities we have offered. In addition social support groups including a men's group, women's group and an Asian men's group and two Asian women's groups in the Community have continued to offer informal social support.



Holistic therapy at the Mind Wellbeing Centre

A new lesbian, gay, bisexual and transgender working party identified the need for an LGBT support group which has recently been formed.

The hearing voices support group continues to offer a support network to people who experience 'voices' and several Wellness Recovery Action planning groups have been running most of the year.

Aromatherapy has also been offered from our Wellbeing Centre and we are hoping to extend the range of alternative therapies next year.

Accessibility to the services provided by Rochdale and District Mind has increased dramatically over the past year partially due to the Open Mind project but also largely due to the move to our new WellBeing Centre situated in the heart of Rochdale Town Centre.



People attending the Arts for Wellbeing group

More of the general public walk into our prominent reception area asking for information about what we provide. The location of the centre and the focus on Wellbeing is helping to break down barriers and stigma often associated with what has only been seen as a mental health organisation.

More volunteers have come forward to contribute to our work and our volunteers are one of our most valuable assets within Rochdale & District Mind. We are planning a review of volunteering led by volunteers this summer. Art therapy is also offered to individuals and Beating the Blues sessions are offered in the evenings.



Community Businesses

This year has seen the Mind Compleat project opening at the Phoenix centre in Heywood. A modern Coffee Pod is open every day and offers opportunities for volunteers. The project is integrated into the Compleat Community Business' Cafes and Internet Cafes which operate also at Nye Bevan house and at Middleton gardens in Middleton.



Staff and volunteers from Middleton Compleat

Volunteers within the project are offered supported work placements and receive accredited training in Level 1 and 2 multi skilled hospitality. We have also offered two permitted work posts within the projects.

The Middleton and Rochdale cafes have been supplying sandwiches to the pod in Heywood and we are also now offering freshly made soup.

The buffet menu has been redeveloped and the service has continued to grow. We are trying to develop a sandwich service to local businesses.

A Cook and Eat course has been running as a 6 week programme throughout the year from the cafes. This course not only provides service users with information about healthy eating choices but also the skills to cook a nutritious meal.

Our projects were highlighted in the mental health news form the Mental Health Improvement Partnership.

The Compleat project won the North West NHS Health and Wellbeing award this year and has been highly praised for being a service user led project.



People using the Compleat Cafe



Growth Project

This horticultural project undertaken in partnership with Hourglass has grown remarkably this year. The project won the North West in Bloom 'Grow your Own' category award and volunteers have begun work on a new pathways project in Middleton which we hope to complete by May 2010.

A second allotment has been secured and is located directly adjacent to the original Kellet street plot. This will provide opportunities for more volunteers and service users to join the project.

An informal mentoring system has been implemented whereby service users with identified skills have led smaller groups in a range of activities. These activities not only include direct horticulture, but also ongoing minor construction and maintenance programmes. The resulting rise in confidence levels has meant that the work on secure fencing for the new larger plot at Kellett Street was embraced by the established volunteers.



The Growth Project staff and volunteers at the World Mental Health day celebrations



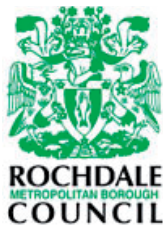
The Growth Project staff and volunteers accepting their North West in Bloom 'Grow Your Own' award

We hope to continue our successful partnership working with Hourglass and expand the project across the community site next year.

We are intending to supply produce from the project to our cafes this summer.

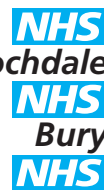


Rochdale and District Mind's Community Business Compleat Project was presented with the North West region Health and Social Care award for Mental Health and Wellbeing by Lucy Meacock, (TV presenter) and Mike Farrar (CBE ,Chief Executive of NHS North West)



Heywood, Middleton and Rochdale
Advocacy
Q P M
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