



Annual Report 2018/19



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Introduction from our CEO and Chair

Empowering people

We are proud of the impact we make at Rochdale and District Mind on the lives of people who are experiencing mental health issues.

Over the last year we have supported 1252 people by providing information, advice and support through our information line, wellbeing support and our services. This support has led to over 80% of our service users feeling an increase in hope, confidence, self-esteem and wellbeing.

The wellbeing of our community is at the heart of everything we do, we play an active part in the communities of Rochdale, Heywood and Middleton and have designed our services in response to the needs of our residents.

Over 80% of people using our services reported an increased sense of hope, confidence, self-esteem and wellbeing.

Positive change

The funding we receive enables us to deliver services that create change and we look forward to taking you through these in more detail throughout our report.

The quality and safety of our services are highly important to us. We have once again been awarded the Mind Quality Mark (MQM) for a further 3 years alongside the renewal of our British Association of Counselling and Psychotherapy (BACP) accreditation and the Disability Confident and Mindful Employer.

We are always looking for ways to evolve and grow. This year we have focussed on collaboration by working closely with our Greater Manchester colleagues to create a stronger partnership of five local Minds. This enables us to work together to ensure people experience better mental health and support people with their mental health to live well in their communities and at work across Greater Manchester.

Valued support

Thank you to all of our donors, we value your support whether your gift was big or small.

We would like to give a warm welcome to three new Trustees to our Board who each bring new and valuable skills and a range of experience which will help us increase our potential.

Finally, we would like to thank our marvellous team of staff, volunteers and Trustees whose efforts and commitment make such a valuable difference to the work that we do.

Thank you

Tricia Hornby, CEO

Barry Windle, Chair

Helping change happen

Our mission is our overarching statement of intent describing what we are trying to achieve.

Our vision starts to set out how we are going to work towards getting closer to our mission and our values underpin everything that we do.

Mission

We exist to ensure that people do not face mental health issues alone and can lead their lives free from stigma and discrimination.

We provide information and support to empower anyone experiencing a mental health issue to improve and maintain their wellbeing.

We campaign to improve services, raise awareness and promote understanding.

Our Vision

We promote and protect good mental health and wellbeing for everyone in Heywood, Middleton and Rochdale, Bury and N.E. Lancashire.

We will not give up until everyone experiencing a mental health issue gets both support and respect.

Our Values

Our values reflect those of Mind nationally and inform all aspects of our work and support:



Open – We reach out to anyone who needs us

Together – We are stronger in partnerships

Responsive – We listen, we act

Independent – We speak out fearlessly

Unstoppable – We never give up

Strategy and Objectives for 2018/19

Prevention and self-care

We will focus on developing the building blocks and early help and support that people need to support themselves to thrive and cope, to stay healthy and to achieve and prosper.

We will promote and encourage the “5 ways to wellbeing”; that is: give, keep learning, be active, take notice and connect.

We will work with a broad range of other providers in partnerships so that we maximise opportunities and broaden our reach within communities to offer early help, information and self-help.

We will encourage and support our clients and our staff to participate in opportunities to engage with the public, focus on improving their life choices and reduce the stigma and discrimination that affects people with mental health problems.

We will continue providing education and awareness of mental health training and suicide prevention for communities and workplaces.

Getting help

We will support people who have significant and emerging needs and focus on improving and maintaining mental wellbeing. We will provide information and choice, and help people to develop strategies and resources to self-manage and build resilience, as a core element in all our projects and activities.

We will strengthen and expand services where needed to increase access for more people closer to where they live and develop accessible routes with a particular focus on new and emerging groups and communities.

We will build on existing partnerships that work well and seek collaborative approaches to delivering help to more people in more settings.

We will maximise the opportunities created by technology and social media to help people and agencies stay engaged, connected and informed about the help our organisation can offer.

Getting more help

We will provide more intensive mental health support to people in the community, which may only be required for a short time.

We will enhance our existing integrated suite of services as part of this and broaden the range of psychological interventions we can offer.

Getting specialist help

We will support people who live in specialist settings. When people do need this level of care and support, our focus will be on social participation and improved wellbeing. We will actively promote individual choice for the care and support our clients wish to receive from us or others. We will also help people who may need this level of support to access specialist services.

We will continue to see Advocacy as a key part of our offer. We will continue to provide specialist Advocacy services to residents in Bury hospital or specific secure settings in Rochdale, Bury and Tameside.

Building on Success

We continue to build on the strengths of:

- our reputation and local recognition for our trusted services;
- our dedicated volunteers and professional workforce;
- our flexibility of approach and unique accessibility;
- our experienced leadership and strategic community connections; and
- our high financial and governance standards.



Information Service

When you're living with a mental health problem, or supporting someone who is, having access to the right information is vital.

Information line

Last year we heard from **988 people** with issues around stress, anxiety and depression on our confidential information helpline. We offered them advice on the condition itself, how our services could help them and guided them through our referral process.

Freephone number: **0800 107 0729** or **01706 752338**

Monday to Thursday 9.30am till 4.30pm

Friday 9.30am till 3.30pm

An answer machine is available for out of hours.

Out in the public

We work hard to speak out about mental health. Last year we delivered **42 presentations**, attended **65 events** and handed out over **4,000 booklets** to the general public. All this helped us engage with **3,870 people** empowering them to gain control of their mental health.



"Thank you for listening without judgement."

Wellbeing directory

We keep the **700+ listings** that are on our online Wellbeing Directory up to date and relevant to the needs of people living within our communities. Our wellbeing directory received **62,500 hits** from people needing information on a range of mental health issues locally, regionally and nationally.

You can visit our Wellbeing Directory at wellbeingrochdale.info/

Wellbeing Services

Our Open Mind team have listened to the individual needs of **509 people** from the communities of Rochdale, Middleton and Heywood and have guided them through our range of services which are designed to support their recovery and promote wellbeing and good mental health.

We understand that everyone's needs are different. We offer a range of services designed to support recovery and promote wellbeing and good mental health. Each person who comes through our door is allocated a Wellbeing Coordinator who is dedicated in supporting each person to access the right services for them, giving them the tools to manage their mental health and improve their wellbeing. We provide a broad range of information, and signpost people to other organisations for wrap-around support.

We have Support Groups giving individuals the opportunity to speak to others with similar problems and offer mutual support to one another by sharing feelings, ideas and successes. These include Women's and Men's Wellbeing Groups, Anxiety and Depression Groups. Male and Female Survivors of Childhood Sexual Abuse Groups and a Hearing Voices Group.

87.4% of people improved their wellbeing and 71% of clients reported having more social interaction.

To promote the learning of life skills we provide psycho-educational self-help courses which give participants an understanding of their issues and coping strategies to help improve their quality of life. These include Living Life to the Full, Wellbeing Toolkit and computerised CBT packages. We understand the need for flexibility to help with the balance of peoples lives and our cCBT is designed to be worked through in the comfort of the participants own setting, at their own pace, with the support of their Wellbeing Coordinator when needed.

Our Wellbeing Activities compliment and support each persons pathway through Mind. These include access to our Get Set to Go Project, Complimentary Therapies, Mindfulness, Relaxation, Art 4 Wellbeing, Tai Chi, Creative Writing and Social Cafes.

"The group helps me share my issues with hearing voices and sometimes listening to others help too knowing you're not the only one."

"I was able to talk about my issues and found the services suggested to me a ray of hope."

"Fear fighter is awesome, I can now answer my mobile phone which I use to ignore, because of my anxiety."

Community Engagement Team

Our Community Engagement Team consists of a variety of unique health and wellbeing services that are working proactively, across the Borough of Rochdale, towards facilitating effective and beneficial recovery pathways for Black, Asian and minority ethnic, and refugee (BAMER) individuals with an experience of mental health. 22.04% of our Open Mind referrals are from BAMER communities.

Through our outreach provision we offer individual and group sessions close to where people live. Over the year we saw **1492 attendances** at support sessions. 87.7% of service users maintained or improved their wellbeing. Alongside individual wellbeing we also made a significant strategic contribution.

Our Engage Project offered “Safe Surgery” Training for GP Practices, and improved access to healthcare and wellbeing support services for refugees and asylum seekers.

We hosted 4 BAMER Forums during the year. These provide opportunities to develop new and existing partnerships to further the delivery of equitable, effective and culturally competent mental health and wellbeing services.

We co-facilitated the Annual World Mental Health Day in October to tackle stigma, discrimination and raise awareness.

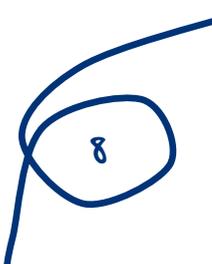
“I have recently been attending the Men’s Group and I find it very therapeutic and uplifting. I have made some good friends and engaged in positive activities which have given me new experiences.”

Men’s Wellbeing Group

“I like the group I feel safe and able to discuss many issues about my Depression. I enjoy meeting other women who understand me.”

BAMER Women Wellbeing Group

Our Objectives:	Our Impact:
Provide culturally sensitive services that are better able to meet the needs of diverse local communities in Rochdale.	Delivered a successful two-year Sport England project to support people from lower socio-economic groups to become and stay active. The Get Active for Life Project was set up in October 2018 to deliver a programme of physical activities.
Improve access to services for hard to engage with communities.	Set up a day service for BAMER communities living with dementia, or concerned about their memory with 262 people attending our awareness sessions.
Support and sustain recovery of current and former service users.	We saw significant improvement in our outreach work to improve mental health and wellbeing, and tackle social isolation.
Tackle the stigma and discrimination that is still associated with mental health.	1001 people attended our annual mental health anti-stigma events including Time to Talk Day and World Mental Health Day.



Dementia Family Link Project

The Project supports individuals, their carers and family members to access appropriate services and support to live well and independently. This frequently means acting as a liaison between the family and health and social care agencies.

Although the project aims to work with people from Black, Asian and minority ethnic communities, it is inclusive for people of all backgrounds and has a person centred approach, inclusive of family, carers and services based on the Individual's needs, which includes both pre diagnosis and post diagnosis.

The service supported **335 people** through individual sessions and drop-ins.

The service also educates carers/family members on Dementia by providing information in community languages and Dementia Information Services, thus breaking barriers, challenging and reducing stigma to support the whole family unit of the individual whilst supporting him/her to live well.

4 Dementia awareness sessions were attended by over **83 people** and the annual Dementia event was attended by **210 people**.

Based on feedback from BAMER Carer's and family members of individual's diagnosed with Dementia who had been directed towards Day Services that they felt were not culturally sensitive, the Dementia worker applied for and received a funding grant to set up a day service for people diagnosed with Dementia from the BAMER Community, in partnership with HMR Circle. The purpose of the day service was not just to provide carers/family members with respite but to engage and empower individual's with dementia from the BAMER Community to feel stimulated, involved and supported thus reducing isolation whilst receiving respite in a safe and conducive environment. We also wanted to raise awareness, reduce stigma and taboos around Dementia so that BAMER communities do not suffer in silence.

"The service has supported me to voice my concerns and my identified support needs. I am now attending a Women's Group for my own wellbeing and for social support."

"Thank you so much for your support and for liaising with the GP and nurses to provide my mother in law with what she needs."

"The level of information and support the Dementia worker has provided is something we have not received before."

Note from our CEO...

Our Dementia project is receiving more referrals for family support and carers. We can see that there is a need for greater support for people living with Dementia and we are seeking funding to increase our impact and support in this area by providing a dedicated carer's worker to enable the Dementia worker to focus on individual work with people living Dementia.

Tricia

Get Active 4 Life



Get Active 4 Life (GA4L) is a two-year project focusing on people aged 16+ with an inactive lifestyle; those who have depleted resources and face multiple disadvantages and challenges that prevent them from engaging in any physical activity or they engage in very little.

The aim is to encourage their active participation in a range of sport and physical activities, so that each person can build a programme of regular activity into their lives, with at least 60 minutes to 2 hours per week.



“My main reasons for starting the walking group were to get out and socialise and for health benefits. It has boosted my confidence and mood, and improved my social life along with giving me some structure and routine.”

The project use an assets-based community development approach to draw beneficiaries' primarily from the following groups: unemployed, ex-offenders, refugees, asylum seekers, homeless individuals and those on a low or unsteady income.

Each person accessing the project will be assigned to a Sport Connector who will deliver our “**Get Active Tool Box**”. The Personal Action Plan Tool is designed to help each individual to take steps towards getting active in a way that suits them, and make them more likely to continue being active in the future.

Yoga, Gym, Badminton, Swimming lessons, Walking and Football are just some of the activities that have taken place.

To access any of these activities, or if you are interested in becoming a Sport Connector, please contact our Get Active 4 Life Project Coordinator:

Email: ga4l@rochdalemind.org.uk



We were supported by 4 volunteers to deliver this project



We received 126 referrals for out Get Active 4 Life Project

Psychological Services

Counselling provides people with an opportunity to explore and understand any problems and fears that may be affecting their mental health. It can help people to discover the resources within themselves to support a greater sense of emotional wellbeing in their life.

People talk to our counsellors to explore a wide range of mild to moderate mental health issues. These may include: anxiety, depression, stress, low confidence and self esteem, emotional and cognitive issues, social relationship difficulties and life management difficulties.

Last year we supported **161 people** and delivered **1031 individual sessions** to residents of Rochdale, Heywood and Middleton by providing them with a supportive and confidential space for them to explore their thoughts and feelings, and identify where positive changes can be made to improve their mental health and enrich their life.

“I came in to Mind feeling there was no hope. I leave feeling there is a light at the end of the tunnel.”

“I wasn't judged and was listened to. It was refreshing to feel that someone could see how broken I felt and offered their support with how to rebuild my confidence up again, and how to tackle similar issues in the future.”



We couldn't have made such an impact without our team of volunteer counsellors that is made up of trainees as well as those who are qualified to Diploma and MA level. All of our counsellors are members of an ethical organisation such as the BACP (British Association for Counselling and Psychotherapy).

We listen to our service users and provide services that meet the needs of the individual. Recognising that it is not always easy for someone to leave the house to attend regular appointments, we have set up a pilot telephone counselling service to extend our reach.

Rochdale Offenders Mental Health Project

The ROMH project works with offenders 18 years and over who have been in contact with the criminal justice system to support them to improve their Mental Health & Wellbeing. The service works closely with probation and mental health services.

We have worked with **77 offenders** to support them to improve their mental health and wellbeing, delivering **292 individual appointments**. This is a pre service before entering the mainstream wellbeing program, we supported **96%** of our ROMH clients to engage with other services, alongside ROMH, to address their wider needs.

One of our clients has engaged with mental health services for the first time in his life. He is due to start counselling to process some traumatic events from his past which he has felt confident to share with his ROMH worker for the first time. He has managed to remain drug and alcohol free after being signposted to Turning Point. He is now seeing his daughter again after being supported to work with social services. The future looks very much more positive for him.

"I honestly think I would be dead by now if probation hadn't referred me to Mind. Before coming I thought it was all a waste of time, that I could never feel any different. After working with my wellbeing coordinator for 6 months I feel so much better in myself that I can't really explain it with words... I just feel like I want to be alive."



This project works on practical issues such as addiction, housing and debt to then be able to successfully work on mental health and wellbeing.

Working one to one with ROMH clients on Living Life To The Full course has increased their confidence and self-esteem to be able to engage in other activities.

Comple@t Cafes

Located in the heart of our Rochdale and Middleton communities, our Comple@t Cafes offer a friendly environment where all are welcome.

This project was developed in response to recognising the need for alternative training and work experience which reflect the needs of people experiencing mental health issues. Gaining experience in one of our Comple@t cafes helps service users overcome social isolation while gaining experience in a real working environment. This empowers our service users, helping them to feel an increased level of confidence and self-esteem alongside learning valuable, new cooking skills. Our Middleton cafe has additional space where we can deliver other Mind services as well as linking up with other organisations to offer a wide range of services to the community. This private space is used to offer counselling, knit and knatter, yoga, sit down yoga and tai chi.

“Help and support received from Mind helps keep me well - gives my life purpose.”



Both of our cafes gained a 5-star environmental health rating



76.7% felt that they had more control of their mental health



92.2% reported maintained or increased self-esteem



91.1% report maintained or increased confidence

One in four people will experience mental health issues at some point in their lives. Our cafes are placed within our communities of Middleton and Heywood and offer a warm, welcoming space for all members of the community to enjoy homemade and healthy meals or simply sit down with a hot cup of tea.

Both our Comple@t cafés are set up with computers with the full Microsoft Office suite and access to the internet, ready for people to catch up with friends on Facebook and Twitter or update their CV, write a letter, create a poster or publication. We also offer a black and white printing service in both of our cafes.

The Growth Project

At the Growth Project, our intent is to promote mental and physical health and wellbeing in our beneficiaries through working with nature in a natural setting.

An eco-therapy project the aim of which is to help adults with mental health issues on their road to recovery by developing a restorative setting where individuals can become re-vitalised and refreshed, fostering recovery from mental fatigue. The Growth Project fulfils these aims through using green spaces, gardening, plants and horticulture to help individuals develop both physically and mentally. The Growth Project actively promotes the “5 Ways to Wellbeing” and provides a service designed to aid the prevention of service users needing primary mental health care.

Everything that is constructed, developed, grown and finally eaten has been produced wholly by people who access the service. We do not buy in any of the structures on the site and everything has been grown and made by the service users. This makes us unique in the borough of Rochdale.

The importance of our Growth Project was recognised by the BBC and they visited us to film our project to be shown as part of their TV series Health: Truth or Scare.



We welcomed over 100 visitors when we opened our gates for the National Garden Scheme, we were proud to share the space we have created with our community. We build relationships with the wider community – any spare produce we give to our neighbours, we also ask for suggestions regarding improvement of the surrounding areas and building and maintaining planters to brighten up the area.

We actively promote social inclusion through the acts of:

- producing;
- consuming;
- interacting and gaining a sense of community; and
- engaging.



Next steps for
The Growth Project...

We are excited about our next development, our partner organisation has applied to Rochdale Township Fund as we are building a craft area which should be completed by September 2019. A variety of projects will be on offer plus a series of one-off workshops for other Mind service users.



Case Study

I have suffered with my mental health for a very long time, through counselling we discovered that I started with it at a very young age. Through different situations and circumstances, this led to me becoming alcohol dependent. This had a massive impact on my mental health which I was already battling with. It got to the point where I would find it difficult talking with others, I had a big problem looking people in the face and would keep my eyes to the ground. My speech was also affected where I had a very bad stutter.

I self-referred myself to Rochdale and District Mind. The Growth Project was recommended to me as it was very helpful with the 5 ways to wellbeing. Since starting at the Project a year ago I have come a long way in terms of my mental health. I really enjoy and get a lot out of the people and gardening. I enjoy working with a diversity of people and all the new skills the team has taught me. I have learned how to plant, care for and ultimately harvest the crops. I also appreciate that we all get to enjoy the crops ourselves, especially as I am on a low income and the fruit and veg means that I can afford to eat a healthy diet.

Without the Growth Project, I wouldn't like to think about how I would be today. I am very grateful for their help.

Open Young Minds



“The service is brilliant. It has helped me gain so much confidence in myself. It has also helped me become a stronger person. Thank you so much for all your help and support.”



We focus on providing young people with opportunities to develop skills, knowledge and experiences that allow them to take control of their issues. The Open Young Mind Service provides support for young people aged 12-21 years living in Heywood, Middleton and Rochdale who have mild to moderate emotional health issues.

This year we helped **113 young people** to have a good understanding of their emotional health; helping them make an informed choice around what they can do to change or improve their mental health through a range of safe, interesting and educational opportunities.

We link with external organisations within the area to provide full support for each young person if they need additional help.

We delivered one to one coaching sessions which resulted in **573 attendances**.

Our groups and activities were delivered with the support of **volunteers** enabling us to provide art groups and a variety of activity sessions. Most of these take place after school hours.

Our Peer Mentoring Group meets young people out in the community, attending groups together gives support to a young person who struggles with social situations. This reduces isolation, helps young people cope with bullying and build resilience.

All our Peer Mentors are trained in Peer Mentoring and Safeguarding Children and are DBS checked.

Our Young Advisors meet weekly to actively change the stigma surrounding mental health by actively connecting with key decision makers and services locally and nationally.



25 young people volunteered giving 317 hours



75% of clients reported feeling better informed about their mental health

Advocacy Services

Advocacy supports people to have their voice heard. It is a service aimed at helping people understand their rights and express their views and be involved in decisions that are about them.

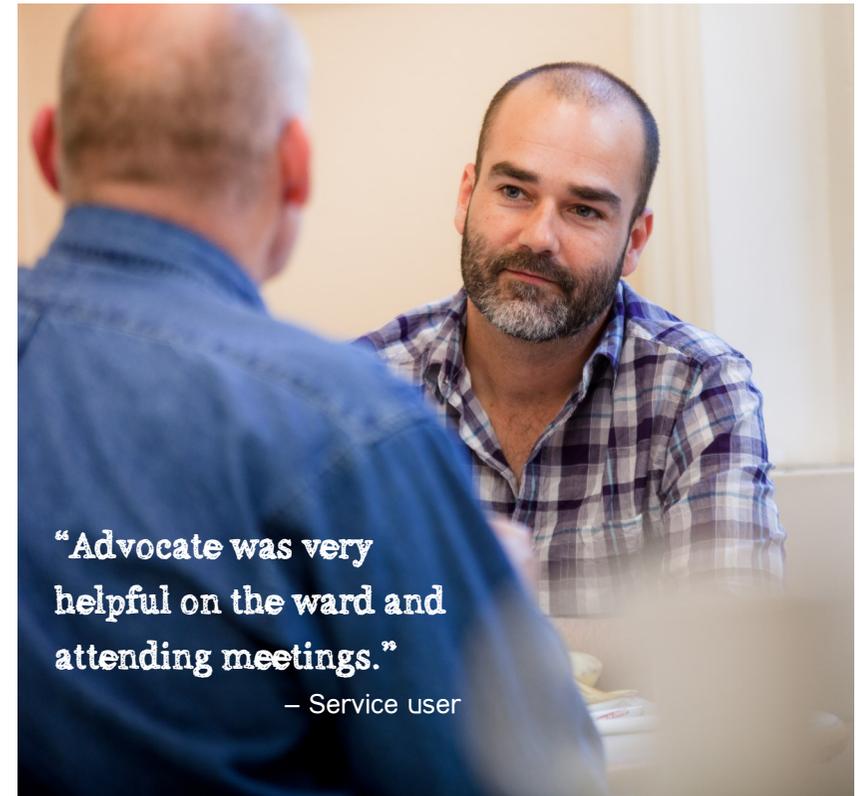
When important decisions are being made about a person's life, especially when they find it difficult to communicate what they want to happen, Advocacy will stand by their side to help them to understand the important issues that affect them, understand their rights and explore options and choices.

The Bury Advocacy Hub was formed in 2015 and provides a wide range of Advocacy Services within the Bury locality, including Independent Mental Capacity Advocacy (IMCA), Paid Relevant Person's Representative (PRPR) Care Act Advocacy (CAA), as well as Independent Mental Health Advocacy (IMHA). The service has supported **850 people** this year.

We also provide Advocacy in a range of secure settings across Rochdale, Bury and Tameside including two low secure units and a Child and Adolescent Mental Health unit and have supported **182 people** across the combined services.

Our team of Advocates are dedicated to supporting the wellbeing of individuals in our local communities.

Feedback from people who have used the service is very important to us as it helps us to make improvements to the service.



“Advocate was very helpful on the ward and attending meetings.”

– Service user

“The advocate was very helpful in dealing with my issues and made me feel better about my situation and the progress that was being made. I am in a better position today because of it. I would like to thank you very much indeed and would recommend the service highly.” – Service user

“The advocate is a very welcome presence on the unit, very in tune with patients' needs and is fully understanding of the complexities of this patient group. We like her a lot, she is proactive in her quest to attend as many units with patients as possible, she has also attended our last two Your Voice Meetings.” – Manager Priory

Our Advocacy services hold the Quality Performance Mark which has been awarded to our Advocacy services in recognition for quality, confidentiality, safeguarding, staff wellbeing, policies and protocols being robust and in place, staff development and training and service user involvement.



Training and awareness



“It was very thought provoking and helped to give an insight of a person who has mental health issues.”

“The course was excellent, delivered well and so practical and usable. Clearly set out and well structured.”

Over the year we have provided training for local agencies and the general public.

Our accredited Suicide Prevention Training helps participants dispel the myths, and reduce the stigma around talking about suicide, and raise awareness of how to connect people with resources who can help them in choosing to live.

We have trained over 200 residents, volunteers and workers across the borough to help create a suicide safer community.

Mental Health Awareness - Our training sessions are tailored to the needs of each group. They are designed to raise awareness and combat stigma associated with mental health. We introduce people to the topic of mental wellbeing and give them the resources to identify, help and understand someone who may be experiencing a mental health issue.

The sessions build awareness of the simple things that people can do every day to proactively support themselves and others. We empower people with a clear understanding of the early warning signs and symptoms of a dip in mental wellbeing and how they can respond effectively to minimise the risk of a mental health episode.

We have also delivered accredited Mental Health First Aid Workshops to 24 people and training for GP staff in surgeries.

All beneficiaries on our Growth and Comple@t projects have received 8 week induction training and a variety of further training including First Aid, Health and Safety and Barista training.

Training for our staff team is crucial in skilling up our workforce. We have delivered 4 Induction and Safeguarding courses, Equality Diversity and Human Rights, First Aid, De-fibrillator and Information Governance training for staff and volunteers.

Advocates have achieved various qualifications including Care Act Advocacy, Independent Mental Health Act Advocacy and 4 Core Advocacy modules.

Volunteering

Rochdale and District Mind values the dedication and hard work of its volunteers. People who give their time through volunteering are involved at every level and fulfil a variety of roles throughout the organisation including:-

Board of Trustees, Group Facilitation, Admin/Reception support, the Growth Project, Fundraising initiatives, Get Active 4 Life, Open Young Minds, Comple@t Cafes and provision of specialist activities i.e. Aromatherapy.

Volunteers are a great asset to the organisation and make up a large part of our team. Out of pocket expenses, training opportunities and supervision are offered to all volunteers. It gives people an opportunity to use their existing skills and hopefully gain new experiences.

Each year we hold several events to celebrate and thank our team of volunteers including an annual barbeque, Christmas celebrations and volunteer week events.

If you would like to get involved in volunteering for Rochdale and District Mind you can download an application pack from

<https://www.rochdalemind.org.uk/get-involved/volunteer/>



From April 2018 to April 2019 we have had 35 volunteer and student counsellors



From April 2018 to April 2019 we have had 86 volunteers working in our wellbeing services



"I enjoy working with clients and knowing that I've been a part of their journey that helps them to function better and sometimes you just can't put a price on that. That's why I am happy to volunteer when I can."
- Volunteer

A note from our CEO...

Rochdale and District Mind has used the services of volunteers who provide a valuable service and compliment the aims and objectives of the organisation, we would not be able to provide the wide variety of groups and activities without them.

Tricia

Fundraising

This is our first year of investing in a community fundraising post, we value our fundraisers and individual donors who last year, generated additional income in excess of £25,000.

In July 2018 we recognised the need for a dedicated Community Fundraiser to be a representative to go out into the community and be present before, during and after any fundraising events that were being held for us. We now have a passionate member of staff that has taken on the additional role of Fundraising Coordinator on a part time basis.

This has generated a dedicated contact for potential fundraisers and donors to speak to and guide them through all stages of their fundraising journey. They now have the support to discuss their fundraising idea, guide them through the initial promotion and have a Mind representative at their event with them.

We pride ourselves on the way that we walk through the fundraising path with fundraisers.

We keep the communication going with our fundraisers right through to the final donation being presented and showing where the donation benefitted a particular service within the organisation.

The donations we received came from events including a cake bake, a white collar boxing match, a 30th birthday celebration, a tenpin bowling event amongst much more.

We would like to say a huge thank you to Rochdale Borough Housing for choosing us as their charity of the year which generated over £8,400.



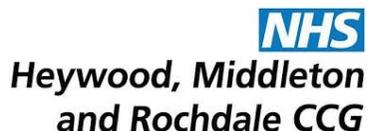
Next steps for fundraising opportunities...

We will utilise our fundraising investment in the next year, and raise vital funds to supplement our services to ensure they continue into the future for our service users.

Thank you

We value the support we receive. Rochdale and District Mind could not exist without these valued relationships.

We would like to thank all of our funders for their support in 2018/19. We would also like to thank all our colleagues from Health and Social Care for their commitment to working together for the best outcomes for the clients we serve.



We would like to thank all our staff, board members and volunteers for their hard work and commitment to delivering such a worthwhile service to the Borough of Rochdale.

Our team would like to say a few special words of thanks to people who have made a difference...

"I'd like to thank the young advisors for their hard work."

"HMR Public Health for funding the suicide safer communities training."

"Brigitte Barnes at the Memory Clinic for Always keeping me updated with information and changes".

"Community Engagement Team Staff for going beyond the call of duty, more than once, to deliver on the core outcomes, supporting service users, joint working with other colleagues and external partnerships."

"Alzheimer's – Julie Mann – for the respect and support she gives me."

"All our 7 volunteers at the Growth Project who go above and beyond in terms of practical and emotional support."

"We would like to remember Joe Tyrrell for his hard work and commitment. He sadly passed away on 9th June 2019, he will be greatly missed."

Special thanks from our CEO...

"We would like to thank all of our donors, whether their gift was big or small. In particular we would like to say a huge thankyou to Rochdale Borough wide Housing (RBH) who chose us as their charity of the year for 2017/18. Your contributions have helped us to support our services and empower the people who use them."

Tricia

Governance and Staff Structure

Auditors:

Royce Peeling Green Limited
 The Copper Room
 Deva Centre
 Trinity Way
 Manchester
 M3 7BG

Solicitors:

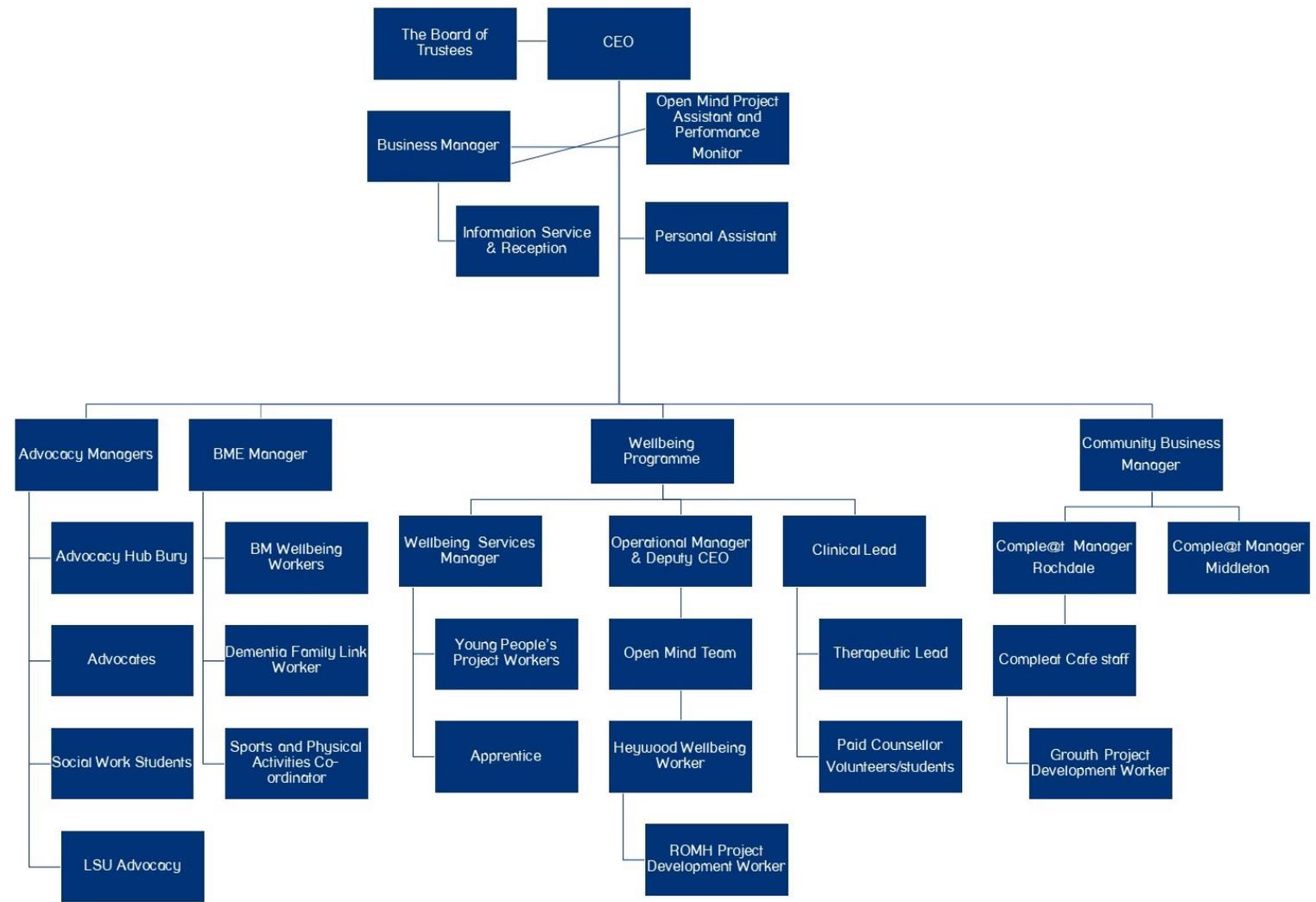
AST Hampsons
 128 Yorkshire Street
 Rochdale
 OL12 1LA

Bankers:

Lloyds TSB
 17 Yorkshire Street
 Rochdale
 OL16 1BN

Trustees:

Barry Windle (Chair)
 Keith Marsland
 Kate Davies-Poole
 David Mossley
 Nina Markham-Bew (appointed 10/11/18)
 John Swallow (appointed 10/11/18)



Financial Highlights

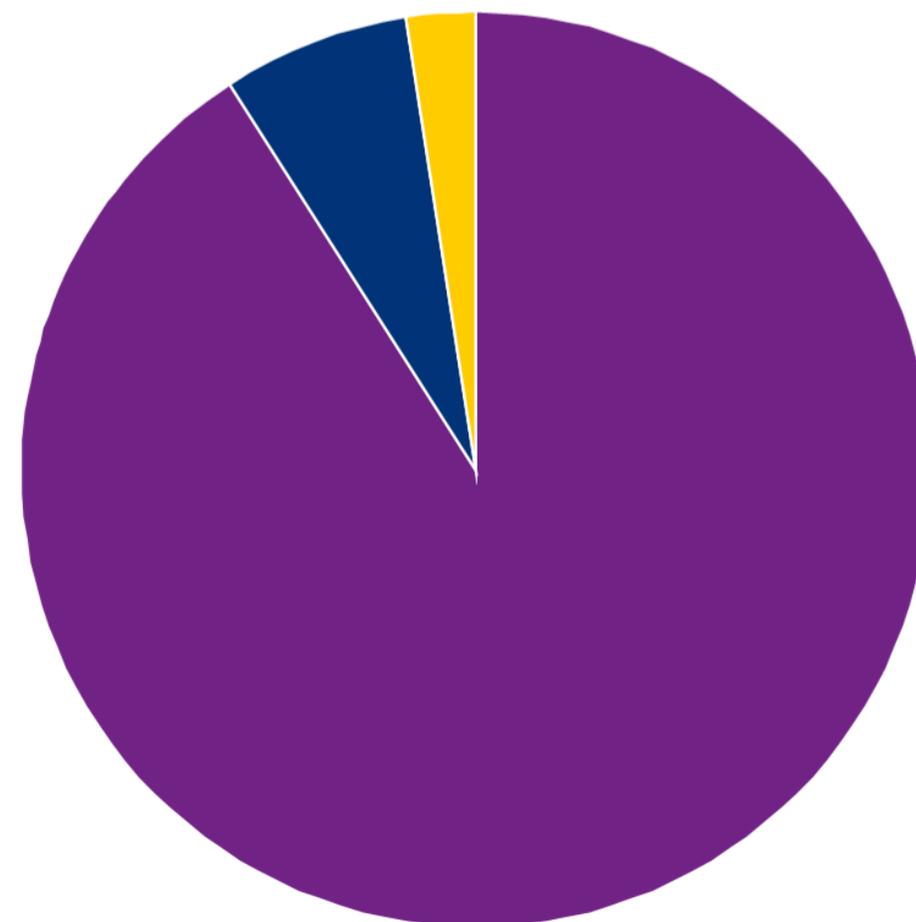
In 2018/19 we had a total income of £1,050,204. We saw some funding streams come to a close and replaced with different funding. This means that our activity levels actually had increased by the end of the year despite this apparent dip in income.

Expenditure for the year totalled £1,056,540 (a cut of 5%) and was maintained in line with the budget set due to tight control. This reduction in expenditure was largely due a management restructure in January 2018 which resulted in the Business Manager and CEO positions becoming part time.

As a service delivery organisation, salaries are our single biggest area of expenditure. In 2018/19, expenditure on salaries totalled £780,847 which represents 74% of total expenditure (in 2017-18 this was 78%).

Our aim for 2018/19, as in previous years, was that all projects operated with balanced budgets. Most projects broke even or generated small surpluses.

In 2018/19, our unrestricted reserves increased by £3,665 to £389,679. Our restricted reserves fell by £20,032 to £77,430. We remain reliant on public sector funding, in particular the contract jointly commissioned with Rochdale, Heywood and Middleton CCG and Rochdale Council. This contract accounted for 45% of our income in 2018/19.



- Funding and Grants
- Trading Income
- Donations and Fundraising

We will not give up until everyone experiencing a mental health issue gets both support and respect

We are an independent local mental health charity. If you'd like to know more about our services or are thinking of donating or fundraising for us we would love to hear from you...

Rochdale and District Mind

3-11 Drake Street

Rochdale OL16 1RE

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Registered charity No. 519916

