



Oxfordshire Mind

Annual Review 2015

Oxfordshire



We're Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

We're part of the network of Mind associations working for better mental health across England and Wales.

We've been working in Oxfordshire since 1967.

Contact Us:
Oxfordshire Mind
2 Kings Meadow
Osney Mead
Oxford OX2 0DP
01865 263730

office@oxfordshiremind.org.uk
Twitter: @oxfordshiremind
Facebook: oxfordshiremind
www.oxfordshiremind.org.uk

Charity number: 261476
Registered company
number: 4343625

To request this information in Braille or larger print, please contact 01865 263735 or email office@oxfordshiremind.org.uk

Front cover images: Active Body, Health Mind event, Oxford Half Marathon, Five Ways to Wellbeing roadshow, Active Body, Health Mind taster day, Tessa portrait, Football, Fitness and Wellbeing, South Korea Delegation visit to Mind. Copyright: Oxfordshire Mind.

I was able to talk openly and in a safe environment.

Feedback to the Managing Strong Emotions course

I really enjoyed connecting as a group. Great facilitators!

Feedback to the Self Esteem course

Fantastic. Staff could not have been more helpful, always checking you were okay. Very open to questions and opinions.

Feedback on TalkingSpace service

Very kind & skilled course leaders. Something different every week. Thank you – a fantastic course!

Feedback to the Managing Stress course

Introduction

It's been a busy year and we hope that this Annual Review will give you a flavour of what we've been up to. You'll see lots of statistics, some great stories from people who we work with, and some lovely photos to bring it all to life.

We couldn't have achieved any of this without the fantastic support and commitment of so many people – our staff, volunteers, trustees, fundraisers, partner organisations and many more. It's a team effort, and we wouldn't want it any other way.

It's an exciting but unpredictable time to be involved in mental health. On the one hand there have been great strides forward – ever growing recognition and greater public understanding of mental health, more people and organisations than ever approaching us with offers of support and help. But on the other hand what we see all too often is that many people struggling with mental health problems are being hardest hit by the impact of austerity with benefit cuts and reductions in social care funding having a real impact.

Our ambition is to make sure that anyone with a mental health problem has somewhere to turn for advice and support – and we're making strides in the right direction but we've some way to go before we make that a reality.

That's one reason why we are so pleased to have joined up with Connection, Elmore, Oxford Health, Response and Restore to form the Oxfordshire Mental Health Partnership. We believe the new partnership offers us the best chance to make full use of our combined resources and make real lasting improvements into the future. We look forward over the next year to realising the potential that must surely come from greater collaboration and closer joint working.

Thanks again to all those who have contributed to the successes of the past year. We believe it gives us a very strong platform to go forward and face the challenges of the year ahead.

Onwards and upwards!

By Patrick Taylor, Chief Executive of Oxfordshire Mind and John Copley, Chair of the Trustees

Our Vision, mission, and values



Our vision

We won't give up until everyone experiencing a mental health problem gets both support and respect.



Our mission

We promote good mental health through the provision of high quality services and campaigning for positive change.



Our values

- Striving to make mental health services more human
- Working alongside people to help them realise their potential
- Raising awareness, promoting understanding and challenging stigma
- The importance of community and the benefits of mutual support.

Year in numbers



2,000+ callers helped by our information line

Over 1,500 people helped with an educational course or peer support

Over 200 people took up a sport or physical activity as part of our work with Oxfordshire Sports Partnership

688 people supported by our Benefits for Mental Health Team

Resulting in over £1.4 million in additional benefit claimed



out and about



8,000 people reached through public events including our 'Five Ways to Wellbeing' Roadshows



over 300 people reached through workshops for employers and community groups



We helped over 4,800 people struggling with anxiety and depression



We secured new funding to deliver resilience building support to 80 'blue light' employees from the emergency services



Recovery rates were consistently above the national average

Within the Supported Housing service

120 people housed and supported



36 people were helped to move on



92% of move-on was to more independent accommodation



We increased our housing stock from 69 to 73 units including more self-contained flats



Occupancy levels were very high



Looking back at the year



We've had a busy year, which is just the way we like it! Here's a glimpse of what we've been up to...

Within the Wellbeing Service:

- There were over 2,000 calls and enquiries to the Information Service
- Over 1,500 people were helped to cope and keep well through our short courses and peer support groups
- We piloted a new Information Service based within the City NHS Assessment Team.

Within the Benefits Advice Service:

- Our Big Lottery funded project commenced
- 688 people were supported through benefits advice casework
- Resulting in successful claims for over £1.4 million in additional benefit.

Within the Supported Housing Service:

- We housed and supported 120 people
- 36 people were helped to move on
- We increased our housing stock from 69 to 73 units including

more self-contained flats

Within the IAPT TalkingSpace psychological therapy service:

- We helped over 4,800 people struggling with anxiety and depression
- We expanded our staff team and trained more Psychological Wellbeing Practitioners in partnership with Reading University
- We hosted a visit from Health minister Norman Lamb who described the service as 'inspirational'.

Developing our capacity to inform and influence:

- Over 8,000 people were reached through our public events and campaigns including the 'five ways to wellbeing' roadshows
- Over 300 people reached through workshops for employers and community groups
- Successful stalls and information events held at the Cornbury, Wilderness, Riverside and Towersey music festivals.

We also prepared for changes in our funding ...

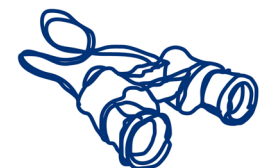
We have three main contracts that, taken together, account for the majority of our income. All three contracts were extended to run to March 2015 or later whilst the main commissioner (Oxfordshire Clinical

Commissioning Group) made their plans for the future. Meanwhile we prepared for the future by...

- Pressing to make sure mental health services were not disproportionately affected by funding cuts
- Commissioning an independent review of the Wellbeing Service
- Working with colleagues at Oxford Health NHS Foundation Trust, Connection, Elmore, Restore and Response to create the 'Oxfordshire Mental Health Partnership'
- Using the Partnership to promote more joined up mental health service provision working across organisational boundaries.

And we strengthened the role of volunteers ...

During the year 120 new volunteers were trained including 28 'peer support' volunteers who completed our specialist 25 hour training programme. We also maintained our 'Investing in Volunteers (liV)' accreditation achieved in the previous year.



A spotlight on...

Blue Light Resilience

We know that people in the emergency services are more likely to develop mental health problems due to the nature of the job and the exposure to difficult, traumatic situations.

The Blue Light programme aims to address this by providing resilience training to these services.

Since May 2015 we've run five training courses with over 60 attendees from Thames Valley Police, South and Central Ambulance Services, Oxfordshire Fire Service and Oxfordshire Search and Rescue.

The course looks at how to deal with stress, anxiety, relationship issues, and difficult emotions like anger. By providing better ways to cope with these, there's less danger of them developing into

We'll run course with knowledgeable trainers

mental health problems. It means you have a better chance of staying well.

The courses are run in partnership with Oxford University, delivered by Oxfordshire Mind staff and are supported by our brilliant 'Blue Light Champions' from within the emergency services themselves. We look forward to continuing this valuable work with our emergency services into the future.

90% of attendees would 'absolutely' recommend the course to a colleague



A spotlight on...

Football, Fitness and Wellbeing



Football, Fitness and Wellbeing is a programme that aims to reach young people in excluded groups, such as those at risk of homelessness or living in rural isolation. Initially the campaign focused on young men, but has now been extended out to young women. It is a ten week, CBT-based course that has so far involved over 100 people.

Funded by Comic Relief for three years, the project works alongside an Oxford United coach and Oxford Brookes University to deliver the course.

Engagement with the programme has given participants access to new opportunities to improve their physical fitness and equip them with new skills to better manage



their thoughts, emotions and behaviours.

We look forward to continuing with the success of this campaign through to 2016.

'Just to say a massive thank you... We have loved having Mind here and I personally enjoyed seeing the numbers grow and all the smiling faces on the way out. Hopefully we can do more of the same in the future'.

Feedback from Oxford City Football Club.

Voices of Oxfordshire Mind



Introducing Liam, a former tenant in one of our Housing Projects in Witney

Liam became a tenant in Bramlings house after his care coordinator recommended him for supported living as they considered some more structure would be good for him. He moved into Bramlings in August 2013 and then moved into Hedgerows in August 2014.

Liam enjoyed living at Hedgerows and found really good support from the staff.

“They talked to me, gave me advice and put me on courses – they put me on the right track”

A greatly beneficial part of the project was the reassurance it gave

Liam – that his tenancy wouldn't be at risk.

After a few months at Hedgerows Liam was encouraged to live independently and he now lives in a flat on his own.

“Basically the team helped me to move on. They give you support with your mental health issues and help you to move on so you can fully operate yourself. Now, having my own flat is quite a challenge but I'm liking it.

It was a good experience and I'm glad I did it.”



Introducing Tessa, a former tenant in one of Mind's Housing Projects in Oxford

Tessa was living in other supported accommodation when she met a Mind worker. She talked about the Mind accommodation and so she decided to self-refer to the Housing Project. She got into Micklewood house, an all-female house which felt like a much better 'fit' to Tessa.

“I felt really at ease and the staff were really helpful. I had issues with going out and anxiety. When I was locking myself away they would always check up on me. I got on really well with the people I lived with. Everyone was very open

I felt more like me when I moved in, more settled, at home.”

Tessa also received some help from Mind's Benefits for Better Mental Health service as well:

“They helped straight away so you didn't have to stress about

it. Things like that, if they're not sorted then it sends me deep into depression and I start to worry more. But Mind never pressure you to do anything. They go at your pace.”

Tessa lived in Micklewood for eight months until she fell pregnant. Then Mind supported her in moving on to her flat where's she's been living since July 2015.

At Mind they look at your strengths and just try to help you with the things you need help to work on. This made me feel really good and that I could cope with being on my own.

I would definitely recommend Mind to anyone. All the staff were really friendly and not at all judgemental. I'd do it all over again!”

Finance Report 2014/15

The income for the year was £3,315,000 and expenditure was £3,209,000. The largest single expenditure was on staff costs (£2,319,000), which account for over 70 per cent of our expenditure.

The principal funding sources during the year were:

- Funding contracts with the NHS and Oxfordshire County Council for the Oxfordshire Wellbeing service and the Transitional Supported Accommodation services
- Funding contract with Oxford Health NHS Foundation Trust for the provision of the TalkingSpace psychological therapy service
- Rent (primarily rent related to Mind Housing Projects)
- Grants from Charitable Trusts, Department of Health, and the Big Lottery Fund
- Donations, bequests and money raised through fundraising events.

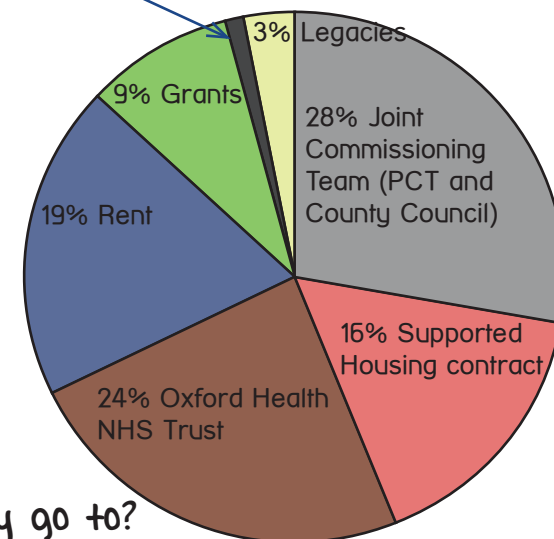
Yet again this year we have put considerable effort into local fundraising from grant giving charitable trusts and through local organised fundraising events.

The funding environment we work in changed significantly over the year with our main funder (Oxfordshire NHS Clinical Commissioning Group) indicating that they plan to hold fewer contracts with more services being brought together under large prime contracts. We approached this changed environment by working with colleagues at Oxford Health NHS Foundation Trust, Connection, Elmore, Restore & Response to create the 'Oxfordshire Mental Health Partnership' and have taken every opportunity to engage with commissioners and plan for the future.

Money Matters

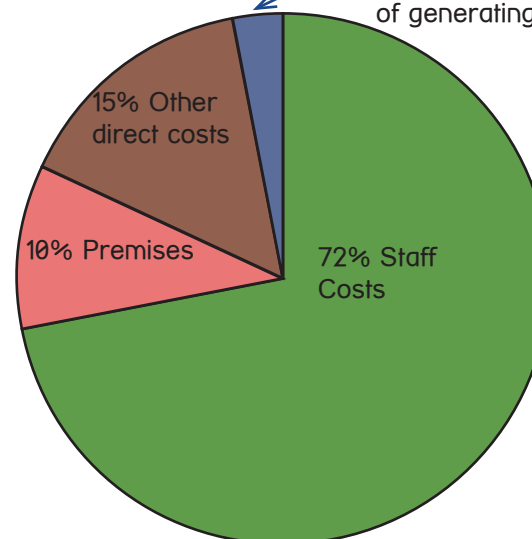
Where does the money come from?

1% Donations, Subscriptions, Fundraising and bank interest



Where does the money go to?

3% Support costs including less than 1% governance costs & costs of generating voluntary income



To order a copy of our published accounts please email debbie.backhouse@oxfordshiremind.org.uk.

With many thanks to our supporters & funders

Our work throughout 2014/15 would not have been possible without the kind support of our funders, friends and donors. So here's an enormous thank you to the following trusts, companies, churches and other organisations, who have supported Oxfordshire Mind from April 2014 to March 2015.

Abingdon & Witney College
Age UK
Asda Supermarket
CABI
Chinnor Methodist Church
Didcot Methodist Church
Dorchester Julian Group
Lions Club of Abingdon
Lloyds Bank
Ministry of Defence
Morrisons
National Citizen Service (Bicester)
National Citizen Service (Littlemore)
Old Fire Station
Open University
OxFizz
Oxford Brookes Union
Oxford City Football Club
Oxford Citizens Housing Association
Oxford Law Group
Oxford Quakers

Oxford United Football Club
Parabola Theatre
Raglan Housing Association
Research Sites Restoration Ltd
Response
Restore
Rotary Club of Abingdon
Ruskin College
SOHA
STFC
Sovereign
St Antony's College
St Hilda's College
St John The Baptist Church
Bodicote
St Michael's and All Saints Charities
Sunnymead Residents Association
Taylor & Francis
University of Oxford
University of Reading
Wadham College
Waitrose Supermarkets
F Wallis Trust
John Wiley & Sons

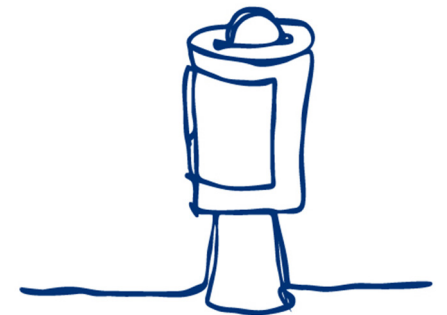
Mind Talks
Kath Thomson

Marathons, Runs & Events
Lowri Aldworth
Hamish Armstrong
Lucy Bower
Craftifon
Lucy Croper
Richard Dixon
Alexandra Galloway
Anita Green
Hathor Dancers
Lucy Hickman
Kirtlington Sponsored Ride
Peter Knibbs
Kevin McGlynn
Peter O'Brien
Rebecca Saunders
John Scales

In Memory
Ronald Adams
Winifred Adey
Thomas Anderson
Lee Bates
Peter Begley
Neil Dickenson
Stella Fox
Zak Harper
Ann Holloway
Roger Jones
Mary Keenan
Sam Kiff
Patrick Martin
Pauline McCulloch
Teresa Oates
Anna Padula
Christopher Palmer
Daxaben Patel
Oliver Pearce

Frederick Shaw
Joanna Stannard
Robert Taylor
Constance Tucker
Jerry Tuitt
Andrew Wallis

Thanks to our funders
Armed Forces Covenant
Big Lottery
Comic Relief
Oxford City Council
Oxford Health NHS Foundation Trust
Oxfordshire Clinical Commissioning Group
Oxfordshire County Council
Stone Family Foundation
National Mind



Here's a much better picture of the lovely @oxfordsingers busking for us on Saturday. Many, many thanks to them all!



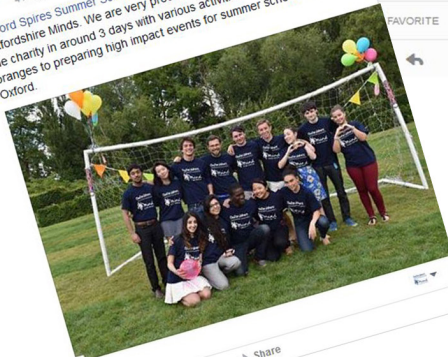
RETWEETS 5 FAVORITES 8

11:55 AM - 26 May 2015

Reply to @oxfordsingers

Oxford Sings @oxfordsingers · May · ~
@oxfordshiremind it was our...

Revi Panidna added a new photo to Oxfordshire Mind's Timeline — at Lady Margaret Hall, Oxford
Oxford Spire Summer School organized an event last Friday for the Oxfordshire Minds. We are very proud to have raised around 600€ for the charity in around 3 days with various activities from squeezing oranges to preparing high impact events for summer schools around Oxford.



Share

June Dent clinical lead Minister Alistair Burt and Patrick Taylor at Talking Space earlier.
@oxfordshiremind



RETWEET 1 FAVORITES 3



Paul Hicks
@paulhicks01

Looking forward to starting Practical Ways to Wellbeing course with @oxfordshiremind tonight ;)

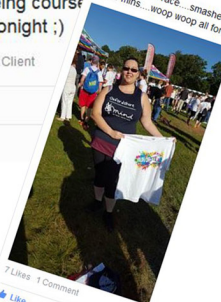
3:29pm · 21 Sep 2015 · Twitter Web Client

FAVORITE



Kerry Mills · Oxfordshire Mind
26 September

Run or Dye 5k race... smashed my Personal Best time from 5k 46:25 mins... woop woop all for a great cause x



7 Likes · 1 Comment



Like



Comment



Share

Oxfordshire Mind, Hayley Kirk, Sophie Lisa Crewes, Justine

Luscott and 3 others like this.

Write a comment...

Oxfordshire Mind Brilliant! Well done, Kerry! And thanks x

Top Comments ·

Were Mind, the mental health charity

We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support

www.oxfordshiremind.org.uk