

Oxfordshire



# Annual Review

2019-2020



*Chloe* 2020

Oxfordshire



Cover artwork CIRCLE OF HOPE by Siobhan Cooney  
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# Introduction

It is impossible to write a review of the last year without acknowledging the huge impact that the Covid-19 pandemic has had on our organisation. We would like to start this introduction by paying tribute to all our staff, volunteers, partners and service users during what has been a remarkably challenging period of time. We have all had to adapt our way of working, learning new digital and virtual skills and find new ways of helping the people we serve. We are proud that throughout the pandemic we have found ways of continuing to see service users in person where necessary and appropriate, while at the same time finding new ways of helping people – primarily through telephone and internet-enabled services.

At the time of writing we are seeing record levels of demand for our services and it is clear that the effects of the pandemic on the mental health of our population are going to be profound and significant. Oxfordshire Mind stands ready to do our part in helping those that need us.

Putting the pandemic to one side – the year to March 2020 has seen further strong growth and development for Oxfordshire Mind. We continue to enhance and preserve our core services, while developing new initiatives working collaboratively with our Partners. This year we have employed more people than ever before, helped more service users than ever before and received record income levels. We are proud of this achievement but know there is so much more to be done – especially in light of the pandemic and its impact on mental health in Oxfordshire.

## Leadership and Governance

The Senior Management Team has continued unchanged this year and we would like to record our thanks to Debbie Backhouse, Jess Willsher, Kim McMaster and Simon Pitkin for their excellent work leading the operations of the organisation. They are each recognised experts in their field and lead their teams to great effect.

At Board level we have welcomed some fantastic new Trustees to the Board – Susan Polwycka, Arian Bequiri and Luna Zaman bring new skills to our mix and we are very grateful for their contribution. During the year Tony Talbot has stood down as Chair of the HR sub-committee and Lucy Townsend has stepped up – our thanks to them both. Finally, we are currently in the process of setting up a new Fundraising and Development advisory committee,

which will be made up of a mix of Trustees and non-Trustee advisors.

## Services

Each of our services has continued to develop and perform at the highest levels with more of this work detailed in this annual review. For wellbeing you will read about: the Youth in Mind conference for Children and Young People held in February 2020; the opening of our new Banbury Safe Haven; examples of the fantastic peer support groups lead by our wellbeing locality teams (50 of these groups meet each week); physical activity; peer support and volunteering; and our increasingly powerful service user involvement work.

Our work in the TalkingSpace Plus IAPT (Increasing Access to Psychological Services) continues to grow and you will read about the growth in numbers and reach of this team, as well as our new innovative Apprenticeship training scheme (delivered in partnership with Oxford University, Oxford Health and the University of Buckingham). Our Housing team continue to deliver the highest quality service to service users needing the most in-depth help and in particular achieving excellent move-on rates; pleasingly this year we were successful in our bid for extension of the Wallingford Housing and homelessness project.

## Finances

We had a record income level of over £5m for the first time this year, driven by the development of new services, legacy income and not least the continued increase in fundraising income. Hundreds of individual people and an increasing number of companies and organisations raise money for Oxfordshire Mind and we could

not achieve what we do without this help – some examples are shown in this report. A particular highlight of the year was the over 200 people taking part in the Oxford half marathon (in torrential rain), collectively raising over £70,000.

## Finally

We would like to thank everyone reading this for their support of and contribution to Oxfordshire Mind. Our staff, volunteers, funders, partners, supporters, service users and Trustees all play a key part in making us what we are today – our thanks to you all.



*Nick Welch* Nick Welch  
Chair



*D. Knowles* Dan Knowles  
Chief Executive



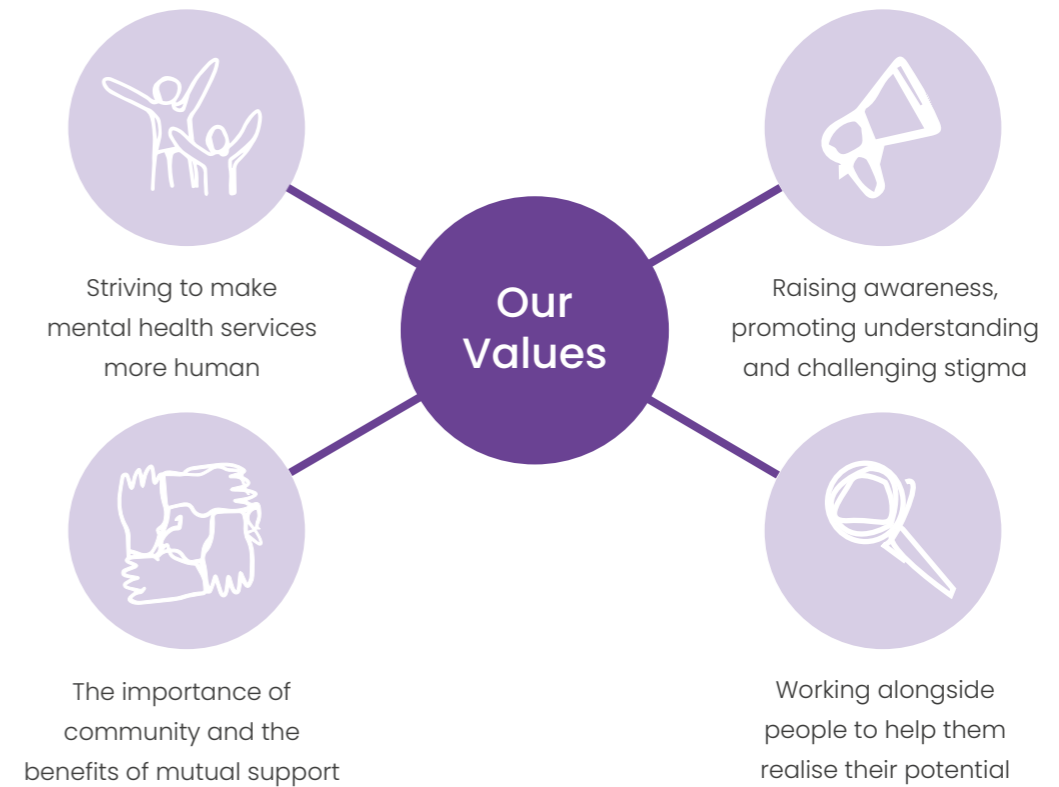
# About Us

## Our Vision

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

## Our Mission

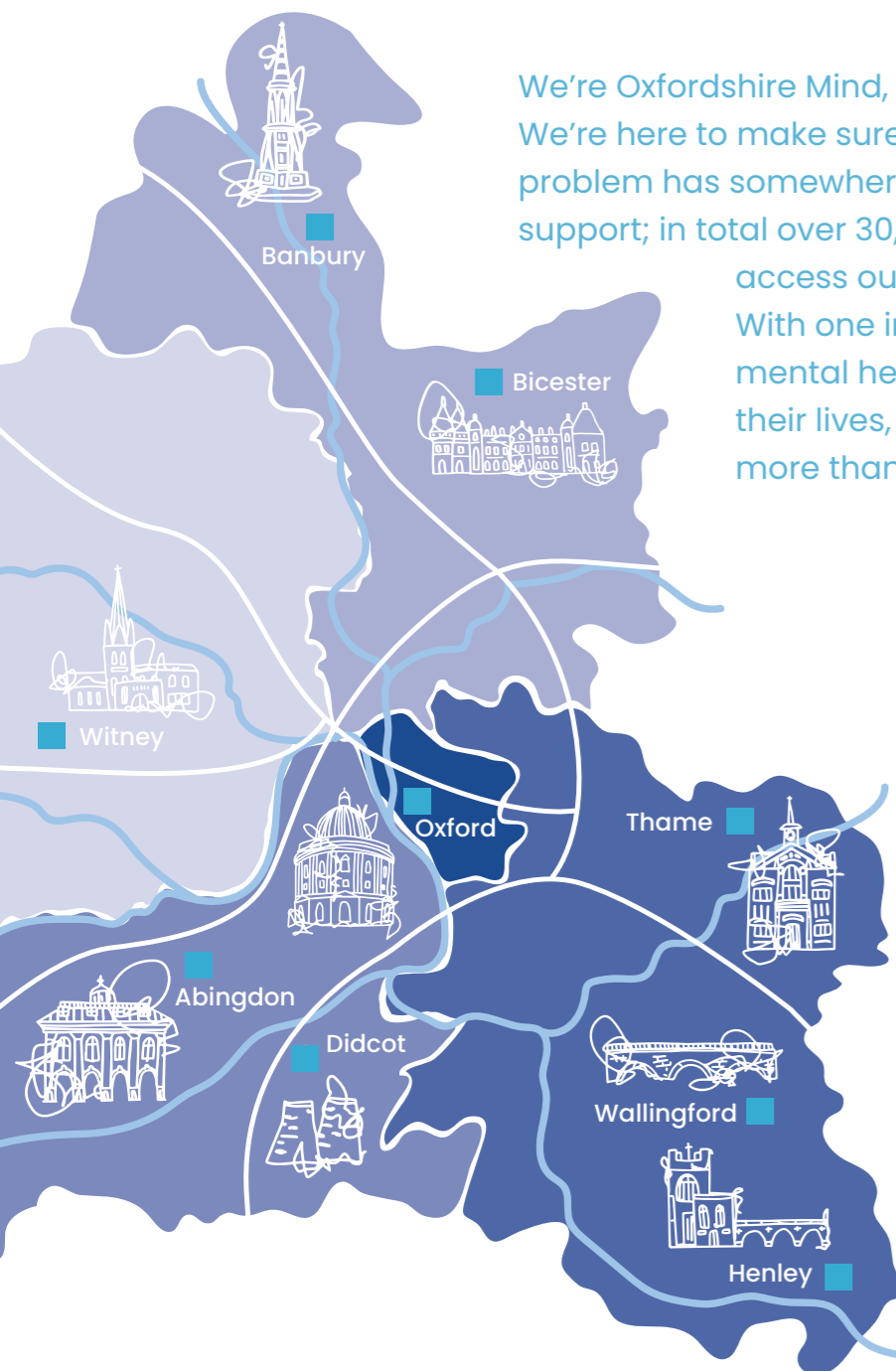
We promote good mental health through the provision of high quality services and campaigning for positive change.



- **Open** We reach out to anyone who needs us
- **Together** We're stronger in partnership
- **Responsive** We listen, we act
- **Independent** We speak out fearlessly



# Wellbeing Services



We're Oxfordshire 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; in total over 30,000 people in Oxfordshire access our wellbeing services each year. With one in four people experiencing a mental health problem at some point in their lives, people need Oxfordshire Mind more than ever.

Our network of Wellbeing Centres (Oxford City, Abingdon, Witney, Bicester and Banbury) provides a programme of courses and workshops, creative activities and peer support groups.

Peer support groups provide a safe and welcoming space to share activities, thoughts and meet people who may have experienced similar issues.

The groups are run by peer support volunteers who have lived experience. All our peer support groups have been planned and developed in a co-productive way, meaning that our peer support volunteers have been involved in the whole

process. Peer support connects people and provides a confidential place where people can listen to each other without judgement through sharing and understanding. Further information around peer support groups can be found on pages 10, 11 and 12.

## The service also operates in over 30 locations across Oxfordshire, providing:

- **Benefits for Better Mental Health**  
Providing benefits support to people with mental health problems and their carers, including welfare benefits, disability benefits, personal independence payment, employment support allowance, and carers allowance.
- **Physical Activity & Wellbeing**  
Accessible physical wellbeing support, including Walking for Wellbeing and Boxing for Wellbeing.
- **Stepping into Wellbeing**  
The mixed model day hospital service supporting transition from hospital into the community.
- **Adult Mental Health Team, embedded workers**  
Creating strong links between staff in community mental health teams across Oxfordshire and providing information & options sessions and wellbeing support.
- **Primary Care**  
Wellbeing workers within surgeries encourage and enable patients to link in with existing support services, use the support available in their local community, and develop tools to increase their ability to manage their own wellbeing.
- **Safe Haven**  
Offers short term out of hours support to adults experiencing mental health crisis in Oxfordshire.
- **Children and Young People**  
Working to support children, young people, parents and staff members working with young people.
- **Information Service**  
Provides advice, support, and signposting to anyone in Oxfordshire experiencing a mental health issue.

# Banbury and Oxford Safe Haven



I was planning to attend A&E on Sunday, but after EDPS referred me on a previous day I decided to come to OSH instead.

It sometimes feels you are the only people I can talk to.

I never feel forced to talk. If I want, I can just think quietly or spend time using the arts and crafts area.

## Expansion of the Safe Haven model

Banbury Safe Haven was launched in February 2020 extending our Safe Haven provision outside of Oxford City. It serves a local population of approximately 50,000 residents. The Safe Haven provides an alternative to hospital emergency departments for people in mental health crisis.

The Oxfordshire Mind Wellbeing Hub in Banbury was chosen as the location for Safe Haven as it already houses Wellbeing and is located within Banbury town centre, making it easily accessible for most needing to use the service.

### Highlights from the past year

- Established volunteering roles and Peer Supporter roles across both services
- Successful and well attended Community Involvement event offering opportunity for professionals, carers, family/friends and service users feedback which influenced future changes to the service.
- External evaluation by Healthwatch with positive feedback and helpful recommendations
- Set up a garden space with donations support from Oxfordshire Crisis House Project and local businesses
- Safe Haven worker placed at Emergency Department to provide support and information to those in mental health distress
- Sharing knowledge and expertise with other crisis services across the country and linking in with National Mind
- Continuing to link in with other professionals and organisations in Oxfordshire



# Unusual Experiences (Oxford City)

The Unusual Experiences Peer Support Group was launched in 2015, by ex-service users with lived experience. The name includes more than hearing voices – other sounds, visions, smells, tastes, touch and unusual beliefs.

Unusual experiences can be isolating as family, friends and professionals may lack understanding around how to best to support. Group members talk about their experiences in a safe environment with others who can empathise, but without pressure to do so recognising that it can take time to develop trust.

Although there are various explanations for unusual experiences, this is a space for group members to understand their experiences in their own way without being told what to think. The quality of listening and peer support within the group is invaluable.

After establishing a core membership over the years, relocation online during Covid-19 has increased participation due to greater accessibility.

**After speaking about my experiences to the group, sometimes I get respite from the voices, which enables me to do things such as my freelance work and the housework.**

**Because others find it hard to understand I feel I have to wear a mask, which is exhausting. In the group I can be myself and feel accepted.**



# Stowe (Cherwell and West)

Throughout the Summer of 2020 service users from Cherwell and West attended Wellbeing poetry workshops in the grounds of Stowe, a National Trust Property.

The Grecian Valley at Stowe has inspired the arts, including poetry for centuries. At Oxfordshire Mind we understand the many benefits that spending time outside in nature can have on wellbeing. Collaborating with the National Trust was a natural fit for this peer support group.

Poet in residence Dan Simpson led the group through the park, past pavilions, grottoes, lakes and statues to the Grecian Valley. Staff and service users sat on the steps of the Temple of Concord and Victory, as Dan guided them through three different ways of exploring poetic prowess.

Service users recently returned to take part in a short film, reading their poems, promoting Stowe's wellbeing project, Dan's workshops and his residency.



# Late Shift (South and Vale)



# TalkingSpace Plus



The Late Shift was created in a meeting room in the Cowley Community Centre to support people who were either in work or full-time education.

'In the beginning, people were very scared their employers might find out they were there, at a mental health group,' says Beth. 'They were petrified we would keep notes about them and that their problems would travel beyond the group.'



The group went through several changes of format and now the Late Shift meets for two hours a week. The Community Centre is long gone and in the era of Covid the group now is meeting virtually.

**“A place to breathe...”**

One member has used group support to find her way through professional training. 'It feels a supportive space where you are understood and where you get to know people's stories and they get to know yours.'

Another member struggled with depression and felt like an outsider in any social situation. The Late Shift helped her to realise

that appearances can be deceptive. 'When I joined this group I realised that a lot of people who look totally normal can have serious troubles too. I used to feel that when I walked around people could see how much I was suffering inside, but I realised from this group that that it isn't necessarily so.'

**“It was hard at first, then I realized that if I talked, I got so much back.”**

For someone else, the group offered a safe space. 'I feel like I've fallen through the cracks many times in my life. I have phoned 111 many times – and been close to jumping from a bridge. Coming to this group was the first time I felt genuinely helped.'

For someone else, the group has helped her to combat loneliness, so often the bedfellow of mental health problems.

'Before I came to this group I was really lonely. Through this group I have made some awesome friends. I know for a fact that without this group I wouldn't be here.'

For more information:



01865 247788



info@oxfordshiremind.org.uk

In 2020 TalkingSpace Plus (TSP) has continued to increase access to adults with common mental health problems.

Following national lockdown earlier in the year TalkingSpace Plus moved swiftly to adapting and providing all treatments digitally, thus supporting the service to remain open and continue to provide talking therapies to the Oxfordshire community. TalkingSpace Plus

has been proactive  
engaging and  
supporting  
NHS and

Care home staffing groups, prioritising their treatments to support them remain in their roles. Step 2 has been pivotal in offering initial telephone assessments to all clients inclusive of our priority groups and keeping waiting times within 24 hours.

This year has also seen the introduction of the newly established OHFT PWP apprenticeship programme with 33 trainees currently being trained. We are among the first service in the country to be undertaking this new and more effective apprenticeship training programme, and acknowledge the support of the University of Oxford who have made training funds available to us for the programme. We are now preparing to recruit for cohort 3 in Spring next year. During 2020 our Step 2 team has expanded significantly and we now have 65 Psychological Wellbeing Practitioners (PWP) with further expansion to follow in 2021.

We are also pleased to confirm that our current contract which was due to end in March 2021 has now been extended for another two years and we look forward to working with our partner organisations over this period to further develop the service.





## Boxing For Wellbeing

Oxfordshire Mind worked in partnership with Active Oxfordshire to deliver Boxing for Wellbeing courses at secondary schools across the county.

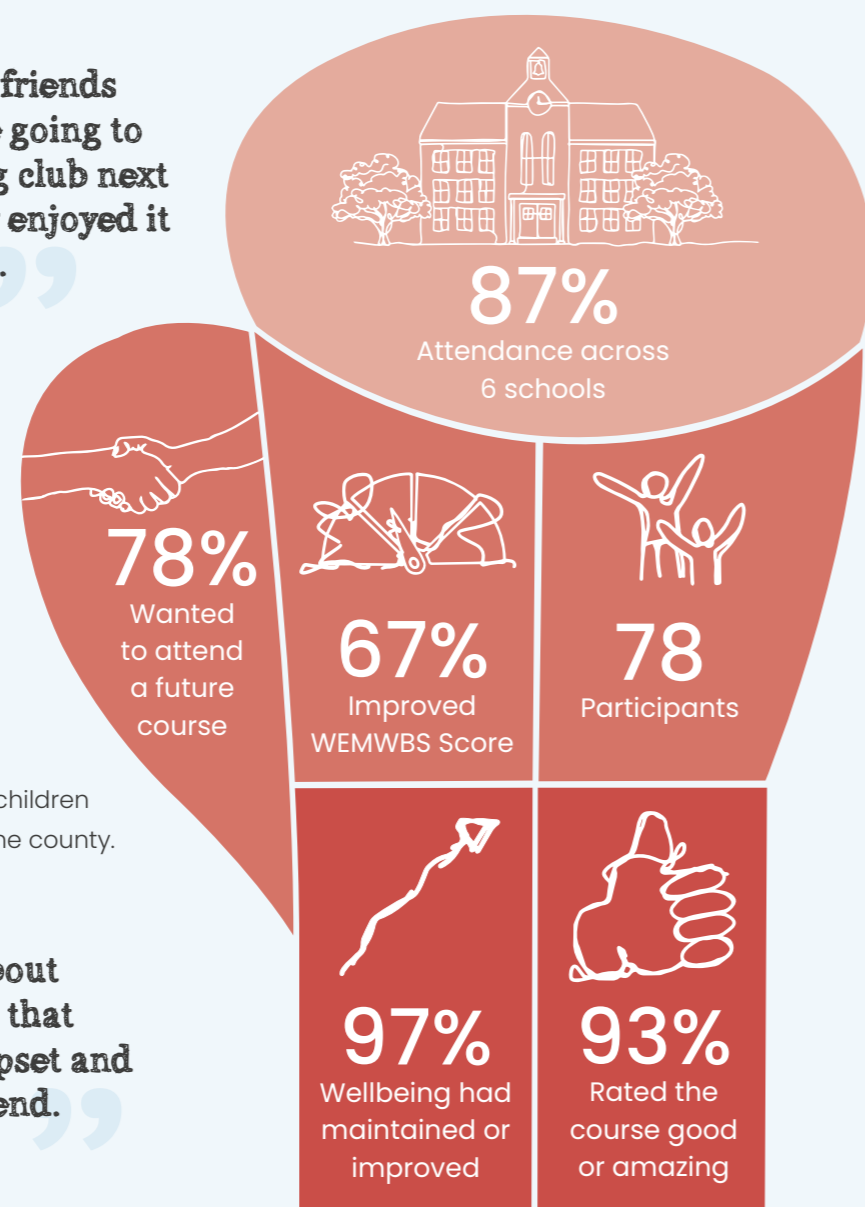
Each of the four week sessions involved students working on coping strategies and skills to improve wellbeing and included a boxing session of sixty minutes.

**“Me and three of my friends from this course are going to join our local boxing club next week as we've really enjoyed it and found it helpful.”**

Three in five young people have either experienced a mental health problem themselves, or are close to someone who has.

Oxfordshire Mind is committed to working in partnership with organisations across the county to improve the provision of services for children and young people across the county.

**“I like that we talk about social things, things that make us happy or upset and let out anger at the end.”**



## Walking for Wellbeing

In January 2019 Oxfordshire Mind received three years of funding to run Walking for Wellbeing, the service has set up walking groups for people with experience of severe and enduring mental health.

Oxfordshire Mind has had a successful first year of the project, reaching over 170 people with over 650 hours of walking.

Together we have explored so many different hidden corners of Oxfordshire. Some of our favourite walks include: Christ Church Meadows, University Parks and the Magdalen College deer park.

**“I enjoy the scenery, wildlife and the workout.”**

Other highlights have included running our first service user involvement event ahead of opening walks in our second location in Banbury. Feedback from participants said it was ‘very informative’ ‘beneficial’ ‘really enjoyable and well-structured’. We were also nominated for the active award at the Oxfordshire Sports Awards and have been featured on BBC Radio Oxford as part of this.

In-person walks had to stop when lockdown was announced in March 2020 and the service quickly moved to running a weekly ‘virtual walk’ via email newsletter. As part of this many of our participants and volunteers sent in pictures of walks they had taken and wildlife they had seen. We think it is a

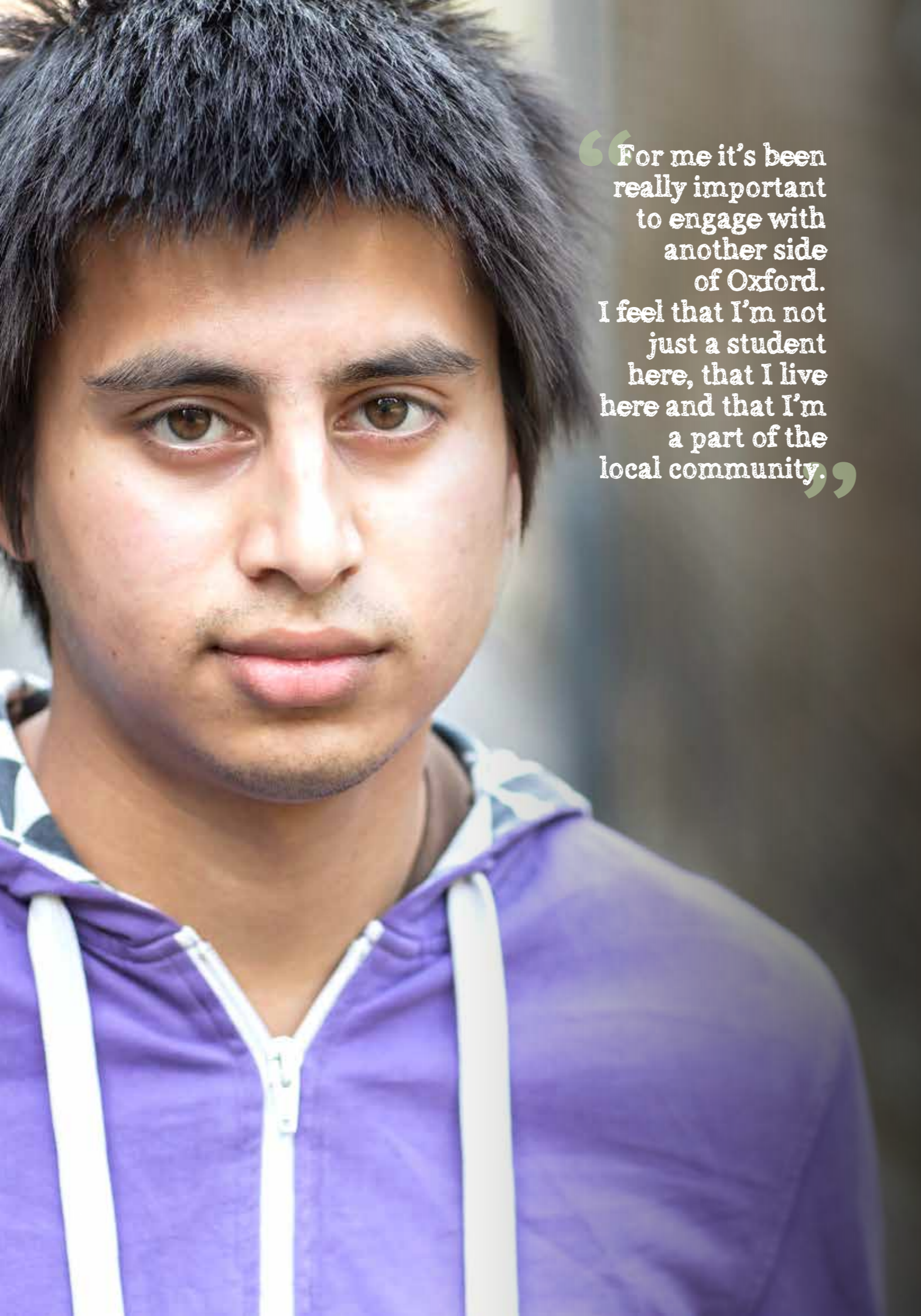
testament to the community we have built in the first year of the project that we were able to support each other virtually in this way and we are hopeful that we will go from strength-to-strength in our second year.

**“Coronavirus has shown how important it is to look out for one another. The mental health crisis response is just as important as responding to the physical threat of the pandemic, I'm really pleased to have been part of that alongside my wonderful colleagues, volunteers and service users.”**

**- Francesca, Walking for Wellbeing Facilitator**







“For me it’s been really important to engage with another side of Oxford. I feel that I’m not just a student here, that I live here and that I’m a part of the local community.”

## Volunteering

From leading wellbeing walks, taking calls on our Information Line, or offering emotional support in our Peer Support groups, our team of friendly volunteers bring a wealth of experience and enthusiasm to Oxfordshire Mind. This year we trained and supported nearly one hundred people to volunteer in eight different roles across the organisation. We also introduced two new volunteer roles within our Benefits for Better Mental Health Team, to support people with their Universal Credit claims.

### What can you gain from volunteering?

- Use your experience to help others
- Connect with your community
- Meet like-minded people
- Boost your own wellbeing
- Learn useful transferable skills
- Build confidence and self-esteem
- Free training and support
- Reimbursed expenses

“It’s very rewarding to have the chance to help some of the most vulnerable people in our society and to volunteer for a charity that is committed to promoting good mental health.”







“I have loved every minute from the training to the peer support groups. I have definitely become a better person because of the people I have met in the past year.”

## Peer Supporter Viv

“I have struggled with my mental health for a long time as my job was very emotionally challenging. In 2017 it became increasingly difficult to function following an assault and having to re-live the experience in court. I crumbled, and very gratefully embraced the medical model of treatment.

I first engaged with Oxfordshire Mind at the day hospital, through the ‘Stepping into Wellbeing’ programme. I felt very humbled that people could be so kind and non-judgmental of this much less-than-perfect me and I became more accepting of myself. For the first time I could deal with the shame I felt around my illness, because of the compassion and skill of the wellbeing practitioners.

Later, I completed the Peer Support training and started volunteering as a Peer Supporter with the Abingdon Hub. It is lovely to feel so included, supported and part of the team.

I am trying to step out of my comfort zone and last year I volunteered to be a facilitator on the Peer Support training programme, co-delivering eight sessions alongside staff. This helped me cement my thoughts, enhanced my wellbeing and gave me a little more emotional resilience.

I am still recovering the parts of me that I lost but with the help of Oxfordshire Mind I will never again feel unsupported or ashamed of my mental health issues.”



### Want to learn more?



[www.oxfordshiremind.org.uk/volunteer](http://www.oxfordshiremind.org.uk/volunteer)



[volunteering@oxfordshiremind.org.uk](mailto:volunteering@oxfordshiremind.org.uk)



01865 247788





**“I have had episodes in my life of depression. When I started feeling better I wanted to do something and I became involved as a Lived Experience Interviewer. It means I can help staff interview candidates for jobs with Mind because I had the experience of mental health.”**

## Service User Involvement

Oxfordshire Mind has continued to work in partnership with the people who use our services, ensuring the expertise of those with lived experience of mental health conditions is at the centre of everything we do. In the last year, we have:

- Launched our Expert by Experience and Lived Experience Interviewer roles, providing opportunities to influence and represent Oxfordshire Mind.
- Worked with service users across the Oxfordshire Mental Health Partnership to create “My Life Fest”, a celebration of the strengths that come with lived experience.
- Held forums and community events across the organisation allowing service users and stakeholders to impact service design and delivery.
- Began work to make our feedback systems more accessible, empowering and streamlined for those who interact with our services.

### Want to learn more?



[www.oxfordshiremind.org.uk/volunteer](http://www.oxfordshiremind.org.uk/volunteer)

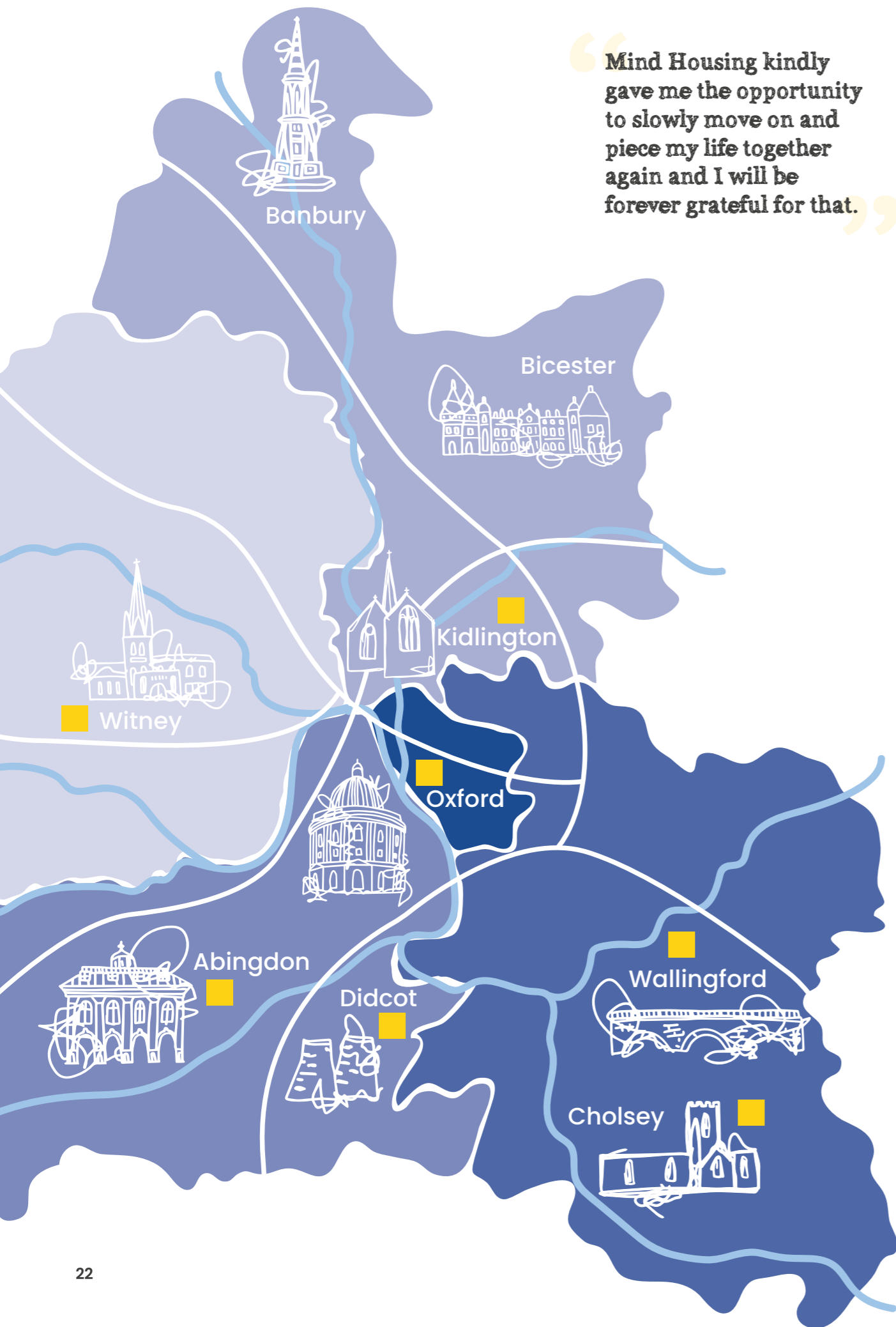


[volunteering@oxfordshiremind.org.uk](mailto:volunteering@oxfordshiremind.org.uk)



01865 247788








# Housing

We provide a pathway of supported accommodation options for people with mental health and housing needs in Oxford City and in West and South Oxfordshire:

### The aims of our service are:

- To promote quality of life, independence and social inclusion
- To achieve personal recovery and empowerment
- To prevent homelessness and events leading to homelessness
- To reduce admissions to hospital and the likelihood of admission to hospital
- To improve physical health and wellbeing for people with mental health issues
- To assist in the process of establishing stable and cohesive communities
- To work in partnership with and link people to other organisations, both specialist and mainstream

### Want to learn more?

-  [www.oxfordshiremind.org.uk/housing](http://www.oxfordshiremind.org.uk/housing)
-  [referrals@oxfordshiremind.org.uk](mailto:referrals@oxfordshiremind.org.uk)
-  01865 797751

# Oxfordshire Mind Housing



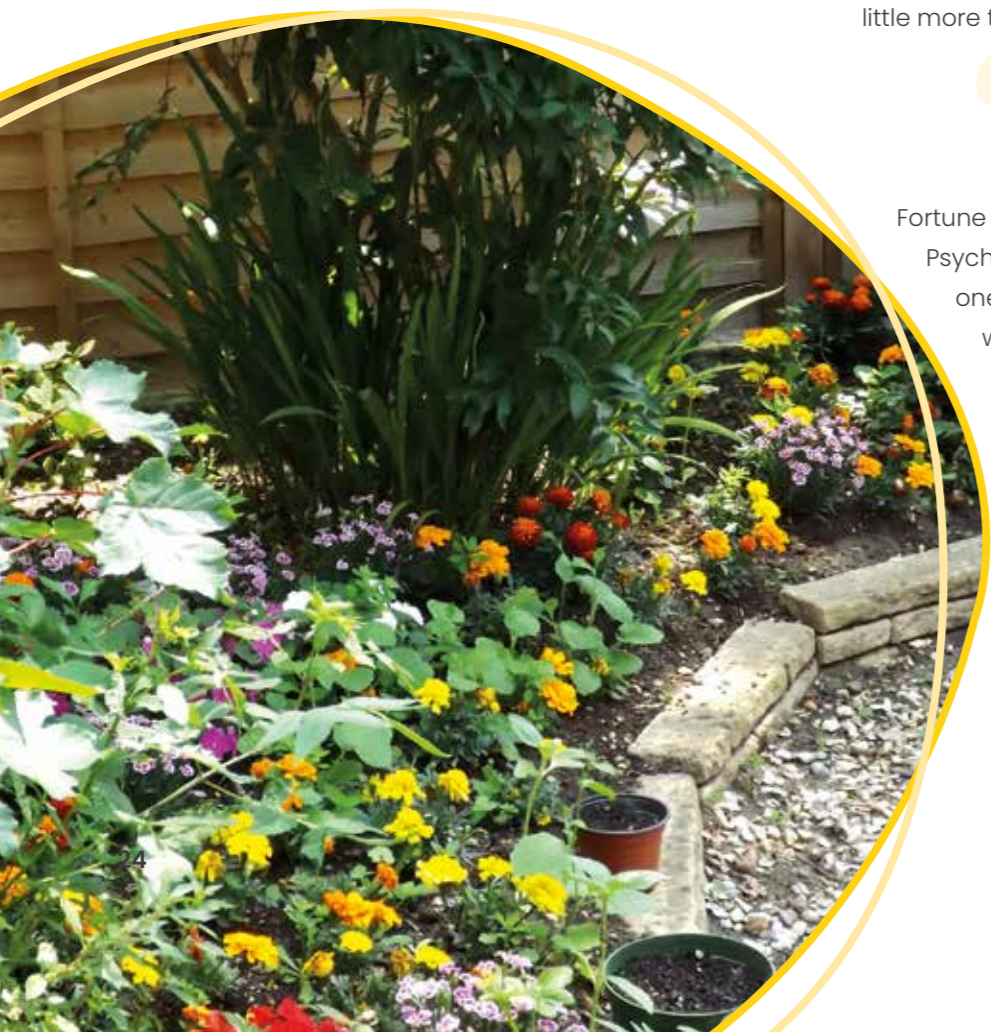
On the 13<sup>th</sup> April 2018, Chris was diagnosed with Recurrent Depressive Disorder with prominent anxiety with some features of PTSD. Subsequently, this was reassessed as Depression with severe Anxiety with PTSD symptoms. It was a relief to finally receive the assessment for he had been struggling for a very considerable period of time culminating in a suicide attempt on September 13th 2010.

'During 2017, I underwent major orthopedic surgery (twice) to receive a total hip joint replacement, work had ended as a result and other than SSP, my income had gone. I was served with a notice to leave where I had lived since 2015 and I had nowhere to go and so I dug my heels in. In the end and

just after my 60th Birthday in November 2018, on December 4th, I vacated and entered technical homelessness although in reality, I was accommodated at a local inn thanks to my friendship with the family who run the establishment. I was on a short thread however, for the inn required all their rooms over the Christmas period. Respite might be little more than breathing space...time.

## “Fortune was to smile”

Fortune was to smile though, for the Psychiatrist who had assessed me, one Dr Hammond, put me in touch with the Adult Mental Health Team in Oxfordshire and in short order, they directed me to engage with the Oxfordshire Mind charity and following an interview I was contacted by telephone to say that I had been accepted and duly I moved in to the “Goldrose” Project in Goldsmiths Lane in Wallingford on December 21st 2018. What an early Christmas present this truly was!



Quite apart from removing me from the fear of homelessness, I was enabled to return to and reside within the town of my birth and Secondary education. In fact, some 43 years after first leaving home to begin my career in civil engineering which has taken me all over the United Kingdom and very extensively overseas too. Now, in September 2020 I am leaving “Goldrose” and moving just two miles away.

Aided by my intimate knowledge of Wallingford, I settled quickly into “Goldrose” and, whilst I had to get used to the unfamiliar routine of sharing with two other residents, something that did occasionally give rise to relatively brief discomfort, nevertheless in general, cordiality was obtained and perhaps my culinary abilities were a useful asset in achieving such cordiality for at least the majority of the time. We were blessed with having a nice little garden area but one that had been largely untended and during 2019 and with support from Oxfordshire Mind, we got into reasonable shape and during this year (2020) a lovely ornamental feature has developed including the growth, development and blossoming of sunflowers from seed. Before I leave, I will be planting

some hollyhocks in both residences of “Goldrose” to add further peace provoking colour to the residential environment.

## “An early Christmas present”

My residency at Goldrose was (and remains to be for all residents thereof) a temporary housing solution and so earlier this year, I engaged with SOHA (South Oxfordshire Housing Association) but of course the COVID problem somewhat intervened and delayed my moving on options. I applied for a number of suitable properties and thankfully, I was finally accepted for a delightful property in Brightwell cum Sotwell and aided as always by Oxfordshire Mind, personal friends and SOHA, as I compose this article I am pretty much moved in.

Therefore as the sun sets upon my stay here at “Goldrose” so the Sunflowers that I grew from seed are beginning to rise and shine and from a personal perspective this natural aspect not only glows upon my final move onwards but also highlights my gratitude to Oxfordshire MIND, SOHA, the AMHT and my General Practitioner, Dr Simon Pettitt.'





# Oxford Half Marathon Fundraising

Oxfordshire Mind would like to thank and congratulate all of the 2019 Oxford Half Marathon runners who took to the streets and ran 13.1 miles in the name of better mental health!

Over two hundred runners signed up to support Oxfordshire Mind last year, raising an amazing £67,970 for the charity. This money will make a huge difference to anyone with a mental health problem needing help and support!

We would also like to thank HelloFresh who donated lots of drinks and bananas to boost our runners pre and post run.

I (and many others) lost a good friend, Finn Lowery, to a long battle with depression. Finn was 28 years old, a loving husband, Rhodes scholar and former captain of the New Zealand men's water polo team; but above all he was an extraordinary person who brightened the lives of all who know him.

Finn was an amazing swimmer so it seemed appropriate to honour him with an epic swim. I signed up (and completed!) the 14km Thames Marathon in aid of Oxfordshire Mind. Thanks to fantastic support from friends, family and colleagues I raised a significant amount of over £6,000 to support Oxfordshire Mind's critical work in the community.

- Pheobe Harrop



“An amazing experience for such a fantastic cause. Can't explain the feeling I got when finishing knowing I raised a lot of money for people like me who have and are struggling. I commend Oxfordshire mind for their fantastic work they do.”

“It was amazing. It was my first ever half marathon and I was such a mix of nervous and excited beforehand but as soon as the race started I just loved it the whole way around, even in the rain! I am so happy that I've been able to raise so much money for a charity that means so much to me too, that just made the whole experience extra special. Thank you for letting me run for you :)”



# Corporate Fundraising

In 2019 Oxford Safe Haven was launched; a safe place where people can find support, out of hours, if they are going through a mental health crisis.



The building had an outside patio area but was lacking furniture and plant life.

In the Summer of the same year, Bampton Plants generously donated hedging, lavender, mint, rosemary, honeysuckle, fruit trees and compost. Garden Trading kindly donated a bench for staff and service users to sit and enjoy the garden.

Over the last year the garden has become more established and provides natural sights, fragrances and a peaceful atmosphere for service users.

**We received £314,193 in grants from trusts and foundations during the year.**



# Fundraising Stats



These numbers are approximate and does exclude some facebook donations, third party fundraising platforms, regular givers etc.



# Benefits for Better Mental Health Stats

Since 2008, Benefits for Better Mental Health (BBMH) has helped over 8000 people across Oxfordshire.



The BBMH team are accredited in claims and can help with:

- **Benefits health checks:** To ensure entitled benefits.
- **Claims:** Supporting with claiming and maintaining benefits, including the necessary letters, forms, journal updates and phone calls.
- **Appeals:** Representatives at appeals and challenging decisions.

# Trusts and Foundations

National Lottery Community Fund awarded Oxfordshire Mind a grant for £275,000 over five years from 2019–2024. The grant will continue to support Benefits for Better Mental Health (BBMH). We are also pleased that the Rothschild Foundation gave a grant towards BBMH's work in Bicester. National Mind also provided a grant to support various aspects of our work.

BBMH enables people who are unable to work due to their mental health conditions to access the funds they are entitled to. They do this through providing specialist benefits advice and support. Each client is treated with dignity and respect and has every stage of the process explained to them to ensure that they are fully aware of the implications of the claim or issue BBMH is assisting with. Through BBMH, our clients receive a level of financial security which is the precondition for mental health recovery.

They are supported holistically to address their wide-ranging needs with referrals and signposting to a range of other support agencies, including other services from Oxfordshire Mind, TalkingSpace Plus and the Oxford Mental Health Partnership. Having gained economic stability, they can focus on their recovery, making a significant difference to their wellbeing.

**“A BBMH staff member came with me to my tribunal. I was completely in pieces, so it was important to have him there. It was really frightening. He would remind me of things.”**



David Bryceland  
Project Manager of  
Benefits for Better  
Mental Health

# Supporter Awards

## Student Fundraisers of the year



Oxford University Lacrosse Club (OULC) have been supporting Oxfordshire Mind over the last year through lacrosse related activities, as well as raising awareness of wellbeing within their club. In 2019/20, OULC raised over **£1,500** for the charity and have committed to continue to support our cause going forward.

## Corporate Event of the year

In 2019 So... Hair, Nails and Beauty held a charity ball with a raffle and auction in November 2019 raising over **£10,000** for Oxfordshire Mind.



## Corporate Supporter of the year

LTI MetalTech donated **£3,000** to Oxfordshire Mind and more recently (this financial year) raising another **£2,600** through employee fundraising.

## Corporate Sponsorship of the Year

Blake Morgan law firm sponsored Oxfordshire Mind to join B4 Networking Organisation and co-hosted several training events.



## Supporting hubs through Gifts in Kind



Bampton Garden Plants donated plants, trees and herbs and Garden Trading donated a bench to Safe Haven. They have helped establish a peaceful garden for anyone in need of support. Garden Trading donated garden furniture to Safe Haven, giving somewhere to sit and relax in the garden.



## Employee Fundraisers of the year

The Oak Investment partnership raised **£2,500** for Oxfordshire Mind through employee fundraising activities.

## Commitment to Workplace Wellbeing

In 2019, Oxford BioMedica began planning their Management Development Programme. The Programme included training in mental health. This exemplifies the vision of Oxfordshire Mind's Workplace Wellbeing Training: for mental health training to be part of the continuous professional development of staff.

All staff were also offered workshops where they could learn tools to look after their own mental health and wellbeing. Oxford BioMedica also look to the future and are training significant numbers of their staff to be Mental Health First Aiders in September 2020.

We are delighted that many businesses of all types and sizes are following this model of commitment and training for their staff.



## Leadership in Mental Health



Co-Director of Oxford's Popham salons, Shirley Popham qualified as a Mental Health First Aider in March 2020, along with General Salon Manager, Jo Hutton-Price. Exemplifying how leadership and success in business parallels with caring for the mental health of staff, Shirley, Jo and the rest of the team at Popham's are passionate about compassion and understanding in the workplace.

Employees across all three salons engaged in the 5 Ways to Wellbeing Workshops in early 2020. Jo and Shirley continue to use their skills as Mental Health First Aiders and to model wellbeing – as all good leaders do!

## Challenge Fundraiser of the year

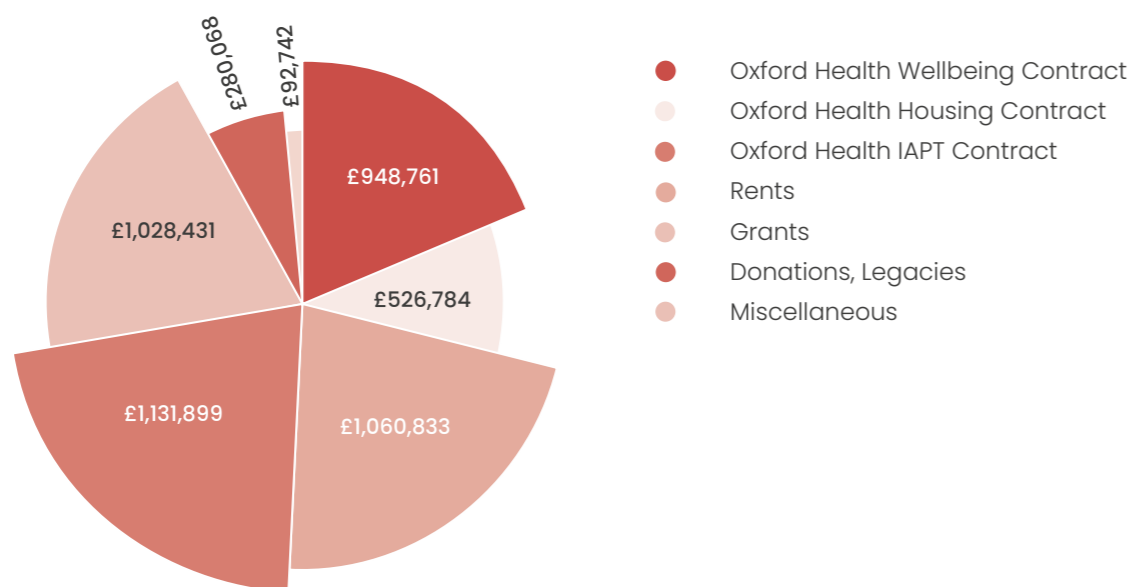
In August 2019 Phoebe Harrop took on the Thames Marathon and raised an incredible **£21,416** for Oxfordshire Mind in memory of her friend Finn Lowery.



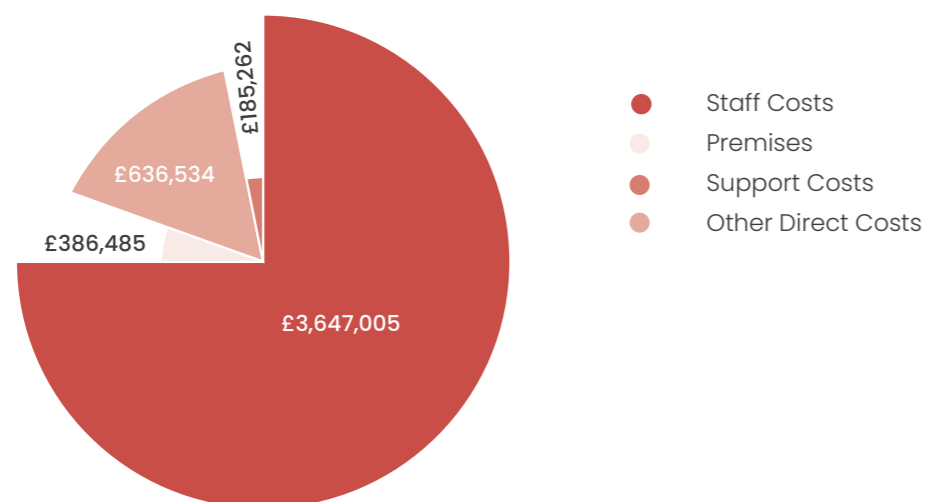


# Finance Report 2020

## Where does the money come from?



## Where does the money go to?



# Mental Health Inequalities

Throughout the Coronavirus pandemic physical and mental health inequalities have become heightened. National Mind conducted a survey of over 14,000 [1] adults which revealed that existing inequalities in housing, employment, finances and other issues have had a greater impact on the mental health of people from different ethnic minority groups than white people during the coronavirus pandemic.

As a charity we need to examine systemic white privilege and how we define Blackness and 'other' groups, which in turn informs definitions of mental health, wellbeing and recovery rates. We need to work with all communities to better understand how to deliver, and co-deliver, services to our diverse Oxfordshire community.

population for Black Caribbean as against 16.2 per 100,000 population for white) [3]. Together with colleagues at National Mind we are campaigning to have a major reform of the Mental Health Act, which is disproportionately affecting from diverse communities.

We have long history of supporting people facing multiple discrimination and will continue to work at removing the inequality of opportunity in the mental health sector.

### Black people are more than four times as likely as White people to be detained under the Mental Health Act.

Stats show that 306.8 detentions per 100,000 people, compared with 72.9 per 100,000 people [2].

Black people are 40% more likely to access treatment through a police or criminal justice route, less likely to receive psychological therapies, more likely to be compulsorily admitted for treatment, more likely to be on a medium or high secure ward and be more likely to be subject to seclusion or restraint (56.2 per 100,000



[1] <https://www.mind.org.uk/news-campaigns/news/existing-inequalities-have-made-mental-health-of-bame-groups-worse-during-pandemic-says-mind/>  
 [2] <https://www.ethnicity-facts-figures.service.gov.uk/health/mental-health/detentions-under-the-mental-health-act/latest>  
 [3] <https://www.mind.org.uk/news-campaigns/legal-news/legal-newsletter-june-2019/discrimination-in-mental-health-services/>

# Achievements Against Our Objectives for 2018/19

● Within the Wellbeing Service

● Within the Benefits for Better Mental Health (BBMH) Service

● Within the Transitional Housing Recovery Service

● Within TalkingSpace Plus

19,823 people accessed Mental Health Information through the Information service, our highest figure ever

We helped over 2,338 people to cope and keep well through our options sessions, educational and coping skills courses and peer support groups (previous year 1,729)

Our National Lottery Community Fund funded project helped support 754 people through benefits advice casework (previous year 876)

The casework resulted in successful claims for over £1.8 million in additional benefit entitlement (previous year £1.7 million)

Work through the Advice Services Transition Fund extended our benefits work across the county

We housed and supported 124 people (previous year 117 people)

34 people were helped to move-on

91% of move-on was to more independent or appropriate accommodation

We increased our housing stock from 85 to 94 units. Occupancy levels were at 93% (previous year 93%)

We achieved 55.8% patient recovery rates within the TalkingSpace Plus service

We supported over 9,473 people this financial year into step 2 treatment (previous year 9,115)





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