



Annual Report 2015/16



About us

MindWise is one of Northern Ireland's leading mental health charities delivering 30 plus key services run by 100 professional staff and 80 volunteers. With the backing of our 330 members we raise awareness and help more than 1000 people each day affected by mental health issues to tackle their problems.

Our Mission:

Transforming lives and developing new visions for mental health by challenging stigma and discrimination and providing quality services and support.

Our Beliefs:

Dignity and Respect
Recovery
Partnership
Fair Treatment
Valuing Everyone



Foreword



Chair's Report Charles Bamford

I am delighted to be presenting this my first report since taking on the role of Chairman in October 2015. My predecessor, Aisling Johnston, served with dedication and distinction and I would like to express thanks, both personally and on behalf of the organisation, to her for all that she achieved.

MindWise is an organisation that is positive about its future with an excellent track record of innovation and service delivery. Over the years we have built up resources, experience and most importantly dedicated staff, allowing us to support those who need us most and promote good mental health

for all. In the following sections of this report you will find out more about our work and the priorities underpinning us as an organisation.

As we reported in our last accounts the charity sector is currently under great financial pressure with the prospect of continued Government austerity and uncertainty over future funding levels. Unfortunately, this has already led to the closure of some charities and a cut back in the services offered by others. In this climate only those organisations with adequate strengths in finance, operational capacity and innovation will

survive and prosper. MindWise has all of these abilities, plus a proven ability to collaborate successfully with our sector partners. We must never be complacent, but I am confident that MindWise is well positioned for an exciting future and to play a major part in promoting good mental health in Northern Ireland.

In closing I would like to express my sincere thanks to our many partners, our staff, my fellow trustees, our volunteers and our members for their contribution in 2015/16 and the years to come.

Chief Executive's Report Edward Gorringe



I am pleased to report that 2015-16 has been another year of solid progress for MindWise. During the year much of our focus was on consolidating existing services and ensuring that our management and operational structures continued to be fit for purpose and aligned to future opportunities. Alongside this our services continued to perform well and new opportunities in training and coaching were further developed.

Our Head Office move to Pinewood House in September marked a new chapter for

MindWise. The purchase of this new modern building is a statement of intent for the organisation and we hope it will serve us well for many years to come.

During the year MindWise was awarded the Investors in People Gold award and Health and Wellbeing Good Practice Award. These awards recognise the commitment of our staff to MindWise values and our Service users, and their willingness to get involved in different work streams that help shape the organisation moving forward. Service User

Participation and Engagement was also a key theme for the year and it is something we have committed to continue with in the future. Our roadshows across Northern Ireland gave our Service Users an opportunity to have their say on our services and how best they can engage with them in the future.

To staff, volunteers, service users and all of our many supporters and stakeholders, I offer you my sincere thanks and gratitude for another successful year.

The Year in Numbers

Our Services



6949 people supported during the year



33 Services

Income

Income in 2015/16 as follows:

79%

HSC Trusts/
Supporting People/
DOJ/DHSSPS

13%

Big Lottery

5%

Project funding
(CiN, ESF, PHA etc)

3%

Fundraising and sales

Our Staff



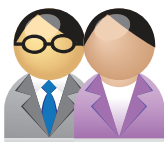
Salaries
£2,009,425



Cost of Employment
£256,196



Total
£2,265,621



102
Staff Employed



40
Part Time



62
Full Time



Over 5000
hours of staff
training



Approx. 50
training hours
per person

Online



Twitter followers:
2,024



Facebook Likes:
1,172



56,925
Website visitors



92,746
Website visits

Our Volunteers



244
Volunteers =



13
Trustees



84
new volunteers



147
existing



Total Number
of Hours donated
33,808



23 volunteer
training sessions



Our volunteers
delivered
14 Mental Health
Awareness Sessions

All Party Group on Mental Health



4
meetings



Average of
7 MLAs
per meeting



Average of
15
stakeholders
per meeting

External Training



23 Courses delivered to **271**
participants on behalf of employers,
organisations and groups.



Quality Indicators



Highlights 2015-2016

Pinewood House



In September 2015 we moved into our new Head Office: Pinewood House. Wyndhurst in Knockbracken served us well for over 25 years from our time as part of the National Schizophrenic Fellowship and then Rethink and since 2009 as MindWise. Pinewood House marks a new chapter for

MindWise as we continue to sustain and develop our much needed mental health services.

We were honoured to have the then Minister for Justice, David Ford MLA officially open the office. At the event, the Minister also launched our Mental Health Guide for criminal justice

professionals. Mirjam Bader, our Children/Young People and Criminal Justice Manager, worked with the Department of Justice to create this guide which is available to everyone working in the criminal justice system in Northern Ireland.

MindWise Awarded Investors in People Gold

In 2016 MindWise was awarded the Investors in People (IIP) Gold Award following a rigorous assessment process. This award recognises our clear vision, good practice and the commitment of a passionate and skilled workforce that takes pride in delivering excellent care and support to every service user.

MindWise was also awarded the Health and Wellbeing Good Practice Award by the IIP recognising the proactive and engaging approach taken to enhancing the health and wellbeing of our staff.



SUPER! Service User Participation and Engagement Roadshow

This year, Bill Ellison (Service User Representative of Board of Trustees) Anne Doherty (Deputy CEO) consulted internally and externally aiming to develop our systems, processes and cultures regarding Service User Participation and Engagement. Over 300 people participated in the roadshows. 116 people joined our SUPER Friends Network and 18 organisations signed up to our SUPER Charter.

SUPER consultations highlighted nine key thematic: involvement; value;

person-centred; peer-led activities; education and raising awareness; ICT; partnership and collaborative working; out of hours; strengthening the voice of clients.

SUPER has proven to be a highly successful initiative and we are working to secure investment to drive forward Service User Participation and Engagement long into the future. Recommendations after the roadshows and public consultation included the further development our Involvement

Policy and procedure; to establish what the expected levels of client involvement are and what support is available to ensure they can be effectively involved at each level; and to consider what culture, structure, practice and review changes are required to ensure effective and sustained client involvement.

This is very much a work in progress. For regular updates please sign up as a SUPER Friend by emailing super@mindwisenv.org

Mental Health and Wellbeing Coaching



Our partnership with Kingstown College to deliver the Advanced Diploma in Mental Health and Wellbeing Coaching is going from strength to strength.

In 2015-16, 25 people completed their Advanced Diploma in Mental Health and Wellbeing Coaching which is internationally accredited by the European Mentoring and Coaching Council.

Introducing WorkWise

In 2016 we launched our new workplace training initiative: WorkWise - a new vision for a healthy workplace.

For too long the issue of mental health in the workplace has been shrouded in secrecy, fear, ignorance and discrimination. With WorkWise we aim to equip employers and employees with the skills and knowledge to support positive mental well-being within the workplace, maximising employee attendance, motivation and engagement.

Workwise provides bespoke training programmes for positive mental health and wellbeing in the workplace. Courses include basic mental health awareness, managing stress and building resilience and coaching for employee wellbeing.

Our Services



Resource Centres

Ballyclare, Banbridge, Belfast, Downpatrick, Lurgan, Newry, Portadown, Magherafelt

Housing Services

Antrim, Carrickfergus, Banbridge, Belfast, Killeel



Floating/Community Support

Newtownabbey, Antrim/Ballymena, Cookstown, Magherafelt

Family & Carers Support

Ballyclare, Downpatrick



Self Management

Belfast & SEHSCT



Community Bridge Building

All HSCT areas



Advocacy

Newtownards, Lisburn, Downpatrick, Shannon Clinic



Volunteering
NI Wide



NIAAS

**Northern Ireland
Appropriate Adult Scheme**

Available in every Police Station in
Northern Ireland

Linked-In Project
Antrim, Belfast, L/Derry

LINKED
project



Family Wellness Project

Southern and Western Health
and Social Care Trust

**Mental Health
& Wellbeing
Coaching**
NI Wide

Coaching
for LIFE



WorkWise

**Learning and
Development**
NI Wide

Finance

MindWise New Vision Statement of Financial Activities for the year ended 31 March 2016

	General £ Designated Unrestricted Funds £	Endowment £ Restricted Funds £	2016 Total £
Income:			
Donations and Legacies	28,646	-	28,646
Income from other trading activities	71,593	-	71,593
Income from Charitable Activities	1,860,846	1,177,768	3,038,614
Investment Income	4,262	-	4,262
Total Income	1,965,347	1,177,768	3,143,115
Expenditure:			
Cost of raising funds	33,827	-	33,827
Charitable Activities to improve lives	1,944,891	1,206,194	3,151,085
Total Expenditure	1,978,718	1,206,194	3,184,912
Net Income / Expenditure for the year before transfers	(13,371)	(28,426)	(41,797)
Transfers between funds	-	-	-
Gains / (losses) on investment assets	(5,537)	-	(5,537)
Net movement in funds	(18,908)	(28,426)	(47,334)
Reconciliation of funds			
Fund Balances Brought Forward	816,327	96,802	913,129
Fund Balances Carried Forward	797,419	68,376	865,795



MindWise New Vision
Balance Sheet
as at 31 March 2016

	2016 £
Fixed assets	
Tangible Assets	500,722
Investments	161,039
	<u>661,761</u>
Current assets	
Debtors	62,645
Cash at bank & in hand	260,522
	<u>323,167</u>
Creditors: amounts falling due within one year	(119,133)
Net Current Assets	204,034
Total assets less current liabilities	<u>865,795</u>
Net Assets	<u>865,795</u>
Funds	
General Funds	797,419
Designated Funds	-
Restricted Funds	68,376
	<u>865,795</u>

A full copy of the audited accounts for the year ended 31st March 2016 can be obtained by emailing admin@mindwisenv.org or can be downloaded from our website www.mindwisenv.org

Transforming lives and
developing new visions
for mental health by
challenging stigma
and discrimination and
providing quality services
and support

MindWise

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Pinewood House
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For further information on MindWise

Email: info@mindwisenv.org

www.mindwisenv.org



Registered with the Charity Commission for Northern Ireland NIC103469.
Registered in Northern Ireland Number NI071976. HMRC Charity Reference Number Xt14999
Registered Office: Pinewood House, 46 Newforge Lane, Malone Road, Belfast BT9 5NW.
Mindwise is the operating name of MindWise New Vision a company limited by guarantee and
recognised by HM Revenue and Customs as a charity for tax purposes.

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