

*Mind
wise*

**A NEW VISION
FOR MENTAL HEALTH**

**ANNUAL
REPORT
2016/17**

About us

MindWise is one of Northern Ireland's leading mental health charities delivering over 30 key services run by 100 professional staff and 80 volunteers. With the backing of our 283 members we raise awareness and help more than 1000 people each day affected by mental health issues to tackle their problems.

Our Vision:

Our vision is a world where people affected by mental health issues receive the support they need to lead a fulfilling life through recovery and discovery.

Our Mission:

To transform lives and develop new visions for mental health by challenging stigma and discrimination and providing quality services and support.

Our Values:

- | | |
|--------------|---|
| Passion | We are passionate about mental health and wellbeing |
| Respect | We are respectful and value everyone in society |
| Empathy | We are empathetic, we listen and support you when you need it |
| Togetherness | We believe that working together is the best way to achieve our goals |

Foreword

Chair's Report

I am delighted to present this report in what is my second year as Chairman of MindWise and the final year of our Strategic Plan 2012-17 'A Sea Change to Hope'. The year was one of challenges and opportunities. The charity sector continued to face financial pressures with the ongoing impact of Government austerity measures and uncertainty over future funding levels. However, as a lean organisation with a dedicated and experienced team of staff and a strong volunteer base, MindWise has been able to continue delivering a broad range of quality services and to develop new services as needs change.

We look forward to the new strategic period that we are moving into. We have worked extensively throughout the past year to consult with a wide range of stakeholder groups to inform and develop our new strategic vision for 2017-2022:

Chief Executive's Report

2016-2017 has been another good year for MindWise with solid achievements across our services and the development of our new 5-year strategic vision.

As an organisation we pride ourselves on partnership working. One of our key values is togetherness as we believe that working together is the best way to achieve our goals. For many years we have been successfully collaborating with government departments, local health and social care trusts and other organisations within the community and voluntary sector. During 2016/17 we extended our focus to the private sector.

The tide is changing regarding the public perception of mental health with more and more organisations recognising the importance of mental health in the workplace and choosing mental health organisations as their charity of the year. This year we were delighted to partner with local communications agency Smarts Communicate and printing company TH Jordan.



Charles Bamford

'Transforming lives and developing new visions for mental health'. This included discussion groups, workshops and surveys with our service users, members, volunteers and staff, funders, partners and key policy makers. We reviewed our vision, mission and values to ensure that they remained relevant to our activities moving forward. Our goals remain the same but are supported by a range of objectives that will ensure that we continue to work towards our vision of a world where people affected by mental health issues receive the support they need to lead a fulfilling life through recovery and discovery.

Finally, I would like to express my sincere gratitude to our many funders and partners, our staff, our members, our volunteers and my fellow trustees for their contribution in 2016/17 and for the forthcoming year.



Edward Gorrige

In order to pursue UK wide corporate partnerships we have created Mental Health UK in partnership with our sister nations in England, Scotland and Wales. MindWise, Rethink, Support in Mind Scotland and Hafal were all originally part of NSF before splitting over a number of years to become independent organisations but we have remained close. As Mental Health UK we have been appointed as the Lloyds Banking Group charity partner for 2017 and 2018. Over the two years Lloyds will raise funds for a new money and mental health advice service.

In the years to come we will build on both our local partnerships and Mental Health UK to provide opportunities to promote positive mental health and gain additional resources to support our work.

None of what we do would be possible without the efforts of an outstanding team, so 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



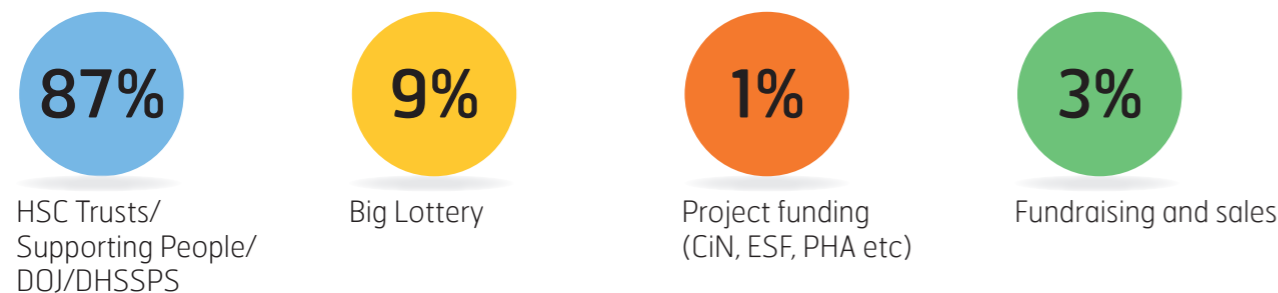
8788 people supported during the year



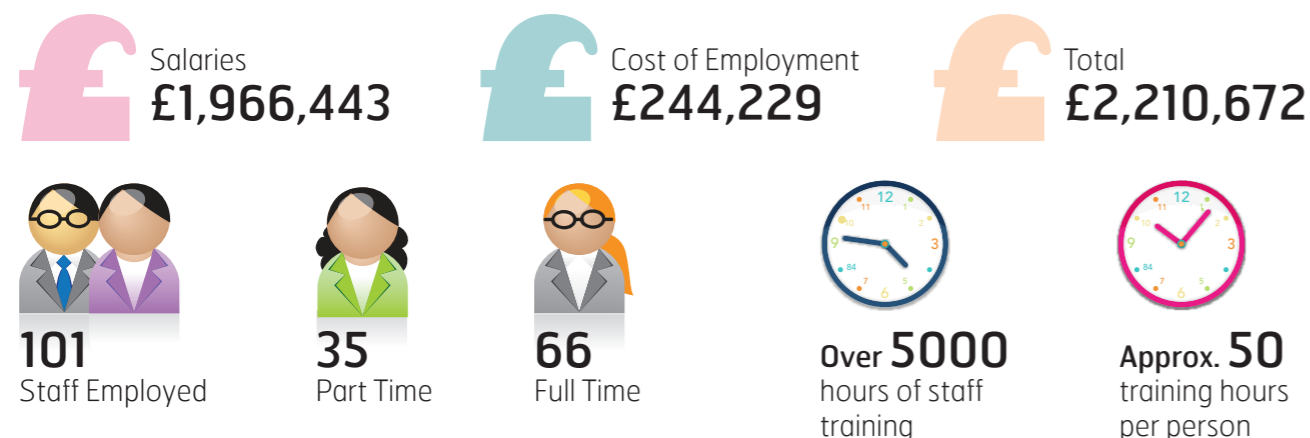
35 Services

Income

Income in 2016/17 as follows:



Our Staff



Online



Our Volunteers



88 Volunteers =



13 BOT



28 new volunteers



47 existing



18 volunteer training sessions



Volunteers donated over **150** hours helping out at events in the local community meeting over **1700** people

All Party Group on Mental Health



WorkWise



Quality Indicators



A Year of Partnerships

Mental Health UK



MindWise, Rethink, Hafal and Support in Mind Scotland all originally made up NSF before splitting over a number of years to become independent organisations. We have however remained in contact and in the last year the brand 'Mental Health UK' was created to allow us to jointly pursue corporate

partnerships requiring service delivery across the four nations of the UK.

Our first corporate partnership is with Lloyds Banking Group. Mental Health UK has been appointed as the Lloyds charity partner for a two-year period.

During 2017 and 2018 we will engage with Lloyds staff to promote good mental health and to raise funds for a money and mental health advice service. The service will be rolled out across the UK with operations based in Northern Ireland, Wales, Scotland and England.

TH Jordan

TH Jordan and MindWise have been partners for six years now but in 2016 TH Jordan wanted to go further than offering free printing jobs and community fundraising. Having offered work placements to other charities in the past, the next logical step with MindWise was to offer a work placement to one of our service users or volunteers looking to make the first steps back into employment.

Kevin Doherty availed of the opportunity and we are pleased to report that after the placement he was offered a permanent position with TH Jordan. Kevin has a long history with MindWise; previously a tenant in our Skegoneill supported housing service, Kevin attended our Belfast Resource Centre where he grew in confidence and joined the photography and film-making



groups before signing up as a volunteer.

Smarts Communicate

Smarts Communicate chose MindWise as their Charity Partner for 2016/2017.



Recognising the importance of mental health they wanted to help us spread our message of mental health recovery and promote mental wellbeing within their own organisation.

We had a great year with Smarts staff getting involved in many aspects of our work. Giving up their time to volunteer they pounded the pavements with collection buckets, wrapped presents and packed groceries during our festive fundraisers. Their Christmas social media

campaign #Take2forU raised over £1000 for MindWise and successfully highlighted the importance of looking after your mental health during the often stressful, festive period. This campaign has been shortlisted for a CIPR Pride Award with the winner to be announced in October.

Smarts also donated their time and expertise to help us refresh our vision, mission and values ahead of the launch of our new 5 year strategic vision.

Mental Health Charter for Employers

We worked with the Equality Commission for Northern Ireland, Action Mental Health, Disability Action, Mental Health Foundation and Niamh to develop a new Mental Health Charter for employers within Northern Ireland. The Charter provides a framework for working towards mentally healthy workplaces and was launched at a meeting of the All Party Group on Mental Health in Stormont.



The Charter is a voluntary commitment by an employer to promote good mental health which will be beneficial to their business/organisation, employees and the whole community in Northern Ireland.

It is our hope that through this Charter, Northern Ireland's workplaces will become more supportive of people who find themselves having to deal with mental illness. To date, 45

organisations have signed up to the Charter.

For more information, please visit: <http://www.equalityni.org/MentalHealthCharter>

Investing in Volunteers



In 2016 MindWise was awarded the Investing in Volunteers quality mark/standard for the 3rd time. It shows that we value our volunteers and demonstrates our commitment to volunteering within the organisation.

MindWise was assessed against a range of best practice standards and proved to excel in all aspects of working with its volunteers. The report

highlighted our commitment to volunteering and that our volunteer management policies and procedures meet nationally recognised standards.

In 2016/17 our 88 volunteers donated an incredible 18,408 hours to MindWise. Based on the Volunteer Investment to Value Audit (VIVA) for every £1 invested, we received a value of £2.85 in return.

Our Services



Resource Centres
Ballyclare, Belfast, Downpatrick,
Magherafelt

Volunteering
NI Wide



Housing Services
Antrim, Carrickfergus,
Banbridge,
Belfast, Killeel



**Northern Ireland
Appropriate Adult Scheme**
Available in every Police Station in
Northern Ireland



Floating/Community Support
Newtownabbey,
Antrim/Ballymena,
Cookstown, Magherafelt

Linked-In Project
Antrim, Belfast, L/Derry



**Family &
Carers Support**
Ballyclare,
Downpatrick



Self Management
Belfast & SEHSCT



Family Wellness Project
Southern and Western Health
and Social Care Trust



**Day
Opportunities**
SHSCT



**Community
Bridge Building**
NHSCT

**Mental Health
& Wellbeing
Coaching**
NI Wide



Advocacy
Newtownards, Lisburn,
Downpatrick,
Shannon Clinic



**Learning and
Development**
NI Wide

MindWise New Vision Statement of Financial Activities for the year ended 31 March 2017

	General & Designated Unrestricted Funds £	Endowment & Restricted Funds £	2017 Total £	2016 Total £
Income:				
Donations and Legacies	37,717	-	37,717	28,646
Income from other trading activities	59,812	-	59,812	71,593
Income from Charitable Activities	1,953,412	1,085,599	3,039,011	3,038,614
Investment Income	226	-	226	4,262
Total Income	2,051,167	1,085,599	3,136,766	3,143,115
Expenditure:				
Cost of raising funds	29,917	-	29,917	33,827
Charitable Activities to improve lives	1,967,039	1,128,845	3,095,884	3,151,085
Total Expenditure	1,996,956	1,128,845	3,125,801	3,184,912
Net Income / (Expenditure) for the year before transfers	54,211	(43,246)	10,965	(41,797)
Transfers between funds	-	-	-	-
Gains/(losses) on investment assets	15,867	-	15,867	(5,537)
Net movement in funds	70,078	(43,246)	26,832	(47,334)
Reconciliation of funds				
Fund Balances Brought Forward	797,419	68,376	865,795	913,129
Fund Balances Carried Forward	867,497	25,130	892,627	865,795

MindWise New Vision Balance Sheet as at 31 March 2017

	2017 £	2016 £
Fixed assets		
Tangible Assets	482,300	500,722
Investments	176,906	161,039
	<u>659,206</u>	<u>661,761</u>
Current assets		
Debtors	51,188	62,645
Cash at bank & in hand	314,243	260,522
	<u>365,431</u>	<u>323,167</u>
Creditors: amounts falling due within one year	(132,010)	(119,133)
Net Current Assets	233,421	204,034
Total assets less current liabilities	<u>892,627</u>	<u>865,795</u>
Net Assets	<u>892,627</u>	<u>865,795</u>
Funds		
General Funds	436,940	797,419
Fixed Asset Fund	430,557	-
Restricted Funds	25,130	68,376
	<u>892,627</u>	<u>865,795</u>

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

MindWise

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Mindwise is the operating name of MindWise New Vision a company limited by guarantee and
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