

Mind wise

A NEW VISION
FOR MENTAL HEALTH



**ANNUAL
REPORT
2017/18**



Passion



Respect



Empathy



Togetherness



Foreword



Chair's Report

As I present this report I would like to reflect on an aspect of our work which I believe encapsulates so much of what makes MindWise the organisation it is. During Volunteer Week I was struck by the selfless contribution made by our many volunteers, and that contribution is immense! During 2017/18 they volunteered for 11,834 hours, the equivalent of almost fifteen hundred 8-hour days.

The areas in which our volunteers work are equally broad, including befriending, cooking, arts and crafts, walking groups, IT support,

Wellness Recovery Action Planning (WRAP) facilitation, fundraising, and the delivery of awareness-raising talks. In addition, surveys in our services have highlighted the key contribution volunteers make in generating new ideas and creating a welcoming culture. It would also be remiss of me if I did not mention the contribution of our trustees, all volunteers, who give so generously of their time and expertise.

Volunteering must not of course be a one-way street, the volunteer must also benefit personally from the experience.

MindWise is highly committed to developing our volunteers, as evidenced by holding the Investing in Volunteers (IiV) standard, awarded in 2016 for the third successive period.

Our volunteers access regular training including in areas such as safeguarding, first aid, professional boundaries, WRAP, Health and Safety, and facilitation skills. They report that volunteering increases their feeling of making a useful contribution, increases motivation, develops skills, and enhances their own mental and physical well-being.

Volunteers really do demonstrate the MindWise values of Passion, Respect, Empathy and Togetherness. To them, our staff, service users, members, and all who 'make a difference', I offer my sincerest thanks.

I would also like to extend my sincere thanks to Edward Gorrige, who has led MindWise as Chief Executive for the past five years. We wish him all the very best in his new role.

Charles Bamford
Chairman



Chief Executive's Report

2017/18 marked the beginning of a new journey for MindWise, being the first year of our new Strategic Vision 2017-2022: 'Transforming lives and developing new visions for mental health'.

The year itself was, as always, one of both challenges and opportunities. As with most organisations, we faced some reductions in funding as government departments continued to be subject to funding pressures. We were however able to manage our costs to ensure that we could still deliver our vital services.

We also experienced opportunities and the year saw the establishment of two new services. In partnership with the Northern Ireland Housing Executive, Supporting People, Choice and the Southern Health and Social Care Trust, we opened a new and innovative housing service in Kilkeel to meet the needs of tenants with complex needs over the age of 65. We also established a ground-breaking Mental Health and Money Advice Service, funded by Lloyds Banking Group as part of their charity partnership scheme. The staff of Lloyds and Halifax here in

Northern Ireland have worked incredibly hard to raise funds, and just as importantly to increase awareness of mental health.

We also worked in partnership with the Northern Ireland Fire and Rescue Service and Northern Ireland Chest, Heart and Stroke on the campaign 'Healthy Body, Healthy Mind' which saw us going into schools across Northern Ireland to show the link between healthy eating, fitness, and good mental health.

As an organisation we go forward into 2018/19 with a

continued determination to provide excellent, innovative services and to raise awareness of mental health.

Finally, I would like to express my sincere thanks to our many funders and partners, our staff, our members, our volunteers and our trustees for their contribution in 2017/18.

Edward Gorrige
Chief Executive

About us

MindWise is one of Northern Ireland's leading mental health charities delivering 30 plus key services run by 110 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 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:

Our mission is 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





The Year in Numbers

OUR SERVICES



8,981 people supported during the year



30 Services

INVESTMENT - INCOME IN 2017/18



HSC Trusts/
Supporting People/
DOJ/DHSSPS



Big Lottery

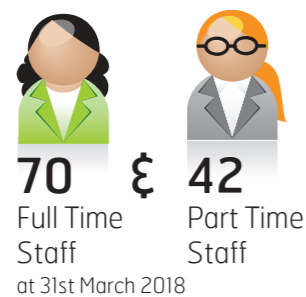
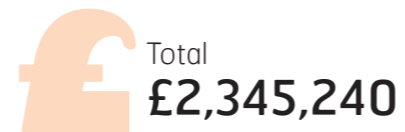
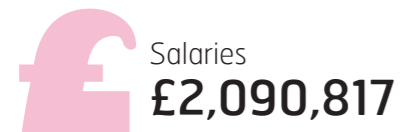


Project funding
(CiN, ESF, PHA etc)



Fundraising and sales

OUR STAFF



We have invested



5,500 hours in staff training last year



Approx. 50 per person

ONLINE



OUR VOLUNTEERS



31 volunteer training sessions attended by **115** volunteers



Over the last year at least **11,834** hours were donated to MindWise, and for every **£1** invested there was a return of **£1.75**



Volunteers donated over **195** hours helping out at events in the local community meeting over **1,300** people

ALL PARTY GROUP ON MENTAL HEALTH

Due to the Northern Ireland Assembly currently being suspended, we did not have an All Party Group meeting during 2017-18. We resumed our All Party Group meetings in June 2018.

WORKWISE



WorkWise delivered **36** courses to a range of workplaces with **552** attendees.



Topics included: Basic Mental Health Awareness; Managing Mental Health and Wellbeing in the Workplace; Managing Stress and Building Resilience, and a two-day Introduction to Coaching for Mental Health and Wellbeing programme

MENTAL HEALTH AND WELLBEING COACHING

Our Advanced Diploma in Mental Health and Wellbeing Coaching course was delivered to three cohorts during 2017-2018.



22 students graduated in December 2017 and **24** students commenced the course in September/October 2018

QUALITY INDICATORS



Strengthening partnerships

Mental Health UK



Before becoming an independent charity in 2009, MindWise was the Northern Ireland branch of Rethink. In 2017, each nation which was once under the Rethink banner came together once more as Mental Health UK, a Charitable Incorporated Organisation, to jointly deliver services across the UK. Mental Health UK's ongoing partnership with Lloyds Banking Group has secured £4.8 million in 2017, doubling their initial projections. This will allow us to develop carers' groups attached to existing services, expand our Mother's Wellness Project and to develop a brand-new website. Lloyds and

Halifax staff have undertaken an amazing array of challenges to raise money for Mental Health UK, including the first ever Northern Ireland Run for Mental Health.

2018 will see 100,000 copies of Mental Health UK's mental health support booklet delivered to every GP surgery in the UK, as well as an online guide. Our flagship Mental Health and Money Advice Service has supported more than 100 clients in Northern Ireland, and our partnership with Advice NI has resulted in 21 people now having the support they need.



Kilkeel Housing

Ben Crom opened its doors on 2 August 2017, welcoming referrals from the Southern Health and Social Care Trust. Ben Crom provides a stable home for older people over the age of 65 with frailty support needs, long enduring mental ill health and/or dementia support needs.

One of the key features of Ben Crom is that the tenants have their own front door, which allows for visitors and post to be welcomed by the tenant themselves. This maintains their independence until they need more intensive support.

Tenant Alice says, "Having my own front and back door and not having to share them with anyone else is great. I am very happy here, it is beautiful, and it's like paradise".

Tenant Brian says, "The good thing about Ben Crom is it's in town, close enough with easy access to the GP surgery and to shops and cafes, but it's tucked away, giving privacy. It is good to be here with my friends and there is good communication with the MindWise support team, which makes me feel safe".

Healthy Body, Healthy Minds



Throughout 2017 and 2018, we teamed up with the Northern Ireland Fire and Rescue Service (NIFRS) and Northern Ireland Chest Heart and Stroke on a new initiative, 'Healthy Body, Healthy Mind'. This initiative aimed to raise awareness of the importance of keeping both your mental and physical health in good shape.

Super fundraiser and firefighter Noel McKee headed up a series of challenges to raise money and awareness, including 'Walking Out of Darkness', in which he walked a marathon each day through a new county, and Station 2 Station, in which NIFRS firefighters cycled to each of the 68 fire stations in Northern Ireland, and gave

mental health talks to 27 schools along the way.

In 2017-18, we delivered 20 Mental Health Awareness talks to the Northern Ireland Fire Rescue Service, raising awareness of mental ill health and the support available.

Our Services



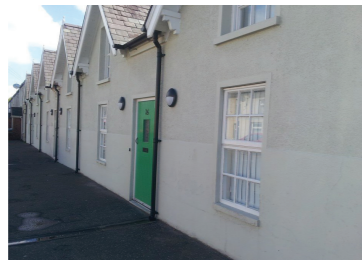
Resource Centres
Ballyclare, Belfast,
Downpatrick,
Magherafelt



Volunteering
NI Wide



Housing Services
Antrim, Carrickfergus,
Banbridge,
Belfast, Kilkeel



**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



Statement of Financial Activities
for the year ended 31 March 2018

	General £ Designated Unrestricted Funds £	Endowment £ Restricted Funds £	2018 Total £	2017 Total £
Income:				
Donations and Legacies	60,352	-	60,352	37,717
Income from other trading activities	126,585	-	126,585	59,812
Income from Charitable Activities	1,991,767	1,348,837	3,340,604	3,039,011
Investment Income	119	-	119	226
Total Income	2,178,823	1,348,837	3,527,660	3,136,766
Expenditure:				
Cost of raising funds	10,814	-	10,814	29,917
Charitable Activities to improve lives	2,063,268	1,336,862	3,400,130	3,095,884
Total Expenditure	2,074,082	1,336,862	3,410,944	3,125,801
Net Income / (Expenditure) for the year before transfers	104,741	11,975	116,716	10,965
Transfers between funds	-	-	-	-
Gains / (losses) on investment assets	(4,695)	-	(4,695)	15,867
Net movement in funds	100,046	11,975	112,021	26,832
Reconciliation of funds				
Fund Balances Brought Forward	867,497	25,130	892,627	865,795
Fund Balances Carried Forward	967,543	37,105	1,004,648	892,627



Balance Sheet
as at 31 March 2018

	2018 £	2017 £
Fixed assets		
Tangible Assets	470,958	482,300
Investments	172,211	176,906
	643,169	659,206
Current assets		
Debtors	64,234	51,188
Cash at bank & in hand	481,449	314,243
	545,683	365,431
Creditors: amounts falling due within one year	(184,204)	(132,010)
Net Current Assets	361,479	233,421
Total assets less current liabilities	1,004,648	892,627
Net Assets	1,004,648	892,627
Funds		
General Funds	548,217	436,940
Fixed Asset Fund	419,326	430,557
Restricted Funds	37,105	25,130
	1,004,648	892,627

A full copy of the audited accounts for the year ended 31st March 2018 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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Registered with the Charity Commission for Northern Ireland NIC103469.
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Mindwise is the operating name of MindWise New Vision a company limited by guarantee and
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