



Mind Wise

**A NEW VISION
FOR MENTAL HEALTH**

Annual Report

2013/14

Chair's Report

It gives me great pleasure to present this year's annual report on behalf of the MindWise Board of Trustees. This year we were fortunate to welcome Mr Edward Gorrige as our new Chief Executive. Edward brings a range of skills and experience that will benefit our flourishing organisation.

The economic environment continues to be a trial for organisations such as MindWise. However despite ongoing challenges, and in the context of proposed radical changes to public policy, we remain committed to supporting those at risk of, and affected by, severe mental illness and mental health difficulties. This year we celebrated five years in operation as MindWise and, as you will read, the organisation continues to build on its enviable reputation for the high quality and innovative services delivered.

Some of the highlights in the report include the launch of our 'You Can Take Control' campaign endorsed by many of our local politicians, the receipt of Big Lottery funding for the Together For You project which brings together nine organisations in a unique partnership to deliver mental health and wellbeing services across Northern Ireland and The Up for Work Programme funded by ESF to provide skills, retraining and work experience opportunities in the field of horticulture.

During the year MindWise developed a new Young People's Strategy. Drawing on the input from over 140 young people and intermediary bodies, this comprehensive strategy has established key objectives for the future. Another first for MindWise is the introduction of the Hidden Carers project which offers specific support to those caring for family and friends suffering mental health difficulties.

The other notable achievement this year has to be the development of a new Mental Health and Wellbeing

Coaching Qualification Framework accredited by the European Mentoring and Coaching Council in conjunction with Kingstown College. This is yet another demonstration of MindWise leading the way in best practice and innovation.

As always, all credit and appreciation must go to the talented and incredibly committed staff of MindWise. Led by a professional and dedicated senior management team including our Directors team and the Chief Executive, our staff strive to continuously improve the service user experience. Their success is evidenced in the extremely positive feedback received both from service users and regulatory bodies.

The input of our volunteers should also be highly commended and distinguishes us in the sector. This year over 22,000 hours were donated to MindWise and contributed directly to the attainment of our objectives.

Finally can I offer my personal gratitude to my fellow trustees for their stewardship of this organisation. Collectively we share an enthusiasm and confidence for the future of the organisation. We are excited about facing the challenges and opportunities that the next year will bring and we look forward to working with partners, both old and new, who wish to join with us in transforming lives and building new visions for mental health.

Aisling Johnson
Chair, BOT



Aisling Johnson **Chair**



Peter Harvey **Vice Chair**



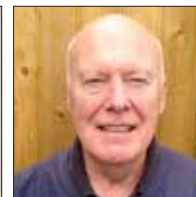
William Ellison



John Adrain



Seamus Mullan



Charles Bamford



Ray Reihill



Fred Brown



Trevor Hinds



Tom Beare, **MBE**



Fiona Rooney



Acheson Blair



David Smith

Chief Executive's Report

I am delighted to be presenting my first report as the Chief Executive of MindWise having commenced my new role in October 2013. Reflecting back on my first eleven months in post I have been deeply impressed by what I have found.

Travelling around our various sites I have had the opportunity to meet many of our staff and the users of our services. The first thing, without exception, that hit me was the evident sense of community and shared belonging. For our staff their work is clearly much more than just a job and the dedication and commitment demonstrated impact directly on the high-quality, person-centred support provided. No matter where I met staff, or in what capacity they worked, their sense of purpose, and the quiet competence with which they went about their work left a lasting impression. Equally impressive has been my experience of our many volunteers who support our services and corporate activities. Without them we would be very much the poorer and could not provide the quality and variety of services currently on offer.

The second thing that struck me was the broad diversity of our work, from traditional supported housing and resources, to the exciting new Young People's strategy launched during the year. This variety demonstrates the innovation that runs through MindWise and the willingness to challenge convention and seek out new opportunities. As we go forward into a challenging and changing world we can be confident that MindWise is well placed to adapt and to lead the change.

Innovation would of course be of limited use without the ability to convert vision into a coherent reality. This requires the skills to both build new high quality services and also to ensure that resources are used appropriately and to the best effect. We are fortunate in having a dedicated management team and committed Trustees who work jointly and effectively to control current activities and map out an exciting future. As Chief Executive, I am greatly indebted to them all for their contribution to the organisation and their support and encouragement to me in my role.

In April 2014 we celebrated the fifth anniversary of the creation of MindWise as an independent entity with a special event in the Long Gallery at Stormont at which we launched our 'You Can Take Control' campaign. This event neatly encapsulated two aspects of MindWise, the solid achievements of the past, and the forward looking confidence under-pinning the 'You Can Take Control' campaign. The next few years will be challenging ones for everyone operating in the healthcare sector, but I can be confident that MindWise is built on solid foundations and has the skills to not just survive, but to prosper and deliver real change for those with whom we work.

Edward Gorringe
CEO

MindWise Senior Management Team

The Senior Management Team would like to pay tribute to all staff, volunteers, service users carers and other key stakeholders without whom MindWise would not be success it is!



Edward Gorringe
CEO



Anne Doherty
DCEO



Jayne Wright
Director Human Resources



Anne Baird
Director of Finance



Mirjam Bader
Young People & Criminal
Justice Youth Manager



Fiona Scullion
Area Manager



Jacqueline McCaughey
Area Manager



Gwynneth Witherow
Area Manager



Stanley Booth
Manager NIAAS



Maria Hassett
Finance Manager

Fifth Birthday Celebrations

MindWise celebrated its fifth birthday on the first of April 2014. In 2009, the Northern Ireland region of national charity Rethink demerged to form MindWise New Vision and since then charity has gone from strength to strength!

The birthday celebrations began with a special event at the Long Gallery in Stormont on 1st April launching the You Can Take Control campaign and then continued across our various locations in the months that followed.

The community resource centres in Banbridge, Downpatrick, Lurgan, Ballyclare, Newry and Portadown, and the housing service in Kilkeel, held celebratory “Butterfly Brunches”. Taking place throughout the month of April, these events were a great opportunity to celebrate the work of MindWise in communities across Northern Ireland.

You Can Take Control

MindWise’s You Can Take Control campaign aims to start a public discussion about recovery from mental health issues and illness. Recovery is the ability to live well in the presence or absence of one’s mental illness but stigma and fear ensure that many people’s direct experience of living with a mental health issue falls far short of this experience.



You Can Take Control Launch- Edward Gorringer, Health Minister Edwin Poots and Stephen Carson

It is a commonly held belief that people with a mental health issue or illness cannot live a “normal and fulfilling life”; they cannot ‘recover’. Such misconceptions prevent people from seeking out the support they require. MindWise want to share the belief that they can take control; encouraging them to find the support they need to lead fulfilling lives where their dreams and aspirations are supported.

We want those who have found success to share their experiences, both good and bad; about how they have managed to live well in the presence or absence of their mental illness. MindWise wants to encourage those who have worked hard to manage and take control of their condition to ‘come out’ about their mental health and celebrate their taking control of their lives.



So we are asking people in NI, and across the world, to talk openly about how they take control of their own mental health and wellbeing, and to take the step that will give hope to others who are struggling with their mental health. You can watch the videos online on our YouTube page (www.youtube.com/mindwisenv) and if you feel inspired to tell your story please get in touch.

Launched by Health Minister Edwin Poots in the Long Gallery in Stormont on the first of April, the campaign was supported by MLAs from each of the main political parties in Northern Ireland.



Political Engagement

The launch of #TakeControl was not the only political engagement of the past year. 2013/2014 was the first year representatives from MindWise attended all the party political conferences in Northern Ireland. This proved a great opportunity to meet with MLAs and engage in discussions about mental health and ensure that the voices of our service users are heard.

It also helped garner support for the All Party Group on Mental Health for which MindWise provides secretarial support. The group meets on a quarterly basis in Stormont and was again well attended by MLAs and stakeholders alike. Topics for discussion ranged from the impact of welfare reform to older people with mental health issues.

Quality Assured

Health, Safety, Quality and Risk

During the year MindWise continued to improve services with a key focus on health, safety, quality and risk management. Some of our key highlights have included:

The Regulation Quality Improvement Authority (RQIA) conducted fifteen inspections, all of which reflected that MindWise continues to provide high quality services. Some quotes from RQIA inspectors include: "it was evident that there is a strong focus on encouraging service users to be independent and to make informed choices regarding their time in MindWise", "it is evident that everyone takes pride in their work and in all that they do", and "the service must be commended".

One successful validation audit was conducted by Supporting People.

Fourteen Internal Health and Safety Audits were completed, all of which achieved 'green' status. This reflects the high levels of risk management which exist within the organisation as a whole.

Five Internal Quality Audits were conducted. The Quality Audit team has gained a further five new auditors, all of which have now completed their induction training. Our target is to achieve 100% service user involvement within the life of the current business plan.

This year saw the launch of the new Risk Management Framework. This Framework was linked to the Client Pathway Policy and Procedure. The Risk Management Team are confident that the new Framework is progressing well and will achieve its aims to implement, integrate and continuously improve our risk management framework into all aspects of business and align this to our business plan and objectives as stated within Our Vision: A Sea Change to Hope (2012 – 2017).

The Service Improvement and Consistency Group (SICG) continued to meet on a regular basis throughout the year. This group aims to support the development and implementation of a comprehensive service improvement framework. Key achievements by the group include an extensive review of the client pathway process, a review of the MindWise policy portfolio and the creation of a Tenant's Holiday Checklist.

A Staff Lone Working Survey was conducted, which evidenced the effectiveness of the MindWise Lone Working Strategy 2011 – 2013. The results showed that staff were further understanding and implementing specific Lone Working controls when compared to the previous 2011 survey.

Service User Satisfaction Survey

During the year the Service User Satisfaction Survey was completed. This survey evidenced a further positive increase on figures from the last 2010 survey.

94.64% of respondents stated that they felt that they are benefiting from their MindWise service. 97.73% confirmed that they have trust and confidence in staff. 92.13% confirmed that their MindWise service is helping them with their recovery, which is a key goal of MindWise.

The survey evidenced the important role that volunteers play in providing services and supporting service users. All respondents stated that volunteers listen and are approachable, treating them with dignity and respect, all of which are vital to the organisation.

Some additional comments received include:

The days out from Floating Support have been great. It made me feel I was somebody again and I was worth being here.

The friendships I have made and the 'love' and understanding that I have received from everyone is really special and fulfilling. I could not be happier.

Staff are very trusting and caring and treat everyone with dignity and respect.

Volunteering

Volunteering has been defined as;

“The commitment of time and energy for the benefit of society and the community, the environment or individuals outside (or in addition to) one’s immediate family. It is unpaid and undertaken freely and by choice”. (The Volunteering Strategy for NI May 2011)

In 2013-14, MindWise involved over 130 volunteers who gave freely of their own time and skills, in addition to our 13 members of the Board of Trustees who also give their time on a voluntary basis. MindWise volunteers donated over 22,000 hours. This total represents all of our volunteer projects, including the new Together For You project and the Health in Mind project.

The volunteer department has grown in recent years with volunteers participating in a wide range of roles which are inclusive of and flexible for service users, carers and members of the public.

Volunteer roles benefit the volunteers themselves, the service-users they support and the organisation as a whole. Volunteers can get involved a wide range of activities, including:

- Fundraising
- Charity Shops
- Befriending
- Group Facilitation

Volunteers add a special dynamic to our service delivery and we welcome new and innovative ideas and projects from volunteers.



In 2014 we launched our new Volunteer Strategy (2014-2017). This strategy gave us an opportunity to evaluate the Active 8 project in particular, a project which has been funded by the Big Lottery since 2007. The strategy was heavily informed by feedback from volunteers, staff and service-users.

Another highlight of our year was the volunteer awards, these took place in the picturesque surroundings of Belfast Castle. Volunteers were recognised for the vast range of roles from across MindWise and its partner organisations. All volunteers received a certificate of recognition for their volunteering and staff had the opportunity to nominate volunteers in three categories. The categories and winners of the awards in 2013 were:

- Active 8 Internal Volunteer of the Year 2013 – Thelma McCullough
- Active 8 Miriam Walsh Charity Shop Volunteer Award 2013 – Ruth McKenzie
- Active 8 External Volunteer of the Year 2013 – William Brennan
- Active 8 Patsy England Volunteer of the Year 2013 – Ruth McKenzie
- Health in Mind Volunteer Award 2013 – David Smith
- Open Your Mind Student Award for Mental Health Campaigning 2013– Laura Mocanu
- Open Your Mind College or University Award for Mental Health Campaigning 2013 – University of Ulster Students Union
- In recognition of ten years volunteering – Acheson Blair



Another highlight in 2013 was receiving the Investing in Volunteers (iV) re-accreditation from Volunteer Now. MindWise continue to recognise the time and effort volunteers give to the organisation, in May over 20 volunteers attended the Seaforde Butterfly House and Gardens for the annual volunteer Away Day.



In 2014 MindWise continued its partnership working by supporting volunteers through the Health in Mind project and the new Together For you project.

Together For You is funded by the Big Lottery Fund. It is an innovative and exciting new project led by Action Mental Health (AMH) in partnership with Aware Defeat Depression, CAUSE, Cruse, MindWise, NEXUS NI, Praxis Care, The Rainbow Project and Relate NI, which delivers mental health and wellbeing services to a range of people across Northern Ireland.

Part of MindWise's role within Together For You is to deliver the volunteer programme for partner organisations within the project. Volunteers will be recruited to a wide-variety of volunteering roles, e.g. Education and Literacy Assistants, Events Assistants and Admin Volunteers.

MindWise values volunteers and wants to make sure the volunteering is a positive experience for both the volunteer and the partner organisation providing the volunteering opportunity. Through Together For You, MindWise provides volunteer expenses, training, guidance and support in addition to volunteer recognition events. MindWise and Together For You work to the 'Investing In Volunteers' volunteering good practice standards.



To date MindWise has involved 25 volunteers through the Together For You project. For more information, visit www.togetherforyou.org.uk

As part of the Together For You project, MindWise will also deliver The Wellness Recovery Action Plan®, or WRAP®, which is an evidence-based system that is used world-wide by people who are dealing with mental health difficulties and other kinds of health challenges, and by people who want to attain the highest possible level of wellness. For further information please contact: info@mindwisenv.org



Adult Mental Health Services

MindWise delivers a diverse range of community based, recovery orientated services for and with people experiencing mental health difficulties across Northern Ireland. Our staff is experienced, knowledgeable, skilled and highly committed. They work with over 600 people per day and support them to achieve the best quality of life possible, realise their personal goals and engage in decision making and positive risk-taking in all aspects of their life. In turn, our service users and tenants contribute to the development and governance of our services and of MindWise as an organisation.

Housing

We have 24/7 Intensive Supported Housing services in Belfast, Carrickfergus and Antrim for those with severe and enduring mental health difficulties, who wish to remain living as independently as possible in the community.

MindWise also offers supported housing in Belfast, Carrickfergus, Antrim, Kilkeel and Banbridge. These services are designed to offer support which is flexible and adaptable to meet the tenants' needs and use best practice such as our well established WRAP, and emerging coaching models.

During the year we secured the funding to extend the housing service provided at Carrickfergus. This will provide six additional supported living units based in the Alms Houses at Henry Gill Court.

Our Floating Support and Community Mental Health Support Services provide a further stepped down approach from the intensive and supported housing services described above. Service staff visit people in their own homes supporting them in very practical ways to ensure that they are enabled to live as independently as possible.

Day Resource Services

Our Day Resource Services in Belfast, Newry, Banbridge, Portadown, Lurgan, Ballyclare, Downpatrick and Magherafelt offer a range of activities including skills based activities such as IT, educational, arts, crafts, woodwork, horticulture, music and photography. These aim to reduce isolation and support clients to socially and economically integrate into the wider community. Many activities are volunteer or peer lead, providing lessons and guidance to others wanting to learn or develop their skills in a particular area.

Three of the day care services run charity shops as an extension to the service delivery model. The shops not only provide opportunities to sell products created by the clients but also offer volunteering opportunities within the retail sector for clients aiming to return to work. The Ballyclare bookshop mainly sells second-hand books but you'll also find handcrafted jewellery, knitwear and crafted woodwork and our Banbridge second-hand clothes shop continues to be a must be visit for any passer by!



The Magherafelt service provides training in joinery and woodwork. Not only do people learn how to restore furniture but also how to build new furniture. New Style Furniture has its own dedicated webpage and Facebook page displaying the up-cycled furniture and gifts: www.mindwisenv.org/nsf. These items are sold in the adjoining retail outlet along with a vast array of bric-a-brac. More recently the day care service has expanded through funding made available via ESF. The Up for Work Programme supports people to gain horticultural qualifications and access employment and work placements in the wider community.

Community Bridge Building (CBB)

CBB services link with local colleges, employers, voluntary organisations, training services, community facilities for sport and art, local faith and spiritual organisations, health professionals and cultural communities. CBB staff support clients in a range of areas including:

- Education and Training
- Health
- Living
- Employment
- Sports and Leisure
- Arts and cultural activities
- Faith and Spirituality
- Cultural awareness
- Community involvement
- Volunteering



CBB's focus is on the promotion of good mental health and well being. It enables a wide range of clients to access a flexible service at the level they need, when they need it and also supports the development of peer activism. In the last year we have expanded our CBB model beyond the remit of adult mental health services. As a result we are now working in partnership with the five Health and Social Care Trusts to roll our CBB for older people throughout Northern Ireland thanks to funding made available via the Big Lottery.

Family and Carers

Our family support services in the NHSCT and SEHSCT engage over 100 families through group and one-on-one support. The family support staff encourage carers to build their own local support networks, coping strategies and skills to support the people they are caring for. The service based in the Down area is engaged in an exciting new project to support "Hidden carers", those people who put their own time and energy into supporting a family member or friend but don't recognise that this is a caring role and that there is support out there for them.

Advocacy and Advice

Our Advocacy and Advice services in Downpatrick, Ards and Lisburn provide support and benefits advice in the local community and hospital wards. They also ensure that the voice of our clients is heard in Hospitals, Tribunals, Appeals and Courts. Our Debt Advisory services continue to operate in collaboration with Advice NI, whose expertise and support in this area is invaluable especially as we address the rise in concerns coming through as a result of the Welfare Reform agenda.

MindWise also deliver the Patient Advocacy Service in the Medium Secure Shannon Clinic, a regional service. This service supports patients to ensure their voice is heard in relation to their treatment and to the conditions and environment they are detained in.

MindWise Advocacy Services work both operationally and strategically and have been closely involved in the development of a new Code of Practice for Advocates and are piloting the new sector Standards as part of our active membership of Advocacy Network NI. Staff have also been engaged in piloting the first Advocacy qualification to be offered in NI and we are happy to be involved in this innovative development work which will certainly ensure the quality and consistency of service delivered.

Recovery, Self-Management, WRAP

MindWise have been sector leaders for over 25 years in developing, promoting and delivering recovery focussed services and programmes, these include Recovery Bite-Size, Self-Management, WRAP and Mental Health Coaching. We believe that the continued involvement of our service user base in the development and delivery of new programmes and the review and revision of existing ones ensure that we continue to lead the sector.

MindWise continues to support 30% Service User representation throughout our decision making structures inclusive of Service Advisory Groups and on our Board of Trustees.

MENTAL HEALTH

Key Facts and Figures

Mental health issues can affect anyone

1 in 4 people will experience some kind of mental health problem in the course of a year

Depression affects 1 in 5 older people

Approximately 10% of children have a mental health problem at any one time

Stigma

62% of adolescents have experienced stigma from peers which often led to friendship losses and social rejection

Over a third of the general public think people with a mental health problem are likely to be violent. In fact, people with severe mental illnesses are more likely to be victims, rather than perpetrators of violent crime.

Mental Health and Employment

Fewer than 4 in 10 employers would consider hiring a person with a mental health problem, compared with more than 6 in 10 who would hire a person with a physical disability

1 in 4 companies believe people with mental health problems are less reliable than other employees

Our Values and Beliefs

Our beliefs and values underpin everything that we do in supporting people affected by severe mental illness and mental health difficulties. They are:

EMPOWERMENT

People have the right to determine their own goals and aspirations and we will support them in their journey to fulfil them.

RECOVERY

By taking a holistic approach, individuals can be supported to challenge the adverse impact on their lives and achieve a quality of life.

FAIR TREATMENT

Everyone has the right to be treated equally and to live their lives free of stigma, discrimination and harassment.

PARTNERSHIP

Partnerships and collaborative approaches, by working with those who use our services, carers, mental health professionals, other agencies and the wider public achieve the best services and impact change.

VALUING EVERYONE

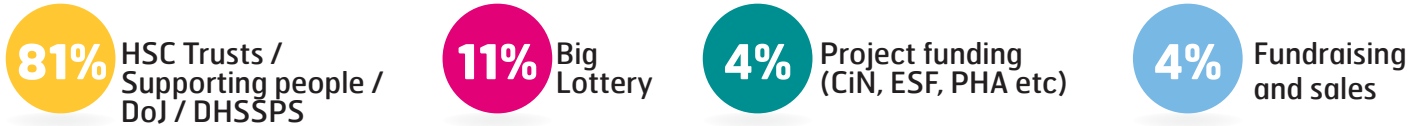
Support given by peers, families, friends and carers should be respected and valued, and that those who work or volunteer to deliver mental health services also warrant respect.

MindWise Impact

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

INVESTMENT

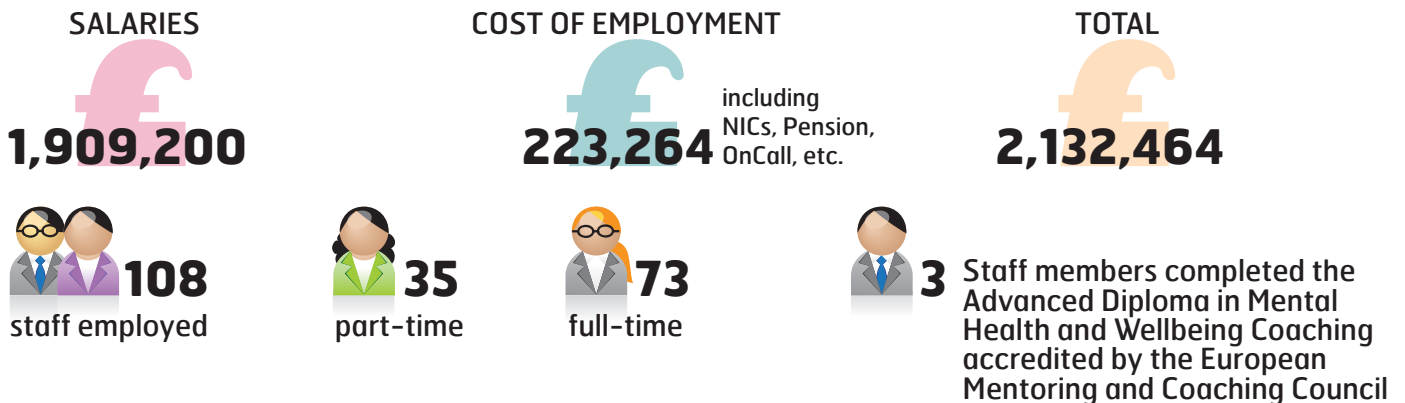
Income in 2013/14 as follows:



QUALITY INDICATORS



JOBS AND QUALIFICATIONS



VOLUNTEERS

133 volunteers giving their own time:



22,296 hours contributed

PARTNERSHIPS

Number of new partner initiatives: 8

Young People & Criminal Justice

MindWise Young People's Strategy

This year saw the launch of MindWise's second Young People's Strategy for the period 2014 – 2019. Considerable work was carried out by the two consultants involved in developing this strategy, which was overseen by the MindWise Safeguarding Young People Panel. Over 140 young people from around Northern Ireland and from different backgrounds were asked about any problems with feelings and behaviours they might have and what might help. A wide range of representatives from youth organisations and statutory agencies were also interviewed for the strategy, which focuses on the needs of young people who are the most at risk of poor mental health and experiencing obstacles to accessing mainstream health services. This includes young people who are not in education, employment or training (NEETs), young people involved in offending or living in rural areas as well as those who are lesbian, gay, bisexual or transgendered, disabled or who have an ethnic minority background. The Young People / Criminal Justice Manager will be responsible for facilitating the implementation of this strategy and the associated action plan over the next number of years.

Linked-In Project

The second year of the Linked-In pilot project, supported by the Big Lottery through the Empowering Young People Programme, saw the continued development of this service which provides individually-tailored support, advocacy and signposting to young people aged 13-20 who have been released from police custody. During the year 170 young people were engaged by the project for assistance ranging from one meeting to provide advice or signposting, to intensive daily / weekly support over a longer period depending on their mental health needs, engagement with the juvenile / criminal justice systems and other issues to be addressed. Anecdotal evidence so far shows high levels of mental health needs among those young people supported by the project and a considerable reduction in reoffending

levels. A mid-term evaluation will be carried out at the end of this project year to inform the remaining two years of this pilot project.

NIAAS

LINKED



During the year MindWise continued to be contracted by the Department of Justice to deliver the Northern Ireland Appropriate Adult Scheme. An appropriate adult worker supports a young person or a mentally vulnerable adult held in police custody if there is no family member or carer available. The role of the Appropriate Adult work is to ensure that the detainee is treated appropriately by the PSNI and that they fully understand the process of police detainment and their rights and obligations.

This was a successful year for the scheme with 2,185 attendances at PSNI custody suites. This figure was 13.5% higher than the previous year which itself was up 15 % on the year before that. This is evidence that the police custody personnel have been able to identify a detained person's vulnerability and take the appropriate steps to secure trained Appropriate Adult support, for which the PSNI are to be commended. These figures clearly indicate a service demand to which our staff responded positively by arriving when required in 98% of all requests, and those few occasions when this did not occur was due to staff already having commitments at other PSNI locations.

The NIAAS service was delivered throughout Northern Ireland 365 days of the year between 08.00 hours and 23.00 hours, with a out of hours call out facility being made available for overnight attendance when a matter cannot wait until the morning. This out of hours call out service was utilised on 84 occasions during this reporting period with staff arriving at a custody suite between 23.00 hours and 08.00 hours.

Partnerships and Collaboration

MindWise commits to partnership and collaboration as one of our core values and beliefs. As a result we make a commitment to working in partnership with our service users, carers, members and a diverse range of individuals and agencies beyond MindWise to achieve the best services and impact change. During the course of the year we developed a significant number of new and exciting partners and we would like to thank them all for their support.

Some highlights have been:

- The Together For You Project, a new three year partnership with 7 other organisations (Action Mental Health, Aware Defeat Depression, CAUSE, Cruse, Nexus NI, Praxis Care, Relate NI and the Rainbow Project)
- Formal partnership agreement with Kingstown College for Mental Health and Wellbeing Coaching
- David Ford, Minister of Justice, sponsored and supported our Christmas mental health message
- We are working with the Educational Shakespeare Company to rollout mental health and wellbeing drama projects.

Independent Auditor's Statement

Independent Auditors' Statement to the Trustees of MindWise New Vision

We have examined the summarised financial statement set out here which are non-statutory accounts prepared for the purpose of inclusion in MindWise New Vision's Annual Review.

This statement is made, on terms that have been agreed with MindWise New Vision, solely to MindWise New Vision's trustees, as a body, in order to meet the requirements of Accounting and Reporting by Charities: Statement of Recommended Practice (revised 2005). Our work has been undertaken so that we might state to the charity those matters we have agreed to state to it in such a statement and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than MindWise New Vision and the charity's trustees as a body for our work, for this statement, or for the opinions we have formed.

Respective responsibilities of Trustees and Auditors

The Trustees have accepted responsibility for the preparation of the summarised financial statements.

Our responsibility is to report to the Trustees our opinion on the consistency of the summarised financial statements with the statutory Trustees Report and full financial statements on which we have reported on 19 June 2014.

We also read the other information contained within the annual report and consider the implications for the report if we become aware of an apparent misstatements or material inconsistencies with the summarised financial statements.

Basis of audit opinion

We conducted our work having regard to Bulletin 2008/3, the auditor's statement on the summary financial statement in the United Kingdom issued by the Auditing Practices Board. Our separate report on the charity's statutory Annual Report and Accounts for the year ended 31 March 2014 describes the basis of our statutory audit opinion on those Accounts.

Opinion

In our opinion, the summarised financial statements set out are consistent with the statutory Trustees Report and full financial statements for the year ended 31 March 2014.

J L Grant

JL Grant (Senior Statutory Auditor)
For and on behalf of JL Grant & Co.
Statutory Auditors

19/6/14

Unit 1, Building 10
Central Park, Mallusk Road
Newtownabbey, BT36 4FS

ACKNOWLEDGEMENTS

We would like to thank our members, supporters, partners, volunteers and staff for their commitment to MindWise New Vision and the important work that we do.

The following are some of the groups / individuals who have supported us financially during the year:

Advice NI	Clear Grant	Network Personnel	Public Health Agency
Antrim Borough Council	Community Development and Health Network/Health and Social Care Board	NI Libraries Health in Mind	SACN
Arts Council of NI – Exchequer	Community Relation Council	Northern Health & Social Care Trust	Santander Foundation
ASDA	Craigavon Arts in Motion	Northern Ireland Housing Executive	South Eastern Health & Social Care Trust
BBC Children in Need	Dept of Justice	PBNI	Southern Health & Social Care Trust
Belfast Health and Social Care Trust	DHSSPS	Peace III / Bridging our community gap project	Stiles Youth Club Antrim
Big Lottery Fund	Down Council Arts		SWARD
Big Lottery Fund (Awards for All)	European Social Fund		
Big Lottery Fund (Heritage Fund)	Magherafelt Council		
	Nationwide		

We would also like to thank the many individuals and groups who have donated to us during this financial year.

Financial Statements

Statement of Financial Activities for the year ended 31 March 2014

	General £ Designated Funds	Endowment £ Restricted Funds	2014 Total
	£	£	£
INCOMING RESOURCES			
Incoming Resources from Generated Funds			
Voluntary Income	126,593	–	126,593
Activities for Generating Funds	49,325	–	49,325
Investment Income	13,441	–	13,441
	189,359	–	189,359
Incoming Resources from Charitable Activities	1,787,595	1,123,246	2,910,841
Other Incoming Resources	–	–	–
Total Incoming Resources	1,976,954	1,123,246	3,100,200
RESOURCES EXPENDED			
Cost of Generating Funds			
Cost of generating funds	42,374	–	42,374
Charitable Activities to improve lives	1,918,545	1,112,537	3,031,082
Governance Costs	34,955	–	34,955
Total Resources Expended	1,995,874	1,112,537	3,108,411
Net Incoming Resources for the Year	(18,920)	10,709	(8,211)
Transfers between funds	(9,070)	9,070	–
Net movement in funds after transfers	(27,990)	19,779	(8,211)
Fund Balances Brought Forward	830,151	57,583	887,734
Fund Balances Carried Forward	802,161	77,362	879,523

All income derives from continuing activities, therefore no statement of recognised gains or losses is given.

Financial Statements

Balance Sheet as at 31 March 2014

	2014
	£
Fixed assets	
Tangible Assets	116,814
Investments	204,689
	<hr/> 321,503
Current assets	
Debtors	47,770
Cash at bank & in hand	646,990
	<hr/> 694,760
Creditors: amounts falling due within one year	(136,740)
Net Current Assets	558,020
Total assets less current liabilities	<hr/> 879,523
Net Assets	<hr/> 879,523
Funds	
General Funds	802,161
Designated Funds	—
Restricted Funds	77,362
	<hr/> 879,523

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 and the Financial Reporting Standard for Smaller Entities (effective April 2008) relating to small companies.

The financial statements were approved by the Board and signed on its behalf:



Ms Aisling Johnson
Chair

Date: 19/06/2014

Company No: NI071976

Innovation and Creativity

Mental Health and Wellbeing Coaching – a 21st century transformational change model for Mental Health and wellbeing!

MindWise, in partnership with Kingstown College¹ has engaged in an exciting, highly innovative and creative venture. We have developed a Mental Health and Wellbeing Coaching Qualification Framework (Foundation, Certificate and Advance Diploma levels) which is accredited by the European Mentoring and Coaching Council.

Coaching practice and theory has developed over the past 30 plus years and is evidenced as an effective motivational tool and practice which has **unstuck the stuck**² and supported people to live fulfilling lives. However, many coaching practitioners are reluctant³ to coach people who directly experience mental health problems, citing a lack of mental health knowledge and expertise to effectively engage this hard-to-reach client group.

MindWise has over forty years experience working with and for clients directly affected by mental health problems. We have also been actively developing our coaching skills within the organisation and we now believe that through further investment we can make a positive impact on health care. We believe using coaching practices with our clients has the potential to really change people's lives for the better.

People with direct experience of mental health problems have experienced stigma and discrimination socially and economically across the globe and throughout their lives⁴ for centuries. Their unique needs have been historically ignored and they have often been conceptualised as recipients of care, rather than citizens with aspirations and dreams.

Health policy and practice has often perpetuated this concept and failed to recognise that the illness is only one part of the person. As a result, practice has historically focused on treatment of the diagnosis through institutionalisation and/or medication, as opposed to considering the whole-person needs⁵.

More recently psychological therapies like counseling and Cognitive Behavioural Therapies (CBT) have been recognised as effective and progressive treatments within the mental health arena⁶ and are being driven forward under the Recovery agenda. However, the basic premise of these approaches is founded on individuals' past experiences and assumes that **'The mind is slow to unlearn what it has been long in learning'** (Starr, 2011). On the other hand coaching, a practice yet to be formally introduced to mental health practice, focuses on the future and the steps required to achieve the journey ahead!

“It’s challenging, enlightening and developmental and I will use it in all aspects of my life”

“A really worthwhile investment”

“A fantastic learning experience which challenges you to develop yourself in the hope of being able to help others”

One in four people experience a mental health problem⁷ and are potentially 'stuck' by societal attitudes and current mental health practices⁸. There is a drive for change⁹, a drive for 21st Century creative and innovative practice to challenge existing practice and achieve change. Coaching is a successful change model and effective in motivating those who are stuck.

We believe coaching will help you achieve your aspirations and dreams!

Our Coaching Team comprises: Paula King & Ed Bolan, Co- Directors, Kingstown College; Anne Doherty and Fiona Scullion, MindWise's Coaching Champions.

For further information on how you can apply for or contract the Advanced Diploma in Mental Health and Wellbeing Coaching please contact info@mindwisenv.org

Anne Doherty
Personal and Executive Coach

1 www.kingstowncollege.ie
2 Co-active Coaching L.Whitworth, J.Kimsey-House, P.Sandahl
3 Rodgers, Clutterbuck, Starr
4 www.time-to-change.org.uk
5 www.hafal.org/hafal/recovery.php

6 www.dhsspsni.gov.uk/psychological-therapy-services.pdf
7 World Health Organisation
8 Time For Change
9 Transforming Your care

Support MindWise

As a charity, MindWise depends on the support we receive from individuals and groups to help us maintain our existing services and to develop new ones. Supporters also play a key role in helping us to lobby and campaign to raise awareness of mental illness, and to challenge the stigma and discrimination that often surrounds it.

Why not join with many others and show your support for our work.

Become a Member of MindWise

MindWise is a membership charity, our members play an essential role in helping us to raise awareness of mental health problems by lending 'your voice' to our lobbying and campaigning activities. Anyone who wishes to join us as a member is welcome to do so.

When you sign up as a member you will receive a free MindWise supporter badge and our quarterly WiseCraic magazine.

We have varying levels of membership fees; however we never wish affordability to stop anyone from joining so just give what you can.

To find out more about becoming a member of MindWise, please contact MindWise Head Office by telephoning 028 9040 2323 or you can email info@mindwisenv.org to request an application form. Alternatively, please visit the membership section of the MindWise website (www.mindwisenv.org) to download an application form.



Volunteer with MindWise

Volunteers make a huge contribution to the work of MindWise and we could not deliver the high quality of support we provide within our services nor could we engage in as many awareness raising or educational activities without your invaluable support.

To find out more about volunteering with MindWise and the range of opportunities and roles available, please visit the volunteering section of the MindWise website (www.mindwisenv.org) or you can telephone the Volunteer Services Department on 028 9031 5060.

Donate to MindWise

As a charity, MindWise relies on the generosity of individuals, groups and businesses who donate monies to help fund our activities or who organise events to raise monies.

If you would like to make a donation to support the work of MindWise, please send your cheque (made payable to MindWise) to; MindWise Head Office, Wyndhurst, Knockbracken Healthcare Park, Saintfield Road, Belfast. BT8 8BH

You can also make an online donation using a credit or debit card by going to the MindWise website (www.mindwisenv.org) and clicking on the Donate Now button.

Organise an event

Alternatively why not organise an event or activity or take part in a third-party organised activity (such as a Marathon or Trek) to raise money.

If you are planning to hold or take part in an event, contact MindWise Head Office by telephoning 028 9040 2323 or email info@mindwisenv.org and we will offer you help and advice to make your fundraising activity a success.

Leave a gift in your Will

Legacies are an incredible valuable way of supporting the work of MindWise and helping us grow in the years ahead, so more people can be helped and supported in their recovery

If you are thinking of leaving a legacy to MindWise you can email us at legacy@mindwisenv.org



Membership application

Join online www.mindwisenv.org/membership
or join by post complete this form

Code

Mr Mrs Ms Other (please specify) _____

Name _____

Company (if applicable) _____

Address _____

Postcode _____ Phone _____

Email _____

I wish to pay by:

Visa Mastercard Maestro The sum of _____

Card No _____ Expiry Date _____ Start Date _____

_____ / _____ / _____

(Maestro Only) Issue No _____

Card holder name _____

Signature _____

Date _____

Please detach this section of the leaflet (along scissor lines shown) and post it to:
Membership, MindWise, Head Office, Wyndhurst, Knockbracken Healthcare Park, Saintfield Road, Belfast BT8 8BH

I am

Someone with a severe mental illness or mental health difficulty

A carer

Other (please specify) _____

Give what you can

£15 (waged) £5 (unwaged) £0

£100 (group membership)

£150 (individual lifetime member)

I enclose a cheque made payable to MindWise £ _____



Your Legacy

Name _____

Address _____

Postcode _____

Email _____

I intend to include a legacy to MindWise in my will

I would like to find out more about the work of MindWise

I have already left a legacy to MindWise, in the form of:

A fixed sum of money

A share of the remainder of my estate

A fixed sum of money

Please detach this section of the leaflet (along scissor lines shown) and post it to:
MindWise, Head Office, Wyndhurst, Knockbracken Healthcare Park, Saintfield Road, Belfast BT8 8BH



Further information on Active 8



A NEW VISION
FOR MENTAL HEALTH

NAME _____

ADDRESS _____

TOWN _____ POSTCODE _____

TELEPHONE _____

EMAIL _____

Please detach this section of the leaflet (along scissor lines shown) and post it to:
Active 8 Volunteer Coordinator, MindWise, Head Office, Wyndhurst, Knockbracken Healthcare Park, Saintfield Road, Belfast BT8 8BH





Peter Uprichard, Charles Hurst Kia; Angie Brown, Pierce Communications, Anne Doherty and Tim McGarry at the Butterfly Ball



Stanley Booth and Justice Minister David Ford talking about our work with young people and criminal justice




Area Manager Jackie McCaughey won the NI VQ 2013 award



Christine Hitchcock sharing her story at the Take Control launch



Minister Edwin Poots, Paula Keenan and Marie Quirey, Edward Gorrige and Eliz McArdle at the Young People's Strategy Launch




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

MindWise
Head Office
Wyndhurst
Knockbracken Healthcare Park
Saintfield Road
Belfast
BT8 8BH

Phone 028 9040 2323

For further information on MindWise
Email info@mindwisenv.org
www.mindwisenv.org



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Registered Office Wyndhurst, Knockbracken Healthcare Park, Saintfield Road, Belfast BT8 8BH.
MindWise is the operating name of Mind Wise New Vision a company limited by guarantee and recognised by HM Revenue and Customs as a charity for tax purposes.

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