

**Mind
wise**

**A NEW VISION
FOR MENTAL HEALTH**

**Annual Report
2014/2015**

Chair's Report

On behalf of the MindWise Board of Trustees, I am honoured to present this MindWise Annual Report for 2014/15.

Once again this year has not been without its financial challenges, but I am pleased to report that these pressures have not distracted us from our mission of supporting those at risk of, and affected by, severe mental illness and mental health difficulties. On the contrary, as you will read in the report, we have demonstrated our capacity to be responsive, flexible and innovative in our approach and our efforts continue to be rewarded with extremely positive feedback from service users and key stakeholders.

Key highlights this year include the restoration of the Alms Houses in Carrickfergus to provide new homes for six tenants moving towards independent living, securing Big Lottery funding for the Reaching Out – Supporting Families Project and new opportunities to deliver workplace based training to corporate clients.

So many people have made a real contribution to the organisation this year and need to be appreciated. Throughout the past year I, like so many others, have been impressed by the courage and commitment of our members and service users participating in the very successful Take Control campaign. In sharing their personal experiences they are a beacon of

“So many people have made a real contribution to the organisation this year and need to be appreciated.”

hope both inspiring others to take the first step in accessing support and shaping the services of MindWise.

I wish to also extend my sincere gratitude to my fellow Trustees, for their invaluable support, hard work and belief in MindWise and all it does.

Heartfelt thanks also go to our staff, management and volunteers, for their incredible dedication and extraordinary commitment to MindWise's values, despite the economic pressures and organisational change.

Finally we recognise the unerring support of our stakeholders – commissioners, corporate partners, sponsors and donors who always give so very generously of their time and resources.

While 2015/16 will continue to be a difficult environment for the sector, I am confident that MindWise is well positioned for the future. Our strong values, the involvement of service users at every level of the organisation and our innovative approach will provide a solid platform

from which to expand the reach and impact of the vital work that MindWise does.

Aisling Johnston
Chair Board of Trustees

MindWise Board of Trustees



Aisling Johnson **Chair**



Peter Harvey **Vice Chair**



William Ellison



John Adrain



Seamus Mullin



Charles Bamford



Roy Reihill



Fred Brown



Trevor Hinds



Tom Beare, **MBE**



Fiona Rooney



Acheson Blair



David Smith

Chief Executive's Report

In this, my second report as Chief Executive of MindWise, I am pleased to be able to point to a solid year of achievement against our goals. Our core services continue to provide excellent outcomes and we have seen new growth with the expansion of our Carrickfergus supported housing service. New ventures have also not been neglected with the launch of the Big Lottery funded Northern Ireland Families Network. This latter piece of work will be delivered by a partnership of voluntary sector organisations with MindWise acting as the lead partner.

Lobbying and anti-stigma work continued during the year with political engagement being a key element. The current draft Mental Capacity Bill is the most important piece of legislation on mental health for a generation. Building on the experience of other jurisdictions, Northern Ireland has the opportunity to put in place a first class legislative framework. MindWise engaged fully in both the debate leading up to the publication of the draft and the subsequent consultation exercise. We fully support the broad thrust of the Bill and have been working to ensure that the practical outworking delivers the best possible outcomes.

A major political development during the period was the establishment of the new 'Super Councils' across Northern Ireland. As well as being larger these new bodies have enhanced powers including a strong remit for community development. We believe that mental health considerations should be an important part of future planning and decision making. To bring this about we have engaged with the new Councils and are encouraging each to appoint a Councillor as their 'Mental Health Champion'.

Although I am able to report a successful year I must also draw attention to the financial pressures facing the voluntary sector as a whole. The environment of flat or reducing funding levels over a number of years makes the provision of quality services increasingly difficult, despite the implementation of cost savings and economies. Government must be aware that if this policy is maintained the ability of the voluntary sector to provide the current cost effective services will be greatly reduced.

To conclude I must mention the staff at MindWise without whom none of our work would be possible. Their enthusiasm and dedication is apparent in all that they do and is regularly commented upon in inspection reports. Similarly, our volunteers work tirelessly to enhance our services and support the organisation more generally. To staff, volunteers, service users, and all of our many supporters and stakeholders, I offer you my sincere thanks and gratitude.

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!



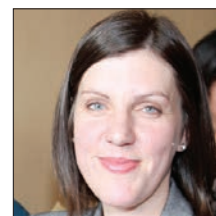
Edward Gorringe
CEO



Anne Doherty
DCEO



Jayne Wright
Director Human Resources



Anne Baird
Director of Finance



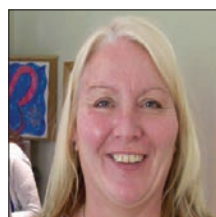
Mirjam Bader
Young People & Criminal Justice Youth Manager



Fiona Scullion
Area Manager



Jacqueline McCaughey
Area Manager



Gwynneth Witherow
Area Manager



Stanley Booth
Manager NIAAS



Maria Hassett
Finance Manager



You Can Take Control

Our #TakeControl campaign has gone from strength to strength, gathering support from the general public and in particular our elected representatives.

October saw Kevin, a service user from our Belfast Resource Centre, 'Take Control' of Belfast City Hall for the day shadowing Lord Mayor Nicola Mallon. The event generated some positive media coverage and helped promote our campaign. Kevin had a great day and found it really boosted his confidence.

"Fear and misconception about my mental illness makes it easy for people to write me off. With the right support I have learned to manage my illness and take control of it. Through MindWise I have made new friends and rediscovered my creativity through art, photography and film making projects. Today's experience is a part of my ongoing recovery and building up my confidence to find employment."

Mid Term Business Plan Stakeholder Conference

The Mid-Term business plan stakeholder conference followed a six week survey consultation period on the progress to date of our 2012-2017 business plan, A Sea Change to Hope.



We would like to thank all who responded to the survey and attended the conference. The lively discussions within the workshops gave us plenty of food for thought. Stakeholders praised the work we have done so far and suggested new areas of interest for the future. Resilience, flexibility and creativity were the buzzwords of the day.

The survey and conference are important exercises for us as an organisation to ensure that our business plan remains fit for purpose and meets the needs of our stakeholders.

Mental Health and Wellbeing Coaching Graduation



In January we celebrated the graduation of 11 new practitioners in our new qualification pioneering support for mental health recovery through coaching.

The first graduates of the Advanced Diploma in Mental Health and Wellbeing Coaching: from Recovery to Discovery, received their qualifications at a ceremony held at the Stormont Hotel and attended by Health Minister, Jim Wells. Coaching for mental health is an excellent tool for recovery and as you will see on page 16, we are introducing the concept and practice into our services.

Alms Houses

After many years in the making, MindWise tenants moved into the newly refurbished Ellis Street Cottages in Carrickfergus.

MindWise and OakleeTrinity have been successfully working together for many years to provide quality housing and care and support services to those affected by mental ill health. The cottages, or almshouses as they were formerly known, are an expansion of the existing MindWise Carrickfergus Supported Housing Services at Henry Gill Court.

The cottages provide much needed medium level support services for those who are ready to be discharged from hospital or moving from a high support environment towards independence.



Health, Safety, Quality and Risk

The health and safety of our service users and staff is core to the values of the organisation.

In line with our service improvement framework, health, safety, quality and risk management was a key focus during the year. Some of our milestones included:

The Regulation Quality Improvement Authority (RQIA) conducted eleven inspections, all of which reflected that MindWise continues to provide high quality safe services. Some quotes from RQIA inspectors include:- “the agency operates in a person centred manner and the views of service users are listened to”, and “the service must be commended on their effort made”.

Internal Health and Safety Audits were completed in 50% of services, all of which achieved ‘green’ status. This reflects the positive health and safety culture which exists throughout the organisation.

Eight Internal Quality Audits were conducted in services. The Internal Quality Audit team has gained a further six new members, all of which have now completed their induction training. During the year the Internal Quality Audit team met on a regular basis to discuss the auditing process and to plan audits. The Internal Quality Audits continued to take

a proactive approach in relation to preparing services for external inspections. The audits also provided good evidence of management to the external regulators. Our target is to achieve 100% service user involvement within the life of the current business plan.

This year was the second year of the new Risk Management Framework and its effectiveness is clearly evident. The Risk Management Team continues to meet every quarter to review service risk returns.

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 of the group included an extensive review of the internal Incident Reporting Procedures and proforma, and the centralisation of Diversity Monitoring which is now completed in Head Office.

MindWise continues to maintain effective partnerships including a health and safety charity forum and the Northern Ireland Safety Group.



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 include:-

- The launch of our new Family Wellness Project, WHSCT and SHSCT, in partnership with statutory Child and Adolescent Mental Health Services, CAMHS, Parenting NI, AWARE, AMH and CAUSE.
- The Launch of our Service User Participation and Engagement Roadshow, SUPER, aiming to support and develop participation and engagement opportunities with our clients.
- The success of our Mental Health and Wellbeing Diploma, which is being commissioned by the Belfast Emotional and Wellbeing Hubs for roll out with partner organisations FASA and East Belfast Counselling.
- The development of our CAMHs Youth Sector Partnership which now comprises 16 partner agencies.

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 2014-15, MindWise involved over 160 volunteers through the Active 8 programme and Together For You project; these volunteers gave 27,000 hours of their time sharing their skills, expertise and knowledge with MindWise staff, service users and the general public. In addition, the 13 members of the Board of Trustees gave their time on a voluntary basis.

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
- Administration
- Catering
- Gardening

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.

It is important that the volunteers are recognised and thanked for all that they give to MindWise and a highlight of our year was the volunteer awards, which 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 and service users had the opportunity to nominate volunteers in a number of categories. The categories and winners of the awards in 2014 were;

- Active 8 Internal Volunteer of the Year 2014 – Paul Devlin
- Active 8 Miriam Walsh Charity Shop Volunteer Award 2014 – Judith Davidson
- Active 8 Patsy England Volunteer of the Year 2014 – Michael McCann
- Health in Mind Volunteer Award 2014 – Carole Farnan
- Together For You Volunteer Award 2014 – Victoria Cunningham
- In recognition of ten years volunteering – Robert Kissick



Volunteers’ Week comes around every June and to celebrate over 30 volunteers had an “Away Day” at the National Trust property, Castle Ward on the banks of Strangford Lough. The day started with a tour of the house followed by lunch in the Coach House tea-room. Edward Gorringe (CEO) then presented all the volunteers with a certificate and a pin badge and thanked them for their hard work and dedication. The day finished with walks around the gardens and down by the lough.



“I want to let people know that it is ok to ask for help, it is ok to say ‘no, I’m not fine.’ Being involved in MindWise and Together For You has made me realise how many people and organisations are out there to help you...”

Sharon Carmichael - TFY Volunteer Facilitator

“I feel it’s given me the confidence being with people again as I had been very isolated due to my mental illness.”

Fiona O’Kane - Facilitator Volunteer

“In my Volunteering I feel I accept everyone for who they are. I have learnt as much from service users and other Volunteers, we are a support to each other.”

Volunteer Driver, MindWise Newry

“Because of my Volunteering with Together For You, the future looks more positive, happier and more hopeful.”

Volunteer Facilitator and Beneficiary Volunteer

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 will deliver 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. They will also have the opportunity to inform the Managerial structure of the project with the Beneficiary Member Volunteer Group.

Volunteers have been able to get involved at all levels of organisation. Some of our Together For You Volunteers now sit on the Board of Trustees, are involved with Quality Audits and others through Volunteering in Admin roles with Praxis Care have gone on to find employment within the organisation.

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 110 volunteers through the Together For You project giving 6,784 hours of Volunteer support from April 2013 with the aim to have involved 180 Volunteers by April 2016.

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.

WRAP Facilitator Volunteers have been trained to Co-Facilitate this Training and use their own experience of the impact of the WRAP tool kit to emphasise the benefits of this innovative plan. WRAP Facilitator Volunteers have had involvement reviewing and developing session plans for each WRAP course delivered. WRAP Volunteers will reach a total of 144 people over the course of the project.

For further information please contact: volunteer@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.

During the past year we reached the culmination of the ESF project and supported people to gain horticultural experience, qualifications and work placements in the local community.





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.

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 organizations, 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. As well as our CBB service based in adult mental health services we continued our Big Lottery Funded CBB project supporting older people with mental health difficulties across the five Health and Social Care Trusts.

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 2014/15 as follows:



QUALITY INDICATORS



JOBS AND QUALIFICATIONS

SALARIES

£
1,923,616


110
staff employed

COST OF EMPLOYMENT

£
286,761 including NICs, Pension, OnCall, etc.


38
part-time


72
full-time

TOTAL

£
2,210,377


3 Staff members completed the Advanced Diploma in Mental Health and Wellbeing Coaching accredited by the European Mentoring and Coaching Council

VOLUNTEERS

160 volunteers giving their own time:


13
Board Members


20
long term


127
new recruits

27,000
hours contributed

PARTNERSHIPS

Number of new partner initiatives: 6

Young People & Criminal Justice



CHILDREN

This year saw the Young People / Criminal Justice areas of work expanded to include work with and for children aged 5 to 11 and their families as a result of MW securing funding from the Big Lottery under the Reaching Out – Supporting Families Programme in partnership with Action Mental Health, Aware Defeat Depression, Parenting NI and CAUSE, as well as the Southern- and Western Health and Social Care Trusts' Child & Adolescent Mental Health (CAMHS) Teams.

This NI Families Network partnership will initially focus on the Southern- and Western Trust areas as part of the so-called Family Wellness Project and involvement the employment by MW of a Co-ordinator and two Child & Family Support Workers. Children and their families are to be supported over a period of three months to develop and implement their own Wellness Recovery Action Plan with the aim of addressing mental health issues, improving resilience and increasing the capacity of the family to provide this type of support in future.

YOUNG PEOPLE

Social policy advocacy work with the PSNI, Youth Justice Agency, NI Policing Board, PPS, Police Ombudsman, the NI Criminal Justice Inspectorate and various units of the Department of Justice (DoJ) has continued during this year with support from BBC Children in Need. This work focuses on raising awareness with these agencies and the Department of the specific needs of young people aged 12 to 18 in contact with the PSNI, the Youth Justice Agency or the Courts who experience a wide range of mental health issues. MW continues to be the only voluntary sector organisation in NI to cover this particular area of need in relation to the over 95% young people who offend but who are not detained in Woodland Youth Offender Centre (Source of percentage figure: PSNI / DoJ).

CRIMINAL JUSTICE

During the year partnership working continued with the DoJ and the PSNI in relation to both adults detained by the police and victims needing to give a statement to the police who experience mental health issues and severe mental health conditions. Again the focus of the specific needs of these groups of people in contact with the PSNI is unique to MW. In addition to providing the NI Appropriate Adult Scheme as set out below to people detained by the PSNI, MW has been working with Victim Support NI and the NSPCC to advocate for the development of Appropriate Adult Scheme support for mentally vulnerable adults needing to give a statement to the police.

One of the main achievements during the year involved NI Appropriate Adult Scheme Workers supporting mentally vulnerable defendants in Court at the request of the DoJ during parts of the court process not covered by the so-called Registered Intermediaries (i.e. communication specialists). Furthermore, a guide for professionals working in the juvenile / criminal justice system was produced for the DoJ on mental health issues, serious mental health conditions and personality disorders which is due to be published at a later stage.



LINKED-IN PROJECT

This was the third year of the Linked-In pilot project, supported by the Big Lottery through the Empowering Young People Programme, which provides individually-tailored support, advocacy, supported (re-)engagement with health services, and capacity building to young people aged 13-20 who have been released from police custody over a period of around six months. During the year 103 of the young people referred effectively engaged with the project receiving support to reduce their risk of reoffending and improving their mental health outcomes.

During the year an internal evaluation on first two years of the project was also completed which showed reoffending rates lower than following any other juvenile / criminal justice interventions that young people who offend might be subject to. The evaluation also showed that most young people referred to the project were experiencing a crisis point in their lives and benefitted from support to address both risk factors for poor mental health outcomes and current mental health issues / conditions at a fraction of the costs of detention in Woodlands Youth Offender Centre.



NI APPROPRIATE ADULT SCHEME

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 Worker is to ensure that the detainee is treated appropriately by the PSNI and that they fully understand the process of police detention and their rights and obligations.

This was a successful year for the scheme with 2371 attendances at PSNI custody suites with a successful response rate of 98% within the agreed time limit for this 24-7 service. The number of attendances was 9.2% higher than reported in the previous year and this is evidence of the increased awareness of police custody personnel of mental health and other vulnerabilities detained people might experience and the support provided by the Scheme.

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 25 June 2015.

We also read the other information contained within the annual report and consider the implications for the report if we become aware of any 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 2015 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 2015.

J L Grant

JL Grant (Senior Statutory Auditor)
For and on behalf of PKF-FPM
Accountants Ltd.
Statutory Auditors

25/6/15

1-3 Arthur Street
Belfast
BT1 4GA

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

Arts Council of NI

ASDA

BBC Children in Need

Belfast Health and Social Care Trust

Big Lottery Fund

Big Lottery Fund (Awards for All)

Clear Grant

Community Development and Health
Network/Health and Social Care Board

Craigavon Arts in Motion

Department of Justice

DHSSPS

European Social Fund

Magherafelt Council

NI Libraries Health in Mind

Northern Health & Social Care Trust

Northern Ireland Housing Executive

Public Health Agency

Santander Foundation

South Eastern Health & Social Care Trust

Southern Health & Social Care Trust

Workspace

Police Service of Northern Ireland

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

Financial Statements

Statement of Financial Activities for the year ended 31 March 2015

	General £ Designated Funds	Endowment £ Restricted Funds	2015 Total
	£	£	£
INCOMING RESOURCES			
Incoming Resources from Generated Funds			
Voluntary Income	91,215	–	91,215
Activities for Generating Funds	54,213	–	54,213
Investment Income	15,300	–	15,300
	160,728	–	160,728
Incoming Resources from Charitable Activities	1,854,933	1,176,263	3,031,196
Total Incoming Resources	2,015,661	1,176,263	3,191,924
RESOURCES EXPENDED			
Cost of Generating Funds			
Cost of generating funds	34,592	–	34,592
Charitable Activities to improve lives	1,932,311	1,156,823	3,089,134
Governance Costs	34,592	–	34,592
Total Resources Expended	2,001,495	1,156,823	3,158,317
Net Incoming Resources for the Year	14,166	19,441	33,607
Transfers between funds	–	–	–
Net movement in funds after transfers	14,166	19,441	33,607
Fund Balances Brought Forward	802,161	77,362	879,523
Fund Balances Carried Forward	816,237	96,803	913,130

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

Financial Statements

Balance Sheet

as at 31 March 2015

	2015
	£
Fixed assets	
Tangible Assets	103,425
Investments	216,576
	<hr/> 320,001
Current assets	
Debtors	69,869
Cash at bank & in hand	663,949
	<hr/> 733,818
Creditors: amounts falling due within one year	(140,689)
Net Current Assets	593,129
Total assets less current liabilities	913,130
	<hr/>
Net Assets	913,130
	<hr/>
Funds	
General Funds	816,327
Designated Funds	—
Restricted Funds	96,803
	<hr/> 913,130 <hr/>

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 Johnston
Chair

Date: 25/06/2015

Company No: NI071976

Innovation and Creativity

Coaching for LIFE

Last year saw the development and roll out of our very successful and highly regarded Level 6 Advanced Diploma, Mental Health and Coaching Course. The 11 strong pilot group graduated in January, receiving their diplomas from the Health Minister at a ceremony in the Stormont Hotel. The achievements around the Course were revealed in last year's Annual Report where it was described as a "Transformational change model".

This concept of transformational change has been applied to service delivery within the Organisation and the result has been the decision to set up our Coaching Practice: Coaching for Life. This new service fits with our Objective to provide 21st century services that are led by the client and are able to evidence positive and sustainable life changes.

The idea behind the practice is to use the existing experience and knowledge of the Coaches alongside their newly developed and enhanced skills to support a forward looking positive approach that would make evidenced differences to anyone who feels stuck, needs direction, wants to improve relationships, or manage their health etc.

Who is it for?

The service is available to anyone, with or without, a mental health issue. From people wanting to address a specific issue to those who find it difficult to make a decision, those who feel they are just drifting to those who feel stuck in their lives, those who have a mental health issue to those who want to take more control over a particular physical health problem. Our coaches will support anyone who wants to improve any part of their lives.

TRAINING

MindWise Learning and Development service has gone from strength to strength in the last year with 15 courses delivered to over 245 participants on behalf of employers, organisations and groups. We now offer a bespoke service as well as the generic courses we have provided so well in the past.

The wide range of recipients shows how forward-thinking employers are in recognising the importance of good Mental Health and Wellbeing in the workplace, and those with a public responsibility are acknowledging the need to be more aware of the vulnerable people they come into contact with.

The courses delivered ranged from Mental Health Awareness for local Council staff and Animal Welfare Officers, a Recovery session for OFMDFM staff and Wellbeing in the Workplace for a large employer.

We have also been very busy with our WRAP programmes. From January this year we have delivered 6 courses to over 75 participants made up of staff, client groups and the public for both our Library based "Health in Mind" partners to our "Together for You" Mental Health partners.

The service will also be offered to employers to meet business needs through enhancing the confidence and personal skills of employees, with related improvement in quality and productivity and supporting the management of sickness absence procedures. Coaching is a very time and cost effective development tool in the workplace.

How will we do this?

The Diploma used the strap line "Recovery to Discovery" and the Coaching Practice will reflect this. The skills the coaches bring will reveal and help develop the innate self-knowledge, skills and strengths the client has and then harnesses their motivation for personal change

Our Coaches use stepping stones to overcome stumbling blocks and have a creative and innovative approach that supports the client to achieve their goals. Results are tangible, there to be seen, felt, experienced, measured and quantified. They are real. We will capture these outcomes using an industry standard measurement tool which will allow us to evidence the effectiveness of the Practice.

The Coaches all affiliate to the European Mentoring and Coaching Council and so are bound by their Code of Ethics, they also are bound to work within MindWise's own Code of Conduct and together these ensure that the service has a high principle base. We provide a safe and confidential environment where clients know that they are valued and that there is no judgement of their situation. They are re-assured that they lead the process and that they have the support of a coach who holds them in unconditional high regard.

Who are our Coaches?

We currently have nine coaches, male and female, young...and some not so young! But all are trained across a wide array of disciplines and have Coaching and Mental Health experience at their hearts. Some already have their own practices, some work in the mental health sector and some are existing MindWise employees. This range of knowledge, skills and experience ensures that we are always able to provide the right coach for every individual. Our Coaches are motivated, committed and have the positive attitude and approach needed to be able to support our clients in their quest for change.

Thoroughly enjoyed it and found it most informative and helpful

More aware of my role as manager in preventing and responding to stress in others

Enjoyed the relaxed and informal style of the facilitator. Very communicative

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, Pinewood House, 46 Newforge Lane, Malone Road, Belfast, BT9 5NW

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, Pinewood House, 46 Newforge Lane, Malone Road, Belfast BT9 5NW

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

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

Please detach this section of the leaflet (along scissor lines shown) and post it to:
MindWise, Head Office, Pinewood House, 46 Newforge Lane, Malone Road, Belfast BT9 5NW



Further information on Active 8

MindWise

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, Belfast Resource Centre, 3rd Floor, Fisherwick Building, 9 Upper Queen Street, Belfast BT1 6FB

Active **8**
Your Future





Edward Gorrige, Paul McMonagle and Stanley Booth at the Shannon Clinic 10th anniversary celebration



MindWise Magherafelt Beardy Bunch raised an amazing £1,400 for their service



Staff and Service Users enjoying a cuppa with Lord Mayor of Belfast Nichola Mallon



Ulster and Ireland rugby player Stephen Ferris and Raymond McGurk supporting the Belfast Resource Centre at their annual golf fundraiser



Together For You Partners celebrate reaching over 24,000 individuals since October 2013

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

MindWise
Head Office
Pinewood House
46 Newforge Lane
Malone Road
Belfast
BT9 5NW

Phone 028 9040 2323

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



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