

Mind
Wise



Supporting
and empowering
people affected
by mental health
issues to live
their best lives

Impact Report
2021/2022



MindWise

About us

MindWise is a leading membership-based mental health charity in Northern Ireland. We have been working with and for people of all ages directly affected by mental health issues as well as families, carers, employers and teachers for over 50 years.

Our Vision

Our vision is a world where mental health and wellbeing is everyone's business.

Our Mission

Supporting and empowering people affected by mental health issues to live their best lives.

Our Values

Passion

We are passionate about mental health and wellbeing



Passion

Respect

We are respectful and value everyone in society



Respect

Empathy

We are empathetic, we listen and support you when you need it



Empathy

Togetherness

We believe that working together is the best way to achieve our goals



Togetherness

Openness & Transparency

We are open and transparent, we act with candour, honesty and integrity which are at the heart of everything we do



Openness & Transparency

Foreword



Thomas Haire
Chairman

Throughout the year 2021-2022, MindWise continued to deliver much-needed key services to over 15,000 people directly affected by mental ill health. I would like to take this opportunity to thank our staff and volunteers, our partners and funders and importantly our clients for their ongoing support and resiliency throughout these difficult times.

It was another unprecedented year during which MindWise learned how to live and work with COVID-19. Our commitment to the provision of high quality community-based mental health services and good governance was unwavering throughout. As such we look forward to a period of sustainable development and growth in the years ahead.

The Board of Trustees continued to meet regularly, though virtually in the main part. We reviewed our Good Governance arrangements and developed our first Good Governance Handbook which has subsequently supported the recruitment and induction of two new trustees. The Handbook lays the foundation for consistent, high quality governance in keeping with the Charity Commission's requirements in the years ahead.

Throughout the year, MindWise's Board of Trustees aimed to manage the continuing impact the pandemic was having on what we do and how we do it. In the first instance, we recognised the need to be flexible and adaptable in how we manage the changing needs and complex environment in which MindWise operates. Secondly, we recognised the need to invest in some significant change initiatives. As such, I am delighted to advise that in the year 2021-2022 MindWise invested in new ways of working. Specifically we strengthened our commitment to reaching more people

through digital solutions; we strengthened our commitment to client engagement and participation at all levels in the organisation; and we invested in the development of a new policy function which aims to strengthen our collective voice in the years ahead. Thirdly, we continued with our commitment to recognise, acknowledge, value and reward our staff teams appropriately and competitively for their unwavering commitment to our mission. Last but not least, we aimed to ensure that we positioned ourselves to sustainably develop and grow as an organisation in the years ahead. As such, our Board of Trustees reflected on our achievements over the past five years and commissioned our Executive Team to develop MindWise's new five year strategy, which we subsequently launched on 1st April 2022. I would like to take this opportunity to thank everyone - our clients, service users and carers, partners, commissioners, politicians and the wider public - for actively participating in the development of 'Our Strategy 2022-2027'.

In closing, as I enter my seventh and final year as a trustee of MindWise, I commend this Impact Report to you. I look forward to working with you in the year ahead as we begin to make this new vision a reality for everyone experiencing mental health issues, because mental health is everyone's business.

Thomas Haire
Chairman



Anne Doherty
Chief Executive

During the year we developed Our Strategy 2022-2027 with, and for, our clients, volunteers, staff, partners, commissioners and funders. In response to what our stakeholders said, we will consolidate existing activities while strengthening our approaches to client engagement, trauma informed practice and rights-based practice. We will develop our early intervention and prevention activities and bed in a life cycle approach to mental health and wellbeing. We will grow to meet the increased demand for our services, aiming to enhance the mental health and wellbeing of the Northern Ireland population. In the years ahead we will continue to reflect on what we are doing, asking our stakeholders' opinions on how we are doing, and we will continuously improve our plan annually.

In developing Our Strategy 2022-2027, we were cognisant that Northern Ireland has the highest prevalence of mental health problems in the UK, with a 25% higher overall prevalence than England. It is estimated that only 40% of people in Northern Ireland who seek help can access effective mental health care and 79% of those do not receive the service they need. Yet the mental health spend in Northern Ireland remains 31% less than in England and 20% less than in the Republic of Ireland. Aiming to address this gap, MindWise will campaign for increased spend on mental health in the years ahead.

MindWise is in no doubt that the enduring mental health needs of the Northern Ireland population have clear links to socioeconomic determinants of health and legacy issues of the 'Troubles'. However, the global pandemic COVID-19 has further exacerbated our mental health needs and shone a very bright light on systemic failings within the health care arena. Notably, for many people experiencing severe and enduring mental illnesses, like schizophrenia and bipolar disorder,

the pandemic has made their condition worse. For many people who have been affected by trauma (maybe because of systemic failings, 'The Troubles' or adverse childhood experiences), the pandemic has made their mental health condition worse. Many more people have found themselves experiencing a mental health condition for the first time due to money worries or homelessness, while navigating this system can further exacerbate mental health conditions.

In developing our strategic plan for the years ahead, MindWise asked, "What can we do to support you?" The people we work with and for told us many things. Importantly, they told us that mental health and wellbeing should be everyone's business, that everyone of all ages in Northern Ireland should have access to the support they need, when they need it. They told us that if we work together, we can make this happen.

Moving forward, our work will build on what we have achieved from our inception in 1972. We will strengthen, consolidate and extend our presence in Northern Ireland, while consolidating and building on our partnerships across the UK, the Republic of Ireland and beyond. Importantly, we will not pay lip service to what our clients (people with lived experience of mental health issues, their families and carers) tell us. We will continue to listen, we will work together, we will create safe places to support each other, reflect, learn, grow, and connect across society. We will support recovery and discover new ways of being and we will do this together because mental health is everyone's business.

Anne Doherty
Chief Executive

In 2021-22 we had:

15,993
people supported
through the year

32
services

On average,
each staff member
received approximately

50-55
hours of training

40
active
volunteers
donated over
7,330 hours

£5.6m

income secured for clients
of our Mental Health and
Money Advice Service

47 WorkWise
training
sessions
delivered to
1,105
participants

MindWise is the only
membership mental health
charity in Northern Ireland.

At the end of March 2022, we
increased our membership to

507 members

119

tenants provided
with housing in
our services

19 students graduated from our
Coaching for Mental Health and
Wellbeing diploma, delivered in
partnership with Kingstown College

Social media, website and campaigning

As well as providing support for the public, we built on connections with other organisations, with our social media posts regularly shared by campaigners, Members of the Local Assembly, partners, government departments and other charities. We also co-led on the COVID-19 Wellbeing NI campaign and received strong engagement. We continued to play a key role in the All-Party Group for Mental Health meetings, contributing to and supporting campaigns.

The direction of our campaigning will be strengthened in 2022-2023 by enhancing our resources to include a policy role.

12,890

followers on social
media channels



580,739

impressions
on social media

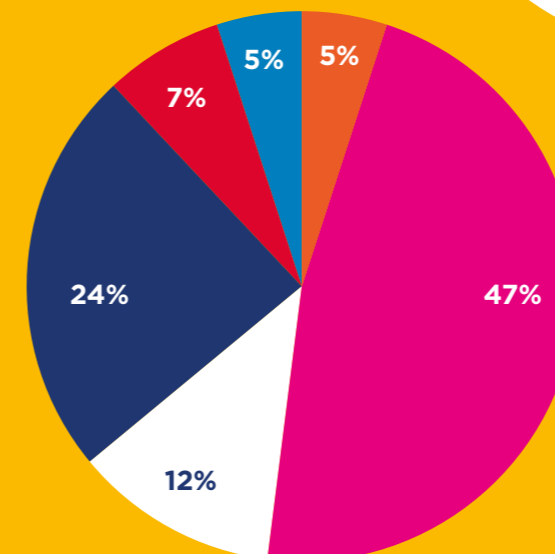
129,998

visitors to
our website

Visit our
website:

mindwisenv.org

Income 2021-2022



| Activity | Income | % of Total |
|--------------------------------------|-------------------|-------------|
| Housing | £2,040,709 | 47% |
| Resource Centres | £517,004 | 12% |
| Advocacy/NI Appropriate Adult Scheme | £1,047,873 | 24% |
| Users/Carers Support/Volunteers | £305,328 | 7% |
| Management and Support | £171,410 | 5% |
| Training | £195,550 | 5% |
| Total | £4,303,366 | 100% |



Keeping clients at the heart of everything we do

We are committed to ensuring that our services are designed around our clients.

We now have a dedicated Client Engagement Manager aiming to ensure we actively invest in co-design and client engagement within MindWise as a whole. From September to December 2021, a scoping study on client engagement was carried out which included interviews with more than 50 clients, volunteers, carers, staff and a board member. This scoping study and comparatives of best practices were completed in December 2021.

Between January and March 2022, a draft Client Engagement Strategy and supporting framework for MindWise was developed. Our priorities are to connect and innovate client engagement within our services

and engage clients in decision-making processes at every opportunity within the organisation. Moving forward, we aim to ensure our clients have the support mechanisms in place to lead and shape our services, as well as to externally influence mental health policy and practice, should they so wish.

Between November 2021 and March 2022, the recruitment of a trustee with lived experience was carried out. This process was successful, and the Board voted on 26 March 2022 for the individual to formally become a trustee.

Find out more about our Board of Trustees

[Click here](#)

Coaching for Mental Health and Wellbeing

In partnership with Kingstown College, we continued to deliver the Advanced Diploma in Mental Health and Wellbeing Coaching during 2021-2022.

This course is internationally accredited by the European Coaching and Mentoring Council and is designed for those practising in mental health, human resources, wellbeing, and associated areas, to equip them with skills to diversify their practice while learning techniques that can powerfully benefit their clients on their journey of recovery to discovery. The course was delivered virtually and 19 students successfully completed the Advanced Diploma in Coaching for Mental Health and Wellbeing 2022.

Congratulations to all our graduates!



Learn more about coaching for mental health and wellbeing

[Click here](#)

WorkWise

The pandemic continued to bring challenges for WorkWise activities throughout 2021-2022. Challenges within workplaces continue to have a knock-on effect for WorkWise. However, as restrictions eased, we did see an increase in business and we were able to deliver our most popular sessions both virtually and face-to-face, including our Mental Health Awareness course, our Managing Mental Health in Work for Managers course, and our Building Resilience course. During this time we delivered 47 sessions to 1,105 participants.

Discover how WorkWise can support your workplace to build better mental health

[Click here](#)



Volunteering Still Going Strong

Our Volunteers

Volunteering within MindWise remained consistent despite the continuing challenges of COVID-19. During the year, 40 active volunteers donated over 7,330 hours in a range of roles including befriending, photography, and arts and crafts. We adapted to the COVID-19 environment by delivering our volunteering training online, with 148 courses being completed throughout the year.

Communication with volunteers throughout the year was key, and we continued to share our monthly volunteer newsletters. Based on the Volunteer to Investment Audit (VIVA), for every £1 invested, there was a return of £2.37, a marked increase on the previous year (£1.31).

Reward and recognition are also key to what we do, and we were able to hold our volunteer awards event in December 2021. Over the year, 35 length of service badges were distributed to volunteers.

We also developed our new five year volunteer strategy which focuses on key priorities for the next five years, including re-accreditation in the Investing in Volunteer quality standard and enhancing children and young people volunteering.

See our current volunteering opportunities

[Click here](#)

“Our volunteers are worth their weight in gold, without them our ability to reach all areas of our communities would not be possible, nor would the organisation grow and expand at the same rate without volunteers, they are a vital part of our organisation and for that I am truly grateful.”

Staff member

“I have made lifetime friends!”
Volunteer



MACE Project

The newly secured funding of the adaption for the Wellness programme for children, known as the MACE (Multiple Adverse Childhood Experiences) project, gained momentum in the second half of the year, operating in the same Trust areas and delivering 53 WRAPs for younger children too.

Online delivery continued when face-to-face was not possible due to COVID-19 restrictions and continues to be a key foothold to support and sustain the regional development of the wellness programme.

**Learn more
about MACE**
(Multiple Adverse
Childhood
Experiences)

[Click here](#)

Highlights 2021-2022

WiseMoves: Our COVID-19 Stories

Since November 2021, MindWise has been creating the **#WiseMoves** project. This project uses film to enable our carers, volunteers and staff to tell their stories of resilience, recovery and discovery during COVID-19, while it also demonstrates the value of the work of MindWise more widely. The Project Team is made up of staff, clients, carers and volunteers who have worked to co-design and co-deliver this project. The result is a series of inspiring films which show the power of creativity and connection in overcoming challenges and promoting recovery and discovery.

It was like home from home from day one... It is about giving people a voice, that is what MindWise has given me. Now with my volunteering role, I can help others... My outlook in life is a lot more promising. I am enjoying life for the first time in a long time.

#WiseMoves 2022 film - Volunteer who started as a client within MindWise



Find out how we are supporting young people's mental health through our Bloom programme:

[Click here](#)

Supporting young people's mental health with 'Your Resilience'

We teamed up with sporting organisations including Ulster Hockey to give young athletes aged 14-18 across Northern Ireland the skills they need to help build resilience, maintain good mental health, and overcome the challenges in their lives.

'Your Resilience' is part of our Bloom programme. The education programme is focused on building resilience through life's transitions in 14-18 year olds, equipping them with the tools and resources to manage their mental health now and in the future. The programme is delivered in a range of sports settings, and we hope to expand the programme into CAMH (Child and Adolescent Mental Health) settings.



Introducing our Peer Navigator service

We were proud to launch our new Peer Navigator programme funded through Johnson & Johnson via our partnership with Mental Health UK.

Community Mental Health Peer Navigators are trained to help individuals find information and services that meet their current needs. They have personal experience of living with a mental health condition which puts them in a unique position to offer support to those who are working on their recovery.

Our Peer Navigator, Sharon Ross, draws from her own lived experience of accessing secondary mental health services to ensure that people are linked to appropriate support networks which in turn should reduce the risk of future social exclusion or mental health relapse.

Watch Sharon explain the benefits of this new service

[Click here](#)

The project was launched officially at our 2022 Annual General Meeting by Professor Siobhán O'Neill, Mental Health Champion.

You can watch all our WiseMoves films on our website

[Click here](#)

Fundraising and Partnerships

We'd like to say a huge thanks to everyone who has raised money for MindWise this year. Whether it's a bake sale, a skydive, or a collection, every penny you raise helps us to make a difference.

In particular, we'd like to thank our corporate partners, Agnew Motors and MCE Communications, for their incredible fundraising efforts.



Charity partners MCE Communications ran the Belfast Marathon for Team MindWise

Thank you Huhtamaki!

To celebrate Huhtamaki Paper Recycling being awarded Platinum status in the Zero Accident Club, Huhtamaki were delighted to donate **£1,282** to MindWise.



Getting back together after COVID-19

As life began to return to a more pre COVID-19 rhythm, our clients, staff and volunteers have been delighted to resume in-person activities.

Fitness and Mindfulness

Our Women's Group within our MindWise Southern Area services kicked off a six week fitness and mindfulness programme in order to improve their fitness while supporting their mental health.



Gardening

Our gardening groups continue to bloom, including a new group in our Fortwilliam housing service.

Photography

Our photography groups continued during the pandemic, and some of these images can be seen in the Belfast Photography Group 2023 calendar.



Ballyclare clients got a music lesson from guitar tutor Will - behold the Masked Musicians!



Our Belfast Resource Centre clients got bowled over in association with the Irish Bowls Federation

Some sessions continued to be delivered online.

Kelly Mitchell from our Community Bridge Building team delivered a candle making workshop, where service users from the Northern Health and Social Care Trust Day Opportunities groups had the opportunity to make one of the scented candles using materials and instructions supplied by Bumble and Blue. Clients thoroughly enjoyed this activity because it was something totally different - and who doesn't like scented candles?



Our clients continued to express themselves creatively in many ways, supported by our staff, volunteers and each other.

Eugene, who attends our Abbesside and Ballyclare services, created this wonderful bird box from materials sent to all our Northern Trust services



Maggie, who attends our Downpatrick service, wrote this poem to express her appreciation during Carers Week in June.

Understanding us and Our Carers

If You Have A Role,
Of Supporting The Mentally Ill,
And Just Set Yourself Achievable Goals,
As It Does Require Skill,
Loved Ones Get Turned Away,
Then Back To The Start,
Suppose What I'm Trying To Say,
You Can Mend A Broken Heart.
It Can Be Hard To Cope,
But Understanding Is The Key,
For Once There's A Glimmer Of Hope,
From Coming To MindWise You See,
As A New Day Has Begun,
Then Another Day Comes to An End
And My Last Few Words Spoken,
Are That I'm On The Mend.

Our Services



Resource Centres

Ballyclare, Belfast, Downpatrick and Magherafelt

Carer and Family Support

Ballyclare, Downpatrick



Community Bridge Building

Northern Health and Social Care Trust

Advocacy and Money Advice

Newtownards, Lisburn, Shannon Clinic, Downpatrick

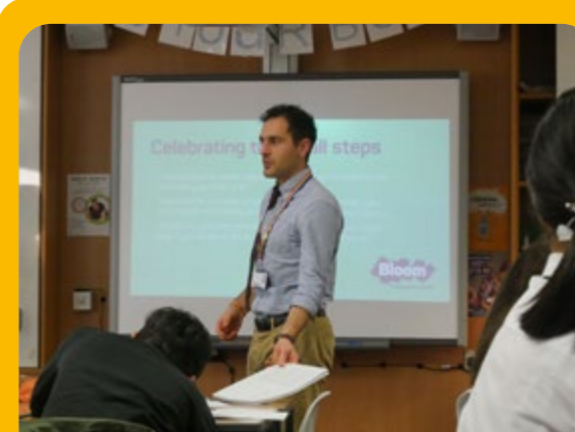


Housing Services

Antrim, Carrickfergus, Banbridge, Belfast, Killeel, Inverary House

Self Management

Belfast and South Eastern Health and Social Care Trust



Children and Young People

Bloom and Your Resilience

Mental Health & Money Advice

Nationwide



 Mental Health & Money Advice



Community and Floating Support

Newtownabbey, Antrim/Ballymena, Cookstown, Magherafelt

Day Opportunities

Southern Health and Social Care Trust



Criminal Justice

Northern Ireland Appropriate Adult Service

Peer Navigator

Belfast and South Eastern Health and Social Care Trust



Finances

STATEMENT OF FINANCIAL ACTIVITIES for the year ended 31 March 2022

These figures are extracted from the Trustees' Report and Financial Statements for the year ended 31st March 2022.

| | Notes | Unrestricted Funds £ | Restricted Funds £ | Total 2022 £ | Total 2021 £ |
|---|-------|-------------------------|-----------------------|------------------|------------------|
| Income from: | | | | | |
| Donations and legacies | 9 | 142,166 | - | 142,166 | 121,848 |
| Other trading activities | 9 | 155,661 | - | 155,661 | 132,590 |
| Charitable activities | 10 | 2,440,087 | 1,562,442 | 4,002,529 | 3,948,495 |
| Other income | 9 | - | - | - | 6,723 |
| Investments | 9 | 3,010 | - | 3,010 | 4,093 |
| Total income | | 2,740,924 | 1,562,442 | 4,303,366 | 4,213,749 |
| Expenditure on: | | | | | |
| Raising funds | 12 | 12,046 | - | 12,046 | 9,932 |
| Charitable activities | 12 | 2,645,517 | 1,647,061 | 4,292,578 | 3,928,397 |
| Total expenditure | | 2,657,563 | 1,647,061 | 4,304,624 | 3,938,329 |
| Net income/(expenditure) for the year before other recognised gains and losses | | | | | |
| | | 83,361 | (84,619) | (1,258) | 275,420 |
| Unrealised gains on investment assets | 5 | 7,403 | - | 7,403 | 33,532 |
| Realised gains on investment assets | 5 | 1,049 | - | 1,049 | 2,261 |
| Net movement in funds before transfers | | | | | |
| | | 91,813 | (84,619) | 7,194 | 311,213 |
| Transfers between funds | | (40) | 40 | - | - |
| Net movement in funds | | 91,773 | (84,579) | 7,194 | 311,213 |
| Reconciliation of funds | | | | | |
| Fund balances brought forward | 19 | 1,484,514 | 160,493 | 1,645,007 | 1,333,794 |
| Fund balances carried forward | 19 | 1,576,287 | 75,914 | 1,652,201 | 1,645,007 |

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derives from continuing activities.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.

BALANCE SHEET as of 31 March 2022

| | Notes | 2022 £ | 2021 £ |
|---|-------|------------------|------------------|
| Fixed Assets | | | |
| Tangible fixed assets | 4 | 429,247 | 434,812 |
| Investments | 5 | 610,344 | 201,016 |
| | | 1,039,591 | 635,828 |
| Current Assets | | | |
| Debtors | 6 | 292,532 | 285,837 |
| Cash at bank and in hand | | 539,707 | 1,039,918 |
| | | 832,239 | 1,325,755 |
| Creditors: amounts falling due within one year | 7 | (219,629) | (316,576) |
| Net current assets | | 612,610 | 1,009,179 |
| Total assets less current liabilities | | 1,652,201 | 1,645,007 |
| Net assets | | 1,652,201 | 1,645,007 |
| Funds | | | |
| General funds | 19 | 542,890 | 510,700 |
| Long term fund | 19 | 386,190 | 397,669 |
| Designated fund | 19 | 647,207 | 576,145 |
| Restricted fund | 19 | 75,914 | 160,493 |
| | | 1,652,201 | 1,645,007 |

These financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

A full copy of the audited accounts for the year ended 31st March 2022 can be obtained by emailing admin@mindwisenv.org or can be downloaded from our website www.mindwisenv.org.

Thank You

MindWise would like to thank its members, supporters, partners, volunteers and staff for their commitment to the Charity and the important work that we do.

The following are some of the organisations that have supported MindWise financially during the year:

Belfast Health
and Social Care Trust

Big Lottery Fund

Comic Relief

Department
for Communities

Department
of Health

Department
of Justice

Equality
Commission for
Northern Ireland

Health and
Social Care Board

Irish Bowls
Federation

Lloyds Banking
Group, incorporating
Halifax

MCE
Communications

Northern Health
and Social Care Trust

Northern Ireland
Forensic Care
Managed Network

Northern Ireland
Housing Executive

Public Health
Agency

South Eastern Health
and Social Care Trust

Southern Health and
Social Care Trust

Isaac Agnew
(Holdings)

Carrick Times
Business Awards

Translink

Huhtamaki
Paper Recycling

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

To donate, get involved as a member, volunteer or fundraiser, visit www.mindwisenv.org

How you can help us

MindWise is a leading membership-based mental health charity in Northern Ireland. We have been working with and for people of all ages directly affected by mental health issues as well as families, carers, employers and teachers for over 50 years.

You can help in a number of ways - for example by becoming a member, volunteer, become a client, employee, Trustee, partner, funder, or champion for MindWise and for mental health. If you want to know more, just give us a call and we can discuss how we can work together.

Email: info@mindwisenv.org
or call us on: **02890 402323**
www.mindwisenv.org



**Supporting and
empowering people
affected by mental
health issues to live
their best lives.**



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

For further information
on MindWise:

028 9040 2323
info@mindwisenv.org
www.mindwisenv.org



INVESTORS IN PEOPLE
We invest in people Gold

