



for better mental health

Leeds



Leeds Mind
Annual Report
2014

Introduction

From the Chairman From the Chief Executive

Leeds Mind continues to perform well in its core operations supporting our people, students, volunteers and most importantly, our clients, to make a difference where it matters. We also continue to make progress in demonstrating the outcomes that our services deliver, and are focused on continually developing our services to deliver the highest quality. In pursuing this goal we have invested in training and development for both staff and volunteers and in adding roles where they are needed most. This report highlights some of that work and demonstrates our continued financial security.

In the second half of 2014 Niccola Swan handed over the leadership baton to Helen Kemp. Helen will continue the outstanding work that Niccola has done with Leeds Mind throughout her 3 year tenure as Executive Director, and build on her successes with the passion, skill and determination that she brings with her from St Gemma's Hospice where she was part of the leadership team for a number of years. I would like to welcome Helen and wish her every success as she leads Leeds Mind over the coming years, and thank Niccola for her tremendous contribution to Leeds Mind and the strong position in which she leaves it.

Simon Kingsnorth
Chairman of the Board of Trustees

I am delighted to take over as Chief Executive of Leeds Mind. The organisation has had a very successful year, building on its strengths and securing more contracts. This is a testament to the staff team of 63 all of whom are dedicated and passionate about the work they do on a day to day basis. In addition we have around 155 committed volunteers who work tirelessly and enable us to reach more people in need of our help, we couldn't continue to offer our excellent services without them. I am proud to be part of this team and I would like to thank everyone for their contribution.

We continue to work collaboratively with our partners in the city, both in the statutory and voluntary sector to ensure that the people of Leeds get the best possible services. We have worked with Time to Change, the anti-stigma and discrimination campaign and we remain committed to changing attitudes towards mental health and remain optimistic about the recovery of our clients.

We are part of Mind nationally which gives us support particularly with campaigning and a wide range of resources as well as enabling us to have links with the other 150 local Mind organisations.

Our fund raising continues to increase year on year and we are very grateful to all the people who run, cycle, swim or organise and attend events to raise much needed extra funding. This year we have used money raised by our supporters to fund two part time posts. These posts are to continue developing innovative peer led support groups and to increase the number and variety of activities at Inkwel. Thank you to everyone that has raised or donated funds during the year, we are grateful for any support no matter how small.

This is an exciting time to be offering mental health services both at a local and national level. The Mental Health Framework has been published in Leeds which sets out commissioning priorities over the coming years. There are certainly challenges ahead particularly with funding in the current economic climate however I believe that Leeds Mind is well positioned to take advantage of any opportunities that lie ahead. We plan to review our strategy during this year and we will continue delivering our high quality services to those people in need of them.

Helen Kemp
Chief Executive



"We won't give up until everyone experiencing a mental health problem gets both support and respect"



Bottom: Katherine Storey completes the Leeds Half Marathon

Inkwell

In the last three years we have grown from a service providing three traditional art classes a week to a community service offering a twice weekly café, regular cinema and music nights, mental health and artist talks. Large scale public events including the annual May Day and Bonfire Night catering for over 400 people, social media surgeries, gallery openings and a thriving media team.

We work in partnership with many organisations. One of our most successful partnerships has been with TCV (The Conservation Volunteers) with whom we have developed a thriving Green Gym. In doing so we have transformed the Inkwell garden to enable us to host many successful events. We have created numerous volunteering opportunities enabling many people who came to Inkwell as people who use services to become providers of services as a key part of their recovery journey.

It is Inkwell's core purpose to work with individuals with experience of mental health difficulties and an interest in the arts. In addition we now support 18 people who specialise in fine art and digital arts who have completed commissioned courses and wish to take an intermediary step to become professional artists. We have developed a subsidised studio space in a peer-led environment to further their professionalism. The space houses a media suite that enables the artists to operate a small enterprise contributing to personal earnings and the sustainability of Inkwell.

Recently the artists have been involved in major exhibitions in Leeds including; Leeds University, Leeds Beckett, Light Night and the Tetley Museum. The artists have also been commissioned to produce designs and animation work for Leeds City Council (Leeds Crisis Card), the NHS and Leeds and York NHS Partnership Foundation Trust.

Counselling

Our counselling service has seen steady growth through the year. We have extended sessions into Monday and Tuesday evenings where demand consistently exceeds our capacity. We now have 13 volunteers offering over 30 sessions each week. We know that there are many more people who would like to volunteer as counsellors and we are keen to secure additional resources to enable this.



Visitor admiring Beth Smiths painting "Oblivion".



Inkwell Food Festival.

"I currently feel that I am engaged in purposeful and meaningful activities and can call myself an artist. This positive identity is reaffirming to myself and improved my self-image, but is also significant to my place in the wider community."

– Inkwell Artist

Key Working/Volunteering

The key working team is part of the Wellbeing Service offering one to one support for people living in Leeds who have significant and complex mental health needs. The work towards recovery continues to be individualised, varied, focused and meaningful. Assessment tools are used by workers to assist people in establishing goals for positive change and these form the basis for support plans. Some examples of work have been supporting people into further education and volunteering, to manage anxiety, increase confidence, attend appointments, develop coping strategies and develop supporting networks.

The team currently consists of a team leader and three key workers. There are strong ongoing partnerships with Befriending, Peer Support, Volunteering, WorkPlace Leeds and the Housing Team. Externally the key working team works alongside and liaises with other mental health and community services. This enables us to ensure clients are getting the support they need and access appropriate community resources.

The team has been involved in raising mental health awareness and has assisted in events around Leeds, such as the Time to Change group. Clients are currently working on redesigning the service user handbook to ensure that Key Working adapts to the changes in mental health provision.

Our social groups continue to grow. We currently have 11 different groups providing a wide range of activities from textiles to theatre trips for their members. Groups are facilitated by volunteers, but most of the decisions about the group are made by the members through user involvement. One example is the Men's Group who meet weekly for a meal, spend time socialising, making friendships and have recently raised funds in memory of group member Michael Cundall. The Men's Group also has an annual holiday away; this year was a week to Wales.



John—Gardening Group member.



Jewellery making at Inkwell's Craft Cafe.



Top: Peer Support Group.
Right: Walking group members.



The groups provide valuable volunteer opportunities and many volunteers come to gain experience for future careers in mental health. For others, volunteering can be a valuable step within their recovery journey.

“These are the best holidays that I ever go on and I have travelled the world.”

We also hold special event days. We have held work days in the garden and in June we had our big ‘wellbeing’ day, where 39 non staff attendees came together for a day of celebration. This was a chance to share information, try out some activities and perhaps most importantly, gather feedback to help take our groups forward. In the future we are looking to have more events including a relaxation taster day.

Peer Support

It has been another year of growth for Peer Support services in Leeds Mind. Our Adult Social Care funded groups continue to experience significant demand and we have been able to meet this through an increased number of volunteers. This has meant we have been able to diversify the types of groups including managing mental and physical pain, self-compassion and feeling good with colour.

A number of pilot projects have run throughout the year. We received a grant from Mind to develop peer support services across seven local Minds in the Yorkshire and Humber region. This was a huge success with 95

people completing course work programmes and 41 new volunteers completing Facilitators Training and seven new groups established. In June we organised a celebratory conference attended by over 150 people who were able to access 16 workshops. This has enabled us to develop and maintain a northern peer support network.

We also secured a grant from the Nasa Begum legacy to develop peer support and offer access to the arts and counselling for women of South East Asian origin. Our volunteers developed a range of culturally relevant courses in Urdu, Punjabi, Gujarati, Hindi. So far 42 women have benefited from the sessions and we have worked in partnership with six organisations to develop their peer support offer.

We are continuing work funded through the Clinical Commissioning Group (CCG's) to develop and provide peer support courses as an alternative route to existing services within Improving Access to Psychological Therapies (IAPT). Courses have been well received and we are continuing to refine the referral pathway.

Through the year we established peer support courses in three community venues in Wakefield. We have been invited to further develop this work on the Warwick Estate in Knottingley and contribute to the development of the Wakefield and Five Towns Recovery College.

This work would not be possible without the dedication of our fantastic volunteers all of whom have been willing to share their experience of emotional distress for the benefit of others. This year our team of 31 volunteers supported over 350 people to develop skills to better manage their mental health.

“The holiday was a great break from my illness, I felt free to choose my daily activities and someone else was always ready to come along”
– Men’s Group holiday member

“She’s been a lifeline. I couldn’t have done things I have done without her. She even helped me learn how to use my mobile phone.”

Befriending

Leeds Mind Befriending is collectively delivered with Making Space and is a city wide service.

We provide between 15 and 17 partnerships at any given time—all partnerships are between a client and a volunteer specific to the befriending service. Our volunteers come to volunteer for many reasons, these can include: a personal interest in mental health, wanting to put something back into the community, to gain experience in a mental health support service, having been a client and seeing the importance of befriending—each reason to volunteer is very individual.

The Befriending co-ordinator has many tasks and duties to ensure the smooth running and development of the service, however, one of the key responsibilities is to match the right volunteer to the client—the relationship between volunteer and client is vital in helping the service provide its primary outcomes of reduced social isolation, improved mental health, increase in confidence and self-esteem.

“He’s supportive and has the same interests and humour as me”

Over the last year we have had a psychology student supporting the co-ordinator. This has helped the service to develop the monthly befriending socials which are very popular with the befriending clients and volunteers. This gives everyone the opportunity to meet up on a regular basis at Clarence House to increase their social networks and comment on the service. The socials are very informal with food, entertainment and a theme to each occasion being central to their success.

A recent evaluation of the service found that 86% of clients felt the service had helped to; alleviate loneliness, expand horizons and increased self-esteem.



Befriending Social Group Summer Festival.

"The only training that I have been on that kept me 100% interested for the whole day. Well done."

WorkPlace Leeds

We have had a busy year at WorkPlace Leeds and have grown and developed many of our services. We continue to offer Employment Support, Job Retention support, Peer Employment Support, IT support and develop our Mindful Employer initiative.

Overall, what have our clients achieved? 94% clients retained their jobs; 93 people gained paid employment; 110 people found volunteering places; 185 people commenced training; 177 job interviews were attended; 1,045 job applications were made; 72 European Computer Driving Licence modules gained by clients; up to 55 peer group sessions were delivered and to date there are now 40 Leeds-based signatories of the Mindful Employer Charter.

"Volunteering has been an essential part of my recovery."

Finally and importantly, 100% of clients we spoke to said they would recommend us to their family and friends.

Our Job Retention Team has gone through a period of significant growth and we continue to exceed our targets across the board. Other key achievements this year have included establishing a regional Job Retention Network, developing a new route for GPs to refer their patients and continuing our success delivering Being Well at Work courses.

Our Employment Support service has also continued to grow over the past year. We continue to provide support to clients referred from Leeds and York Partnership Trust, Adult Social Care and Positive Pathways (mental health housing service) and staff have continued to maintain excellent relationships with all our referring organisations. In addition, we have now

commenced a one year pilot project in partnership with Jobcentre Plus, where we can now take referrals directly from Leeds job centres. This means that any unemployed person living in Leeds with a mental health problem should be able to access WorkPlace Leeds services.

Our IT service has flourished over the past year, with demand remaining high and qualifications gained exceeding all targets. The service received an A rating from the British Computer Society. This is a particular testimony to our IT tutor and the volunteers who have been invaluable to us, and our clients.



WorkPlace Leeds team at World Mental Health Day.

Over the past year we have continued to develop our Peer Employment services which have been invaluable to clients on their journey to work and in retaining work. As part of this service we have developed and delivered a range of peer group sessions, support groups and social activities. Leeds Mind/Workplace Leeds continues to take a lead role in the city on the Mindful Employer Initiative. Awareness of this continues to grow and there are now 40 Leeds-based

signatories of the Mindful Employer Charter; 80 employers are now engaged with the Mindful Employer Network and a Mindful Employer Conference for 150 delegates is booked and organised for November 2014.

"The caring and compassionate input made such a difference."

All of these achievements are testimony to the ongoing commitment, passion and hard work of the staff team and volunteers in continuing to provide a high quality service to all our clients during a period of growth and transition for the service. It also demonstrates the resilience and hard work of our clients as they make their journeys to gaining and retaining work. A big thank you to all!



Leeds Mind at Leeds Pride. Photography kindly supplied Ali Wilson Photography.



WorkPlace Leeds Team join Time to Change at Kirkstall Festival.

Housing Service

Leeds Mind Housing Service is now into its second year with Positive Pathways. The Positive Pathway service is a partnership between Leeds Mind, Community Links, Touchstone, Leeds Irish Health and Homes, St Anne's Community Services and Leeds Federated Housing. Between us we deliver a city wide housing support service for up to 500 people at any given time. The service also has pathways for clients to access specialist employment support, a befriending service and opportunities to volunteer.

"My worker helps me get out of my flat — without them I would not get out."

Our main focus of work continues to help people access and retain safe, affordable and appropriate housing. However, our everyday work and support has many different strands to it including: supporting people with budgeting and debt issues, helping people liaise with benefits services and utility companies, offering emotional support, increase their own understanding of their mental health, support to find meaningful activity and support to access other services in their community. The list could be endless as people have many varying needs of support for a varying amount of time. We review support needs every six months.

In the last year we have had a number of successful stakeholder events within Positive Pathways. We also had our own individual housing service user event at Clarence House which gave clients the opportunity to give us valuable feedback about the service we deliver. Clients who attended also had the opportunity to meet the manager of the service, a trustee of Leeds Mind and a commissioner of the service about their experiences with Leeds Mind housing service.

"They let me know about all the other things going on. I now have friends."

We continue to host and support social work student placements through the year. These have proved to be valuable for the student, our service, our clients and the Leeds University.

Leeds Mind Mental Health Training

Over many years Leeds Mind has delivered a lot of mental health awareness training both internally and externally and in many different guises. Some of the organisations / services who have accessed our training include: Leeds City Council Libraries and Museums, IDEXX Laboratories, Grandparents Association, WY Metro, O2 (Telefonica), Leeds Beckett University, CANOPY, Legal Services and Horsforth Round Table. This has been delivered by individuals who have a passion and determination to develop mental health awareness within organisations, services and within the community. Our training materials reflect the experience, feedback, evidence and learnings of all the trainers.

“Fantastic course delivery and content. The trainer was brilliant—interesting and energetic, I have learned loads.”

Earlier this year we decided to co-ordinate the training into one team. We now have three packages that can be individually tailored to meet the needs of the organisation, service or company who require this training.

- Our current packages consist of:
- Basic Mental Health Awareness
 - Skills for Frontline Workers
 - Skills for Managers

A half-day or full day session can be delivered as well as smaller workshops.

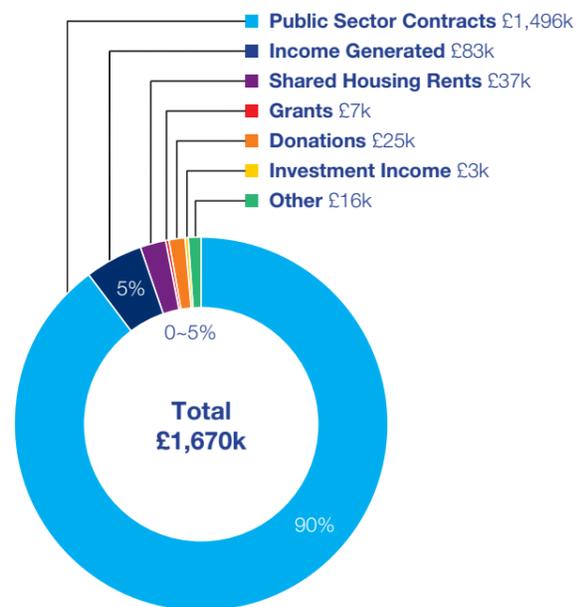
Volunteers

At Leeds Mind we rely on the assistance of a great many volunteers to help us deliver our services and support our day-to-day work. Some of our services could not run without our volunteers, such as our activities at Inkwell and our Counselling. We are extremely proud of the work they do and grateful to each and every person who gives up so much of their time to help us.

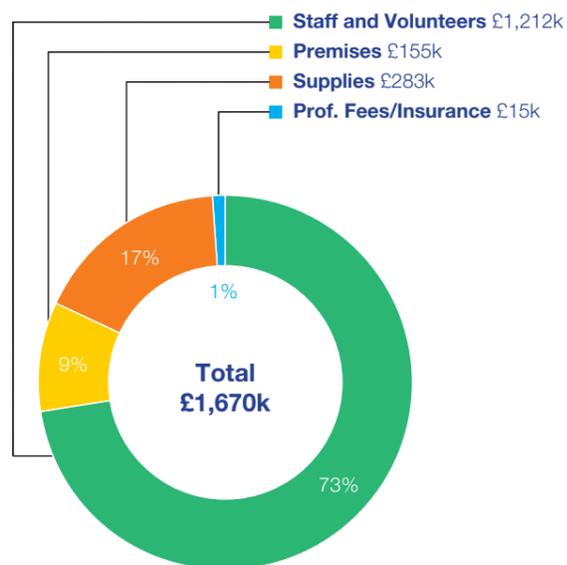
Finance and Funders

We have had another satisfactory year financially and remain exceptionally grateful to our funders and donors. Our principal income sources continue to be the NHS Clinical Commissioning Groups in Leeds together with Leeds City Council. However, this is supplemented by many smaller, but nonetheless important grants as well as lots of very welcome donations. The share of the deficit in the West Yorkshire Pension Fund continues to affect the presentation of our balance sheet figures but Leeds City Council have agreed to underwrite this.

2014 Funding:



2014 Expenditure:



Figures to the nearest thousand.



Enterprise rent-a-car donate an amazing £1000.



Fundraising and Donations

Over the past year we have been lucky to have a number of people take part in a wide range of fundraising activities, from running to triathlons, haircuts and a Windermere swim. We also receive a number of donations remembering loved ones and friends. Thank you to you all, the money you raised goes towards providing much needed services for people with Mental Health problems in Leeds.

If you would like to fundraise or send a donation to Leeds Mind please;

- Contact Gemma Green at gemma.greenn@leedsmind.org.uk / 0113 305 5800
- Register your event with the Leeds Mind Just Giving page www.justgiving.com/leedsmind
- Text LMND01 and the amount you wish to donate (LMND01 £5) to 70070



Top: Team Tight Butts take part in the Bramham Major Series. Middle: Team Leeds Mind take part in the Leeds 10k. Bottom: Leeds Digital Marketing Company “Stickyeeyes” taking part in the 2013 Abbey Dash.

"Someone to talk to and gets me out of the house I look forward to him coming."

"Definitely makes a difference, it really helps."

"They let me know about all the other things going on. I now have friends."

"Marvellous facilitation- honest, down to earth, real practical, helpful."

"Thanks for sending my worker, she has been brilliant!"

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WorkPlace Leeds
Employment • Job Retention • Training

