



Leeds



Leeds Mind

Annual Report

2014/2015

Introduction

From the Chair

Welcome to our 2014/15 Annual Review, my first as Chair of the Board of Trustees.

I was honoured and excited to take over the role of Chair from Simon Kingsnorth in November 2014. I would like to thank Simon on behalf of everyone involved with Leeds Mind for his leadership and guidance whilst Chair, and for his continued support as a Trustee. I would also like to thank all our staff and volunteers for their continued dedication, contribution and support, without which we could not make a difference to the people of Leeds who use our services.

Leeds Mind was established in 1972 and since then it has always been a leader in developing new thinking and approaches about recovery. We remain committed to delivering innovative, evidence based services to the people of Leeds and beyond.

To shape the future direction of the charity, and to ensure we are best placed to meet the challenges ahead, we have developed and agreed our strategy 2015-2018 with the involvement of clients, staff and volunteers.

Despite the challenges that are being presented, particularly in relation to funding, this is an exciting time to be offering mental health services both at a local and national level. Our Strategic Aims will be the cornerstone to ensuring that Leeds Mind is well positioned to take advantage of opportunities that may arise, to continue developing innovative and more integrated pathways for people with mental health difficulties. We will continue to work collaboratively with our existing partners and potential new partners in the statutory, voluntary, public and private sectors.

Linda Grant

Chair of the Board of Trustees

Our Strategy

Focusing on four Strategic Aims:

- Person centred - To co-produce and develop high quality personalised services which deliver measurable outcomes and positive experiences for clients.
- Changing attitudes and behaviours - To reduce stigma and discrimination regarding mental health.
- Access - To ensure that people get the right services and support at the right time.
- Sustainability - To ensure the long term sustainability of Leeds Mind as an independent organisation.

Our Vision

Better mental health for all

Our Mission

Leeds Mind enables people with mental health difficulties to flourish

Our Values

Kindness

We treat everyone with compassion and care

Hope

We believe recovery is possible for all

Empowerment

We encourage people to make informed choices in a safe environment

Inclusion

We welcome anyone with a mental health need

Respect

We value everyone's contribution and background

Support

We support people to live with their mental health difficulties and to achieve their goals



**“Nobody is
perfect, however
the people at Leeds Mind
come very close to it”**



Top:
Maxine Wade – Completed the London and Paris
Marathon
Bottom:
Leeds Mind represented at Leeds Pride

Peer Support

Peer Support has been growing and developing steadily over the last five years; the dedication and commitment of our team of volunteers has been key in this.

Over the last year, Adult Social Care funding enabled us to deliver 250 sessions of skills courses and workshops, 12 activity groups, 3 activity days and 3 mutual support groups, which supported around 300 people. More details can be found on our new website developed by Amanda Burton and the team at Inkwel. (www.groupworksleedsmind.org.uk)

We were delighted to be selected to be one of 9 national hubs and 3 strategic partners within Mind's Big Lottery Funded Peer Support Programme which will be gathering evidence about the effectiveness of peer support, and which will support its future sustainability. Funding through the Clinical Commissioning Groups (CCGs) has enabled us to provide peer support as an alternative to existing IAPT services, and to explore how we can develop a city-wide service that makes peer support accessible to more people and communities.

Leeds Mind Peer Support is part of the new Recovery Centre at Asket Croft,



Clarence House Garden

in Seacroft, and we have continued to develop partnerships with a range of organisations including Stitch Up, Hollybush (TCV), WCTS, Leeds Refugee Forum, Adult Social Care Hubs, Recovery Colleges in SWYFT, Richmond Fellowship and the Well Women Centre in Wakefield. Our pilot project to develop peer support on the Warwick Estate in Knottingley was a success and we have received a further year's funding to continue this work.

The range of activity groups has expanded this year (see website) and the Gardening Group has done a fantastic job in transforming the garden at Clarence House into be a useable, tranquil space which over the summer has helped ease congestion in the office as the organisation flourishes and expands.

“Thank you for making my time on Friday such a beautiful one. I loved the Tai Chi. Befriending does so much. You are very special.”

Befriending

2014-15 has been a great year for Befriending. We have exceeded our partnership targets and we are working with around 20-22 people on a regular basis.

We provide flexible befriending support to adults with mental health difficulties who are very socially isolated. We aim to support people to enable them to be more socially engaged and in doing so improve confidence, resilience and quality of life. This is done through the creation of one-to-one Befriending partnerships and participation in Befriending Social Groups. We also support the development of informal friendships between service users.



Emma—Befriending Yorkshire Day

Small grants from Tesco and Leeds Community Foundation have enabled us to provide for more people in the West and NW areas of Leeds, helping them to make better use of Peer Support and Social Groups. We have created a regular Cinema Club event at Clarence House targeting older people with mental health needs. The Befriending Group has continued to meet on a monthly basis since September 2014. We continue to organise events around seasonal themes.

Our brilliant volunteers, members and students have all offered creative ideas and suggestions for future groups. We work closely with the Gardening Project and other in house services, and have good links with a range of community organisations and individuals to provide an enjoyable and varied experience for our members.

We provide our Befriending service in partnership with Making Space.



**“I felt my world
was about to end.
I now feel it has
begun again.”**

Key Working

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, focussed and meaningful. The Outcomes Star tool is used by workers to assist people to establish goals for positive change and forms the basis for support plans. Some examples of work includes: supporting people into further education, volunteering, managing anxieties, increasing confidence, attending appointments, developing coping strategies and forging supporting

networks. We have achieved positive changes for 59% of people, in areas such as improving social networks and meaningful use of time.

There are strong ongoing partnerships with Befriending, Peer Support, Volunteering, Workplace Leeds, PEP 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 can access appropriate community resources.

Counselling

Our counselling service has thrived in 2014/15. We have seen the number of volunteer therapists increase to 20 offering around 60 sessions each week.

Our therapists work in a responsive and individually tailored way with all our clients, drawing from humanistic, psychodynamic and increasingly integrated or “relational” theoretical frameworks. A particular characteristic, which the service is proud of is our focus in developing a collaborative approach with clients in negotiating the number of sessions offered; through reviewing and appraising progress regularly, and not adopting a “one size fits all” approach.

The service is able to appraise and report on its effectiveness alongside opportunities for clients to describe their therapeutic experience at Leeds Mind in their own words.



Sarah—visiting Equine Pathways



Self-Directed Support

Self-Directed Support (SDS) is a service based around what individuals need to help improve their mental health. The workers meet on a regular basis with clients in the community and, where appropriate, link into other supporting services.

Many of the people we support are very socially isolated. We know how this can have a negative impact on an individual’s mental health. To become better socially connected we can support people to quickly access their community resources and, if necessary use our groups as a stepping stone. Clients have been supported to attend

Inkwell, the Befriending Social Groups, the Gardening Group, and local amenities.

SDS can be accessed through Adult Social Care, or individuals can pay for this support themselves. There is a move towards more mental health support work being provided through SDS and anyone can contact Adult Social Care to ask if they are eligible for an assessment for this service. We therefore anticipate that the need for this service will continue to grow and we aim to ensure we continue to offer this form of individualised support.



“A £6,000 Leeds Inspired grant increased our community art outreach by 100 people.”

Inkwell

Inkwell supports individuals, families and the community to engage in the arts which supports wellbeing. Leeds City Council’s Adult Social Care funds core art sessions for 40 referred clients and supports 80 volunteers, the majority have mental health difficulties. A £6,000 Leeds Inspired grant increased our community art outreach by 100 people.

Inkwell is a creative wellbeing hub providing training for our volunteers. Inkwell volunteers continue to run an arts café serving healthy, affordable vegetarian food. Clients include LYPFT, Oxfam, LATCH, RVS (providing a weekly dementia café) and Leeds Involving People. FoodCycle prepares a monthly “pay as you feel” meal followed by Secret Cinema.

In its first year, Inkwell’s media enterprise generated income for Leeds Mind. Contracts include LYPFT, Leeds University and Sheffield CATCH, Leeds Library Services and Light Night to produce broadcast-quality animations, film and print. A monthly Digital Craft Café facilitates isolated individuals use of creative digital technologies and social media.

Our fifteen studio artists successfully applied for mentorship funding from Mind. They exhibit across Leeds working with the British Art Show, Chapletown and Chapel Allerton Arts Festivals. Two artists sit on the LoveArts Festival steering group.

Inkwell has regular open days and community events which raise much needed additional funding.

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

Patient Empowerment Project (PEP)

The PEP Project is a two year pilot to run a social prescribing service across West Leeds together with four partner agencies; BARCA, Leeds Mind, Better Leeds Communities and Touchstone.

**“As a GP I now have two prescriptions
available to me, medical and social.”**

- A local GP

The project went live in September 2014. Since its' inception PEP has seen significant month on month growth in terms of referrals and positive outcomes, with over 299 positive outcomes received by March 2015. Some outcomes of the PEP service include:

- People with mobility problems have dropped from 54% to 46%
- People reporting problems with self-care have dropped from 54% to 46%
- People reporting problems with performing their usual activities have dropped from 83% to 71%
- People with pain and discomfort have dropped from 67% to 63%
- People with anxiety and depression have dropped from 92% to 79%.

PEP is making a real difference in terms of enabling GPs and practice staff to offer an alternative to a medical prescription.

Training

The training service has begun its exciting journey this year. By recruiting and employing a full-time Training Co-ordinator we have started to develop our existing provision. As well as continuing our Mental Health Awareness training we have broadened our training offer to employers, making this a unique and bespoke package.

We have delivered our “Supporting staff with stress, depression and anxiety: skills for managers’ training” to a number of employers including Leeds

Beckett University and West Yorkshire Combined Authority. We have also delivered bespoke training to Cruse Bereavement Care and are currently working alongside West Yorkshire Fire and Rescue Service delivering a rolling programme over a two year period to help them cement their commitment to best practice in the workplace in supporting mental health. Additionally, we were also successful in becoming a training provider for Mind’s “Blue Light Campaign”.

“Best (external) course I’ve attended in 26 years.”

“Very knowledgeable trainers.”

Housing

Over the last year the Housing Service has continued to work alongside its partners at Positive Pathways to improve access to the service, through a clearer referral process. The service now receives fast tracked referrals from the Becklin Centre and supports 92 people at any one time. The service continues to offer pathways towards employment, through our close links with WorkPlace Leeds and towards befriending.

“Couldn’t have done it without you all.”

The main focus of our work is to help people access and retain, affordable and appropriate housing. The everyday

work with people can be varied and include areas such as managing debts, dealing with utility companies, linking in with benefits advice services, assisting with access to community resources, providing emotional support and increasing people’s understanding of their own mental health. The Outcome Star illustrates worker’s positive impact, with 75% of clients showing an improvement in their mental health, their motivation and their living skills. Feedback from clients has been consistently positive.

“I would like to thank everybody at Mind for everything they have done for me.”

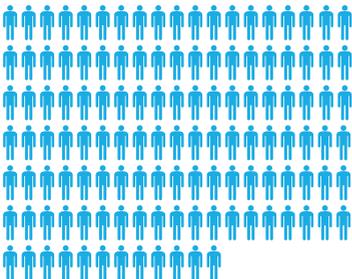
Employment

WorkPlace Leeds has had another busy year and we have grown and developed many of our services. We have gone from strength to strength within our Employment Support and Job Retention and IT Services delivering across the city and forming strong partnerships with other local providers. As well as our main contracts we have just finished a very successful pilot project with Job Centre Plus, secured additional funding for our Employment and Being Well at Work groups and seen our IT provision outcomes soar.

We had our Job Retention service evaluated by Leeds Beckett University so we have an evidence base for future learning and benchmarking. We have continued to develop our Mindful Employer Initiative so we can ensure that employers have the opportunities to think about and create the most positive and supportive environments as possible. We held our first Mindful Employer Conference which was attended by over 150 delegates from the voluntary, public and private sector.

Our key achievements:

126
PEOPLE
GAINED
EMPLOYMENT



82
PEOPLE FOUND
VOLUNTEERING
PLACES



106
EMPLOYERS ENGAGED
WITH THE
MINDFUL EMPLOYER
NETWORK



50 **ECDL MODULES**
GAINED BY CLIENTS



96%
OF CLIENTS
RETAIN
THEIR JOBS

Some feedback from our clients:

"A complete lifesaver."

"Can't say how much support of an excellent quality has been given to me by committed people at WPL."

"She has been, as we both agree, my much needed "critical friend" who is there to point me in the right direction, bolster my self-belief and when required, quite reasonably, point out where I am either undermining myself or show me where my thought processes are contributing to my problems."

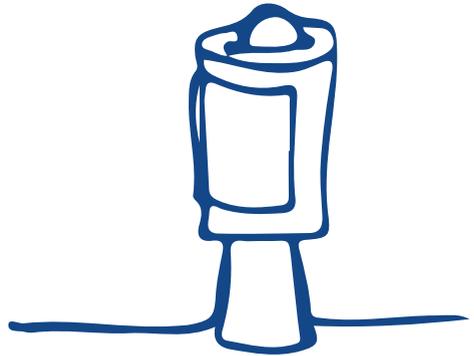
"It seemed like whether it was work or outside work or mental health I don't think there was an area where they were not ever able to help me."

"If the Job Retention Specialist hadn't been there to discuss what was happening with my work situation....I would not have survived."

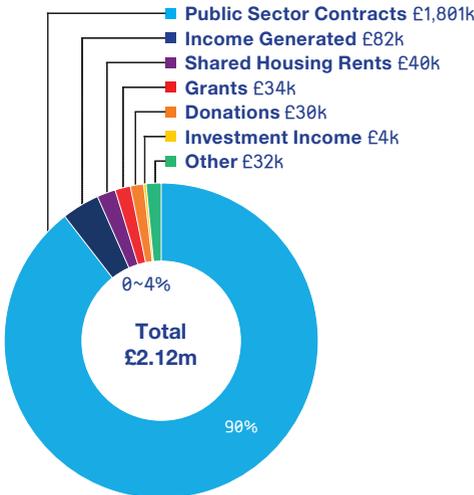
"I have slowly improved since starting with WorkPlace Leeds, I feel more positive and confident. I still have a way to go but I know I will get there."

Finance and Funders

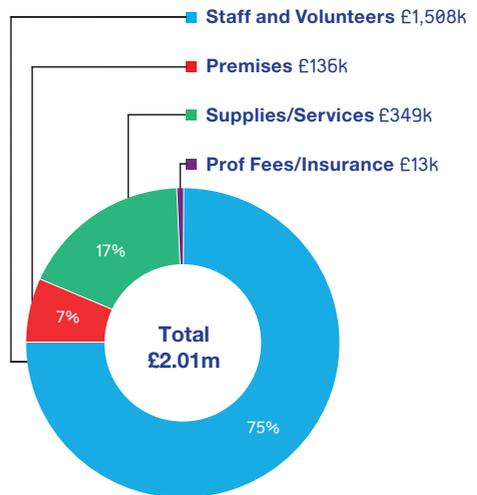
We have had another positive year financially and we are extremely grateful to our funders and the generosity of our many donors. Our principal income sources continue to be the NHS Clinical Commissioning Groups in Leeds together with Leeds City Council. This is supplemented by many smaller but nonetheless important grants as well as lots of very welcome donations. Without this we could not continue to deliver our high quality service to the people of Leeds. Our share of the deficit in the West Yorkshire Pension Fund continues to affect the presentation of our balance sheet figures and we are grateful to Leeds City Council for their underwriting of this.



2015 Funding Sources:



2015 Analysis of Expenditure:



Fundraising

We have been extremely lucky over the past year to have a number of people taking part in fundraising events, from the London Marathon, to 10k runs, Yorkshire Three Peaks, National Three Peaks, colour runs, music festivals, song releases and a masquerade ball, to name just a few. We also receive a number of donations from people remembering loved ones. The money raised goes directly towards helping people in Leeds with mental health difficulties. Thank you to you all.

If you would like to fundraise for Leeds Mind, or would like to send a donation, please contact:

Gemma Green –
gemma.green@leedsmind.org.uk
 0113 305 5800

Register your event with Just Giving:
www.justgiving.com/leedsmind
 or Virgin Giving:

www.uk.virginmoneygiving.com/giving/

Or Text LMD01 and the amount you wish to donate (LMD01 £5) to 70070



Top: Tesco Community Award supporting our Befriending service
 Middle: Maxine Wade – London & Paris Marathon
 Left: Shaunna Senior – Colour Run
 Right: Miranda Arie – Charity single release – "How does it feel"

"It has helped me feel less trapped in my position. Feel more positive"

"By helping to re-frame my perceptions of self and others, of life and the world. By helping to better interact with others and contribute to the group environment. By helping me to re-adjust existing social and personal boundaries and build new ones"

"I am feeling a lot more confident and assertive. Being assertive is not always easy it's sometimes coming out from your comfort zone"

"It's been great to meet people with similar problems and hear different ways to cope. It really is peer support!"

"It has helped me getting more assertive and gaining confidence"

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WorkPlace Leeds
Employment • Job Retention • Training

