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## Annual Review 2017/18 - Chair's report

### Welcome to the Leeds Mind Annual Review

I am delighted to introduce you to the Leeds Mind Annual Review which highlights our achievements and the difference we have made to the lives of people we have worked with.

Over the year we have worked with over 4000 people, in either one to one or group settings, providing support and enabling these people to lead the best lives they can. We all have mental health needs and we continue to work to raise awareness and reduce stigma, and to work with people to engender hope and optimism for the future.

We continue to work closely with national Mind which enables our work to be recognised nationally and ensures that we share and learn best practice across the network. We were visited by the Mind Quality Mark assessors who found that our governance and practice are of a high quality and that our services are valued by our clients: this reflects the continued hard work and passion of all our staff and volunteers.

We are a values driven organisation and it is important to us that we live our values every day. We have developed a behaviours framework linked to our values to demonstrate how we make this come to life. This framework was co-designed by staff, trustees, clients and volunteers to ensure that it is relevant to everyone.

Leeds Mind continues to be integrated in the health and social care system in the City and we have responded to the challenges within the mental health system. The funding environment remains competitive with continued pressure on public funding. To help with this we have invested in Business Development and we have seen the benefits in the increase in our fundraising and donations in the year and in the demand for our training.

I hope you enjoy reading about our work and the feedback we have had from clients. None of this would be possible without the day-to-day commitment of our staff and volunteer teams and the support and guidance from our Board of Trustees. I would like to thank you all personally for the work you put in throughout the year and I would also like to thank everyone who supports Leeds Mind in whatever capacity.

Linda Grant



Our vision

Better mental health for all

Our mission

Leeds Mind enables people with mental health difficulties to flourish

“I no longer feel overwhelmed by my mental health problems.”

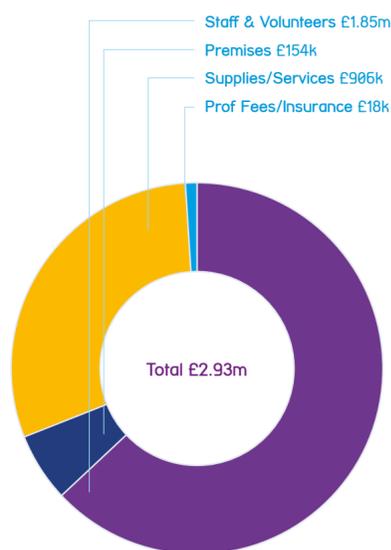
## Finance & Funders



### 2017/18 Financial Review

Total income for the year was £2,940,570 (2017: £3,164,977), a decrease of around 7%. This is due to the loss of the Positive Pathways housing contract from 1<sup>st</sup> April 2017. We have managed to make up some of this lost income but not all. It is encouraging that the proportion of non-statutory income as a proportion of total income has increased from 16% to 22% which is in line with our strategy to diversify income streams and is due in part to the increase in donations during the year.

### 2017/18 Expenditure



Expenditure in the year has also decreased to £2,930,845 (2017: £3,243,060), a decrease of approximately 10%. This is due to the loss of the Positive Pathways housing contract but also due to a reduction in pension contributions due to exiting the West Yorkshire Pension Fund. Expenditure was in line with budget for the year.

Overall Leeds Mind shows a small surplus for the year of £9,725 which is really encouraging. This is made up of £44,799 surplus in unrestricted free reserves; £17,917 reduction in restricted funds and a planned deficit of £17,157 against the designated funds relating to depreciation on our fixed assets.

The main funding sources are the NHS in Leeds through the Clinical Commissioning Groups and Adult Social Care within Leeds City Council (LCC). Leeds Mind works closely with its commissioners and is grateful for their continuing support in a very difficult financial climate.

## Fundraising

We have had another fantastic year with people fundraising for Leeds Mind and would like to thank the organisations who have chosen Leeds Mind as their Charity of Choice, everyone who has taken part in activities and challenges and to the families who have chosen to support Leeds Mind in memory of loved ones and friends.

In the year we were delighted to become official partner charity for the ASDA Foundation Leeds 10k. 2018 was the first of a three-year partnership. If you are interested in joining Team Leeds Mind or organising a fundraising event please get in touch.

The money raised by our fundraisers is invaluable to us and goes directly to our services, enabling us to continue to provide support to people with mental health difficulties across our city.



The team fundraising at the North Leeds Food Festival



Nelly's Barn at Trinity Kitchens



Mark & Amanda Jowitt - Sky Diving in Las Vegas



Gemma shows off a cheque from the ASDA Outcotes Green Token scheme



Rotary Club of Leeds White Rose - Volunteer gardening day

## Counselling

"The sessions allowed me to feel stronger, and more in control of my life... it has had a big impact on my mental wellbeing"

"I no longer feel overwhelmed by my mental health problems."

"(Counselling) has helped me put steps in place to get myself coping on my own again."

The core counselling service has supported 158 clients over the year, and in total we have offered 2,114 counselling sessions. We also offer group therapy and the bereaved by suicide counselling service, and in August 2017 we launched the Private Practice counselling service. This new service has offered counselling to an additional 30 clients and has also been able to generate income to help us do even more in future.

100% of clients strongly agreed that counselling with Leeds Mind helped to improve or maintain their mental health or wellbeing.

## Individual Support

Our individual support service offers a range of services that are recovery-focused and tailored to the needs and goals of the individual.

- Our Key Working service has worked with over 48 people over the last 12 months
- Supported 23 people to build their independence and move on from the service
- We continue to support 5 people through our SDS service

"The assessment was fantastic and it really gave me a boost; I felt totally at ease in the assessment and the workers really picked me up. I have got up, done some washing and have even been out with my friend shopping. I also have started doing some arts and crafts at home and I have not been drinking! I am really looking forward to working with Leeds Mind. This is something I have never been offered before."

## Connect for Health

connectforhealthleeds.org.uk



Connect for Health has now been running for 2 1/2 years and we continue to provide social prescribing to the people of South and East Leeds; so far supporting more than 4,500 people.



Social prescribing is about connecting people to services and resources to reduce social isolation and enabling them to make positive changes in their lives. This could be anything from finding them a coffee morning in their local area to supporting them to engage with statutory mental health services.

We work in some of the most deprived communities in the city and the primary reason for referral into the service is poor mental health and social isolation. On top of this our clients are often dealing with other issues such as difficulties with benefits, debt and housing, as well as physical health difficulties.

"You don't talk down. I thank you for that - for talking to me like a person."

## Befriending

Our Befriending service has worked with over 100 people over the last year; and we have held over 18 social groups. Funding from Leeds Community Foundation has enabled us to work in partnership with Connect Well to provide additional befriending support to people who are isolated in the North of Leeds.

"Since joining the befriending service, I have gone on to use other services within Leeds Mind, such as the Peer Support services and the social groups; I have enrolled onto courses at Swarthmore College after taking part in a guest art activity at one of the socials"

## Peer Support

leedsmind.org.uk/peer-support

Our Peer Support service offers skills workshops and courses, support groups and activity groups to help people develop skills to better manage their mental health.



"I've been able to access those skills I've learnt as a facilitator and as a group member in Peer Support"

"It gives me a great sense of belonging and being able to cope, knowing what the workshops and courses can do for a person, and it's done a lot for me"

The programme is delivered by a team of staff and volunteers who have all had difficulties with their own mental health previously.

- 781 people supported
- 30 active volunteers
- 745 volunteer hours
- 12 people completed facilitator training
- Citywide delivery of core programme
- 8 successful partnerships.

## Leeds Suicide Bereavement service

leedsbs.org.uk

Leeds Suicide Bereavement Service is a postvention service hosted in partnership with Leeds Survivor Led Crisis Service.

We offer a range of types of support to anyone in Leeds who has been bereaved by suicide, which include one-to-one support, group support and counselling.

We have provided 578 hours of face-to-face support to bereaved adults and children in the last year.



We have worked with 21 families and have worked to support 42 children after a suicide death.

We have spoken at conferences, given 4 training events, launched an external evaluation and held our annual Christmas memorial.

"Just to say being here and talking about what happened and my grief to someone who understands what I am going through has made me feel positive about my life and I am very thankful."

## Converge

Following a successful pilot of Converge in Leeds in the early months of 2017, a second year of courses continued in early 2018.



Courses were offered to adults experiencing mental health difficulties in Leeds free of charge. They were taught by undergraduate and postgraduate students with support from academics and mentors across four higher education institutions in Leeds.

A robust evaluation was undertaken at the end of the courses, with 82% of students rating the quality of teaching as excellent. 83% of respondents said that they had developed their skills and creativity during the sessions and 89% said they had developed their confidence as an artist.

"I feel absolutely privileged and up lifted to have been given the opportunity to do this." Converge Drama Student



## Inkwell

Inkwell is a safe, creative space offering excellent quality arts activities to help improve mental wellbeing.



Fresh homemade vegan and vegetarian cuisine from Inkwell Arts Café



Our team storyboard animation

We have strived to make Inkwell an even more inclusive space by ensuring that our Adult Social Care classes have a minimum of 20% Black Asian and other ethnic minority participants. This was achieved, with the support of key organisations in the Chapeltown

and Harehills area, in the 4<sup>th</sup> quarter of 2017/18. We've hosted LGBT events including cinema evenings, social events as well as welcoming individuals from the trans community as volunteers and users of our space.



Inkwell has used the shorter Warwicksire and Edinburgh Wellbeing Scale to demonstrate significant improvement in wellbeing for ASC workshop participants. We continue to hold 10 exhibitions a year with

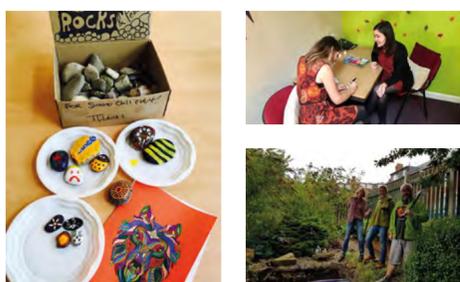
opportunities for our clients, local professional artists and community groups. We have hosted and curated shows by the Leeds Surrealist Group (curated and organised by a user of our service), Beyond (learning disabilities arts organisation) and many for individuals with lived experience of mental health difficulties. Inkwell provides excellent pathways for our users such as providing work based volunteering opportunities in our arts cafe and as facilitators of our creative sessions.

## WorkPlace Leeds

WorkPlace Leeds  
Employment • Job Retention • Training

WorkPlace Leeds has had a fantastically successful year doing what we do best, supporting our clients with mental health difficulties to gain and retain their employment.

The most satisfying and rewarding for us of all outcomes fundamentally relate to our client's individual achievements:



We overachieved on all our key objectives again in relation to job outcomes and job retention support. We have had overwhelmingly positive feedback from the clients who are in receipt of the service which is testament to the hard work and passion of our amazing staff team.

Partnership is at the heart of what we do whether that be in our approach with clients or the organisations we are contracted to deliver for, this year we have worked with GPs in Leeds, National Mind, DWP and Leeds City Council and a huge range of employers through our Mindful Employer initiative.

191 of our clients gained jobs.



96% of our clients retained their jobs

145 moved on to positive destinations

218 into training plus

47 achieved IT qualifications

"This is an invaluable service and we wouldn't be where we are now without the help and support of Job Retention Specialist. Thank you!"

## Training Service

Our training service provides expert mental health training and support to organisations across Leeds; our aim is to help prevent mental ill health, promote wellbeing and challenge stigma in the workplace.

We have continued to experience a high demand for training and have delivered 134 sessions, reaching 1,329 delegates, to organisations such as West Yorkshire Police, Nufarm, Harrison Spinks, Leeds Trinity University, NHS Digital, Leeds Grand Theatre and Opera House, Coachwise and Safer Leeds.

We have expanded our training offer to include Mental Health First Aid and are now running our suicide training as an open access course. In addition, we have had an increase in requests for Peer Support and workshops through our Help for Employers service.

Continuous feedback and evaluation conducted throughout course delivery this year has been overwhelmingly positive with delegates valuing the training as:

