

# Annual Review 2018/19 - Chair's report

## Welcome to the Leeds Mind Annual Review

I am pleased to introduce the Leeds Mind Annual Review, which highlights the work we have carried out and the difference we have made to the people of Leeds, enabling them to lead the best lives they can.

Our previous strategy came to an end in 2018 and we have launched our new strategy for 2019-22 at the start of the year. This strategy was co-produced with staff, clients, volunteers and stakeholders and identifies three strategic objectives:

- We will make mental health everyone's business
- We will be person centred and responsive
- We will thrive and innovate

We are looking forward to delivering on these priorities in the next three years.

The year has seen a lot of change both externally and internally; two examples being:

- a number of our contracts were retendered and were successfully retained with our consortium partners;
- undertaking some internal reorganisation to enable us to be responsive to the changing service provision environment.

We continue to work closely with national Mind and other partners in the network to influence nationally and at a local level. We also

continue to be integrated in the health and social care system in the City to ensure Leeds Mind is able to respond to the challenges within the mental health system.

I would like to thank all our amazing staff and volunteers for their on-going passion and support.

Our feedback from clients has been overwhelmingly positive and demand for our services continues to increase. Provision of our services would not be possible without the on-going passion and support of our amazing staff and volunteers – thank you for all the work you do every day.

I would also like to thank everyone who supports Leeds Mind in whatever way, including our Board of Trustees for their support and guidance throughout the year. We really do appreciate it.

I hope this Review enables you to see the work we are doing to make a difference in Leeds. I believe Leeds Mind is in a good place to take advantage of any opportunities that help us to achieve our 2019-22 Strategy for the benefit of the people of Leeds.

Linda Grant, Chair of Trustees



Our vision

Better mental health for all

Our mission

Leeds Mind enables people with mental health difficulties to flourish

## Who we have supported this year

Through our services we work hard to reach all communities across Leeds, making mental health everyone's business.

### One to One Support

How many people we have supported **121**

Over half consider themselves to have a disability

"Inkwell is warm and welcoming and a very positive space to spend time in. I feel more confident & it's impacting in other areas of my life".



### Inkwell

Almost one quarter of clients are BAME (24%)



### Connect for Health

Through Connect for Health we supported 20 refugees.

How many people we have supported **1360**



### Peer Support

How many people we have supported **774**

We have the biggest footprint across Leeds in Peer Support, supporting people from all areas of Leeds

"I honestly don't know where I would be without this help"

## Leeds Suicide Bereavement Service

"Our Leeds Suicide Bereavement Service took the families we support on trips to a donkey sanctuary, Leeds United games and on an away day to Herd Farm. We featured on Look North, Made in Leeds TV and BBC Radio Leeds with the choir on World Suicide Prevention Day 2018."

How many people we have supported

**204**

We support a diverse age range from children up to 84

### Workplace Leeds

How many people we have supported **777**

Unusually, this service has an even split between men (52%) and women (48%)

"I gained back my confidence and managing my health issues to be confident in returning back into employment which I have now managed to find".



### Counselling

How many people we have supported **140**

14% of counselling clients identify as LGBTQ+

"I think the service and support workers are amazing I can't think of anything that needs to be changed"



Throughout the year Leeds Mind worked with 4058 people. 3050 clients were completely new to Leeds Mind.



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for better mental health



Annual Review 2018/19

# Our services

Leeds Mind was founded in 1972 and our vision is better mental health for all. In the year 2018/19 we were able to support more than 4,000 people through a series of impactful services. Just some of these services are highlighted below.



## WorkPlace Leads

WorkPlace Leads, supports clients in finding paid work, training and education, volunteering and work placements. Support and advocacy are provided to enable people in work to retain their jobs through the job retention service. An IT training suite helps people gain appropriate skills. These services are delivered in close collaboration with the clinical commissioning groups, the Leeds and York Partnership NHS Trust and Leeds City Council as well as many third sector partners across Leeds.



Awards of excellence



WorkPlace Leads in action



Leeds Suicide Bereavement Service young people and families trip

## Wellbeing Services

Our Wellbeing Services provide one to one key working, befriending, peer support, counselling and opportunities for participation in social and activity groups. 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. They are delivered by a team of staff and volunteers who have their own lived experience of mental health difficulties. We also deliver the Leeds Suicide Bereavement Service, a postvention service hosted in partnership with Leeds Survivor Led Crisis Service.



Flowers at Inkuell



Sewing and creative crafts



Delicious vegetarian food in our cafe, open to the public



Exhibition of Inkuell artworks

## Creative Arts

Our Creative Arts service is based at Inkuell; a safe, creative and accessible space where passion and skills entwine, challenging the stigma of mental health and celebrating the diversity of its participants. It seeks to engage, stimulate and absorb all abilities through creative activity. Users develop life skills such as teamwork and problem solving leading to increased confidence and improved wellbeing.



The DeLacey House gardening group

## Social Prescribing

Social Prescribing is an alternative to a medical prescription and is a community-based intervention. Leeds Mind is the lead partner for Connect for Health, the social prescribing service for Leeds South and East and we are a partner in the delivery of the Patient Empowerment Project (PEP) the social prescribing service in Leeds West. The services offer people the opportunity to improve and enhance their day to day lives by connecting them to groups and services within their local community.

Leeds Mind delivers a host of other vital services too, more details can be found on our website.



# Fundraising

We are delighted that so many individuals and organisations have chosen to make Leeds Mind the beneficiary of their fundraising. The donations enable us to progress projects which otherwise we could not fund.

Leeds Mind could not exist without funding from our commissioners, trusts, individual donors, companies and other associations and we are grateful all for their support for our vital work.



Team Leeds Mind at the Leeds 10k

To find out more about how to support Leeds Mind, please visit our website or contact fundraising@leedsmind.org.uk



Redmayne Bentley raising money for Leeds Mind



White Rose Rotary Charity of the Year



Barrett Steel



Denise Goddard - active life fundraiser

To everyone who fundraised, funded, supported or trained with Leeds Mind over the last year... a huge THANK YOU!!!



## Raising Funds through Training Delivery

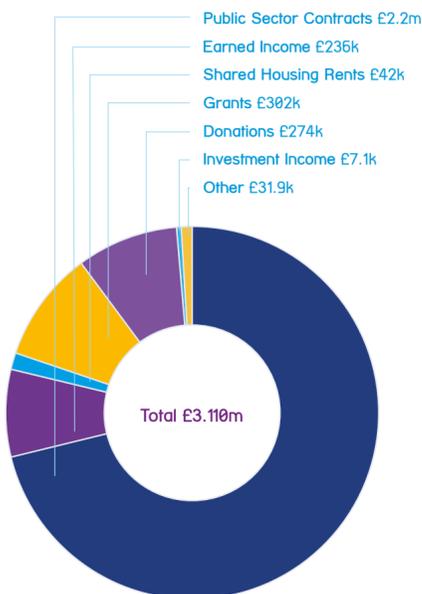
Our training service provides expert mental health training and support to organisations across Leeds. This year we have delivered 206 sessions, reaching over 2,000 delegates. Feedback continues to be overwhelmingly positive with 98% of delegates valuing the training as good or excellent.

Did you know... All training surpluses generated are re-invested to support our work in education.



"Engaging and thought provoking"  
Mental Health First Aid Delegate

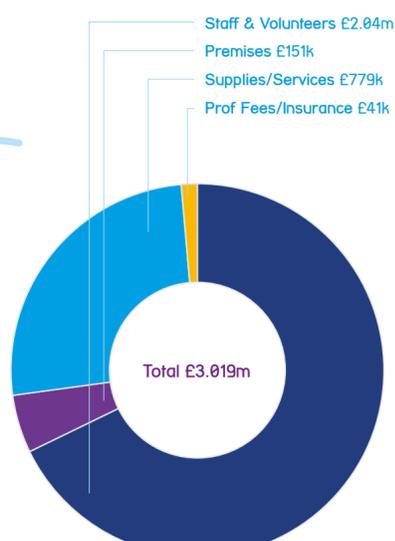
# Finance & Funders



## 2018/19 Financial Review

Total income for the year was £3,110,613 (2018: £2,940,570), an increase of around 6%. This is primarily due to the increased income generation in fundraising, and some new project funding too. It is encouraging that non-statutory income as a proportion of total income has increased from 22% to 29% which is in line with our strategy to diversify income streams.

## 2018/19 Expenditure



Expenditure in the year has also increased to £3,019,631 (2018: £2,930,845), an increase of approximately 3%. This is due to increased expenditure on delivering new work in the year. Expenditure was in line with budget for the year.

Overall Leeds Mind shows a surplus for the year of £90,964 (2018: £9,725) which is really encouraging. This is made up of £32,724 surplus in unrestricted funds and £58,240 increase in restricted funds for projects to be delivered next year.

