

ANNUAL REPORT 2019/20



 **mind** in Haringey
for better mental health

Welcome



Hello from all of us at here at Mind in Haringey.

Our mission is to provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding within the borough.

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

Note from our Chairman

We have had a year of considerable achievement at Mind in Haringey and are making a real difference to the lives of many people in the area. We won major bids from Haringey Clinical Commissioning Group and from several trusts and foundations which has enabled us to expand our services significantly. Also, this year we were nominated for two National Mind Excellence awards - Finance and Fundraising and Partnerships. We won the award for Finance and Fundraising.

We are now a viable organisation making a financial surplus in the year of £85,000. We are confident we can go from strength to strength in the coming years giving even more support to the residents of Haringey.

David Pascall, CBE



Note from our CEO

We have had much to celebrate over the last twelve months such as our winning CCG (Care Commissioning Group) Community Mental Health Services contract, the launch of The Haringey Wellbeing Network with our partners, Bridge Renewal Trust and Tempo. We also became the charity partner to Project Future, a young men's mental health project based in Tottenham, north London in partnership with the NHS & Haringey Council.

We are always grateful for our dedicated Mind in Haringey staff, volunteers, trustees and supporters and are optimistic and excited for the upcoming year here at Mind in Haringey.

Warmest Regards, Lynette

Lynette Charles



FINANCES

Yearly Financial Update

Mind in Haringey continues to grow from strength to strength. We could not exist without funding from individual donors, companies, trusts, public bodies and other associations. We would like to take this opportunity to thank everybody for the very generous and continued support.

We would like to record our thanks to the volunteers, who show so much dedication and commitment to their work and to the charity.

We are pleased to report continuing positive progress in our financial performance. The growing scale of our activity and continuing disciplined cost control contributed towards a significant positive budget. This trend is set to continue with an increased surplus budget for this financial year. The board of trustees are exploring options to replenish the reserves and will allow investment in the charity's infrastructure to support our strategic aims.



FINANCES

Income – Financial Year End 2019

2018 Total £455,870

Donations	£42,347
Charitable Activities	£353,310
Other Trading Activities	£52,571
Investment Account	£7,642

2019 Total £729,397

Donations	£61,680
Charitable Activities	£623,894
Other Trading Activities	£37,228
Investment Account	£6,595

Total net income 2018 post reconciliations = £33,994

Total net income 2019 post reconciliations = £119,310

For a full statement of Mind in Haringey's financial activities please email us at admin@mih.org.uk



OUR STORY

Mind in Haringey provides information, advice and support to people affected by mental health problems, primarily in Haringey. We work to prevent mental health problems, promote mental well being and ensure those with mental health problems are respected and included in our local community.

Our mission is to support anyone in Haringey with mental health issues by listening to people, defending their rights and helping them to lead fulfilling lives.

Our core values are:

- We listen with care, respect and reassurance to everyone we encounter
- We seek to influence and improve mental health services in Haringey, raising awareness and challenging both stigma and discrimination
- We are committed to easy and equal access for everyone in Haringey
- We consider opportunities for collaboration when developing services
- We seek continuous improvement in all we do

Our vision is to help enable and support positive mental wellbeing to improve lives and end stigma.



OUR SERVICES

Our weekly programme of services offered at our Mind in Haringey offices.

- Emotional Support Project - working with young people aged 16-25
- Counselling
- Haringey Wellbeing Network - community mental health support services
- Ex-service Persons Project
- Project Future
- The Haringey Suicide Prevention Group
- Post Traumatic Stress Disorder Group
- Peer Support Groups - women's tea & chats and peer support hubs
- Psychosis Therapy Project
- Reach and Connect - over 50's support in partnership with Public Voice Vibrance & Wise Thoughts around the borough
- Survivors of the bereaved by Suicide
- Young Black Men's Project

For further details on our services:

www.mindinharingey.org.uk



OUR SERVICES

Counselling Service

Our “talking treatments” such as counselling and psychotherapy form the core mental health services we offer to the local community.

Our trained professionals provide the help and space for clients to make sense of their specific circumstances ensuring they are better equipped to cope with their lives.

We offer an open and friendly service that is non-judgemental and fully confidential.

Our affordable evening and daytime services are available to residents from Haringey. In the daytime, there is an option for low-cost counselling. A sliding pay scale from £5 -£35 depending on income is in place.

For bookings or further information
Please email: counselling@mih.org.uk



OUR SERVICES

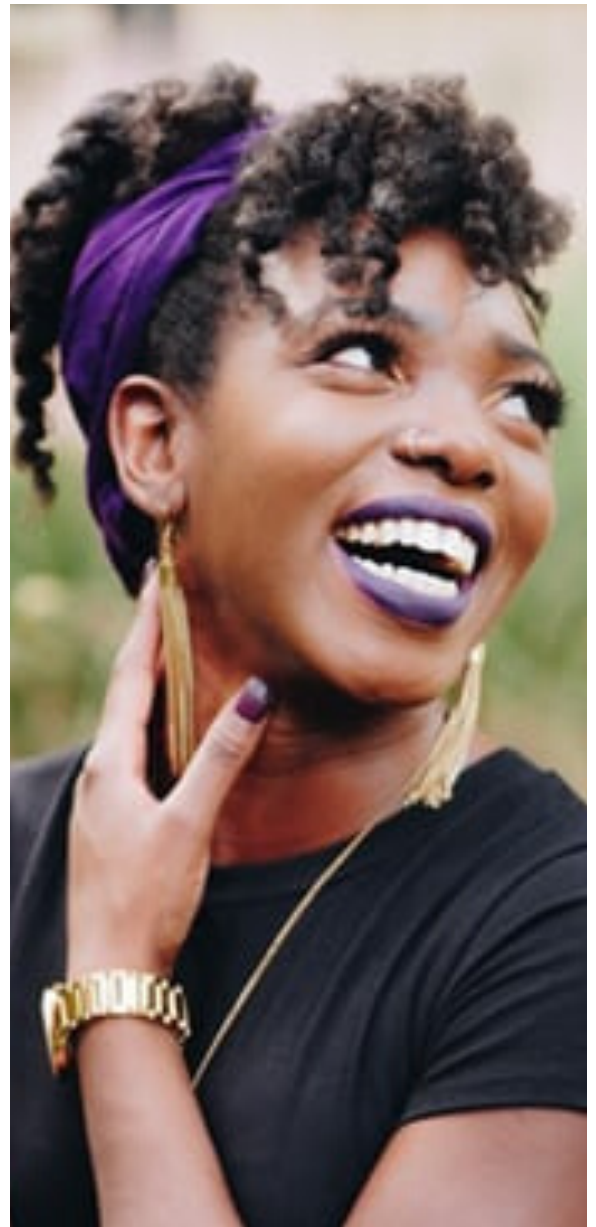
The Haringey Wellbeing Network

The Haringey Wellbeing Network is a new service offering a broad range of mental community health services for all Haringey residents across the borough.

We offer individual support to help clients improve their overall wellbeing, cope with life skills and gain access to support activities.

As a collaborative network we are made up of the following voluntary organisations: Mind in Haringey, Tempo, Bridge Renewal Trust.

The network aims to support people to build resilience and prevent the onset of mental health problems through accessing our services.



OUR SERVICES

The Haringey Wellbeing Network

All activities take place in friendly, safe spaces where people can build their self confidence, make new friendships and develop new life skills. All these services are free of charge.

We offer an integrated network of mental health services for adult residents in Haringey. Our aim is to empower people to better mental health and physical wellbeing.

Our wellbeing activities support our clients through our programme of workshops to create positive change. Our workshops nurture individuals to build their confidence, improve social skills and help build connections into their community.

Workshops we offer:

- Wellbeing Activities
 - Women's peer support group
 - Gardening group
 - Cooking on a budget
 - Art group
 - Walking for health
 - Coping with life skills
 - Yoga & Mindfulness
 - PTSD Peer Support Group
- Actionable and time-bound help
- Wellbeing Advocacy Support



Please contact: 0208 340 2474 or visit our website.

OUR SERVICES

Ex-Services Project

Our Ex-Services project for Veterans is free to access for anyone in London or surrounding areas with armed forces experience.

Activities on offer are

Coping With Life Skills. CBT based psychoeducational groups. These are 6-week courses focused on topics such as:

- Anxiety
- Self esteem
- Assertiveness
- Loss or change
- Anger
- Depression
- Stress
- One-to-One wellbeing for up to 12 weeks.

All groups are held at our head office in N8. All with lived experience of armed forces or armed conflict may attend. Spouses or dependants are also welcome. If you are interested in coming along or making a referral, we would be delighted to hear from you.

Please contact LeaJenkins, Ex-Services Project
lea.jenkins@mih.org.uk
020 8340 2474



OUR SERVICES

Haringey Suicide Prevention Group

The Haringey Suicide Prevention Group (HSPG) is the inter-agency group that steers the suicide prevention strategy for the London Borough of Haringey, coordinating local action planning to reduce deaths from suicide and to support those affected by suicide, overseeing data and intelligence on suicide and liaising across agencies.

The group has broad membership from statutory and non-statutory organisations involved in suicide prevention including: Haringey Public Health, the CCG, BEH-Mental Health Trust, GPs, Haringey Council, the coroner's court, Haringey police and British transport police, youth, housing and other services, local charities and MPs.

Their mission is

to bring together individuals, groups and agencies working to prevent suicide

To better understand the problem of suicide as an urgent public health issue

To share knowledge and coordinate activities to prevent suicide and support those bereaved by suicide

The HSPG is chaired by Mind trustee, David Mosse.



OUR SERVICES

Emotional Support Project

The Emotional Support Project works with vulnerable young people, helping them take the steps from being a teenager to becoming a self-sufficient adult. They help with overcoming issues with anger, building confidence and improving self-esteem.

The Emotional Support Project

- Gives individuals continued support for up to 6 months
- Work with individuals on planning their future
- Helps their users build self-esteem
- Offers continued support before and after release from prison
- Help individuals to manage a range of support needs
- Gives 1:1 sessions to work on anger, anxiety and depression issues

Young Black Men Project

In March 2019, Mind launched a brand new programme working with young black men. The three year programme works with 11 to 30 year olds by offering a range of tailored local services working specifically with young black men. The aim of the programme is to increase understanding of mental health problems, reduce the stigma surrounding it and learn about how and where to seek help when needed.

For Emotional Support Project information please contact:

Clory Salmon or Marcia Worrell
clory.salmon@mih.org.uk/marcia@mih.org.uk
0208 340 2474



For Young Black Men Programme please contact
Clory Salmon (info above)

OUR SERVICES

Haringey Reach & Connect

Haringey Reach and Connect is a support service available to all Haringey residents aged 50+ in person, by email and phone. They provide information, guidance and support to enable local people to build skills, friendships, networks and confidence to achieve their goals.

People who are in need of support or friendship can refer themselves directly. They also accept referrals from local organisations, groups, family and friends.

Reach and Connect is delivered by eight 'Community Connectors' from a range of community settings in Haringey. Our eight Community Connectors work across the north, south, east and west of Haringey and cover all the wards.

For further information, please visit www.reachandconnect.net



OUR SERVICES

Mental Health First Aid Training

We are certified trainers of the Mental Health First Aid Training (MFHA). We provide full access for all front line staff who live, work or volunteer in Haringey. We are thankful for the support of the Clinical Commissioning Group (CCG) who fund this training.

Our keystone offering is the Adult Two Day MHFA course focusing on empowering and equipping individuals with the ability to recognize the signs and symptoms of common mental health issues and ways to respond in a supportive and appropriate manner.

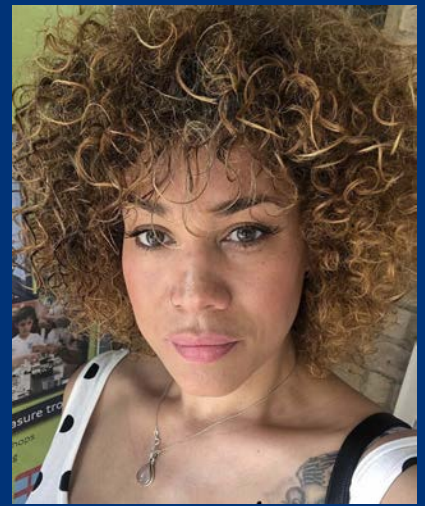
We offer bespoke mental health and wellbeing courses to businesses and organisations, regardless of industry type, across London and the UK. We offer half day, full and two day options.

Please contact the course leader, Deborah King for more details and bookings. deborah.king@mih.org.uk



MHFA England

MARCIA'S STORY



FROM VOLUNTEER TO EMPLOYEE

After being made redundant from my coach driving job in 2017, I was at a crossroads in my life. Wanting to 'help' people, especially young people, was always something that I wanted to do but really had no clue how to apply this. I started volunteering for the Emotional Support Project at Mind in Haringey in 2017 as an Administrator. The ESP project works with young people at risk of criminality & those that are in the prison system. After completing my Mental Health First Aid and Safeguarding training I was able to change my role to a Project Support Worker. In 2018 I started working for the College of Haringey, Enfield and North East London, as a Mentor for KS4 one day a week. These are young people that are no longer in mainstream education. My role is to listen and guide the young people to achieve the best possible outcome on their bespoke educational path.

Early 2019 I became a part of the Haringey Wellbeing Network as an Administrator, two days a week. This role involves me being front line, advising and referring people in the community to the correct service for their mental needs. I have been offered and completed a wide range of training that has enabled me to work at Mind in Haringey and its community. My roles are varied and so fulfilling. To be able to assist people along the mental health journey, being part of the team at Mind in Haringey, as well as becoming a paid member of staff has been a privilege. I look forward to continuing to be a part of such a fantastic team of staff and volunteers.

THANK YOU

Donors

We are always grateful for the support we receive from our partners, volunteers and from the local community, and to all who support our mission and work so generously.

Mrs Smith & Mount Trust



THANK YOU

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OUR PATRON

Mind in Haringey does such important work supporting people with mental health problems and I am honoured to be their Patron. With 1 in 4 people experiencing mental health issues in their lifetime, I will keep doing everything I can in Parliament to argue for increased investment in mental health services to address years of underfunding and for mental health to genuinely receive the same priority as physical health so that people can access the support they need when they need it.



Catherine West, MP

GET INVOLVED

Support our mission for a better mental health for everyone.

- Make a Donation
- Host an event
- Get Sporty - jump on a bike, grab your running shoes
- Volunteer with us

Please visit our website for full details of our work.

www.mindinharingey.org.uk

VISIT US

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