

Registered Company No. 7954134

Registered Charity No. 1146297

**RICHMOND BOROUGH MIND
(RBMIND)**

Report of the Trustees and Financial Statements

For the year ended 31 MARCH 2015

CHARITY COMMISSION
FIRST CONTACT

27 OCT 2015

ACCOUNTS
RECEIVED



**Richmond
Borough**

RICHMOND BOROUGH MIND (RBMIND)

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**RICHMOND BOROUGH MIND (RBMIND)
REPORT OF THE TRUSTEES
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The Trustees present their Report with the Financial Statements of the Charity for the period ended 31 March 2015.

Role

The objects for which the Association is established are, within the vicinity of The London Borough of Richmond upon Thames and neighbouring areas of Ealing and Hounslow, Hammersmith and Fulham, Kingston, and Wandsworth, in collaboration with other Local Mind Associations where they exist:

- (1) to promote the preservation of good mental health in particular by enabling and empowering everyone experiencing mental health problems to live with, manage and recover from their condition.
- (2) to relieve the needs of people with mental health problems by working to increase the understanding of mental health and mental health problems by gathering and disseminating information and working to raise awareness, promote understanding and challenge stigma and discrimination.

Officeholders, Trustees and Management

President	Vacancy
Vice Presidents	Dr V Cable MP, Baroness Tonge
Trustees	PJ Greeves Jennyfer Espie David Hoppe Diana Karpinski Cheryl Ould Zoe Reed Ann Wallis Martin Gilbert Russell Goodenough (appointed November 2014) Richard Parkin (appointed November 2014) Claire Marsham (co-opted January 2015) Edward Lowe (co-opted January 2015)
	Chair Treasurer (resigned role April 2015) Treasurer elect (co-opted to board January 2015, as Treasurer July 2015) Secretary
Charity No.	1146297
Company No.	7954134
Chief Executive	Val Farmer
Principal office	Richmond Community Healthcare Hamlet, Kew Foot Road, Richmond TW9 2TE
Bankers	CAF Bank Limited, 25 Kings Hill, West Malling, Kent ME19 4JQ
Auditors	Goldwins Limited, 75 Maygrove Road, West Hampstead, London NW6 2EG

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Structure, Governance and Management

Constitution

Richmond Borough Mind (RB Mind) is a charity operating under a written constitution. It was incorporated on 17th February 2012. It was registered as a charity on 8th March 2012. The earlier charity (number 263810) was formed in April 2001 from a merger of Twickenham Mind, founded in 1959, and Richmond and Barnes Mind, founded in 1971, and its assets and liabilities were transferred on 1st April 2012 to the new Charity which commenced operation from that date.

Trustees

Members of the Board are elected annually at the Annual General Meeting. Between Annual General Meetings new members can be co-opted. It is our aim to have at least fifty percent on the Board who have first-hand experience of mental health problems.

In this year George Chamberlain resigned after nearly 6 years on the board. George contributed a great deal to the board's strategy development and fundraising committee, raising many thousands of pounds personally through an Ironman event and other activities. Jennyfer Espie stepped down as Treasurer in March 2015, but remains on the board. As Treasurer Jennyfer supported the charity through difficult times when closing services in 2010/11 and has ensured a robust financial contract for RB Mind within the Richmond Wellbeing Service. The Board would like to thank George and Jennyfer for their significant contributions over the years.

David Hoppe was co-opted as Treasurer elect in January 2015, bringing extensive commercial experience as a Chartered Accountant and depth of knowledge of the NHS healthcare structures. Russell Goodenough and Richard Parkin were appointed to the Board in November 2014. Russell brings project management, commercial and statutory contracting experience while Richard has in-depth knowledge of social care and experience of supporting Carers, men in particular. Claire Marsham and Edward Lowe were co-opted in January 2015. Claire brings experience of commissioning health services, and the mental health voluntary sector, while Edward brings skills in public affairs, fundraising and campaigning.

Trustees are recruited through a process of advertisement, followed always by application and interview, with the aim of securing a good range of experience and skills for the trustee body. There are no outside bodies entitled to appoint trustees. New trustees are inducted through visits, documents (including the Charity Commission's guide 'The Essential Trustee') and opportunities to attend training on the trustee role and other governance or mental health issues.

Risk Management

The Trustees have reviewed the major risks to which the charity is exposed, and where practical, has taken steps to guard against or mitigate them. RB Mind has clear policies on many matters of professional good practice and on issues such as safeguarding and health and safety. Staff receive necessary training, and compliance and standards of performance are monitored through the appraisal and supervision process.

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Operational structure

The Board meets six times a year and is responsible for the strategic direction and policy of the charity. Sub Committees for Finance, Personnel and Fundraising deal with these respective areas in more detail. A further working group dealing with the local commissioning opportunities meets on an ad hoc basis as need arises. The Charity's Chief Executive attends and advises each committee, with the support of relevant staff, and has delegated responsibility for the running of the charity and its performance. This includes supervising the Operations Manager and core functions and maintaining working relationships with commissioners and other local service providers.

Statement of trustees' responsibilities

The trustees are responsible for preparing the Annual Report and financial statements in accordance with applicable law and United Kingdom Generally Accepted Accounting Practice. Law applicable to charities in England and Wales requires the trustees to prepare financial statements for each financial year which give a true and fair view of the charity's financial activities during the year and its financial position at the end of the year. In preparing those financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently, making judgements and estimates that are reasonable and prudent; and
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business.

The trustees are responsible for keeping accounting records which disclose, with reasonable accuracy at any time, the financial position of the charity and enable them to ensure that the financial statements comply with the Charities Acts. They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

So far as each trustee is aware, there is no relevant information (information needed by the company's auditors in connection with preparing their report) of which the company's auditors are unaware. Each trustee has taken all the steps that he or she ought to have taken as a trustee in order to make himself aware of any relevant audit information and to establish that the company's auditors are aware of that information.

RB Mind's local and national partners

RB Mind is affiliated to national Mind, but is an independent organisation. It holds the Mind Level 1 quality standard for performance in mental health. This quality standard has been developed with, and is recognised by, the Charity Commission. No funding is received from national Mind, other than a small proportion of the income from one of the 3 Mind shops in the area. National Mind provides block insurance, access to outsourced Employment advice, and access to information and resources. RB Mind's knowledge base is strengthened through sharing best practice with other local Mind associations (LMAs). RB Mind is active in Mind in London, a collaborative body of London LMAs which provides opportunities for sharing resources, learning from best practice, joint fundraising and joint procurement activity where appropriate. The first joint procurement has been of a database for client and charity information management. RB Mind chairs the London LMA group for Psychological Therapies including IAPT (Increasing Access to Psychological Services).

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Locally, RB Mind works to develop the mental health agenda at strategic, provider and service user levels through active participation in various groups: Mental Health Joint Commissioning Group, Mental Health Strategy Groups for Adults and Older People, Carers Strategy Group, Patient Information Group, Safeguarding Adult Policy sub group, Care and Support Partnership Board, Voluntary Sector Strategic Partnership (VSSP), Equalities Stakeholders Scrutiny Board, and more.

RB Mind works in partnership with other local charities (Richmond AID, Integrated Neurological Society (INS), Richmond CAB and others) and the 2 mental health trusts (East London NHS Foundation Trust and South West London and St George's Mental Health Trust) to provide services locally.

Objectives and plans for the future

The environment in which we operate is changing fast. The introduction of the Care Act in April 2015 and the move to Outcomes Based Commissioning in future years will have impact on our services, most notably the Wellbeing Centre and Carers projects. Necessary developments within our services will be incorporated as requirements become clear.

Objectives:

1. We will focus on the impact of the services we deliver: where appropriate we will expand, refresh and consolidate services in response to demand and feedback from service users
2. We will continue to develop our staff to ensure we have skills and capacity to meet demands of services going forward while being a role-model employer for staff wellbeing
3. We will increase our profile locally in Richmond and (where appropriate) adjacent areas, and nationally within national Mind to ensure sustainability and recognition as a valued service and a valued partner in Mind
4. We will continue to improve the quality of our governance by improving our processes (including business planning and financial management) and revising our committee and relevant structures

To meet these objectives our planned activity includes:

- Increasing capacity through expanding our volunteer network and developing apprenticeship, intern and student placement opportunities wherever possible
- To grow the board through effective recruitment and induction of new trustees, including finance, HR and strategic planning skills
- To expand our training and information offer to provide Mental Health Awareness, suicide prevention, and relevant training for employers, and in turn generate additional income
- To expand our profile and find opportunities to address stigma in mental health through public speaking and talking at events

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- To improve use of social media e.g. Skype, Meet-Up for facilitating social activities; and Facebook and Twitter for promotion of our services.
- To plan for and establish a “befriending” service, which will provide greater 1:1 support for service users within a structured model, in response to suggestions from both service users and carers
- To improve induction and training for all entrants to RB Mind including Trustees, volunteers and staff
- To execute an ambitious fundraising plan, maximising the value of recent recruits
- To implement a full cost recovery model in all services, including the self –funded Therapies service
- To develop staff and look after their wellbeing

The people we aim to benefit

The trustees have considered the Charity Commission’s guidance on public benefit when reviewing the work of the charity and our future activities.

Historically RB Mind has offered services to working age adults and their carers, in the Borough of Richmond. We have extended this in recent years to older adults and the Carers of older adults with mental health problems. We have also introduced Mindkit, a project which raises awareness of mental wellbeing in younger people aged 14-25, as research shows early awareness prevents escalation of problems in later years.

According to the borough’s draft Joint Strategic Needs Assessment in 2013, in a population of 187,000, an estimated 20,000 adults in Richmond have a common mental disorder such as depression and anxiety. About 50% of those may require some form of treatment. 10,500 adults have an existing diagnosis of depression. Around 1,500 people are estimated to have some form of severe mental illness. There are around 350 older adults accessing statutory services for functional (non-dementia) mental health problems.

Achievements in 2014-15

1. Provision of services to approximately 3000 people
2. We were commissioned by Public Health to prepare a mapping and gap analysis of local non-statutory mental wellbeing services, due to report in summer 2015.
3. Our Peer Group Network grew to nine groups with 17 Peer Volunteers and 97 active members
4. 119 people attended the Wellbeing Centre and pursued Recovery activities.
5. Our Carers in Mind project reached 406 carers, an increase of 12%.
6. 83 people received therapy through the Psychotherapy and Counselling service

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7. Approximately 2000 people entered the Richmond Wellbeing Service via RB Mind
8. We were supported by 80 volunteers at any one time, excluding Trustees.

Service User Involvement

RB Mind remains committed to Service User involvement in all aspects of service development and provision. All services gather feedback from service users via questionnaires and regular meetings.

The RB Mind Service User Forum aims to have representatives from each service, and meets every 6 weeks. Various speakers from other services both statutory and voluntary have been invited at the request of members of the forum. Service Users are represented on the Board of trustees, and there is a constitutional imperative that up to 50% of board members will have direct experience of mental health problems either themselves or as a carer. Service users are represented in all recruitment panels.

Our Services:

New services

This year Richmond Borough Mind launched a new mental health awareness training programme and a new youth wellbeing project.

Mental Health Awareness Training

This year we employed a trainer who has 20 years' experience of working for local Mind organisations, including RB Mind, to deliver mental health awareness training. The training is offered on either a half-day or full-day basis and is tailored to the needs of local organisations. It is suitable for anyone involved in public facing roles in either a paid or voluntary capacity, and for staff teams wishing to boost levels of mental health awareness in their workplace.

Subject areas include challenging commonly held assumptions and prejudices, recognising behaviours that may indicate underlying mental ill-health and understanding how mental health is assessed. The training has already been delivered to RB Mind staff and volunteers, as well as several local partnership organisations. It is now being rolled out further to local services and a new business plan for the project is in progress.

Mindkit

Our new Mindkit Youth Wellbeing project provides free wellbeing and resilience sessions to groups of young people aged 14-25 in schools, colleges, youth centres and other settings in the borough of Richmond. The aim of the sessions is for young people to learn skills and approaches to look after their mental and emotional health.

The wellbeing and resilience sessions are delivered by volunteers with personal experience of mental health issues and range from 15-minute presentations to one-hour workshops. The Youth Wellbeing Trainers speak from their own experiences of mental health challenges and

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how they are overcoming them in a bid to help young people improve their confidence and their ability to cope with life's challenges. Sessions will be delivered to more than 2,500 young people in the first year.

Wellbeing Centre

The purpose of our Wellbeing Centre is to help people with mental health problems recover and enable them to do things in order to live the lives they want to live. To achieve this purpose we:

- help service users to make positive use of our service
- foster hope
- improve service users' life chances by promoting wellbeing and assisting them to access the opportunities that they value: friends, relationships, volunteering, education, social inclusion activities, art, creative writing and drama groups, exercise, recovery workshops, yoga and mindfulness
- engage service users in the Recovery Star, providing 1:1 support ensuring they have the support and development opportunities they need to complete their goals. The aim is to help people to take back control over their problems and their lives
- provide service users with whatever information they feel will help them
- promote peer support

This year we launched a new drama group in partnership with Richmond Adult Community College which provides an introduction to acting in a fun and supportive atmosphere. This is an opportunity for service users to gain confidence, re-discover their imagination and creativity, free their emotions and find connection with others.

119 people attended the Wellbeing Centre this year with an average 25 people attending daily. We were also supported by 20 volunteers.

Mind 'n' Mortlake

Mind 'n' Mortlake is a satellite service of the Wellbeing Centre which provides an opportunity for people to meet and socialise, and a variety of activities to support mental wellbeing including healthy eating, art and music groups and local outings. No referral is necessary.

Thomas' story

Thomas was experiencing long-term enduring mental health problems and was under the care of the Community Mental Health Team for over twenty years. He was diagnosed with schizophrenia, admitted to hospital many times and suffered from hearing voices most of his life. He was depressed, not able to trust people and trapped at his home.

Within a few weeks of attending the Wellbeing Centre Thomas started developing a trusting relationship with the staff. A staff member asked whether he would like to join the new Drama Group. He did and has flourished. His involvement with the Wellbeing Centre also grew. In the weeks that followed he became involved in the Recovery Discussion Group and

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started to help other service users to understand their problems in a very empathetic way. He continues to build his confidence little by little.

Roberta's story

Roberta was depressed for a very long time and her family was desperate to find a place where she could be with other people. The Wellbeing Centre offered this opportunity. When we met Roberta about a year ago, she did not speak English and she could not keep eye contact with anyone. Slowly her confidence has grown. Her English has improved and she is smiling again. She has found a place where she has been accepted, where she has friends, support and activities to engage with, and where she can laugh at the top of her voice. Her family cannot believe the progress she is making.

Psychotherapy and Counselling Service

In 2014/2015 we continued to provide a range of psychotherapy and counselling to people living in the borough. Many people experiencing mental health problems can be helped by talking therapies – these provide a regular time and space for people to talk about their troubles and explore difficult feelings in an environment that is safe, free from intrusion and confidential.

The Psychotherapy and Counselling Service is led by two experienced therapists. This year we were assisted by 25 volunteer therapists who are either fully qualified or undertaking accredited courses in psychotherapy and counselling and come from a range of theoretical backgrounds and orientations. RB Mind's lead therapists monitor the work of volunteers by providing clinical supervision on a weekly basis, ensuring that clients are receiving a high quality and expert service that is meeting their needs. We were also supported by 3 administrative volunteers.

The service is subsidised for those on lower incomes, with a sliding scale depending on an individual's personal circumstances. Many clients refer themselves. We also accept referrals from GPs, psychiatrists, social workers and other health Professionals.

In 2014/15 167 people contacted the service and 83 people went on to be given psychotherapy

Peter's story

Peter, aged 37 had a troubled past, and as a 20-year-old, had been a patient of the Community Mental Health Team. He wasn't sure what had been wrong with him, but did remember feeling that everyone was against him and life held little meaning for him. He had been unemployed and homeless for two years prior to asking for help from the homeless charity, SPEAR. His key worker at SPEAR arranged for Peter to undergo some Cognitive Behavioural Therapy (CBT) at RB Mind.

During the assessment for therapy Peter explained that his life had taken a traumatic twist when his girlfriend had died in a road traffic accident. He had in essence given up on life since then, partly through grief and partly through his conviction that her death was his fault. The assessor referred Peter for further CBT, believing that Peter would be able to make best use of this type of intervention.

The therapist was impressed and somewhat surprised by Peter's regular and punctual attendance at their meetings and it was not long before Peter started to show signs of

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improvement. Slowly at first, then more quickly, his mood began to improve and he began to be less troubled by guilt. Within a few weeks he felt able to see his family again – something he had not done since the accident, feeling that they might blame him too.

Within four months Peter was well on the road to putting his troubles of the last few years behind him and beginning to look towards the future. He had left the SPEAR hostel and returned to his parents' home to live. He continued to improve and some time later he was able to leave psychotherapy and continue his life.

Carers in Mind

Our Carers in Mind project supports families and friends supporting someone with a mental health problem. During 2014-15 we grew the numbers registered by 12% to 406 carers.

We provided:

- face-to-face service to 218 carers
- 87 carers engaged with our educational workshops programme
- 86 carers attended one of our five support groups
- 61 carers engaged with carer involvement opportunities
- 118 carers attended a social activity
- 100 carers received a total of 147 individual one-to-one support sessions.

The project delivered a total of 2,865 hours of face-to-face support, delivering 315 separate sessions of activity with 1468 attendances. The project also delivered a substantial number of telephone and email contacts providing support, information, advice and guidance.

This year we continued to provide specialist support for carers during an acute crisis period with the Acute Carers Recovery Worker project. This innovative health and social care role is delivered by RB Mind in collaboration with South West London and St George's Mental Health NHS Trust and provides specialist support for carers during a crisis period. The service delivered 227 one-to-one specialist support, advice and guidance sessions and during the year has developed more effective working practices in partnership with crisis services for the benefit of carers. It is funded by Richmond Clinical Commissioning Group and Richmond Council.

On Carers Rights Day 2014, Carers in Mind published the results from the Mental Health Carers Respite Survey carried out on behalf of the Richmond Joint Commissioning Collaborative. More than half of families and friends surveyed said they have experienced an impact on their employment, education and volunteering, and their social situation due to their caring role. The report also highlighted a high demand (90%) for respite breaks and recommended providing respite for mental health carers to prevent their own care and support needs arising.

Our Carers project coordinator continues to attend a range of local strategic groups in order to represent the views of Richmond mental health carers and registered carers continue to be actively engaged with local involvement opportunities.

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Rachel's story

Rachel was supported by our Acute Carers Recovery Worker (ACRW) when her daughter was admitted to Lavender Ward. She describes how helpful she found the service she was offered by RB Mind during this difficult time.

"You can't say what it's like because you're usually too full up emotionally. She would stand with you. She would listen to me and then evaluate and then consider with me what I might need. If I hadn't had that, there is nothing to relieve yourself of some of the pain and tension so that's when you start to get ill yourself. Obviously it was very upsetting but she came to the meetings - I've always been on my own before and that's so stressful and traumatic.

It was such a relief going into the meetings with her. You didn't ever feel on your own. Somebody knows you and they know your situation; it was such a help and a comfort. Once or twice I was too upset to speak and she was able to help out as we'd discussed it before. Having continuity is so important - that's BIG.

It sounds odd but it was nice to see her – I used to look forward to seeing her – something nice amidst all the horror. When there wasn't anyone to go to it was all so totally overwhelming. We knew nothing.

The ACRW would be able to pass on our concerns - she would be able to explain to me what was happening more clearly. There isn't anyone else who has that role where they see everyone's side at once. You don't want to keep on telling your story."

Peer Group Network

Our Peer Group Network is made up of groups run by and for people who experience mental health problems. In 2014/15 the groups included yoga, a women's group, a book group, cooking and baking, art and craft, a LGBT group, music and a supportive discussion group which were run by 13 Peer Volunteers. There was also a new group, Fun Football Thursdays, which was an opportunity for peer group members to play football on a regular basis. 97 members attended our groups.

This year the Peer Group Network worked with staff at Hampton Court Palace to design sessions for their Sensory Palaces project, a unique health and wellbeing programme which combines historical storytelling with a multi-sensory experience for people living with mental health problems. Members of our cooking group took part in workshops which aimed to increase their sense of wellbeing and confidence by simulating the sights, sounds and smells of historical scenes at the royal palace.

The Network also spread its tentacles throughout the borough of Richmond. Crafty Minds ran a taster session at Richmond Council's Full of Life Fair in October, an event to celebrate older residents. Musical Minds formed a partnership with Richmond Adult Community College to run singing sessions for carers and for people with mental health problems. In addition our Peer Ambassadors visited Lavender Ward (the local acute ward for mental health), St Mary's University and Richmond Housing Trust informing people about our Peer Groups.

I enjoy coming to the group, the co-facilitators are nice and friendly and the other members are chatty. I enjoy the food that is from all over the world. This is one of the nicest groups I have attended. Ready, Steady, Bake and Cook group member

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Mary's story

Mary was working full-time and enjoying life with her husband and children. A few years ago due to stress and anxiety induced by the workplace, she became depressed and found it difficult to cope with life or even to leave the house.

Eventually, after a long fight, Mary was given early retirement, but still had the battle with post-traumatic stress disorder (PTSD). Over the past year she has been attending some of our Peer Groups including our supportive discussion group and our cooking and baking group. Through mixing with others who have a non-judgmental approach and can empathise, she has not only been getting out more, but has increased her confidence.

Mary is now volunteering in a school two hours a week. She has also decided that she would like to do our Peer Volunteer Training with the hope of starting up a new activities group that will help others.

Richmond Wellbeing Service

The Richmond Wellbeing Service is part of the national initiative Improving Access to Psychological Therapies (IAPT). We work in partnership with East London Foundation NHS Trust to provide the service. Richmond Borough Mind delivers the low intensity element, providing therapies to people with common mental health problems including depression, panic attacks, low mood, obsessive compulsive disorder, anxiety and stress. This year 1706 people entered the low intensity service.

The service works using the principles of stepped care. This means that after assessment the first treatment offered to people is the least restrictive, or the least intrusive on their life, but still likely to help significantly. GP support is step 1 on the ladder and Richmond Borough Mind provides help at step 2. Most people coming to Richmond Wellbeing Service will start at this step.

The team has grown over the year including supervising and training 4 trainee Psychological Wellbeing Practitioners. We have continued to develop and refine the courses we offer (low mood, worry, panic and stress) and have worked on increasing the number of assessments offered.

We have also been focussing on increasing the number of older adults accessing the service. We have increased our outreach work and focussed on making sure our referral pathways are as clear and simple as possible. We have seen an increase in older adult referrals which is encouraging.

Jane's story

Jane was referred to us for work on anxiety. She reported she experienced chronic worry for years. She requested 1:1 support as she was dubious about groups however she agreed to give one of our courses a try. Following the six sessions of an 'overcoming worry' course she reported to really benefit from it and by the fifth session she felt she didn't need any more support because she was not worrying so much anymore.

Jane returned to work on a phased basis and is feeling positive about her return to full-time hours. She reports she has the right coping mechanisms to help her manage things better and feels she has the tools and resources to lean on should things get worse again.

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Jane said: *"The worry group really worked for me; it was great as I didn't wait weeks to start, and it has enabled me to get back to work".*

Advice and Information

This year Richmond Borough Mind continued to provide information, advice and signposting to people with mental health problems through our money advice and welfare benefit sessions, and through our new Information Navigator role.

Money Advice Project

Richmond Borough Mind is working in partnership with Richmond AID, RUILS and Age UK to help people manage their money and debt issues. Teams of Money Advisors are available to advise disabled people, older people and people with long-term health conditions in the borough. We offer help with personal budgets, income and expenditure, prioritising debts, making debt payment plans, and negotiating with creditors.

Welfare benefits advice sessions

Twice a month we offer free welfare benefits advice sessions for people with mental health issues and their carers, in partnership with the Advice Richmond initiative. The sessions are delivered by the Citizens Advice Bureau and take place at our Twickenham office at 32 Hampton Road.

Information Navigation

Working in partnership with INS and Richmond Aid, this year we welcomed a new Information Navigator into the staff team, providing specialist one-to-one support, advice and information to people with mental health problems, using a variety of mediums including the phone, email and face-to-face sessions.

James' story

James was referred to our Money Advice Project from our Wellbeing Centre as a highly vulnerable adult who was struggling financially. He was experiencing long-term enduring mental health issues and had been forced to move from his home of 18 years.

James was struggling to sleep or be in his property and at times was sleeping on the streets. His mental health was deteriorating and his anxieties so overwhelming that he had made several attempts on his life.

After James' first meeting with our Money Advice Project Manager, she arranged an initial crisis grant of £300 to help James with his heating and food bills. She also supported him with his benefits appeal. James had been placed in the work related activity group. Despite his long-term enduring mental health issues and deteriorating mental health - he had been hospitalised on over 12 occasions in the preceding 12 months due to self-harm and high risk of further self-harm - he was still expected to attend the job centre for job interview skills and to demonstrate his job application activities which was exacerbating his anxieties and distress. She successfully appealed this decision. He is now in the correct support group and additionally in receipt of a support group allowance.

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James now appears to be managing his finances. Our Money Advice Project Manager also secured James an annual Local Assistance grant of £85 from Richmond Council which is payable to vulnerable people to help towards heating costs over the winter and initiated a request for a Freedom Pass which has now also been issued giving James the confidence and freedom to travel around Richmond.

Whilst James still has some ongoing matters, he is in much higher spirits and is again socialising within our Wellbeing Centre.

Ecotherapy

Richmond Borough Mind was sad to announce our Ecotherapy project, Cultivating Minds, came to end this year. The project has been supporting people to improve their mental health and wellbeing by getting outside and in touch with nature since it started in June 2007. Regrettably we were no longer able to sustain Crane Park allotment which has been the home of the project for many years.

Throughout the year we continued to run an engaging programme of activities and workshops for our service users. During the summer the beautiful Crane Park allotment offered a tranquil space for growing plants, vegetables, fruits and flowers and during the winter months we ran a series of workshops including everything from mushroom forays and creating habitats for wildlife in Bushy Park to a winter walk in Kew Garden. The project ended with a farewell event at Crane Park allotment.

Since the project started the dedication and energy of local people and volunteers has provided a safe, social and nurturing space for relaxation, discussion, workshops and exercise, helping our service users on their recovery journey. We are thankful to all those who have helped make the project a success. Ecotherapy will no longer be a separate project but we are aiming to integrate it into Richmond Borough Mind's existing services such as the Wellbeing Centre and Carers in Mind.

"Because of my illness I am stuck indoors a lot and to get an opportunity to get out on an allotment is brilliant!"

"Getting outside is the best thing for me, it gives me hope."
RB Mind ecotherapy project service users

Volunteering

Over 80 people actively volunteered with Richmond Borough Mind this year. Around 50% were new volunteers. Other volunteers have been with us for much longer, and for several years in some cases. Many volunteers have direct contact with our service users, for example providing support and encouragement to take part in activities. Volunteers also help out behind the scenes with administration and fundraising, providing valuable support to the organisation.

At our AGM in October 2014 RB Mind's Chief Executive, Val Farmer, presented 26 volunteers with Richmond Borough Mind '100 Hours of Volunteering' certificates. The certificates are just one way for volunteers to demonstrate their experience and commitment to potential employers and training providers. A variety of free training has also been offered to volunteers over the year in subject areas including boundaries, assertiveness, safeguarding, equalities and mental health awareness. At least 30 volunteers took part in one or more training sessions this year.

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RB Mind's volunteer coordinator regularly sends out information about training, paid roles and volunteering opportunities. Several volunteers have successfully secured paid employment after receiving these mail-outs and applying for the job vacancies mentioned in them.

'The volunteering I have done for Richmond Borough Mind has been a very positive experience. I have met interesting new people as well as feeling I am "giving something back". My contact with the staff has been very supportive and helpful.' Karen, volunteer

Fundraising

We welcomed a new Fundraising intern to the core team during the year to boost our fundraising capacity.

We were excited to learn that we had been nominated as Sainsbury's (Manor Circus) Charity of the Year in 2014. Throughout the year we worked with Sainsbury's on a wide range of fundraising and promotional activities including holding a special information stall at the store on Lower Richmond Road to celebrate World Mental Health Day on 10th October. This was an opportunity to raise awareness of mental health issues amongst local people as they shopped and to fundraise for Richmond Borough Mind at the same time.

Other fundraising initiatives included our Operations Manager, Carol Clark, and our Psychological Wellbeing Practitioner, Hannah Shortland, who ran the Brighton Marathon and the Richmond Half Marathon for us respectively. Our Chief Executive, Val Farmer, and our Treasurer Jennyfer Espie, took part in Just Walk 2014, a sponsored walk on the beautiful South Downs.

Richmond Borough Mind was awarded a charity place in the London Marathon through the Virgin Money Golden Bond scheme which was taken up by our trustee, Russell Goodenough. Our Wellbeing Officer Kristina Dorner also ran the London Marathon for us and our Services Manager, Daniel Winstanley ran for us in the Hackney Half Marathon.

Thanks to them all for their wonderful efforts.

Financial Review

In this year RB Mind grew its reserves from £277,000 at the year end of 2013/14 to £346,992 at the year end of 2014/15.

Over the year income rose by 7% to £907,828 and expenditure increased by 2% to £838,000. Most of the increase in expenditure is attributed to the new Mindkit service staffing and the increase in the trainee quota within the Richmond Wellbeing Service.

Carers funding in 13/14 included £12,000 to create and print the mental health Carers handbook. There has been no decrease in funding for staff and services in 14/15.

Wellbeing Centre funds were boosted in 14/15 with a small increase to the main council grant plus £16,000 from the council's transition fund in anticipation of the move to commissioned services. There was a resumption of the regular funding from Mortlake Community Association, which had a temporary 50% decrease in 13/14. London Borough of Richmond upon Thames has agreed that a £21,000 underspend in 14/15 can be brought forward.

**RICHMOND BOROUGH MIND (RBMIND)
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2015**

Many of our projects have had continuous funding levels for a number of years, which have not allowed for inflationary increase. With the addition of the substantial contract under the Richmond Wellbeing Service, and new Mindkit and Information Navigation services, we have been required to increase our core capacity including additional Service Management and office accommodation. In applying the principle of Full Cost Recovery to each project, a calculation of 18% of cost has been added to expenditure. This has meant that by the year end a number of projects are showing a deficit. The Board of RB Mind agreed that the deficit would be covered by transfers totalling £35,974 from unrestricted funds as set out in Note 14 to the accounts.

We have to continually review the fees for our low cost counselling service, and towards the end of this year while the lower cost per session remained £10, the upper cost is now raised by £5 to £40. We are satisfied that even the upper cost is significantly lower than would be available privately.

Much of our funding comes from statutory sources. With austerity measures in place across both our local authority and clinical commissioning group, the board has agreed to help address the increased risk to funding by appointing a fundraiser. This brings increased capacity to raise funds through funding bids to trusts and foundations, and also through community events, with the added advantage of raising awareness of our services.

We have very much appreciated the ongoing support of our local funders, Barnes Workhouse, Hampton Fuel Allotment Charity and Richmond Parish Lands Charity. They have as ever, been incredibly generous.

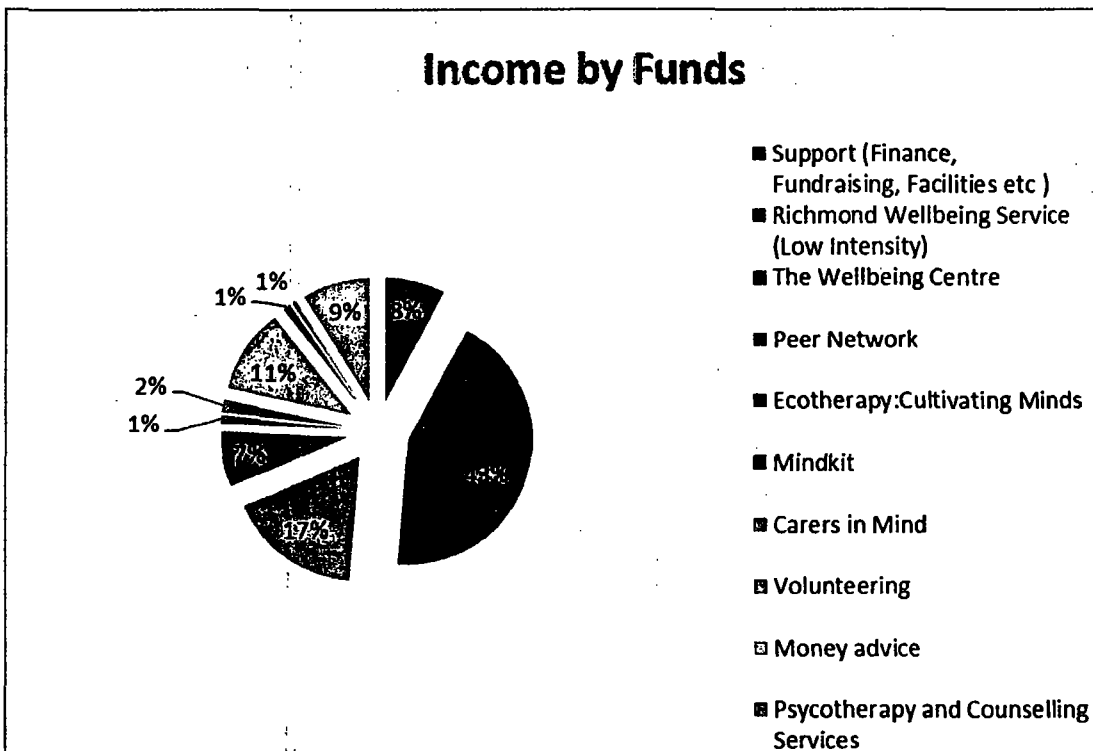
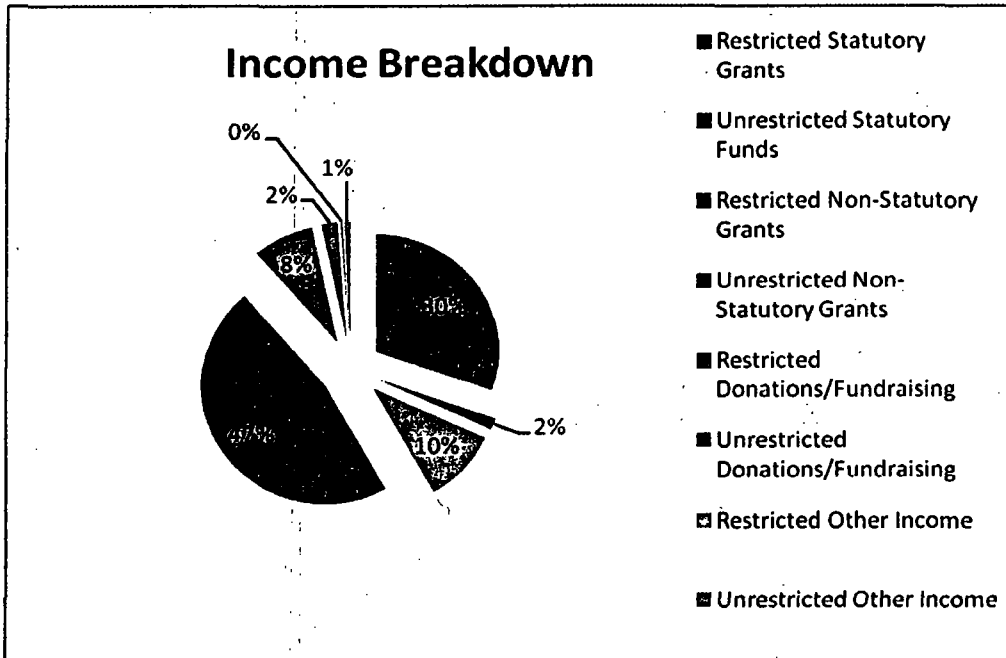
Investment policy

Interest rates have remained low during the course of the year. Some money was invested in the CAF Platinum and Gold Accounts and the rest in CAF Current Account to meet cash flow requirements. The balance between these two latter accounts is kept under constant review.

Reserves Policy

Our reserves are at a healthy level as we enter a financially challenging period. Our reserves allow the desired three months cover of running costs. 86% of reserves at year end are unrestricted.

**RICHMOND BOROUGH MIND (RBMIND)
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2015**



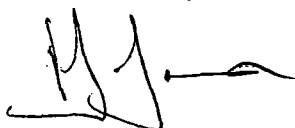
**RICHMOND BOROUGH MIND (RBMIND)
REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2015**

Thank you to our funders

We of course could not offer the services we do without the support of our funders, and those who give their support in kind. They are acknowledged below and we thank them all most sincerely.

- Barnes Workhouse Fund
- Bill Brown Charitable Trust
- East London NHS Foundation Trust
- Hampton Fuel Allotment Charity
- Health & Social Care Volunteering Fund
- Heathrow Community Fund
- Integrated Neurological Services
- London Borough of Richmond upon Thames
- Mr Philip Marx Legacy
- Mortlake Community Association
- National Mind
- NHS Richmond CCG
- Richmond Advice and Information on Disability
- Richmond CAB
- Richmond Parish Lands Charity
- South West London & St George's Mental Health NHS Trust
- Tesco Charity Trust
- Women's Group, St Philip and St James Whitton

The Trustees Report was approved by the Trustees on 12th October 2015 and signed on their behalf by:



P J Greeves
Chair of Trustees

**RICHMOND BOROUGH MIND (RB MIND)
INDEPENDENT AUDITOR'S REPORT
TO THE MEMBERS OF RICHMOND BOROUGH MIND
FOR THE YEAR ENDED 31 MARCH 2015**

We have audited the financial statements of Richmond Borough Mind for the year ended 31st March 2015 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes. The financial reporting framework that has been applied to their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

This report is made solely to the charity's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charity's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charity and the charity's members as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of trustees and auditor

As explained more fully in the Trustees' responsibilities statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view.

Our responsibility is to audit and express an opinion on the financial statements in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's Ethical Standards for Auditors.

Scope of the audit of the financial statements

An audit involves obtaining evidence about the amounts and disclosures in the financial statements sufficient to give reasonable assurance that the financial statements are free from material misstatements, whether caused by fraud or error. This includes an assessment of:

- whether the accounting policies are appropriate to the charitable company's circumstances and have been consistently applied and adequately disclosed;
- the reasonableness of significant accounting estimates made by the trustees;
- and the overall presentation of the financial statements.

In addition, we read all the financial and non-financial information in the Trustees' Annual Report to identify material inconsistencies with the audited financial statements and to identify any information that is apparently materially incorrect based on, or materially inconsistent with, the knowledge acquired by us in the course of performing the audit. If we become aware of any apparent material misstatements or inconsistencies we consider the implications for our report.

**RICHMOND BOROUGH MIND (RB MIND)
INDEPENDENT AUDITOR'S REPORT (CONTINUED)
TO THE MEMBERS OF RICHMOND BOROUGH MIND
FOR THE YEAR ENDED 31 MARCH 2015**

Opinion on financial statements

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31st March 2015 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Opinion on other matter prescribed by the Companies Act 2006

In our opinion the information given in the Trustees' report for the financial year for which the financial statements are prepared is consistent with the financial statements.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us;
or
- the financial statements are not in agreement with the accounting records and returns;
or
- certain disclosures of trustees' remuneration specified by law are not made;
or
- we have not received all the information and explanations we require for our audit.

Anthony Epton

**Anthony Epton (Senior Statutory Auditor)
for and on behalf of
Goldwins Limited
Statutory Auditor
Chartered Accountants
75 Maygrove Road
West Hampstead
London NW6 2EG**

21 October 2015

RICHMOND BOROUGH MIND (RB MIND)
STATEMENT OF FINANCIAL ACTIVITIES
(incorporating an income and expenditure account)
FOR THE YEAR ENDED 31 MARCH 2015


		Unrestricted £	Restricted £	2015 Total £	2014 Total £
Incoming Resources	Notes				
Incoming resources from generated funds					
Voluntary income:					
Grants donations and legacies	2	458,490	438,548	897,038	838,130
Activities for generating funds:					
Shop Income		6,572	-	6,572	5,615
Investment income		1,053	-	1,053	1,724
Incoming resources from charitable activities					
Food Sales		-	3,165	3,165	4,028
Total incoming resources		<u>466,115</u>	<u>441,713</u>	<u>907,828</u>	<u>849,497</u>
Resources expended					
Cost of generating funds		1,209	433	1,642	1,442
Charitable activities	3	384,658	446,928	831,586	811,281
Governance costs	4	5,133	-	5,133	9,331
Total resources expended		<u>391,000</u>	<u>447,361</u>	<u>838,361</u>	<u>822,054</u>
Net incoming/ (outgoing) resources before fund transfers		75,115	(5,648)	69,467	27,443
Transfers between funds		(35,974)	35,974	-	-
Net movement in funds		39,141	30,326	69,467	27,443
Reconciliation of funds:					
Funds at 1 April 2014		259,883	17,642	277,525	250,082
Funds at 31 March 2015		<u>299,024</u>	<u>47,968</u>	<u>346,992</u>	<u>277,525</u>

The attached notes form part of these financial statements.

**RICHMOND BOROUGH MIND (RB MIND)
BALANCE SHEET
AS AT 31 MARCH 2015**

		2015 £	2014 £
FIXED ASSETS	5	28,934	27,766
CURRENT ASSETS			
Cash at bank and in hand		353,148	329,846
Debtors	7	49,903	60,658
		<hr/>	<hr/>
		403,051	390,504
		<hr/>	<hr/>
CREDITORS:			
Amounts falling due within one year			
Grants received in advance	8(a)	54,626	26,326
Grants invoiced in advance	8(b)	-	79,301
Other creditor and accruals	8(c)	30,367	35,118
		<hr/>	<hr/>
		84,993	140,745
		<hr/>	<hr/>
Net current assets		318,058	249,759
		<hr/>	<hr/>
Total assets less current liabilities		<u>346,992</u>	<u>277,525</u>
FUNDS	14		
Unrestricted funds			
General funds		299,024	259,883
Restricted funds		47,968	17,642
		<hr/>	<hr/>
		<u>346,992</u>	<u>277,525</u>

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies' regime. The accounts were approved by the board of directors on 12th October 2015.


P J Greaves - (Chair)

Company Registration No. 7954134

The attached notes form part of these financial statements.

**RICHMOND BOROUGH MIND (RB MIND)
NOTES TO THE ACCOUNTS
FOR THE YEAR ENDED 31 MARCH 2015**

1. ACCOUNTING POLICIES

a. Accounting convention

The financial statements have been prepared under the historic cost convention and include the results of the Charity's operations, which are described in the Trustees' Report.

The accounts have been prepared in compliance with the Statement of Recommended Practice: "Accounting and Reporting by Charities", issued in March 2005 and applicable accounting standards, the Companies Act 2006 and, where applicable, the Charities Act 2011.

b. Fund accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

c. Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Voluntary income is received by way of grants and donations and included in full in Statement of financial activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
- Donated services and facilities are included at the value to the charity where this can be quantified. The value of services provided by volunteers has not been included in these accounts.
- The charity receives a share of the profits from MIND's charity shops. This share is included as incoming resources within activities for generating funds on the basis of amounts receivable in the year.
- Investment income is included when receivable.
- Incoming resources from charitable trading activity are accounted for when earned.
- Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.
- Income from legacies is accounted for on a receipts basis.

**RICHMOND BOROUGH MIND (RB MIND)
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2015**

d. Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred.

- Costs of generating funds comprise the costs associated with attracting voluntary income and also a proportion of the director's salary due to fundraising activities.
- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.
- All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource in accordance with ratios as agreed with annual budgets prepared prior to the year commencing. Costs relating to a particular activity are allocated directly; others are apportioned on an appropriate basis e.g. floor areas, per capita or estimated usage.

e. Value Added Tax

Value Added Tax is not recoverable by the Charity, and as such, is included in the relevant costs in the Statement of Financial Activities.

f. Fixed Assets

Fixed assets are all used for the Charity's purposes and are included at cost and are depreciated on a straight line basis at the following rates :-

Freehold buildings	-	2% straight line on cost
Furniture and equipment	-	10%
Office equipment	-	10%

Only purchases costing more than £1,000 are capitalised.

**RICHMOND BOROUGH MIND (RB MIND)
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2015**

2 GRANTS AND DONATIONS

After allowing for grants in advance brought forward and carried forward

	Unrestricted £	Restricted £	Total 2015 £	Total 2014 £
Statutory Grants/Contracts				
London Borough of Richmond Upon Thames	-	196,691	196,691	256,392
NHS Richmond	12,675	14,434	27,109	33,991
Richmond Advice & Information on Disability	-	27,224	27,224	132
Integrated Neurological Services	-	22,500	22,500	4,878
HSCV Everybody's Win	1,100	15,122	16,222	-
Non-Statutory Grants/Funding				
Hampton Fuel Allotment Charity	-	29,574	29,574	21,226
Richmond Parish Lands Charity	16,398	11,673	28,071	40,050
Mortlake Community Association	-	6,444	6,444	3,222
East London NHS Foundation Trust	395,852	-	395,852	339,106
SW London & St Georges NHS Trust in Kind	1,225	38,775	40,000	40,000
Barnes Workhouse Fund	7,500	-	7,500	7,350
Garfield Weston	-	-	-	5,625
Other Grants	4,200	4,058	8,258	18,859
Donations/Fundraising	9,540	4,024	13,564	8,777
Therapies	-	68,029	68,029	58,522
Legacies and In Memoriam	10,000	-	10,000	-
	<u>458,490</u>	<u>438,548</u>	<u>897,038</u>	<u>838,130</u>

3 CHARITABLE EXPENDITURE

	Total 2015 £	Total 2014 £
Staff Costs	664,195	588,275
Service delivery	135,301	156,170
Support costs	32,090	66,836
	<u>831,586</u>	<u>811,281</u>

4 GOVERNANCE COSTS

	2015 £	2014 £
Audit and Accountancy Fees	4,300	8,011
Legal Fees	-	800
Governance	833	520
	<u>5,133</u>	<u>9,331</u>

**RICHMOND BOROUGH MIND (RB MIND)
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2015**

5 FIXED ASSETS (FOR THE CHARITY'S OWN USE)

	Freehold Property £	Fixtures & Fittings £	Office Equipment £	Total £
COST				
At 31 March 2014	36,064	19,556	2,407	58,027
Additions	<u>-</u>	<u>2,100</u>	<u>-</u>	<u>2,100</u>
At 31 March 2015	<u>36,064</u>	<u>21,656</u>	<u>2,407</u>	<u>60,127</u>
DEPRECIATION				
At 31 March 2014	8,298	19,556	2,407	30,261
Charge for period	<u>722</u>	<u>210</u>	<u>-</u>	<u>932</u>
At 31 March 2015	<u>9,020</u>	<u>19,766</u>	<u>2,407</u>	<u>31,193</u>
NET BOOK VALUE				
At 31 March 2015	<u>27,044</u>	<u>1,890</u>	<u>-</u>	<u>28,934</u>
At 31 March 2014	<u>27,766</u>	<u>-</u>	<u>-</u>	<u>27,766</u>

The Trustees estimate the market value of the freehold property to be £250,000.

6 PREMISES

The facilities used by the Wellbeing Centre and Counselling Service, are leased from South West London and St George's NHS Trust at a peppercorn rent as a donation in kind. The estimated market rent would be £40,000.

7 DEBTORS

	2015 £	2014 £
Grant and contract debtors	36,304	51,206
Prepayments	4,511	4,382
Other debtors	<u>9,088</u>	<u>5,070</u>
	<u>49,903</u>	<u>60,658</u>

8 CREDITORS

	2015 £	2014 £
a) Grants and donations in advance	54,626	26,326
b) Invoiced in advance	<u>-</u>	<u>79,301</u>
	<u>54,626</u>	<u>105,627</u>
c) Other creditors:		
PAYE/NIC	13,742	14,820
Accruals	5,033	11,923
Other creditors	<u>11,592</u>	<u>8,375</u>
	<u>30,367</u>	<u>35,118</u>

Grants have been deferred where it relates to periods after 31/03/2015.

**RICHMOND BOROUGH MIND (RB MIND)
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2015**

9 STAFF COSTS	2015	2014
	£	£
Salaries and wages	603,921	535,297
Pension	15,883	11,225
Social Security costs	44,391	41,753
	<u>664,195</u>	<u>588,275</u>

There were 36 full and part-time employees during the year (2014: 33).
No employee received emoluments of more than £60,000 during the year.

10 OPERATING LEASE COMMITMENTS

The following operating lease payments are to be paid:

	2015	2014
	£	£
Within 1 Year	1,917	2,875
Within 2-5 Year	-	1,917
	<u>1,917</u>	<u>4,792</u>

11 TRUSTEES

No Trustee or connected persons received any remuneration.

The Charity held Trustee Indemnity Insurance. The charity subscribes to the Mind block policy.

12 RELATED PARTY TRANSACTIONS

The Freehold property (32 Hampton Road) is held by Mind (The National Association for Mental Health) as Custodian Trustees.

13 ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Unrestricted Funds	Restricted Funds	Total funds 2015	Total funds 2014
	£	£	£	£
Funds Balances at 31 March 2015 are represented by				
Current assets	384,017	47,968	431,985	418,270
Current liabilities	(84,993)	-	(84,993)	(140,745)
Total Net Assets	<u>299,024</u>	<u>47,968</u>	<u>346,992</u>	<u>277,525</u>

**RICHMOND BOROUGH MIND (RB MIND)
NOTES TO THE ACCOUNTS (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2015**

14 FUNDS ANALYSIS

	Balance at 01/04/2014	Incoming Resources	Outgoing Resources	Transfers	Balance at 31/03/2015
	£	£	£	£	£
Unrestricted Funds	<u>259,883</u>	<u>466,115</u>	<u>(391,000)</u>	<u>(35,974)</u>	<u>299,024</u>
Restricted Funds					
Money Advice	44	5,826	(8,520)	2,650	-
Carers	1,074	100,503	(113,249)	12,672	1,000
Ecotherapies	-	10,223	(11,063)	840	-
Therapies	-	79,364	(86,455)	7,091	-
Peer Support	12,174	65,200	(69,670)	4,470	12,174
Wellbeing Centre	4,350	155,475	(125,031)	-	34,794
MindKit	-	15,122	(16,336)	1,214	-
Volunteering	-	10,000	(17,037)	7,037	-
	<u>17,642</u>	<u>441,713</u>	<u>(447,361)</u>	<u>35,974</u>	<u>47,968</u>
TOTAL FUNDS	<u><u>277,525</u></u>	<u><u>907,828</u></u>	<u><u>(838,361)</u></u>	<u><u>-</u></u>	<u><u>346,992</u></u>

15 RESTRICTED FUNDS

Money Advice

The Money Advice Project provides money and debt advice service to people living in London Borough of Richmond upon Thames.

Carers

Carers in Mind supports families and friends supporting someone with a mental health problem. We provide a range of services including support groups, social activities and one-to-one advice and guidance. We also provide information and training to assist carers to be more effective and feel more confident in their role

Ecotherapies

Our Ecotherapy group, Cultivating Minds, helps people improve their mental and physical wellbeing by getting in touch with nature. The group welcomes anyone in the borough who feels their mental health could benefit by getting outside. It provides a safe, social and nurturing space where people can be helped on their recovery journey. We run an engaging and inclusive programme of activities all year around across the borough including growing a range of plants, vegetables, fruits and flowers on our beautiful allotment plot in Crane Park, Twickenham; nature walks; and workshops that get people outside socialising with their peers and staying active.

Therapies

Richmond Borough Mind's Psychotherapy and Counselling Service offers a range of therapies which aim to provide the community of Richmond with support while they are in emotional need and also a place where they can explore their psychological difficulties. Many people experiencing mental health problems can be helped by talking therapies, which provide a regular time and space for people to talk about their troubles and explore difficult feelings in an

RICHMOND BOROUGH MIND (RB MIND) NOTES TO THE ACCOUNTS (CONTINUED) FOR THE YEAR ENDED 31 MARCH 2015

RESTRICTED FUNDS (CONTINUED)

environment that is safe, free from intrusion and confidential. The service is led by two experienced therapists. This year they were supported by 27 volunteer psychotherapists and counsellors who are either fully qualified or undertaking accredited courses in psychotherapy and counselling. The lead therapists monitor the work of volunteers by providing clinical supervision on a weekly basis, ensuring that clients are receiving a high quality and expert service that meets their needs. We also had four volunteers who helped with administrative work.

Peer Support, Outreach, & Information Navigation

The Peer Group Network is made up of groups run by and for people who experience mental health problems. The groups are facilitated by Peer Volunteers who receive training and ongoing support. The groups cover a range of activities including Yoga, Reading, Cooking and Baking, Art and Craft, Music and a Women's Group and take place anywhere in the borough such as libraries, community centres or cafés. The team provide Information Navigation and outreach for people with Mental health problems. They signpost people to health and social care professionals for additional support when required, and respond to diverse needs arising from a person's racial/ethnic background; gender; sexual orientation; faith/belief or age. Outreach includes visiting GPs, pharmacists, supermarkets, fairs, libraries

Wellbeing Centre

The Wellbeing Centre is a referral only project for adults under the care of the Community Mental Health Team. The centre provides a welcoming and friendly environment and runs a wide range of activities including art, relaxation, assertiveness and recovery workshops, exercise and nutrition groups, an advocacy service, creative writing and yoga. The aims of the Wellbeing Centre are Wellbeing, Confidence, Peer Support, Assertiveness, Relapse Prevention and Independence. We provide person-centred support focusing on people's strengths: their skills, talents and resources, hobbies, interests and passions with a particular emphasis on inspiring people who might be in a desperate state to prevent their relapse and to hold their own recovery journey

MindKit

A joint project with 4 other Local Minds across London, funded by the Department of Health's Health and Social Care Volunteering Fund over 3 years from July 2014. We train young people with lived experience of mental health problems to run wellbeing sessions in schools, colleges and youth clubs to raise awareness of mental health and reduce stigma. In 14/15 we trained 4 volunteers and first sessions are running in 2015/16. The aim is to run 90 sessions to around 3000 young people by the end of the project.

Volunteering

Volunteers support our projects in many different ways including facilitating peer led groups and activities in the Wellbeing Centre, helping out with administration in the support office, running our stalls at community fairs and events, overseeing the governance of the organisation and delivering psychotherapy and counselling. Our Volunteer Coordinator provides dedicated support and training to our volunteers.