



Trustees' Annual Report for the period

From	Period start date			To	Period end date		
	03	02	2017		31	08	2017

Section A Reference and administration details

Charity name

INDEPENDENT MENTAL HEALTH NETWORK

Other names charity is known by

IMHN

Registered charity number (if any)

1171453

Charity's principal address

Independent Mental Health Network

BNSSG CCG NHS South West, South Plaza,

Marlborough Street, Bristol

Postcode

BS1 3NX

Names of the charity trustees who manage the charity

	Trustee name	Office (if any)	Dates acted if not for whole year	Name of person (or body) entitled to appoint trustee (if any)
1	Amelia Campbell	Membership Engagement	February 3 rd – August 31 st 2017 (inclusive)	
2	David Webb		February 3 rd – August 31 st 2017 (inclusive)	
3	William Anderson	Chair	February 3 rd – August 31 st 2017 (inclusive)	
4				
5				
6				
7				
8				
9				
10				
11				
12				

Names of the trustees for the charity, if any, (for example, any custodian trustees)

Name	Dates acted if not for whole year

Names and addresses of advisers (Optional information)

Type of adviser	Name	Address

Name of chief executive or names of senior staff members (Optional information)

--

Section B Structure, governance and management

Description of the charity's trusts

Type of governing document (eg. trust deed, constitution)	Constitution and bye laws
How the charity is constituted (eg. trust, association, company)	Association
Trustee selection methods (eg. appointed by, elected by)	A combination of elected by the members of the CIO at an annual general meeting (AGM) and appointed by the Board of Trustees (with ratification at a general meeting of the CIO).

Additional governance issues (Optional information)

You **may choose** to include additional information, where relevant, about:

- policies and procedures adopted for the induction and training of trustees;
- the charity's organisational structure and any wider network with which the charity works;
- relationship with any related parties;
- trustees' consideration of major risks and the system and procedures to manage them.

The organisation also has Bye Laws covering the following:

- Conditions and Benefits of Membership;
- Election Rules;
- Meeting Rules;
- Board of Trustees;
- Complaints, Grievance, Disciplinary and Appeals.

The organisation has an organisation structure in place as well as a risk log that is reviewed at each meeting of the board.

The organisation also has policies and procedures in place, which include:

- Conflicts of Interest
- Data Protection
- Privacy Policy
- Equal Opportunities
- Equality and Diversity
- Involvement
- Membership Approval Process
- Safeguarding

Section C Objectives and activities

Summary of the objects of the charity set out in its governing document

- (1) For the public benefit, to advance the health of individuals and groups in England and Wales by:
 - (a) representing the needs of the membership of IMHN in improving the provision of mental health services;
 - (b) working collaboratively with commissioners, service providers and other agencies to identify innovative health solutions that will improve the health of local communities;
 - (c) working with individuals and local groups in communities to facilitate the provision of support networks for those that are experiencing a mental health issue;
 - (d) educating the public on the importance of understanding mental health and the need for parity of esteem in how we view this with physical health.
- (2) To promote community capacity building through developing diverse networks of individuals and groups that are able to be involved in improving local mental health services in areas of England and Wales.
- (3) The advancement of citizenship or community development through promoting the efficiency and effectiveness of charities and the effective use of charitable resources by representing a range of views to policy makers and funders on improving mental health services in England and Wales.
- (4) To advance community development through the promotion of volunteering and the voluntary sector in the role it can play for improving mental health services locally and nationally in England and Wales.
- (5) To advance such charitable purposes (according to the law of England and Wales) as the trustees see fit from time to time, in particular but not limited to advancing the education of individuals and groups working in the health sector by making grants and awards to user-led mental health groups.

Summary of the main activities undertaken for the public benefit in relation to these objects (include within this section the statutory declaration that trustees have had regard to the guidance issued by the Charity Commission on public benefit)

The trustees have had regard to the guidance issued by the Charity Commission on public benefit and provide the following information in relation to activities undertaken for the public benefit in relation to those objects:

(1) For the public benefit, to advance the health of individuals and groups in England and Wales by:

(a) representing the needs of the membership of IMHN in improving the provision of mental health services;

Members of the organisation have been involved in representing those accessing mental health services across Bristol in contract and performance monitoring meetings of services. This has been done through ensuring the voices of those experiencing services “on the ground” are heard by senior leadership in service providers and commissioning, providing opportunities for meaningful service improvement work to take place.

Members were also involved in an initiative to redevelop Bristol’s mental health crisis line, helping people to be able to access better support and signposting information.

(b) working collaboratively with commissioners, service providers and other agencies to identify innovative health solutions that will improve the health of local communities;

We have co-produced mental health crisis cards with mental health service providers and commissioners, providing additional information and support for those who may be experiencing a mental health crisis.

(c) working with individuals and local groups in communities to facilitate the provision of support networks for those that are experiencing a mental health issue;

We run monthly meetings for members to come together and share their lived experiences and feedback on how things could be improved for the future.

We also hosted “PD and Me” meetings, focusing on informal peer support for those experiencing a personality disorder (PD), irrespective of whether there was a formal diagnosis or not. These came about due to a lack of available support for people with PD in Bristol and the South West, and was led by people with lived experience of PD with administrative support from the CIO.

(d) educating the public on the importance of understanding mental health and the need for parity of esteem in how we view this with physical health.

The organisation proudly supports the work of Time to Change, a national campaign seeking to end mental health stigma and discrimination. Several of our members our Time to Change Champions,

and have attended public events to engage in social contact techniques to positively challenge people's perceptions and reduce stigma.

- (2) **To promote community capacity building through developing diverse networks of individuals and groups that are able to be involved in improving local mental health services in areas of England and Wales.**

Membership of the organisation has increased during this period, with new people becoming involved in improving mental health services both in formal settings and informal settings. This has also included supporting member groups to develop their own capacity with work such as website development.

We have also worked with an existing lived experience led group to set up our second branch: Clarity – NSIMHN. They operate in North Somerset giving a voice to those in more rural settings.

- (3) **The advancement of citizenship or community development through promoting the efficiency and effectiveness of charities and the effective use of charitable resources by representing a range of views to policy makers and funders on improving mental health services in England and Wales.**

Members of the organisation have regularly fed back to policy makers and funders about delivering better mental health services based on lived experience perspectives of both those who are members of the organisation and those who are not.

This has included promoting the effective work that lived experience led charitable organisations can carry out when there are opportunities to do so.

- (4) **To advance community development through the promotion of volunteering and the voluntary sector in the role it can play for improving mental health services locally and nationally in England and Wales.**

IMHN has promoted the role of the voluntary sector in improving mental health services throughout many of its activities. This has included supporting the creation of a second branch in North Somerset to further enhance this role.

- (5) **To advance such charitable purposes (according to the law of England and Wales) as the trustees see fit from time to time, in particular but not limited to advancing the education of individuals and groups working in the health sector by making grants and awards to user-led mental health groups.**

Whilst no formal awards have been made during the first financial period of the CIO, the organisation has partnered with other user-led groups in order to deliver a national event called Peerfest. Work on this began in April 2017, with the event taking place after the end of the financial year in October 2017.

Additional details of objectives and activities (Optional information)

You **may choose** to include further statements, where relevant, about:

- policy on grantmaking;
- policy programme related investment;
- contribution made by volunteers.

As a member-led organisation, our members and volunteers are the lifeblood of the organisation and the board would like to take this opportunity to thank all of those volunteers (members and non-members) that have supported the work of the charity before and since its formal creation on February 3rd, 2017.

Section D

Achievements and performance

Summary of the main achievements of the charity during the year

Successes

- The trustees have successfully set up a bank account for the organisation. This allows us to take more sovereignty of our spending, makes us more accountable to our members and opens the door for fundraising and the diversification of our funding streams.
- The Independent Mental Health Network is now registered with the Charity Commission. This proves that we fulfil the criteria set by the charity commission. This registration means that we display a standard of professionalism and competence that will be attractive to those who may be able to offer us funding streams.
- In addition to our first branch (the Bristol Independent Mental Health Network) we have added a second branch the North Somerset Independent Mental Health Network (NSIMHN – Clarity) that operates in North Somerset to our organisation. This we hope is the first of many new branches to the Network.
- All Board meetings have been quorate in 2017, helping to focus on developing a strong independent voice for those with lived experience of mental health.
- We have led inpatient ward visits, seeking to ensure those on mental health wards are empowered to have a voice about their experiences of their mental health care.
- We have worked with the local clinical commissioning group and mental health service providers to protect the mental health crisis line and improve the support it is able to provide to people experiencing a mental health crisis.
- We have led on work to re-develop information available to the public about available mental health services in the Bristol area via the Bristol Mental Health website.
- We have co-produced mental health crisis cards with mental health service providers and commissioners, providing additional information and support for those who may be experiencing a mental health crisis.
- We have led a review of lived experienced feedback on mental health crisis houses provision in Bristol, making recommendations that are now being implemented. These include the introduction of a Trans* protocol to ensure members of the Trans* community are treated fairly by the houses.

IMHN in numbers in 2017:

- 65 representatives sitting across 40 different meetings and work areas to improve mental health services for patients and the public in the BNSSG area.
- IMHN and its branches have held 42 meetings this year focusing on improving mental health services and feeding back on different issues.
- We have nearly 100 individual members and 17 group members, combining to make a representative total of over 1,000 people that have the opportunity to directly influence the work we do.
- Our biggest social media post reach has been to over 10,000 people from across different communities.
- We have over 1,200 Facebook 'likes'.
- We have featured across four local media organisations, including BBC, Bristol Cable, Bristol 24/7 and Bristol Post.

Section E

Financial review

Brief statement of the charity's policy on reserves

This Reserves Policy relates to our Unrestricted Funds only. This includes funds held in our bank account.

Designated or restricted funds are presented separately in our Annual Accounts on pages one and two.

To support fluctuations in the CIO's income, the organisation's reserves will ensure that as a minimum they can meet four months of our current operating costs at any given point in time as a minimum, up to a maximum of 50% of our annual turnover.

These will be carried forward to the first quarter of the following financial year to be expended by the trustees as they see fit against the charitable objects of the organisation (cashflow permitting).

As at the end of the previous financial year, the CIO's total Unrestricted Funds balance was £0 as the CIO had not yet formed.

Details of any funds materially in deficit

No funds materially in deficit.

Further financial review details (Optional information)

You **may choose** to include additional information, where relevant about:

- the charity's principal sources of funds (including any fundraising);
- how expenditure has supported the key objectives of the charity;
- investment policy and objectives including any ethical investment policy adopted.

Section F

Other optional information

Section G

Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	David Webb	Amelia Campbell
Full name(s)	David Webb	Amelia Campbell

Position (eg Secretary, Chair, etc)		Membership Engagement
--	--	-----------------------

Date	29 th June 2018
-------------	----------------------------



Charity name

Charity number (if any)

For the period from (start date)

to (end date)

Section A

Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations, legacies and grants	2,637				
<i>Sub total</i>	2,637				
A2 Asset and investment sales, etc	0				
<i>Total receipts</i>	2,637				
A3 Payments					
Rent/hire of rooms	(30)				
<i>Sub total</i>	(30)				
A4 Asset and investment purchases, etc	0				
<i>Total payments</i>	(30)				
<i>Net of receipts/(payments)</i>	2,607				
A5 Transfers between funds	0				
A6 Cash funds last year end	0				
<i>Cash funds this year end</i>	2,607				

Section B

Statement of assets and liabilities at the end of the period

	Details	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
B1 Cash funds	Bank Current Account	2,607		
	<i>Total cash funds</i> (agree balances with receipts and payments account(s))	2,607		

	Details	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
B2 Other monetary assets	N/A	0		

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B3 Investment assets	N/A	0		

	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
B4 Assets retained for the charity's own use	N/A	0		

	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
B5 Liabilities	N/A	0		

Signed by one or two trustees on behalf of all the trustees

Signature

Print name

Date of approval

Justine Keeble

Justine Keeble

28.06.18