

We're Mind, the mental health charity. We're here to make sure anyone with a mental health problem has somewhere to turn for advice and support. We're part of the network of Mind associations working for better mental health across England and Wales. We've been working in Oxfordshire since 1967.

Contents

Introduction.....3

Our year.....4

Dance6

Housing8

Get talking10

Money matters11

Thank you12

Become a member.....14

Introduction



Every day we see examples of people demonstrating huge resilience and bravery in the face of their mental health challenges

Awareness of mental health has never been higher, and the need for our services continues to grow.

We are incredibly proud of the work undertaken by the staff and volunteers of Oxfordshire Mind, and every day we see examples of people demonstrating huge resilience and bravery in the face of their mental health challenges.

In this review you will read of the ways in which our charity continues to grow and develop its services, as well as some of the arts and campaigning activity that has taken place this year.

We would like to thank everyone reading this for their support of and contribution to Oxfordshire Mind. Our staff, volunteers, funders, partners, supporters, service users and of course our Trustees who do so much good work behind the scenes all play a key part in making us what we are today – our thanks to you all.


 Dan Knowles
 Chief Executive


 John Copley
 Chair

Our vision

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

Our values

- Striving to make mental health services more human
- Working alongside people to help them realise their potential
- Raising awareness, promoting understanding and challenging stigma
- The importance of community and the benefits of mutual support

Our mission

We promote good mental health through the provision of high quality services and campaigning for positive change.

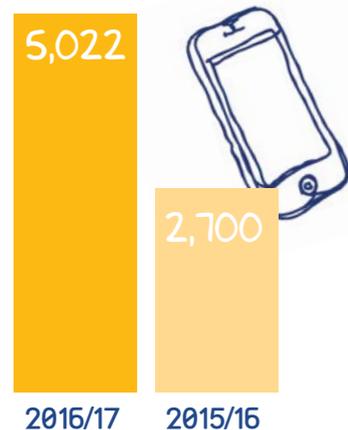
Our year

Over the past year we have seen an ever growing need for our services...

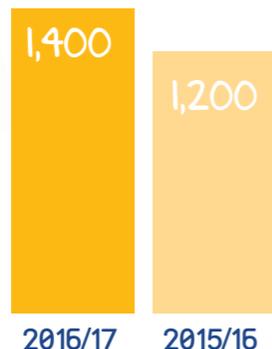
Over 75 volunteers provided valuable support to Oxfordshire Mind this year.

OUR WELLBEING SERVICE...

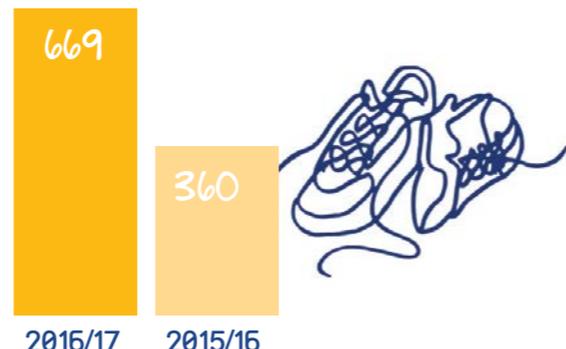
Calls and enquiries to the Information Service



Number of people attending an educational or coping skills course



Number of people supported to take up sport and physical activity*



OUR TRANSITIONAL HOUSING RECOVERY SERVICE...

110 people were housed and supported

34 people were helped to move on (94% of whom went to more independent accommodation)

We increased our housing stock from 78 to 80 units, including more self-contained flats

Occupancy levels were at 97%

OUR BENEFITS ADVICE SERVICE...

921 people were supported resulting in over £2 million in benefits entitlement claimed

IAPT TALKINGSPACE PSYCHOLOGICAL THERAPY SERVICE...

We supported 7,663 people into step 2 treatment

OUR SERVICES

Information Service

For any mental health queries, we provide information and signposting to services.

Options sessions

An opportunity to talk with a Wellbeing Service Worker about mental health and wellbeing.

Education and coping skills courses

Supporting people with their self esteem, strong emotions, stress and anxiety.

Peer support

Sharing activities, issues and thoughts and to meet people who share similar issues.

Benefits advice

For anyone with a mental health problem and benefits trouble.

Talking Therapy

Psychological therapies for people struggling with anxiety and depression.

Housing

Transitional Housing Recovery Services for people with severe and enduring mental health problems.

Dance

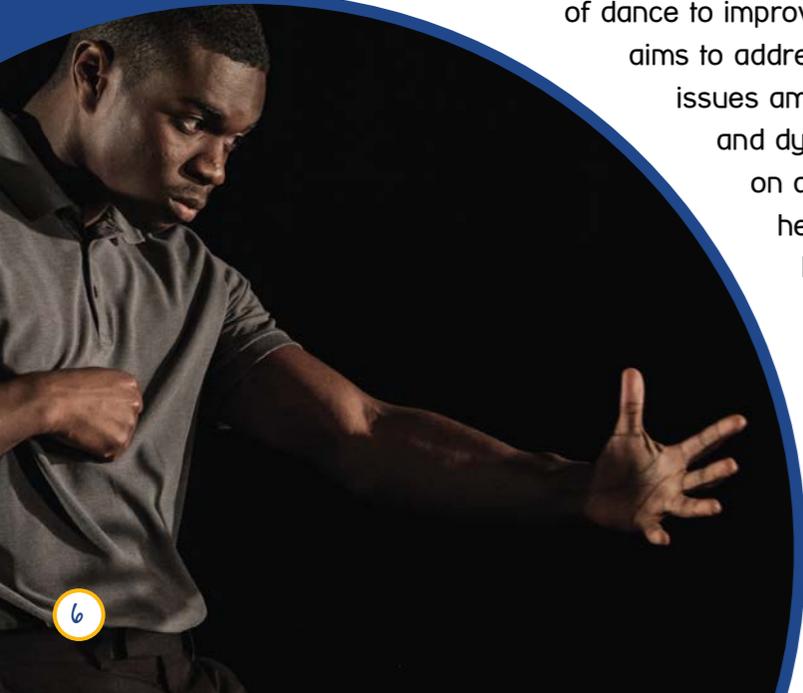
Looking after our mental health is just as important as our physical health. In the UK, one in four people suffer from mental ill health, and only 25% of people seek help. It is a topic we feel hugely passionate about, and one that we work with others to share.

Towards the end of last year **Body Politic** received Arts Council England Funding to develop an existing body of work entitled *Reflections* with Oxfordshire Mind. Body Politic are an Oxford-based company who believe in the power of dance to improve emotional and physical wellbeing. *Reflections* aims to address the growing prevalence of mental health issues among young people. Accompanied by spoken word and dynamic movement, the performance takes you on a journey exploring the highs and lows of mental health. Annie Sillence, the Active Body Healthy Mind Coordinator from Oxfordshire Mind explains: *"The performance was beautiful, moving and a phenomenal way to raise awareness of mental health. I only wish every young person in England could watch this, as I think it was would be an innovative and powerful way to reduce the stigma of mental health."*

"It's been a hugely exciting process for us as a company. Alongside developing the work, we have also been delivering regular dance sessions with local mental health charity Oxfordshire Mind. The sessions have been hugely popular. It's identified the positive impact dance can have on mental wellbeing and a need for dance amongst registered users."

Emma-Jane Greig
Artistic Director, Body Politic

The triple bill of performances of *Reflections* was showcased at Pegasus Theatre in Oxford on Monday 6th March 2017. Photos: Josh Tomalin



Housing

Oxfordshire Mind currently provides supported accommodation to 85 people with mental health issues. Our housing capacity has recently increased with the addition of new projects in Abingdon, Didcot and Kidlington.

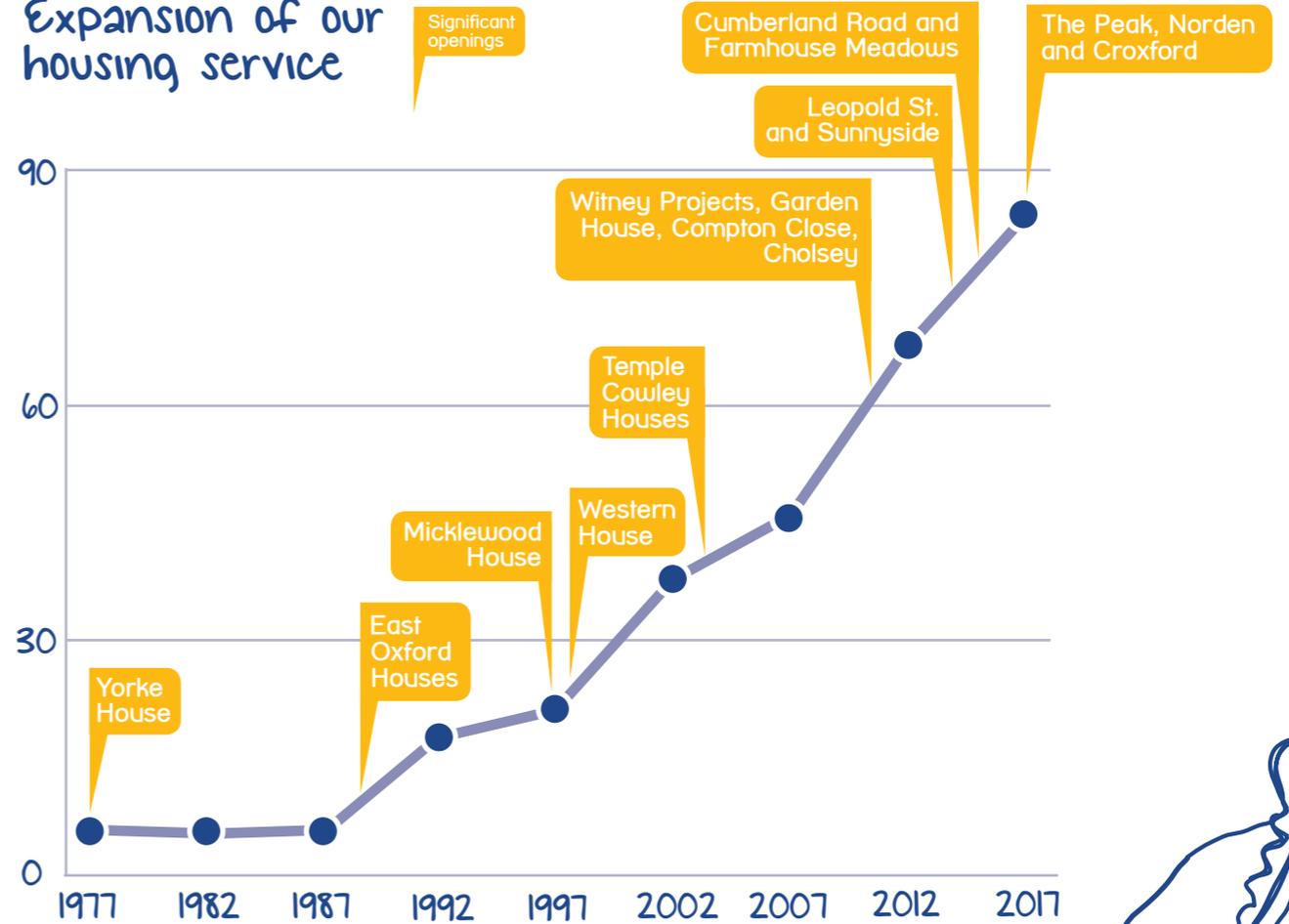


Sajeel Nasar shares his experience of Oxfordshire Mind transitional housing:

“I moved into a room in one of the East Oxford projects in June 2014. I had just completed a course at Oxford Brookes University where I had chosen to study part-time in order to better manage my stress levels. I accepted the room on an assured tenancy agreement with the understanding that I would engage with the support offered by my key worker. This support proved invaluable for me because in December 2014 I suffered a relapse triggered by medication issues. Mind workers were always very supportive of me, even when my illness meant that I lost my temper on a few occasions.

I am very grateful to Oxfordshire Mind for offering me a home when I needed it. I felt so happy in the shared house that I felt I wanted to stay there for a long time. However, after a couple of years, they supported me in bidding for my own flat and helped me to organise everything for the move. I am now happily settled in and looking forward to the future.”

Expansion of our housing service



Tannah Collier set up a resource area at Osney Mead on National Time to Talk Day to encourage her colleagues to get talking...

Oxfordshire Mind office staff promoted the importance of wellbeing, and also made pledges detailing their personal promise to help change attitudes. To mark the occasion, one of our service users Josh also came along to talk to Jack FM and the Oxford Mail about his experiences. As the author of a popular blog, Josh hopes that his words can encourage others to seek help when they need it.



Money matters

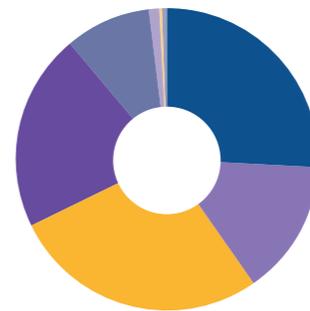
Our income for the year was £3,474,164, and our expenditure was £3,568,879. The largest single expenditure was staff costs (£2,525,262), which accounted for over two thirds of all expenditure.

The principal funding sources during the year have been:

- Funding contracts with the Oxford Health NHS Foundation for the Wellbeing service.
- Contract with Oxford Health NHS Foundation Trust for the provision of the TalkingSpace psychological therapy service and the Transitional Supported Accommodation Services.
- Rent (primarily rent related to Mind Housing Projects).
- Grants from Charitable Trusts, Department of Health, and the Big Lottery Fund.
- Donations, bequests and money raised through fundraising events.

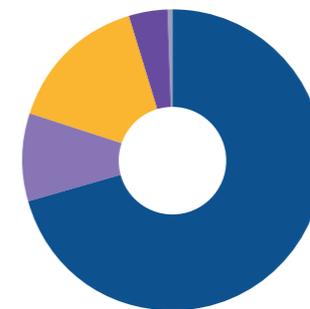
Yet again this year we have put considerable effort into fundraising, from grant giving charitable trusts and through locally organised fundraising events.

Income: £3,474,164



- Oxford Health NHS Trust (Wellbeing): £899,841
- Oxford Health NHS Trust (Housing): £499,622
- Oxford Health NHS Trust (TalkingSpace): £957,159
- Rents: £731,524
- Grants: £318,787
- Donations, legacies: £46,199
- Miscellaneous: £10,283
- Bank Interest: £10,746

Expenditure: £3,568,879



- Staff costs: £252,5262
- Premises: £334,198
- Other direct costs: £547,151
- Support Costs: £142,922
- Governance and costs of generating voluntary income: £19,120

Thank you

Our work throughout 2016/17 would not have been possible without the kind support of our funders, friends and donors. So here's an enormous thank you to the following trusts, companies, churches and other organisations, who have supported us...



Abingdon & Witney College
 Abingdon Town Council
 Age UK
 Asda Supermarket
 Benevity
 Big Lottery
 Bodfest
 CABI
 Cherwell School
 Comic Relief
 Didcot Methodist Church
 Henley Town Council
 High Wide & Handsome Marketing
 Magdalen College School
 Marlborough Chapter
 Kerry Mills
 National Citizen Service
 National Mind
 OxFizz

Oxford Brookes Union
 Oxford Buskers
 Oxford City Council
 Oxford City Football Club
 Oxfordshire County Council
 Oxford Law Group
 Oxford Quakers
 Oxford Spires Academy
 Oxford United Football Club
 Oxfordshire NHS Primary Care Trust
 Response
 Restore
 Ruskin College
 Sainsbury's Supermarkets
 St Michael's and All Saints Charities
 Stanton Ballard Charitable Trust
 Steeple Barton Church

Stone Family Foundation
 Sunnymead Residents Association
 Taylor & Francis
 The Knowle
 University of Oxford
 University of Reading
 Waitrose Supermarkets
 A K Wallis
 F Wallis Trust

Runs and events

Charlie Clarke
 Richard Dixon
 Jenny Jones
 Josh Kaye
 Aoife Kelly
 Dhana Roka Magar
 Helen Nassar
 Oxford Wheels of Glory

Abbie Proffitt
 Richard Purkis
 Christina Riley
 Matthew Tredwell
 Tory White

Festivals and talks

Andy Pickard – Cornbury Festival
 Kath Thompson – Mind Talks

In memory of

Leighton Ash
 Yvonne Baille
 Robert Bridge
 Michael Buck
 Sam Davies
 Peter Frearson
 Mark French
 Michael Goodall
 Richard Gough
 Sarah Hatch
 Patricia Hodgkins
 Elizabeth Johnson

Michael Marsh
 Heather McClean
 Sara McDonald
 Milly Moules
 Valerie Norwell
 Margaret Power
 Margaret Smith
 Ricky Stebbing
 John Winder
 Michael Whitney
 Roger Wren

Funders

Big Lottery
 British Legion
 Comic Relief
 National Mind
 Oxford City Council
 Oxford Health NHS Foundation Trust
 Oxfordshire Clinical Commissioning Group
 Oxfordshire County Council
 Stone Family Foundation



Become a member

Oxfordshire



Your contact details

Title	First name
Surname	
Address	
	Postcode
Mobile	
Email	

Membership of Oxfordshire Mind

Please tick your chosen type of membership: Waged (£15) Unwaged (£5)

I enclose a cheque (payable to Oxfordshire Mind) for: £

Gift Aid your membership subscription? Yes No

All information will be treated in the strictest confidence and will be used for our administration purposes to assist us with our internal marketing, to create anonymised statistics about our fundraising, or to supply you with further information about Oxfordshire Mind and different ways you may choose to support us. If you would prefer not to hear from us, please tick here

Make your membership go further with Gift Aid *giftaid it*

Gift Aid is worth an extra 25p on every £1 you give us.

*I confirm that I am a UK Income or Capital Gains taxpayer. I have read this statement and want the charity or Community Amateur Sports Club (CASC) named above to reclaim tax on the donation detailed below, given on the date shown. I understand that I must pay an amount of Income Tax and/or Capital Gains Tax in the tax year at least equal to the amount of tax that all the charities and CASCs I donate to will reclaim for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given.

Signed _____

Date _____

Benefits of membership

Picked up this Annual Review in an Oxfordshire Mind venue? Then why not guarantee you receive next year's copy and get many other benefits by becoming a member of Oxfordshire Mind? You get:

- monthly email updates full of news on what we're doing, our fundraisers, volunteering news and much more...
- Mind Matters magazine, twice a year
- invitations to join us at talks, events and our AGM where you get a vote
- a copy of our Annual Review
- opportunities to help us campaign.

Joining is easy. Fill in the form opposite, or visit our website to complete the online form. Membership costs just £15 (waged) or £5 (unwaged) per year.

Want free membership? Anyone fundraising for us will automatically receive a year's membership absolutely free!

Find out more...

membership@oxfordshiremind.org.uk ● 01865 263735
www.oxfordshiremind.org.uk/get-involved/membership



Please return this completed form with your payment to Membership, Oxfordshire Mind, 2 Kings Meadow, Osney Mead, Oxford OX2 0DP

Oxfordshire



Oxfordshire Mind, 2 Kings Meadow, Osney Mead, Oxford OX2 0DP
01865 263730 · office@oxfordshiremind.org.uk

www.oxfordshiremind.org.uk



Charity number: 261476 · Registered company number: 4343625
Front cover: © Barry Mills · Design: www.goodthinkingcommunications.net