

## Welcome from Graham Jowett, Chair Derbyshire Mind

After understudying the redoubtable Alvar Thomas last year, this is my first introduction to the Annual Report and I am pleased to say that Derbyshire Mind has continued to innovate and deliver its range of high quality services to people with mental health difficulties and their carers in the county.

This year has seen mental health achieve even greater prominence in the national media and political consciousness - thanks in no small part to the campaigning of national Mind, our parent body. Politicians of all parties, including ministers, have promised to direct more resources towards mental health services.

But, as is often the case, the rhetoric has not always translated into funding and resources on the ground. Local authorities and NHS commissioners are under enormous pressure to save money and prioritise services, and as in the past mental health often loses out, or gets merged with other services. Although we saw extensions to some of our contracts granted in 2015-16, these offered only temporary respite and left us with the uncertainty of anticipating new commissioning arrangements. All of this presents enormous challenges for our Management Team - challenges which they invariably rise to magnificently. Trustees have been involved in all the key decisions, but we are always acutely aware it has to be managers and the various staff teams who put these into effect.

Turning to our successes, the contract to provide statutory advocacy across mental health, mental capacity and deprivation of liberty safeguards (DOLS) across Derbyshire started in April. This contract was won against stiff competition and shows the faith which commissioners have in our team and management to deliver consistent and very high quality provision. This now includes advocacy for NHS complaints and we were also asked to extend our support to voluntary in-patients and those experiencing seclusion. For the second time, our team have been awarded the Advocacy Quality Performance Mark.

The Mental Health Action Group (MHAG) supported by Derbyshire Mind, has also had an outstanding year. If ever there was a body which does what it says on the tin, this is it! The pinnacle of their achievement in 2015-16 was undoubtedly the Transport and Mental Health Summit in London, funded by the Department for Transport and organised jointly with Anxiety UK. In addition, the group tackled issues such as smoking cessation and seclusion in mental health establishments and how to improve service user engagement.

The Thinkcarer programme has continued from strength to strength, despite changes brought about by local authority requirements as a result of the Care Act. And 'Enjoying Derby' has maintained its team and supporters to provide great exercise and the social side of meeting and exploring our city and local area.

Which brings me to fund-raising. Every penny raised on our behalf goes to support service users and our front-line activities, such as Enjoying Derby. The income from our generous and dedicated supporters who walk, run, sky-dive and organise events to raise funds (and awareness) for us is greatly appreciated.

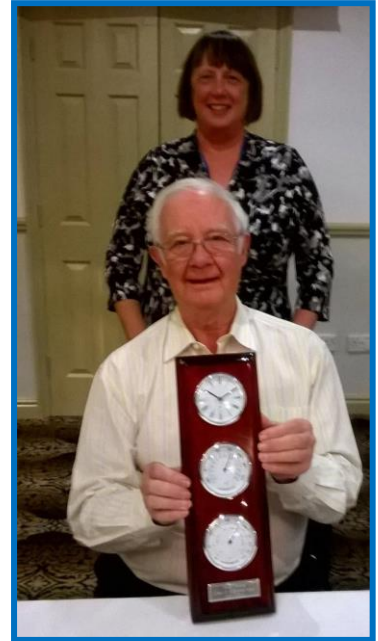
While all this is going on, we have to keep our 'show on the road' by making sure back-office functions are up to scratch to support our services - recruiting and training staff, relocating, coping with change, upgrading systems and software. The list is endless. The Management Team do all this relentlessly and with good-humour, with the trustees' support. For myself, and on behalf of the Board, I would like to thank everyone at Derbyshire Mind for their commitment and dedication this year.

## Governance 2015-16

Derbyshire Mind is governed by its Board of Trustees, a number of elected volunteers who oversee the organisation and ensure that we operate effectively, efficiently, legally and within our aims and objectives.

Within this financial year we saw the retirement of a number of trustees including that of Alvar Thomas and Susie Sykes, both of whom had been with the organisation for many years. We are fortunate that Susie remains involved with the organisation as an advisor on Health and Safety. At the AGM in 2015 Alvar stepped down as Chair. This provided us with the perfect opportunity to reflect on his time with Derbyshire Mind. Joined by members, staff and colleagues past and present we highlighted the significant contributions he had made within Derbyshire Mind in his role.

**Derbyshire Mind Board of Trustees April 2016:** Graham Jowett (Chair), George Horobin (ViceChair), Sarah Strachen (Treasurer), Natalie Pink, Lew Hall and Rais Ahmed.



## Links with National Mind

One of our biggest challenges is helping people to understand our relationship with national Mind, ensuring that they are clear we are affiliated to them but, remain an independent organisation in our own right and have to source our own funding. The increase in the number of Mind Charity shops in Derbyshire is wonderful to see but at the same time we need to ensure that members of the public and our other stakeholders are aware that we are not involved in delivering those services in any way. Nevertheless, we have strived over the year to ensure that we remain actively involved within the Mind network to share good practice and jointly raise awareness and challenge the stigma around mental health.

Members of the Board are now regular attendees at the Trustee Conference hosted by Mind, enabling them to reflect on Governance and be effective within their important roles. Sinead Dalton remains a member of the Quality Reference Group, which supports the delivery and direction of the Mind Quality Mark, and through the peer review visits has fostered positive relationships with other Local Mind Associations across the country.

## Supporting us – our volunteers

Due to the nature of our services and contracts our volunteer base is small, yet it remains an important part and is greatly valued. In addition to our Board membership the Enjoying Derby Project has a number of volunteers, enabling the smooth and effective delivery of this service. Thank you to the many supporters and volunteers who have helped to plan, lead or assist in delivering the walks and to Terry and Elaine who support the project behind the scenes based in the office.

# Training and development

Derbyshire Mind is firmly of the belief that training and development plays a key role in supporting the delivery of strong and effective mental health services. We have continued to enhance such initiatives internally and within the local and wider community. It has been of added value that we have been able to work in partnership with many organisations to achieve this, sharing and improving knowledge and awareness for all.

We have continued over the year to build upon our delivery of mental health awareness training. We have developed a Derbyshire Mind training prospectus, developed bespoke training packages and have facilities for online booking via our website for the programmes on offer.

Over this year Caron Kirkham our Training and Community Projects Manager had worked closely with Metropolitan housing and Derby University to develop bespoke training sessions for their staff. In addition Caron has worked closely with Borderline Arts to deliver awareness raising courses in July and September 2015. The other key partnership has been with Derby Adult Learning Service, Caron taking on an advisory role for their workforce development training programme. Caron has also designed and delivered some pilot projects in partnership with the Blue Sky Project in Derby City.



## Mental Health First Aid Training

Our Mental Health First Aid two day and Lite sessions are now widely advertised through our website. We have also delivered a number of MHFA courses for Erewash Voluntary Action as part of the Erewash Innovation Project. These were specifically aimed at mental health

champions who are working in a wide range of voluntary and public settings. This work has been supported by Derbyshire Mental Health Forum and has proved highly successful, with more sessions are planned in the year ahead. As the year drew to a close we began to explore the possibilities of delivering a wider variety of the MHFA courses including MHFA for Armed Forces and for Schools and Colleges.

## *Mental Health Awareness training in partnership with Derbyshire Mental Health Forum*

Support has continued to be given to DMHF in their delivery of Mental Health Awareness training. During the summer of 2015 together we applied for, and won, the contract to deliver a two year, Derbyshire County Council Public Health contracted programme of Mental Health Awareness courses across Derbyshire (2015-2017).

The training is aimed at a wide range of non-Mental Health public facing staff and volunteers in areas such as libraries, leisure centres, housing, benefit advisors etc. and each course will have a mix of participants from different agencies. Sessions have been delivered throughout the county and so far we have seen a high success rate and positive evaluation of this work.



## Fundraising and Supporting us

The funding from our commissioners enables us to continue to deliver our quality advocacy and carers services and support the work of the Mental Health Action Group and Changing Minds. Acknowledgment as such must go to Derbyshire County Council, Hardwick, Erewash, North and Southern Derbyshire CCG's.

However, our work extends beyond this to include, the delivery of Enjoying Derby, our Training initiatives and awareness and information provision to the local community. It is important to note that this work can only be achieved

through the significant support we have received from organisations and individuals who have chosen to donate or raise money for Derbyshire Mind. Without them this work would not be possible.

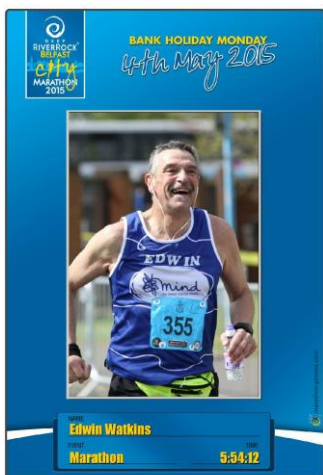
2015/16 has been a very positive year for fundraising, with a total of £7,713.61 raised by our supporters. We have during the year promoted Derbyshire Mind as a worthy organisation should individuals wish to consider leaving a legacy to a local charity. Legacy donations this year totalled £6, 707.65. The circumstances around many of the gifts and legacies are often poignant, given at difficult times in memory of those who have passed away, and whom have struggled with mental ill health.

All gifts are greatly appreciated and Derbyshire Mind would like to say a massive thank you to all of these supporters and donors.

### Individual Fundraisers.

The most notable efforts that come to mind when we think of the last year have been with regards to those individuals who set themselves personal challenges and undertook feats that leave most of us feeling a range of emotions. In this category we would like to highlight runners Ed Watkins, Andy Brooks and the Derbyshire 100 team and Siobhan Dalton, who did a skydive for Derbyshire Mind.

### Ed Watkins



Ed set himself a personal goal to undertake 3 major events in 2015. He successfully completed the Derby 10k, Derby Ramathon and the Deep River Rock Belfast Marathon in May and June 2015, achieving personal best times in all events. Ed also worked with colleagues and students at Derby College to raise awareness of mental health and do a range of other fundraising initiatives in addition to his running.

Ed's enthusiasm for creative ways to highlight how mental ill health can affect all is to be applauded. As if this wasn't enough, following

on from the above challenges Ed decided to pledge that he would complete ten 10k runs on our behalf, starting with the Shelton Striders Pudding Run in October 2015 and with his last being the Great North run due to take place in Sept 2016.





## Derbyshire 100 team

Following on from Ed's massive achievements we were contacted by 3 other local runners who are doing a first ever attempt to run the entire length of Derbyshire. Dave Thornton, Harry Sloan and Andy Brooks are members of Shelton Striders Running Club. On 27 June 2015 they ran the length of Derbyshire non-stop and off-road, a journey of 100 hilly, muddy and rocky miles. Again a massive challenge and like Ed they promoted their event widely, with reports in local media and on social networks.



Through our projects, such as Enjoying Derby, we are fully aware of the benefits to mental wellbeing that can be gained from any form of exercise and these fundraising initiatives go a long way to make the general public aware of this. Andy and his friends have made a You tube clip which highlights their work, Derbyshire Mind and positive aspects of running which you can watch on the following link: <https://youtu.be/luqyCOx8zBE>

It has been great to build a relationship with the team and their running club, and as the year closes we are working with them again as they are planning further events on our behalf.

## Siobhan Dalton

Siobhan decided that to celebrate her 16 birthday she would raise money for charity by doing a Skydive from 12,000 feet!! Living locally in Derbyshire, she chose Derbyshire Mind as the beneficiary as she felt many people do not think about mental health as much as other charitable causes. By doing this event she hoped to increase awareness, and promoted her cause within her secondary school and through Social Media. The Skydive took place (with a safe landing) on the 25<sup>th</sup> of October at Langar Airfield in Nottinghamshire.



## St. Benedicts School

The students of Teresa House, from St. Benedicts Secondary school in Derby, chose Derbyshire Mind as their house charity of choice in October 2016. They had undertaken a range of fundraising activities, including cake sales and sports day events, and achieved a grand total of £500. It was our pleasure to be invited to their assembly for a presentation and to raise some awareness about mental health and how the money would support our projects.

## Million Hands Project

The Million Hands Project is a Community Impact campaign being led by the Scouting movement. Four different areas of focus have been chosen, one of which is Mental Health and Wellbeing, and National Mind are working with them on this. As such over the year we have begun working with the Derbyshire Scouting community to help promote the work. Derbyshire Mind became the County Commissioners chosen charity to be beneficiaries of their County Ball in January 2016 where they raised a staggering £719.

Please do look at our Fundraising section on our website to find out more about all of these amazing supporters and see the latest fundraising initiatives that are taking place. We are happy to support and promote any fundraising that is done on our behalf and want to use as many forums as we can to highlight their achievements.

Thank you so much to all who do so much to raise awareness of our work and enable our work to continue.

# Derbyshire Mind Advocacy Services



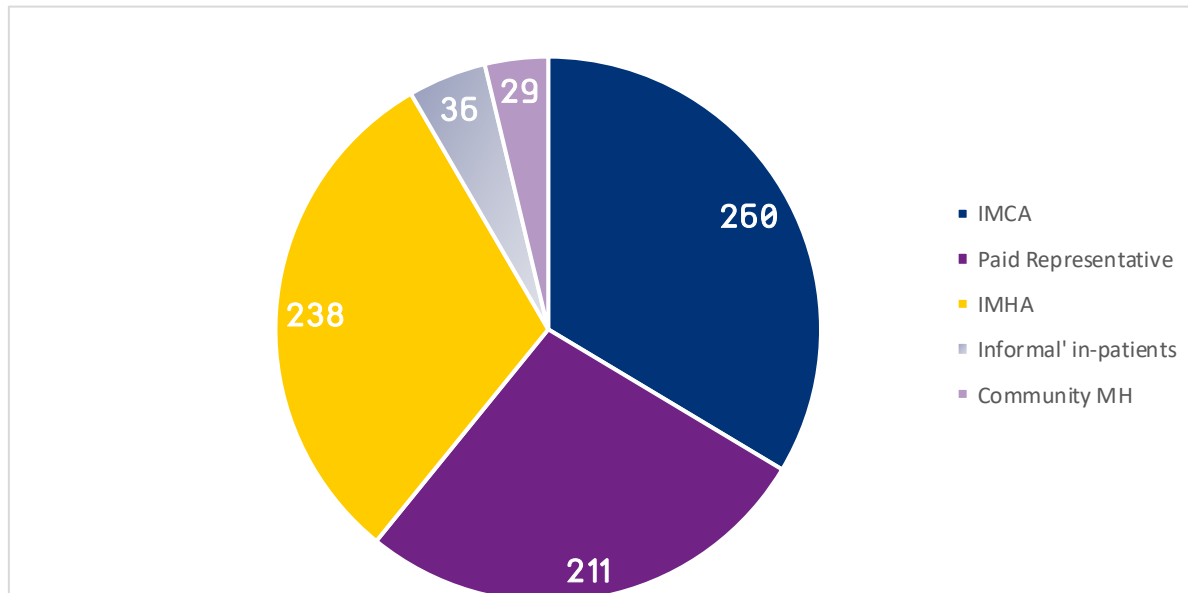
It has been an exciting time for our advocacy services. As we approached the end of 2015 we were delighted have been selected as the provider of the new Independent Specialist Advocacy Services for Derbyshire residents as from 1<sup>st</sup> April 2016.

This news meant that we could continue to provide Independent Mental Capacity Act (IMCA) and Independent Mental Health Act (IMHA) Advocacy Services on behalf of Derbyshire County Council.

It also presented new challenges for us as we prepared to take over the responsibility for the Independent Complaints Advocacy.

We are also proud to have been awarded the Advocacy Quality Performance Mark (QPM) from the National Development Team for Inclusion (NDTi). The QPM is the UK's only independent quality performance mark specifically for advocacy services.

Throughout 2015-16 we supported 774 people through our range of advocacy services.



Number of clients supported by each service

## IMCA

IMCA is a statutory role introduced by the Mental Capacity Act 2005.

IMCA's support people who have been assessed a lacking capacity to make certain decisions and who are resident in the County of Derbyshire at the time the decision needs to be made.

IMCAs are involved in decisions around Long Term Care Moves, Serious Medical Treatment, Care Reviews and Safeguarding.

IMCAs are also instructed by the Local Authority to support people in relation to Deprivation of Liberty Safeguards.

A Supreme Court judgement in 2014, referred to as 'Cheshire West', continues to have a significant impact on local authorities and IMCA services who have seen a ten-fold increase in DOLS cases. Over 30% of our IMCA referrals this year were for DOLS assessments.

74% of our partners who provided feedback on the service this year rated it as 5 out of 5.

# Derbyshire Mind Advocacy Services

## Paid Representatives

If a person is subject to a DOLS authorisation and they do not have anyone who is able to represent them the Local Authority must appoint a Paid Representative to fulfill this role. Again the 'Cheshire West' judgement has led to a significant increase in demand for our paid representatives.

Paid representatives are required to visit the person regularly to ensure their human rights are being upheld and that their loss of liberty is lawful, proportionate and in their best interests. They are also required to ensure the person has speedy access to the Court of Protection to challenge their DOLS authorisation if they wish.

## IMHA

Our advocates continue to support Derbyshire residents who are detained under the Mental Health Act.

## Non-Statutory IMHA Service – 'Informal Patients'

During the second half of 2015-16 our service was extended to support Derbyshire residents who are in-patients in mental health units throughout Derbyshire but are not detained under the Mental Health Act, sometimes referred to as 'informal patients'.

## Community Mental Health Advocacy

Our advocates support people who live in the Boroughs of Amber Valley and Erewash. The service is available to support people in relation to issues concerning the mental health service(s) they are currently using or are seeking to access. Our advocates help people to understand their rights and choices and to speak up about their mental health care and treatment.

***"I was encouraged to voice my concerns, felt they were listened to and appropriate action was taken" (service user)***

## In Memory of Rob Sentance

As the reporting year of 2015/16 closed, we experienced the tragic loss of our dear colleague Robert Sentance, Rob passed away suddenly on 25<sup>th</sup> April 2016.

We will remember Rob for his many fine qualities. He was kind, funny, generous with his experience, always happy to support new team members and above all a passionate Advocate who was committed to upholding the rights of the people he worked alongside. Rob was a considerate colleague who was always respectful and hard-working, someone who could always be relied upon to do his best for Derbyshire Mind. I was always proud that Rob was part of our organisation.

I know that Rob was widely respected by the people he came into contact with during the course of his work. I have been told on countless occasions about the difference he made and how his involvement as an Advocate helped in lots of situations. Rob had recently been promoted to Senior Practitioner in our Advocacy Service and we were all looking forward to working with him in this new role. It's still hard to think of our service without Rob, his loss leaves a space that feels impossible ever to fill.



Rest in Peace Rob, Wendy Beer CEO



# Enjoying Derby



The Enjoying Derby walk programme had another successful year and walks continue to be popular. Walks are identified and selected via our Walkers Workshops enabling participants to direct and shape the walk programme directly. Over 100 risk assessed walks were delivered over the year within the city of Derby but also out in the county such as the Willersley and Duffield Castle walks.

To continue to increase the membership and highlight the benefits of the project we have reviewed our mailing list, contacted new and old referrers to remind them of the twice weekly walks, reached out to Care Coordinators who work in GP practices in the City to talk about Derbyshire Mind services and the numerous health benefits of the Enjoying Derby project. In addition we have had great support from the walkers themselves as they have been publicising the walks through their own networks and communities.

In the Autumn and Winter 2015, we trained up eight assistant walk leaders, this includes having three set walks, short, medium and long, which the walk leaders are confident to lead. Since then they have been supporting the walk programme and covering for Kat when she is on leave.

## Nordic Walking

We have still retained our interest in Nordic walking, offering a day course to learn how to Nordic Walk in June 2015, delivering a regular Nordic Walk on Darley Park for one hour every two weeks and delivered a taster session in October 2015 in partnership with the newly refurbished Markeaton Park.

**Caron Kirkham (Manager) Kat Frakes & Chris Bentley ED Staff and the host of volunteers who have worked during the year.**

## Changing Minds

As the co-ordinator for this role, Caron Kirkham dedicates some of her working week to the continued support of Changing Minds. Changing Minds now has a regular newsletter, which

keeps people up to date with local and national mental health awareness events, such as World Mental Health Day and Time to Talk Day, and provides a resource list for members. The recruitment of new members to Changing Minds this year has been successful, a large number gained via through the increased mental health awareness training and membership is now over 200.



Meetings for members are established throughout the year to plan for a range of local events. There was a busy period in the lead up to World Mental Health Day on the 10th October 2015, this included a Walkers' Workshop and Nordic Walking session billed as a WMHD event. Caron also took part in the Health Watch Derbyshire event, after a day at Sainsbury's Kingsway store talking to staff and managers about mental health and how to support people at work. On the 9th October Caron we joined forces with ThinkCarer and Creative Carers to host a Tea and Talk event at Creative Carers' new building. We were able to signpost several people into services. Time to Talk day took place on 4th February 2015 and an event was held at Derby Business Centre, Derbyshire Mental Health Forum and Making Space.





The thinkcarer support service has continued to provide a high quality service to mental health carers across Derbyshire.

Over 500 mental health carers have been referred to the service within this year, half of which were new carers. Workers provided a range of support to carers and their families including; information and signposting, developing support plans to support the carers' wellbeing and support to complete carers' assessments and apply for personal budgets. The support plan is a key feature in the work the team do and enable the carer to consider their physical and emotional health, quality of life, current support and involvement in decision making. The team have consistently had carers note an improvement in the measurement of these outcomes as a direct result of using this service, and 100% or returned evaluations in the year state that they would recommend the service to others.

**My support worker was very understanding and helpful even though you have family and friends, they don't really want to listen. He taught me how to work on daily tasks instead of trying to walk through a minefield. I am not saying I'm cured or not want the support in the future, but at the moment I'm coping**

Carers are supported in an array of locations across Derbyshire and the team have valued providing input into the range of carers support groups where possible to increase awareness of the service and reach out to more carers. We successfully ran our annual carers training day in Belper, the team have promoted the service at a range of community events, during Carers week in June and through their attendance at the two Mental Health Carers Forums.

The introduction of the Care Act has led to a review of the systems and processes with regards to Carers Assessments, which are now a statutory right for carers.

This year has subsequently seen County commissioned carers services working together to improve and monitor this, to ensure that the process and the outcomes are Care Act compliant and fit for purpose. Local commissioners have also been working on their carers strategy and considering the future of all carers services within the county. Along with other providers, we have worked with them to ensure that the views of mental health carers were represented and people had an opportunity to be involved in the consultation events, and design of any future services. It is an uncertain time for all sectors at present and staff are very aware of the impact this has on those they work with. The service in its current form will continue to be provided across the County of Derbyshire until the end of March 2017, which provides stability for staff and carers alike in this period.

**“The involvement in the service was like a breath of fresh air, when I felt I was beginning to fail in coping with my situation. My support worker was easy to talk to, she listened... moved me forward with an effective combination of challenging and supportive discussions. At the same time they offered practical advice and signposting. I now feel more able to cope, while my situation has improved at present, it's good to know in the event of another crisis I can re-refer”**





## Mental Health Action Group: MHAG's year of achievement

This year has been the group's most difficult but most successful year. We feel that we have made significant and positive changes both locally and nationally which will enhance the lives of mental health service receivers and improve their access to services and activities. However, this is against a backdrop of continuing uncertainty about future funding which has held the group back from taking on large projects.

### Transport Summit

A major highlight of our year has been the planning and delivering of the first Mental Health & Transport Summit in the country! This event was sponsored by the Department for Transport; a result of the excellent work that MHAG has done in promoting the transport needs of people living with a mental health condition.

This was a very significant project for us which involved meticulous preparation and some strong partnership working with Anxiety UK and the Department for Transport. We were delighted with the result, bringing together transport providers, policy makers and regulators from across all transport modes.

The Summit offered opportunity to hear the first-hand experience of our own members and those of Anxiety UK enabling delegates to understand the impact of the barriers faced by so many people every day. Powerful messages were given throughout the day by an excellent range of speakers including Alastair Campbell, Time to Change, Mind, the Transport Minister, Minister for Disabled People, and Transport for London. Opportunities were provided to hear about existing good practise from Transport for London, Trent Barton Buses, Virgin Atlantic, Bus Users UK etc



It was very rewarding to see almost a hundred percent of delegates still there at the end of the day – apparently a rare thing indeed! We invited all attendees to complete their own personal pledge on the day and also to consider a company pledge which would make a real difference to the travelling experience of so many people. Our Summit Report, published in World Mental Health Week, includes the many pledges we received as a result of that Call to Action.

**“There are plenty of transport conferences every year and most come and go without leaving much of a trace. But I doubt whether there were many people at last week's Mental Health and Transport Summit who will be forgetting it any time soon. Very well put together with thoughtful and affecting presentations it did what it set out to do which is to ensure that all those who attended have a greater understanding of the issue and know that it needs to be taken seriously and acted on.....a tipping point has been reached on transport and mental health with a conference that for the transport sector has moved the issue from the margins to the mainstream.”**

**Jonathan Bray, Urban Transport Group**

---

### Outcomes Pilot Work

MHAG volunteered to participate in piloting Outcomes measurement along with three other mental health organisations in Derbyshire. Together with the Derbyshire Mental Health Forum, Co-ordinators spent time looking at how we could convert our existing Service Specification into an outcomes-based document. This was not an easy task but bore much fruit as the range of evidence gathered was over and above what had been expected, and of good quality. In addition it helped MHAG identify some areas for improvement. We are grateful to the Forum for its fantastic support and encouragement and hope that the experience may help frame outcomes for a future Engagement Service.

## **Erewash Mental Health Innovation Project**

In terms of local impact this has been an extremely effective and rewarding project. Following on from the work done in the previous year, a steering group led by the Commissioners has steadily built a strong group of partners to help improve access to services and activities for local service receivers. A partnership between Hardwick CCG, Erewash Voluntary Action, Derbyshire Mental Health Forum and MHAG has now grown into a full stakeholder group which is working together to make positive change. This has included the involvement of the local Voluntary Sector Single Point of Access (vSPA) using an effective referral system for clients, a widening database of local organisations keen to attract new participants, and a system of "Mental Health Champions" and "Buddies" trained in Mental Health First Aid to help people access their groups. This has already borne fruit with increasing referrals and excellent feedback. Thanks must also go to local staff in the Derbyshire Healthcare NHS Foundation Trust for their support, along with the Erewash Mental Health Association (EMHA). Particular credit must however go to MHAG members from Erewash who have worked very hard as a team to drive this change forward and participate in meetings and the excellent Information Events run by Erewash Voluntary Action.

This is a great example of how local people can come together to make effective changes with relatively low levels of resource. The success of this work has been instrumental in helping Erewash CCG to secure funding for its 'Wellbeing Erewash' project – a Vanguard which promises new ways of working with communities. Everyone involved should be proud of this project and we hope its success will be replicated elsewhere.

## **Transformational Change - Derbyshire Healthcare NHS Foundation Trust**

MHAG has been working with the Trust on its plans to make significant changes to its services over the next few years. Three areas are being looked at: "Neighbourhood Teams", "Campus (In-Patient) Services", and "Family Inclusive" services. We have also been working with them to develop a set of guidelines on mutual expectations with service receivers & carers. We hope this work will be useful in any future Engagement Service as it sets the tone for participation and involvement by all stakeholders.

## **Meetings**

MHAG monthly open meetings continue to attract good numbers, and many guest speakers have attended across a wide range of topics. Feedback has been universally good. New venues were introduced for Derby and South Derbyshire in 2015.

## **Other Work**

MHAG has also been involved in the following areas of work:

- Continuing to work with the Trust on Seclusion issues. This has been somewhat frustrating due to cancelled meetings and slow progress. However, towards the end of 2015 a new chair for the group was appointed who has set some clearer targets for the Trust's Seclusion Project Group.
- The Trust is now committing to a total ban on smoking across all of its sites, including In-patient wards. This has been driven by the NHS, and although we understand the reasons for this we are still very apprehensive about the effects on patients in crisis. It could deter some voluntary patients from seeking inpatient treatment.
- The Benefits Working Group was temporarily suspended in 2015 due to the pressure from work on the Transport Summit in early 2016 (see previous report). Also, it was felt that this was now clearly a national issue rather than a local one and that there was little practical work that could be achieved in Derbyshire at the moment.
- MHAG's website received a make-over in 2015, but it was decided to close down the Facebook Page.
- MHAG launched an Engagement Working Group in 2015 which has been looking at how the group can decide which projects to take on given our limited resources.
- At the end of 2015/16 one of the MHAG Co-ordinators retired which has meant that some rationalisation and prioritisation has been necessary in the short term.

**Phil Binding & Niki Glazier, Co-ordinators MHAG**



Derbyshire Mind was established in 1967. Working in the voluntary sector, we are a registered charity and company limited by guarantee. Derbyshire Mind is also an independent local association, affiliated to the national charity Mind.



Derbyshire Mind is committed to:

- Working for improvements in local mental health services
- Making it possible for people with mental health problems to voice their opinions
- Offering quality local services
- Challenging the stigma and increasing public understanding of mental health issues

## Keeping Informed about Derbyshire Mind and our services



Keep up to date with our latest news, vacancies and events via our website or through facebook and Twitter (follow@derbyshiremind)

Derbyshire

[www.derbyshiremind.org.uk](http://www.derbyshiremind.org.uk)

[www.thinkcarer.org.uk](http://www.thinkcarer.org.uk)



You can also become a **member of Derbyshire Mind** to receive news directly. For details please contact us or email: [enquiries@derbyshiremind.org.uk](mailto:enquiries@derbyshiremind.org.uk)

## How to contact us

**Head Office, Enjoying Derby Project & MHAG**

Derby West Business Centre, Ashbourne Road, Mackworth, Derby. DE22 4NB

**Specialist Services**

Kingsway Hospital,

Derby. DE22 3LZ

T: 01332 623732

**Email addresses**

Derbyshire Mind: [enquiries@derbyshiremind.org.uk](mailto:enquiries@derbyshiremind.org.uk)

thinkcarer: [enquiries@thinkcarer.org.uk](mailto:enquiries@thinkcarer.org.uk)

Advocacy Services: [advocacy@derbyshiremind.org.uk](mailto:advocacy@derbyshiremind.org.uk)

MHAG: [mhagcoordinators@derbyshiremind.org.uk](mailto:mhagcoordinators@derbyshiremind.org.uk)



April 2015 - March 2018



INVESTORS IN PEOPLE



Derbyshire Mind is a Company Limited by Guarantee Registered in England and Wales No. 2942312. Registered Charity No. 1041116.