



## Derbyshire Mind Annual report 2011 - 2012

Welcome to our Annual Report which details the activities of Derbyshire Mind from April 2011 to March 2012. In these pages, you will discover that once again, all of the services we provide have been growing, developing and learning throughout the year, and supporting all those people who need our help. Everyone should be proud of their achievements.

Both the **Independent Mental Health** and **Mental Capacity Advocacy** services continue to provide the high quality service and professional support to their clients for which they are renowned. Our Generic Advocate has also seen an increase in case load. You will also see later on in these pages that the Advocacy Team have gained an important quality award which reflects their high standards.

The **Enjoying Derby Project** continues to provide a much-valued service in the community with an ever expanding and exciting schedule of walks in an around Derby. We are happy to announce that we have secured some funding to ensure the future of this highly motivated team. The **Sinfin Timebank** project came to an end this year, and was a great success with people in the community responding to the call. Many thanks go to Lakbir for his hard work and we wish him well in his next challenge.

The **Mental Health Action Group** has had another extremely busy but rewarding year, with its Transport and Benefits Working Groups expanding and working hard to influence decision makers. There are several campaigns in progress, and service receiver members are fully involved in all areas, which also now includes involvement with the Derbyshire Healthcare NHS Foundation Trust through its "4E" structure (Engagement, Equality, Experience and Enablement).

**Changing Minds** has also been very active again with a week of events in Derby celebrating World Mental Health Week, and other events in Swadlincote and at the Croft in Ripley. We are already starting to plan for the 2012 World Mental Health Day.

Derbyshire Mind remains buoyant and confident in the future, despite the turbulence and uncertainty of the NHS changes taking place all around us. We hope to engage fully with the new Health and Wellbeing Boards, the Clinical Commissioning Groups (especially Hardwick CCG which has responsibility for mental health commissioning) and of course Healthwatch.

We look forward to another year of hard work, achievement and service to our community and, of course, some fun along the way too!

## 'The winds of Change' Alvar Thomas, Chair Derbyshire Mind

It seems only yesterday that I wrote last year's report, however, within the space of a year priorities can change so dramatically. We must, given the strength of national competition always be prepared to take chances, meet new opportunities as they arise, and embrace the winds of change.



Derbyshire Mind continues to make progress as a direct result of hard work, dedication, tenacity and our inherent ability to deliver high quality services. We have a workforce that is totally committed and certainly professional.

The current economic climate remains much the same as last year, with little or no growth. I cannot see this situation altering for many years. As a result we have to change our approach and constantly strive to remain in the vanguard of change and adapt our strategy accordingly.

Many achievements have been made this year and we have continued to make significant strides in all of our services and all services have reported an increase in referrals on the previous year. It is impossible to note all of our successes in this report but the following will give you a flavour of the work carried out:

- We successfully applied for the Action for Advocacy Quality Performance Mark, making Derbyshire Mind the only advocacy provider in Derbyshire to be awarded this quality award-what an accolade!
- A range of bids to further support the continuation of Enjoying Derby have generated success, in particular the submission to Lloyds TSB
- We have introduced bespoke case management software as part of our long term IT strategy and to increase efficiencies on our work.
- Our Finance Manager has also done considerable work in preparing new software for the management of our finances; this the foundation building block that underpins our very being if we are to survive in this competitive world!
- As Chairman I have, along with fellow Trustees, reviewed in some depth the role and function of the Board.
- We completed our review of Health and Safety policies.
- We have continued to support the work of MHAG and Changing Minds through the employment of their paid workers.
- We initiated preparatory work in anticipation of the tender to deliver Advocacy Services in the City of Derby.

I think you will agree that we should be justifiably proud of our achievements in an age of considerable restraint. I wish to thank all of our staff from for their incalculable contribution to our continued success and my gratitude is extended to all trustees without whose support I could not fulfil my role.



Changing Minds started off the financial year with the last of the planned 2011 World Mental Health day events.....

Entitled "Spring Into Health", it took place in April at Green Health in Shipley Country Park. We had many stalls with arts and crafts, country walks, the Ripley Morris Dancers, and (pictured) the Pennyroyal Garland Dancers. A long day and hard work but well worth it! Many thanks to Green Health and Amber Trust Health Trainers, our partners in this event.

The main focus for Changing Minds this year again was World Mental Health Day. The group decided that this year, we would focus on creativity and how this can help recovery and increase self-esteem. A week of events was planned in Derby starting on Monday October 10th.

The Derbyshire Healthcare NHS Foundation Trust kindly donated a sum of money to publish a book of poems, stories and artwork by service receivers, with the theme of "Recovery". We had many fine entries from a variety of people, and the book, called "Changing Minds" was launched by Mr John Tams at the Trust event at Derby University on Oct 10th. 400 copies were printed and distributed.

On Tuesday 11th Oct, several weeks of work with The Quad in Derby culminated in the display of an animation and artwork by service receivers, based on stigma and discrimination. Many thanks to the trainers and contributors who worked so hard to get it ready.

On Thursday Oct 13th, the Day Hospital Resource Centre opened its doors for an arts and crafts day, with many local arts providers giving their time to display and demonstrate their skills for service receivers. This included tapestry, montage, weaving, painting, creative writing and poetry. Then on Friday 14th October, two dramatherapy workshops were held at First Steps Derbyshire on Osmaston Road. A good week with lots of activity and a good turn-out for each event.



In January 2012 there was a repeat of the South Derbyshire Health & Wellbeing day at Greenbank Leisure Centre in Swadlincote, with lots of activities, stalls and sports, including art. Over 700 visitors came on the day. Lastly, Changing Minds co-hosted an arts and crafts day at The Croft in Ripley in April. Plans for 2012 include a competition and DVD based around stigma.

Phil Binding – Co-ordinator

# Enjoying Derby



This was a difficult year in terms of uncertainty around funding and not knowing what the future would bring in terms of national and local changes.

Our Time to Change funding had ended and we seemed unable to find core funding elsewhere. However the Enjoying Derby team were sustained by the Board's commitment to the walk programme and their refusal to bring it to an end! Figures were consistently going up despite our reduced budget and our regular walkers and assistant walk leaders took on the challenge to find interesting free walks and fundraising ideas.

During this period, Natural England ended their role as administrators for Walking for Health. They provided us with all the materials for the walk leader training and publicised our programme on their website. Kat Frakes trained as a cascade trainer, enabling her to deliver walk leader training as well as Caron. We delivered two walk leader training days, not knowing if or when we would be able to deliver more. Changes at City Council left walking groups in the city unsupported and we worked closely with the very small Alvaston group to keep it going.

Lakbir was working with our newly trained Health Champions on their induction. We were running yoga and seated exercise classes in Sinfon as well as a confidence building course at Sinfon SureStart. We also brought together Derby College and the SureStart centre to put on literacy courses in the September.

Funding applications were made to Community Action Derby, Tesco and Awards for All in Partnership with Wild Derby and Derby City Council to design and deliver walks on Derby's Nature Reserves.

We developed and delivered our "One Step at a Time" course. We had delivered both a healthy eating course and a confidence building course for Sinfon Timebank and so we took elements from each along with some positive psychology to create a course that addressed all areas of health and offered positive models for life.

In December 2011 the pilot Timebank project came to an end and Lakbir Basi left. We managed to keep one of our Health Trainers, Adam Borrington, who is working as a volunteer in the office.

We applied for a grant from Kellogg's for a swimming project and a Community Action Grant but didn't get either of them. We developed a fund raising strategy for Enjoying Derby and started to think about other ways to raise money, such as sponsored walks and asking local businesses to pay for walks in exchange for advertising.

Despite the worries about the future, the adversity seemed to strengthen the team and Enjoying Derby as a project. Our walkers were more like members of a walking club and owned some responsibility to keep it running. We went into 2012 determined to find some funding and maintain a project which has provided a wide range of different outcomes to so many people.

**Caron Kirkham, Project Manager.**



Well, where do we start? This has been another incredibly busy year for the group and its members. We continue to hold our monthly open meetings around southern Derbyshire, with numbers increasing to an average of 22. As usual, we struggle to cover all the agenda items! We have also welcomed a number of new and younger members to MHAG over the year. In October 2011 we moved our monthly “Coffee Slot” from the Voice Box to the Resource Centre on London Road. This has proved a success and saved the group some money.

**Benefits Working Group.** This group has grown with the addition of new members, and people from the welfare benefits advice community. We have contributed significantly to consultations on the Employment Support Allowance and the Work Capability Assessment, and the proposed new Personal Independence Payment (PIP) which is due to replace Disability Living Allowance from 2013. We continue to fight for the rights of those undergoing assessment by ATOS, and will be contributing to the third Harrington Review later in 2012.

**Transport Working Group.** The Transport Working Group entered its third year, and goes from strength to strength. We have worked with Arriva, Trent Barton and now Community Transport Derbyshire to “train the trainer” in mental health awareness, and many bus drivers have now received this input. Also, MHAG members have helped to produce a training video which we can now market to other transport providers. We continue to attend bi-monthly meetings at DPTAC in London. These have been major achievements for a small regional group of service receivers, and all involved should be proud of the changes wrought to attitudes and practice.

**Police Training.** MHAG delivered more training for Derbyshire Constabulary at its Ripley HQ, with a number of sessions for new recruits and Special Constables. The latter take place at weekends as many Specials have day jobs in the week! Response has been excellent and despite a hiatus in recruiting this year, more work is due in 2012.

**Seclusion on In-patient Wards.** We are now working with the Derbyshire Healthcare NHS Foundation Trust on the issue of Seclusion. There is an apparent disparity between how this technique is used between the Radbourne and Hartington Units, and the Trust is already addressing the issue. We hope to contribute to training for new ward staff in 2012.

**“4E” Group.** “4E” stands for “Equality, Empowerment, Engagement and Experience”, and is an initiative launched by the Healthcare Trust in early 2012. Under this umbrella, a number of sub-groups have been established looking at transforming the business across a range of activities. This has opened up involvement for MHAG members; something we have campaigned for tirelessly for many years. We already have many of our group involved with various sub groups, and we look forward to having a real impact on Trust services in the future.

In addition, MHAG has set aside some money to revamp its website for Autumn 2012, and expand its Central Committee to include some newer members. Our Newsletter, the “Mhag-zine” continues to develop and reach more people across the County. Many thanks to all those who contribute so much of their time and energy to MHAG. It is always worth it.

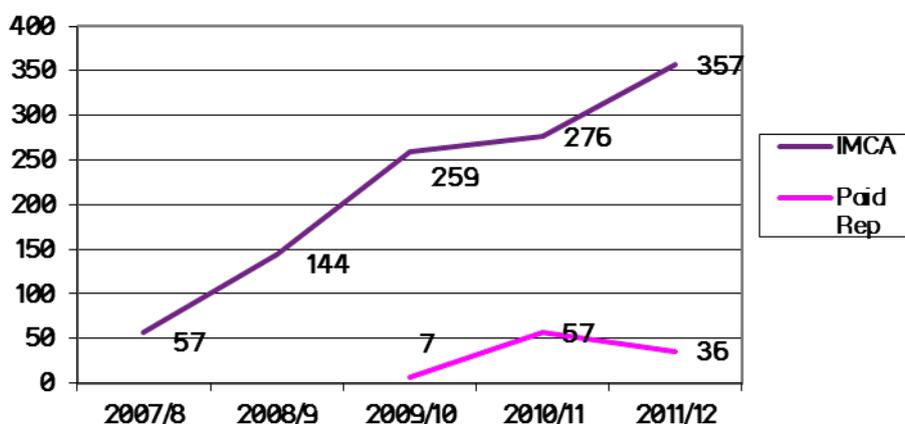
**Phil Binding & Niki Glazier, Co-ordinators MHAG**



It has been another busy and successful year for the IMCA service which we deliver with our Joint Venture partners Derbyshire Advocacy Service.

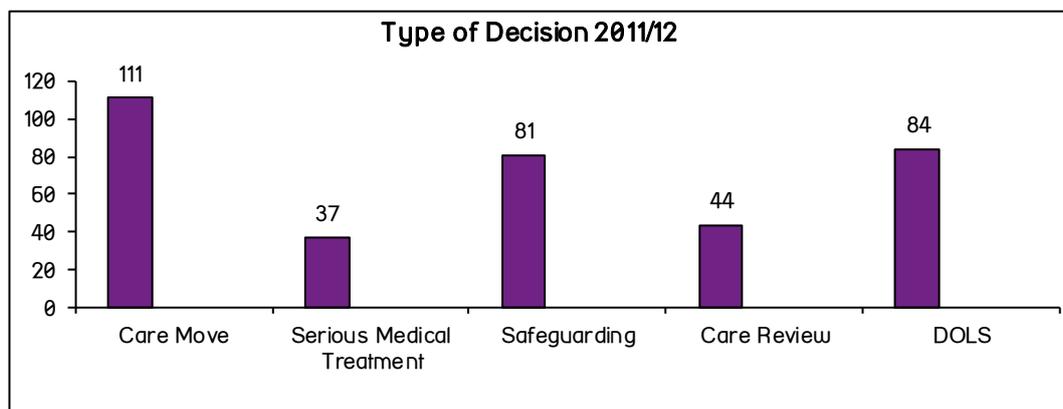
We are pleased to announce that we have also been awarded the Quality Performance Mark in relation to the IMCA service we deliver. This award is the only advocacy specific award and was developed by Action for Advocacy as a way of assessing the quality of advocacy delivered across the country and is recognised by the Charity Commission.

As you will see from the graph referrals have continued to increase this year.



We are not only seeing an increase in the number of cases, resulting in Derbyshire IMCA service becoming one of the busiest in the country, but also in the complexity of the situations IMCAs are involved with. This is particularly so in the areas of Safeguarding Adults at Risk and Deprivation of Liberty Safeguards.

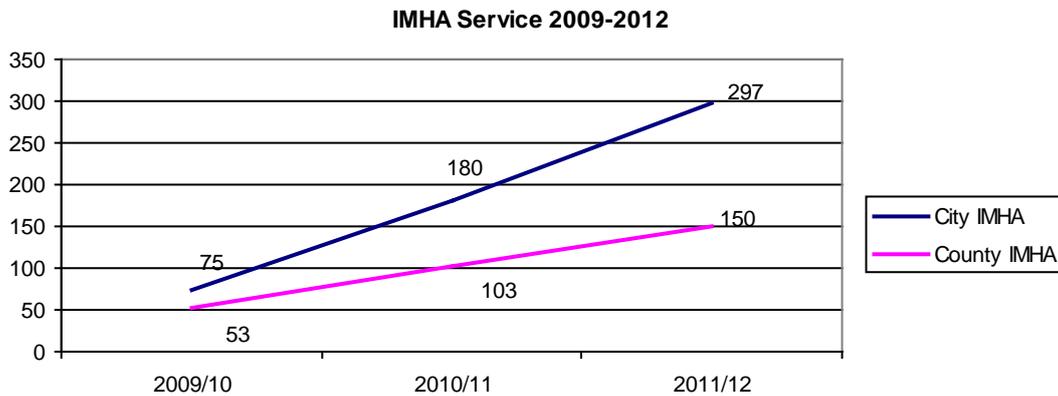
The local authority will often involve the IMCA service as a result of Safeguarding procedures being implemented and protective measures proposed. IMCAs are also frequently involved during the assessment process in relation to a person who lacks capacity being deprived of their liberty. The meaning of 'Deprivation of Liberty' was never well defined in legislation; the scope of the safeguards was left to be determined by case law. However, we have seen the courts deliver conflicting and increasingly complex decisions. Our contact with the Court of Protection and those instructed by it is increasing and there is an expectation that our understanding of complex case law will keep pace.



# Derbyshire Mind Advocacy Service

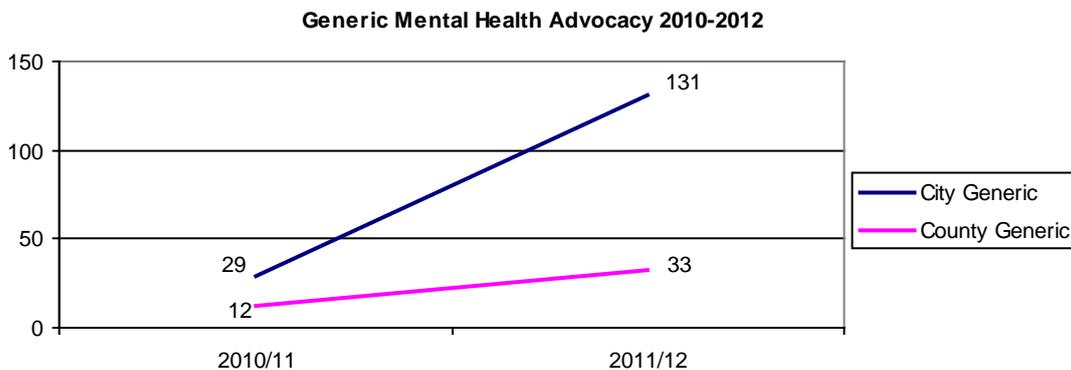
We have been providing the statutory Independent Mental Health Advocacy (IMHA) service in Derby City and throughout the County since April 2009.

It has been another busy year where we have seen a further increase in demand for this service.



I think in part the increase can be attributed to the increased awareness of the statutory IMHA role amongst hospital staff where we have seen a 27% increase in the numbers of referrals being made by them.

In addition to the statutory advocacy service, we deliver generic (non-statutory) mental health advocacy to the residents of Derby City, Amber Valley and Erewash. We have also seen an increase in these referrals this year.



We have continued to provide advocacy services to the residents of Cygnet Derby which is an independent secure psychiatric hospital in the City and we are pleased to have negotiated a further one year contract with them to the end of March 2013.

We are pleased to announce that in recognition of the quality of the advocacy services we provide we have been awarded the Action for Advocacy Quality Performance Mark which is recognised by the Charity Commission.

**Sarah Marchbank Service Manager Advocacy & IMHA**

## Getting Involved in Derbyshire Mind

**Let us know what you think** - It is really important that we continue involve people actively in the development and delivery of our services and we want to ensure that you have opportunities to comment on our services, or keep up to date with our news. If you would like to **become a member** of Derbyshire Mind or receive our newsletter please get in touch. Each department also has opportunities for people to comment on or evaluate those services specifically and often will hold consultation meetings or be at local events to hear what you think.

The ideas that come through the organisation are looked at on a regular basis and once a year we develop action plans which will detail how we will improve services and work on new initiatives. Where it is not possible to act upon suggestions we ensure we explore options open to us and raise any gaps in mental health service delivery with local commissioners.

Please visit the **facebook** pages for Derbyshire Mind and the MHAG, yet another way in which we can keep you up to date with our latest news and bring us into the modern world with our expanding technology!



If you would like more information about Derbyshire Mind, want to become a member or receive our newsletter please feel free to contact us,  
our details are below or you can visit our  
Website: [www.derbyshiremind.org.uk](http://www.derbyshiremind.org.uk)

### Head Office, Enjoying Derby Project & MHAG

3<sup>rd</sup> Floor, Kelvin House, RTC Business Centre,  
London Road, Derby. DE24 8UP  
Telephone: 01332 345966

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

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



INVESTORS IN PEOPLE

### Advocacy Service

Kingsway Hospital,  
Derby. DE22 3LZ

Telephone: 01332 623732

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



LOTTERY FUNDED

### Independent Mental Capacity Advocacy Service

3<sup>rd</sup> Floor, Kelvin House, RTC Business Centre,  
London Road, Derby. DE24 8UP

Telephone: 01332 380224

Email: [enquiries@derbyshireimca.org.uk](mailto:enquiries@derbyshireimca.org.uk)

Website: [www.derbyshireimca.org.uk](http://www.derbyshireimca.org.uk)



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