



# Founders

## Stuart Leon Kohn & Mike Ridley



**Annual Report 2013**  
**Registered Charity No 510830**

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Northumberland, Tyne and Wear   
NHS Foundation Trust

  
It's how you live



  
Sunderland  
City Council



LOTTERY FUNDED

## **SERVICE INFORMATION**

Sunderland Mind provides advice, information, support and counselling to those coping with or recovering from mental ill health. We have been established in the area for 40 years, during which time we have provided a constant service to the people of Sunderland. At present our service is open 5 days per week.

### **COUNSELLING SERVICE**

This service is completely confidential. We offer one-to-one counselling to anyone who are having problems with anxiety, depression, bereavement or any other problems affecting their mental well-being. The counselling takes place here at Sunderland Mind offices and 27 GP surgeries across the city. This is made possible with funding from the Sunderland Clinical Commissioning Group.

### **DROP-IN SERVICE**

Available 5 days-a week, our drop-in facility is open to anyone who has been affected by mental health issues. For a small fee of 50p, our service users can enjoy up to 4 cups of tea or coffee, play Wii sports, pool or just relax in a welcoming and safe environment.

#### **DROP-IN OPENING TIMES:**

Monday: 10am-4pm

Friday: 10am-1pm

Tuesday: 10am-6pm

Saturday: Closed

Wednesday: 10am-4pm

Sunday: Closed

Thursday: 10am-4pm

### **LUNCH CLUB**

We provide a lunch club on a Tuesday lunch time and provide a 2 course meal consisting of a main meal and a desert for £2.50. This provides an opportunity to service users to have a healthy meal in a friendly social environment.

### **ART GROUP**

Our art group is run on a drop-in basis and all levels of ability are welcome. Our experienced tutor facilitates a friendly and relaxed class in which students can work at their own pace. There is no pressure on anyone to attend every week or to inform us of their intended absence/attendance. All participants are encouraged to create pieces of work and encouraged to do so regardless of their ability.

### **WOMEN'S GROUP**

This group was established to provide a safe and welcoming environment for women with mental health issues and carers to spend time socialising and improving their confidence and self-esteem. We provide materials for various crafts and other activities if the ladies require them. Equally, if the members just want to sit and enjoy a cuppa and a chat then that is fine too.

### **ANGER MANAGEMENT**

The anger management courses continues to thrive and grow. Offering 6 sessions to individuals, giving them the skills and coping mechanisms to deal with the issues they are facing. However there is a small fee for this service and we charge a one off fee of £25 to attend the programme.

### **COPING WITH LIFE COURSE**

Our coping with life course is divided into 6 modules, anxiety, depression, anger, confidence building, self-esteem, and bereavement. Each module lasts for 6 weeks, covering causes, coping techniques, and a CBT approach to dealing with the problem, the groups have been really successful as they have helped the people using the course to support each other and form a bond. The course is based on focusing on a goal and using the 6 sessions to achieve that.

## **AIMS AND OBJECTIVES**

Provide a safe, friendly environment, offering advice, information, support, and counselling to those people coping with, or recovering from mental ill health and to their families and carers.

Provide the opportunity for people to move at their own pace, to maintain their dignity and develop opportunities to move on.

Understand the needs of people who seek our help and to assist them to lead as good a quality of life as possible.

Campaign for improved mental health services through discussions, at meetings, conferences and forums.

Increase public and professional understanding of mental ill health and reduce stigma and discrimination.

Educate people to make them stop, think and understand that mental ill health can affect 1 in 4 of the population at any one time.

## **CHAIRPERSON'S REPORT**

It has been a privilege to represent Sunderland Mind as Chairperson for another year. I am now in my 7<sup>th</sup> year as Chairperson, but have been aware of the highly valued, extensive services Sunderland Mind has provided for the community in the City of Sunderland. This year is special as we celebrate 40 years since Mind purchased our building in Norfolk Street.

The aim of Sunderland Mind is to offer individuals choice and control over their lives and provide the best quality of service available to them. Sunderland Mind has achieved a 'kite' mark – quality standard from National Mind, which recognises the quality of service provided to individuals accessing the service.

The Management Committee, members who are from a variety of backgrounds i.e. Police, Education, Management, Social Care, Health, who have brought a variety of skills, knowledge and experience to the board. We would like to extend an invitation to anyone who feels they could contribute towards the vision, ethos of Mind, to express an interest in becoming a member of the Management Committee.

Due to government changes, recession, cuts and reductions in funding available, the next two years will be extremely difficult for Sunderland Mind as in this financial climate we are like other voluntary organisations endeavouring to maintain a continuous quality service.

Sunderland Mind, like other organisations in the voluntary sector, have been effected by reductions in funding. Despite this, the organisation has continued to maintain a continuous, quality service. The next year will be extremely difficult for Sunderland Mind as it is envisaged that there will be further governmental changes, financial cuts and the reduction in sources of funding.

Sunderland Mind has applied for funding to ensure that existing services continue and new services i.e. Mentoring and Befriending, Peer Support Projects can be developed. Although we have had significant cuts we have continued to provide a full range of services, with no reduction in staffing or resources.

The Project Manager's Report completed by Dorothy Gardiner, highlights our success and also the difficulties during the past year, financial implications, the continuation of current services and the future development of new services.

Sunderland Mind continues to consult with our service users enabling them to contribute to decision making and also to keep them informed of the changes we are facing in the future. During the past year Sunderland Mind has been extremely successful in providing much valued services for members of the community experiencing mental health problems. This would not have been possible if Sunderland Mind did not have an excellent team.

On behalf of the Management Committee I would like to thank Dorothy, Volunteers and Staff for all their hard work, motivation, enthusiasm and commitment to Sunderland Mind during the past year. It is very much appreciated.

I would also like to thank Professionals, Partner Agencies and Funders for their much valued support.

Judi Phillips

## **VICE CHAIRPERSON'S REPORT**

I have been in my role of Vice Chairperson for a year now, and absolutely love my role, I only wish I could be more involved. One of the main reasons I took the role was because I could see the passion in the staff whenever I visited the project, and how serious they take their roles.

I love to come along when I am on annual leave from work and visit the drop-In and help with Open days or other events. I feel I am becoming as passionate as the staff, and volunteers who also do an amazing job and I have learnt this is all as part of being a charity. I have utmost respect for the whole team, and their commitment.

In addition to my role as Vicechair, I strive to engage and talk to people across the City about what the organisation does, and the good work they do, and hopefully more people will support the service.

I hope to continue my role and be part of a superb team and organization.

Gordon Graham

## **PROJECT MANAGER'S REPORT**

Again this year we have been very busy and continuing to receive many referrals for all of our services we provide.

I feel it has been a difficult year for all sectors also with the restructuring of Sunderland Teaching Primary Trust (Sunderland Clinical Commissioning Group) and Public Health (Sunderland City Council).

Raising funds continues to be a significant activity. We have been fortunate to have received continued funding from Sunderland Clinical Commissioning Group and Sunderland City Council but in this period of reduced public funding and increased demand for our services it is essential that we look for additional sources of funding.

We were delighted that our funding application for Big Lottery, Reaching Communities was successful and this is for a 3 year period for our Mentoring and Befriending Service. We are so grateful to individuals from our service and people who have used our service, family and friends, management committee, staff, volunteers who have provided and contributed to additional fundraising events.

We are always looking to improve our services. We consult with our service users and the wider community and wherever possible we attempt to accommodate their suggestions and recommendations.

We have been providing Outreach in 3 areas of the City, Hendon, Houghton le Spring and Southwick and our proposal is extending these to a further 3 locations in Shiney Row, Hylton Castle, Silksworth/Farringdon. This is to replicate the services we provide in Sunderland Mind into these locations. The existing 3 locations have been well received and are working well.

Working in a collaborate way seems to be the way forward. Working together strengthens services and provides the best care possible for the people in the community and the every growing numbers of people who seek our help.

I would like to thank our service users, management committee, volunteers and staff for their hard work, and commitment they have shown to me and the organisation.

A big thank you to Janice Wilson who has excelled with her successful fundraising skills and Cath Halse for her support.

And all funders who have supported our valuable work that we provide at Sunderland Mind. Also to individuals who have given donations and raised funds through charity events

Dorothy Gardiner

## **TREASURER'S REPORT**

This is my first year as Treasurer and I have thoroughly enjoyed the role. I was delighted to be elected as Treasurer.

With my employment role I have been working in partnership with Sunderland Mind for numerous years and I am aware of the excellent services they provide.

Our most recent audited accounts are available, year ended 31 March 2013 which are showing a surplus of £18,677.00. Details are also available on Charity Commission website.

I would like to thank everyone who have contributed to Sunderland Mind. I would like to thank all funders who have supported our valuable work that we provide at Sunderland Mind. Also to individuals who have given donations and raised funds through charity events

David Bailey

## **SECRETARY'S REPORT**

I am now well into my second year as Secretary and continue to enjoy this role.

Sunderland Mind continues to strive to improve services and build on these to give individuals who access our services choice and control over their lives.

Before retiring, in my previous role as a Carer Development Worker which was challenging but totally rewarding I feel with my skills, experience and passion for mental health fits in perfectly with Sunderland Mind.

I am fortunate to be part of an enthusiastic, motivate, committed team who deliver excellent services for people with mental health issues.

Joyce Jukes

## **VOLUNTEER & COUNSELLING** **CO-ORDINATOR'S REPORT**

I am delighted with the past year and how our counselling service is growing. We still continue to work across the 27 GP surgeries and we are fortunate that we are able to see clients quite quickly, and I have a really strong team which I am very proud of.

My role is to co-ordinate our counselling service, but I also love to see clients as well, it is an important part of my job, we have seen many success stories over the last year, as we pride ourselves on helping others. My most recent achievement has been qualifying in couples counselling, and since then I have begun to see many couples, who are struggling and these numbers are increasing.

We hope in the next year to continue to expand our counselling service, and reach more clients.

Also part of my role, I recruit our volunteers for the counselling service, and our drop in, we have some lovely volunteers, and they bring some great skills to our organisation, working in our Mind building and now within our outreach groups.

In the last year I have started an outreach group at Houghton, the group has been a great success and we have a mixture of clients with all different skills and talents, and support each other really well, through each other's situations. They have a range of skills, and have produced some excellent crafts.

I have continued this year running our 'coping with life' courses, covering all aspects of mental health, which anyone can access, and more recently a small bereavement support group.

I love my role, and value every day the experiences it brings, I am part of a superb team, of staff and volunteers, which makes my job amazing!

Jean Walker

# **COUNSELLOR & DEVELOPMENT WORKER'S REPORT**

A major part of my work is as a counsellor here at Mind and in 2 GP surgeries. The funding for mental wellbeing work at Pennywell House probation secure premises finished this year and we looking for alternative funding as the feedback from the men using the service has always been very positive

This has been a year of interesting opportunities and learning, I was successful in securing a place on a 3 day course Developing Support Groups for People Who Experience Voices and Visions and am now starting a support group , initially working with individuals. I have worked with a number of people who have a difficult relationship with food, again we are working towards forming a support group.

I facilitate a support group on a Wednesday Morning, we look at coping strategies to manage anxiety and depression and the group support each other. It is an absolute joy to work with this fabulous group of women.

The creative writing group, Write Stuff, has continued to meet weekly, as well as writing stories and poems we have been looking at different poets and authors, expanding our knowledge and interest. We received funding from the Local Mind Association Small Grant Fund, this enabled us to go to Durham Book Festival in November to attend a workshop on developing plots for stories, A Northern Poets Performance and three authors describing the creative process. Next Year we plan to publish a book of poetry and stories. Feedback from the really enthusiastic group members is really positive.

Throughout the year three Mind Your Mind courses of 6 sessions each, looking at improving and maintaining mental wellbeing. Participants develop their own personal plan of improvements they intend to make in their diet, exercise, distraction and relaxation techniques.

Dorothy Gardiner Project Manager, Cath Halse NAMH (Mind) and myself wrote a successful bid to Big Lottery to fund the development of A Mentoring and Befriending Project for 3 years. Graeme Sawyer was appointed as Project Co-ordinator in November and the project will begin in January 2014.

I would like to thank our Project Manager Dorothy Gardiner for the opportunities she has given me this year and her ongoing support professionally and personally. This is a great place to work alongside people who are all passionate about the work we do.

Lastly thanks to the determined, inspirational and courageous people I have worked with individually and in the groups.

Janice Wilson

## **DROP IN WORKER'S REPORT**

I have been employed as the drop in worker since October 2010. My role within the drop-in is to look at planning and delivering sessions and activities for the service users. Service users are encouraged to be involved in the planning and taking part in the sessions and activities. I do this by engaging with service users to find out what kind of activities they would like to participate in. This is done by holding regular service user meetings. Another part of my job role is to identify clients needs, this is done by filling in a triage form with the client and then referring or signposting them into our appropriate service. The drop in is going from strength to strength with new service users increasing weekly.

I also network with other organisations and community groups who can support and deliver services in our drop-in and in the community. The past year has been very productive, I have continued building links with external organisations, Back On The Map, Mental Health Matters, Salvation Army, Health Trainers, Age UK, Fire Safety and Personal Safety. We also now successfully run three outreach drop in sessions in Hendon, Southwick and Houghton. I also attend the East Area forum meetings on a monthly basis to keep in touch with the community and voluntary sector, this also offers Mind a platform to publicise what we have going on in our service.

We have continued to provide activities and sessions this year such as, bingo, pool, darts, fire safety, personal safety, energy saving, benefits advice (From Age UK) stroke awareness (from the stroke association), diabetes awareness (from Diabetes UK).

Fundraising - I was successful in securing funding from The Community Chest to deliver two outings to Scarborough & York over 50 clients, family, and community members attended both outings, and the feedback was extremely positive, great days out!

Lesley Cook

# **ANGER MANAGEMENT**

Why get angry? Just settle for being irritated.

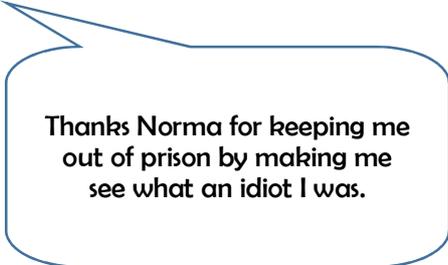
How quickly the year flies. Here we are at another A.G.M and we are getting busier and busier

Anger Management has been really busy with referrals from Crown Court, Probation, Social Services, Child and Family and of course a great deal of self- referrals.

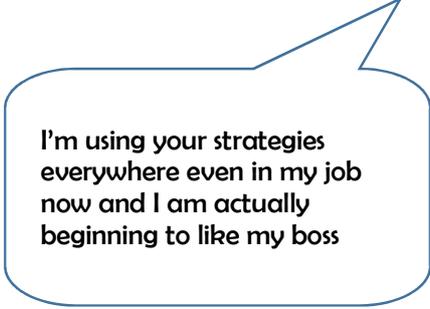
Distance doesn't seem to be a problem with clients travelling from as far away Redcar and Bedlington. I try and bring humour and a more personal touch into the sessions and hope it makes the course more relaxed and enjoyable.

Sessions are one to one. There is a one off fee of £25 payable after the second session. The first session is 'getting to know you' and free of charge. Some clients may require additional support and move on to counselling.

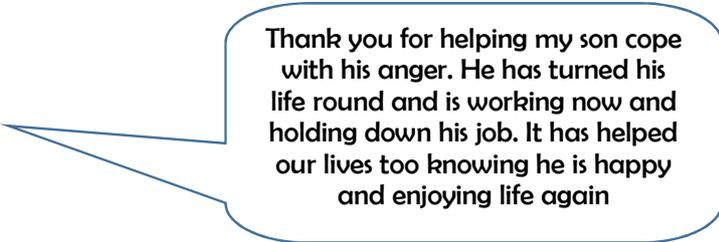
Norma Gowland



Thanks Norma for keeping me out of prison by making me see what an idiot I was.



I'm using your strategies everywhere even in my job now and I am actually beginning to like my boss



Thank you for helping my son cope with his anger. He has turned his life round and is working now and holding down his job. It has helped our lives too knowing he is happy and enjoying life again

## ART GROUP



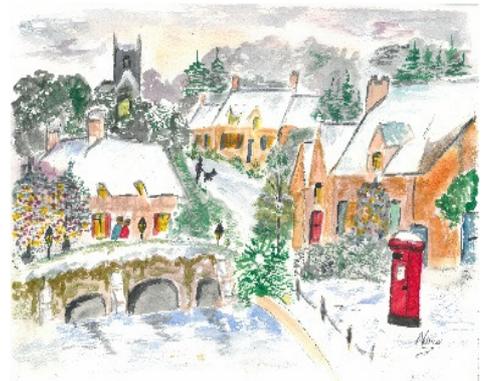
The Art Group is as popular as ever. Run weekly on a Wednesday from 1 till 3pm. We often have up to 15 members attending. We publish our Calendar every year which gives the group members a chance to see their work in print

We are always in need of funding to replenish resources and would like to thank Gentoo and the Community Chest who have helped us in the past.

Above is painting by our most senior member Fay who is 83 and rarely misses a session.

Our group's ages range from twenties upwards and are of mixed abilities but our main aim is to have fun with Art and I am assured by everyone they do.

Norma Gowland



## **ADMINISTRATOR'S REPORT**

I have been working for Sunderland Mind for over 5 years now and in that time I have gained a great deal of knowledge regarding mental health.

My role within Sunderland Mind is Admin/Reception which consists of answering the phones, greeting the service users/clients/visitors, keeping our website up to date, keeping the accounts, petty cash and travel spreadsheets up to date. Along with other day to day duties etc.

2013 like every year has been a very busy year for Sunderland Mind as we have continued our counselling service within 27 surgeries as well as the many other services that are still successfully running from the Sunderland Mind building. We are continuing to use our database system 'Greenfelix' which is now known as only 'Felix'. This system helps us produce all of the statistics required of the service users i.e. gender, age group, ethnicity etc, which comes in very useful when needing to show our funders results of how many service users have used our service throughout the year.

All of our counsellors are able to access the 'Felix' system securely so they can keep their client's appointments and contact information up to date which makes it much easier when a client rings us with enquiries such as which counsellor they have been referred to etc. It is a much more efficient system than the one used previously as it is much easier to locate a client's details and it is also easier to generate the statistics for any period of time since we started using it, i.e. if we needed to know how many clients have cancelled, attended or not attended appointments within in the last month we would simply filter the search and the system would generate the correct statistics.

My time at Sunderland Mind so far has been a very positive experience, and I look forward to seeing what the future brings.

Kaily Robson

## **MENTORING & BEFRIENDING** **CO-ORDINATOR'S REPORT**

My name is Graeme Sawyers, I was appointed by Sunderland Mind in December 2013 as the Mentoring and Befriending Service Co-ordinator. I have worked in mental health and supported housing for almost 15 years and I hope that my experience will benefit Sunderland Mind and my role.

The Mentoring and Befriending scheme is a community based support service for people living in the City of Sunderland who are isolated and experiencing mental ill health. People who refer in to the service will be matched up with a trained volunteer and the volunteer will support the person to access social activities or to support them in attending appointments. The partnerships will last for 12 months and will work towards agreed goals

My role will involve developing a training programme, recruiting volunteers and then promoting the service to organisations and community groups across the city.

If this sounds something you may be interested in either as a volunteer or a client please contact us at Sunderland Mind.

I look forward to getting to know you and the organisation more over the next 12 months.

Graeme Sawyers

## POEMS

### Normal

There's no such a thing as normal  
For we all are so different you see  
There's nobody quite like you  
And there's nobody quite like me

I like to do things differently  
For we are not the same  
I don't want to look the same as you  
Share your features, or your name

Sometimes I might not act like you  
And you might think this strange  
That I cope with life in my own way  
It's just something I cannot change

I'm not whimsical or quirky  
Or unusual – you see –  
When I react to situations  
I am – just being me

You call me daft or fanciful  
The way you judge is cruel  
I can't help being different  
But I am nobody's fool

There's no such thing as normal  
For we all are different you see  
There's nobody quite like you  
And there's nobody just like me...

By Carrie Ann Hall

### Time somebody told me?

Time somebody told me  
That I am lovely, good and real  
That my beauty could make hearts stand  
still

Its time somebody told me  
That my love is total and so complete  
That my mind is quick and full of wit  
That my loving is just too good to quit

Time somebody told me

Time somebody told me  
How much they want love and need me  
How much my spirit helps set them free  
How my eyes shine full of the white light  
How good it feels just to hold me tight

Time somebody told me  
So I has a talk with my self  
Just me-nobody else

Cause it was time somebody told me

Vanessa Barrow

## WHAT YOU THINK OF OUR SERVICE

*"Thank you to an amazing, and incredible writer's group.*

*Dear Janice, Andrew, Vanessa, Carrie and Doris. I hope I've got all the names right. Just writing to say how much I enjoyed your writer's group on Tuesday. I'm so pleased that Andrew brought in his old books and badges. Your Lake district writing was so good Andrew and Vanessa, it was wonderful to hear the last part of the Zombie storey, and Carrie - your poem was truly memorable, and finally you, Janice - Thank you for being such a brilliant facilitator, your readings were so full of affirmation."*

*Maggie Collins & John Collins*

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*"I was referred to Sunderland Mind by my GP, after the breakup of my relationship, and to be honest I was reluctant to go, I felt I didn't want to sit and tell a total stranger about my life, but after sitting crying and worrying about the situation and feeling really low, I decided to go. This was the best move I made and once I was in Sunderland Mind I was totally at ease, I thought I wouldn't be able to speak about the situation, and unsure what to do, but my session was amazing and I was able to say how I was feeling.*

*There has been times when I have just wanted to end everything and not have the worry of everything, I have had some black days, where I didn't want to get out of bed, life was no longer worth living, These were frightening times, and as I write this I realise how close I have sometimes been to ending everything.*

*My sessions were with Jean, and I was amazed that as she took my referral, I was so upset, she said she would take me in straight away, and saw me with in the week, I have had 12 sessions and feel in a totally different place, I have been able to look at the relationship, and stop blaming myself, see that this is part of life and sometimes the road is rocky, we experience, pain, as well as laughter.*

*I cannot thank Sunderland mind enough, for their support and encouragement, and helping me to see things can get better. Without the sessions I have been offered I don't know where my life would have been, the service is amazing."*

*Anonymous.*

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*"It helped me achieve a positive attitude to myself and life. It enabled me to get things off my chest and start looking to the future, addressing problem area, i.e. trust and confidence issues and setting goals. I found it empowering and has helped to change my life around and to see how important my emotional needs are to my mental health"*

*Anonymous.*

# **THANKS**

Sunderland Clinical Commissioning Group

Sunderland City Council – Financial Assistance

Sunderland City Council – (Strategic Initiative Budget)

Big Lottery – Reaching Communities Fund

St Benet's Parish Church

Students Union in Sunderland

Gillian McDonongue

Gentoo and Gentoo Employees

P Cowie – Parachute Jump

Mrs M K Dalglish

Sean Maddison, J Price, Alyson Bouchere, J Medes, Gladys Gibson

Anne Maidment, Miss Y Qadeer, Peter & Linda Layton, Michael Sharp,

St Benets Church – 1000 candles

Community Chest

Family and Friends of Mark Boyle (deceased)

Family and Friends of Terence Mohan (deceased)

Donations – John Collins, P Currar

Anonymous Donations

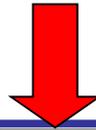
**We rely on Voluntary, Charitable Trust/Foundation, Statutory Income,  
Gifts/Legacy and Wills  
All of these Grants and Donations are Greatly Appreciated**



**SUNDERLAND**

**Sunderland**

**WE ARE HERE**



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