

Buckinghamshire Mind

DAY SERVICES

Befriending

One-to-one friendship and support to people who are experiencing or have experienced mental health difficulties. Tel: **01494 773233**

Day Opportunities

Monday Club

Mondays 10.00am – 3.30pm
Sun House, 32 Church Street, Chesham
Tel: **01494 792244**

Lanterns

Tuesdays 11.30am – 4.00pm
Gold Hill Baptist Church, Chalfont St Peter
Tel: **01494 792244**

Milestones

Wednesdays 9.30am – 3.00pm
Friends Meeting House, 25 London Road,
High Wycombe
Tel: **01494 792244**

7-9

Thursdays 6.30pm – 8.30pm
Friends Meeting House, 25 London Road,
High Wycombe
Tel: **01494 792244**

Wings Support Centre

Mondays, Wednesdays, Thursdays and Fridays
10.00am – 3.30pm
Tel: **01296 392717** or **01494 792244**

Supported Employment

Works with individuals on a one-to-one basis to find relevant training, voluntary or paid work opportunities.
Tel: **01494 771131**

Clubs for Older People

Park Club

Tuesdays, Wednesdays, Thursdays 9.30am – 2.30pm
Sun House, 32 Church Street, Chesham
Tel: **01494 771131**

Pippin Club

Wednesdays 9.30am – 2.30pm
Cherry Orchard, Maybush Gardens, Prestwood HP16 9EH
Tel: **01494 771131**

Information Service

Information on a range of mental health issues.
Tel: **01494 792244**

COUNSELLING (for adults and children)

The Dove Centre

4 Temple Street, Aylesbury
Tel: **01296 393831**

Wycombe Counselling Services

260 Desborough Road, High Wycombe
Tel: **01494 463364**

Buckinghamshire Mind, Head Office, 4 Temple Street, Aylesbury, Bucks HP20 2RQ
Tel/Fax: **01296 437328** email: info@bucksmind.org.uk web: www.bucksmind.org.uk



Buckinghamshire Mind

Our vision

Our vision is of a society that promotes good mental health for all, and that treats people with experience of mental distress fairly, positively, and with respect.

Our mission

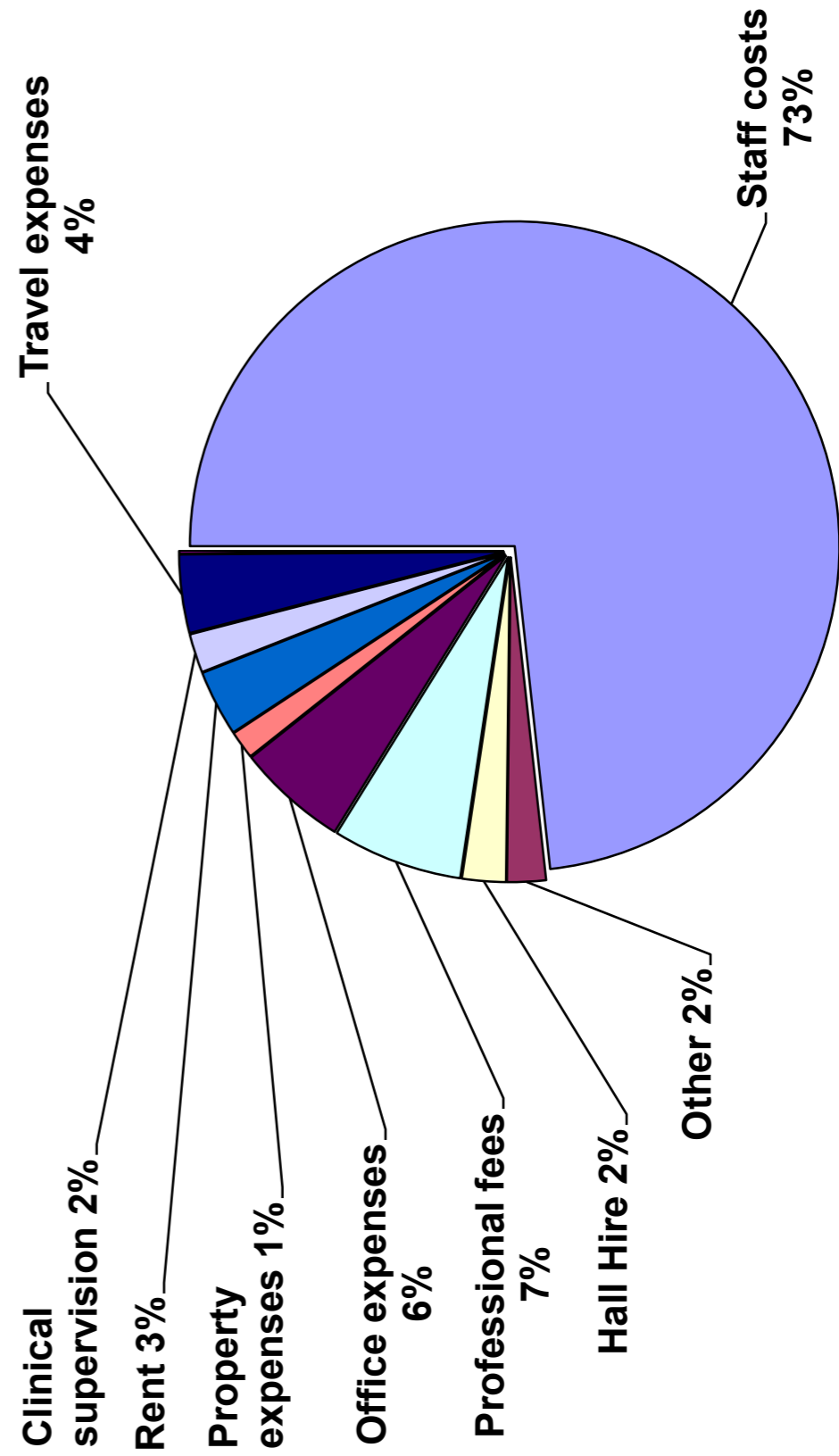
To respond to local mental health concerns and to provide services that reflect the needs of the Buckinghamshire community by:

Working in partnership with statutory bodies to deliver such services.

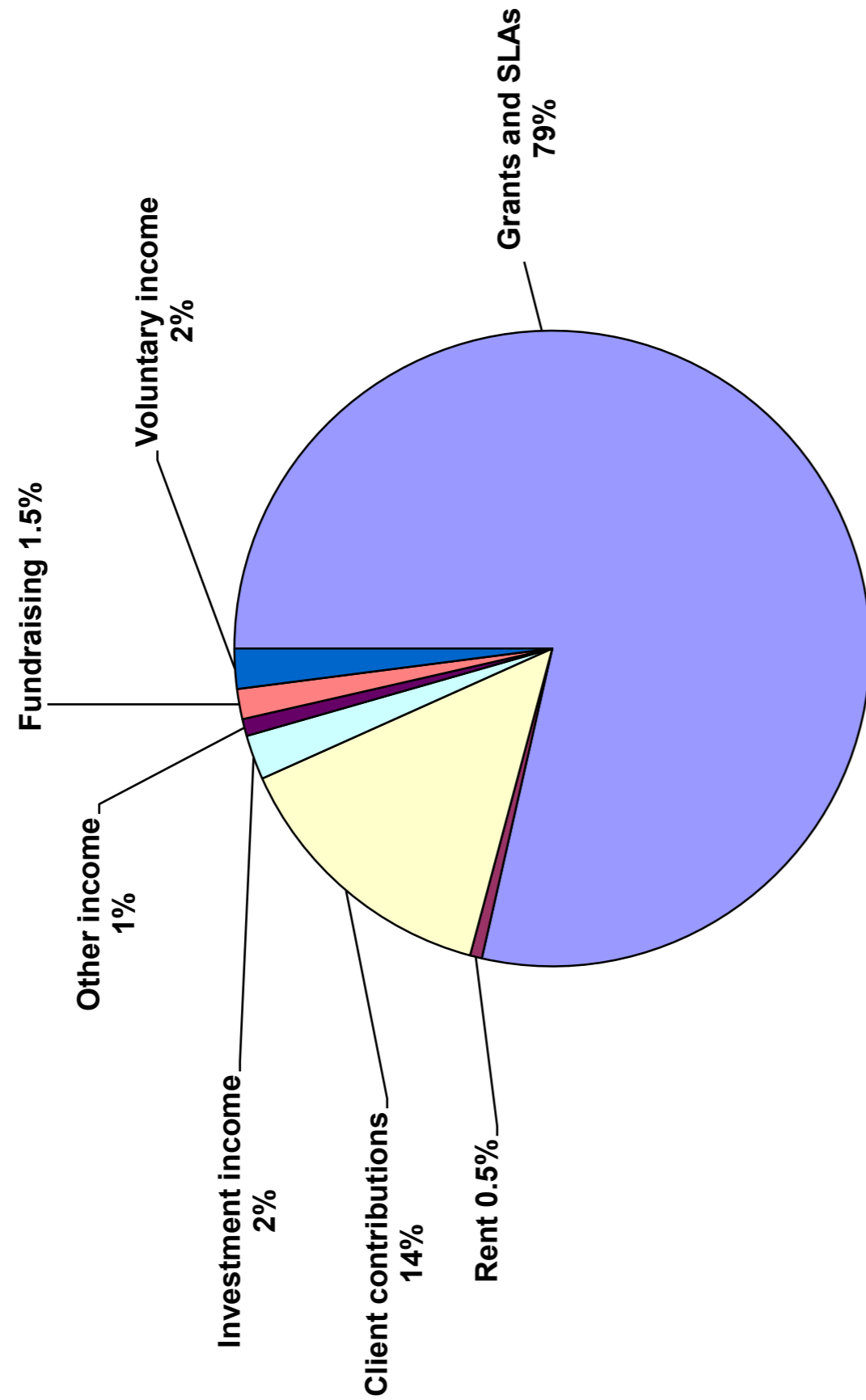
Raising independent charitable funds to enable us to offer additional services, which we believe support our vision and values, but for which there is no statutory funding available.

To promote the interests of those suffering from mental distress and ensure that their views are actively reflected in the way that all our mental health services are provided.

Buckinghamshire Mind - Charitable Expenditure
Period ended 31st March 2008
£664,212



Buckinghamshire Mind - Incoming Resources
Period ended 31st March 2008
£692,154



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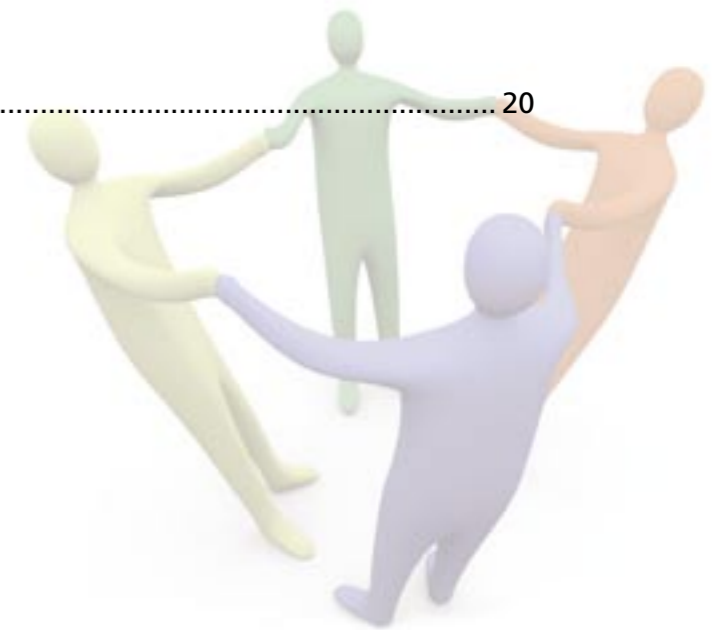
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**THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A company limited by guarantee)
AUDITORS STATEMENT TO THE TRUSTEES OF BUCKINGHAMSHIRE MIND
FOR THE YEAR ENDED 31 MARCH 2008**

Independent Auditors' statement to the Trustees of The Buckinghamshire Association for Mental Health

We have examined the summarised financial statements of The Buckinghamshire Association for Mental Health.

Respective responsibilities of trustees and auditors

The trustees are responsible for preparing the summarised financial statements in accordance with the recommendations of the charities Statement of Recommended Practice.

Our responsibility is to report to you our opinion on the consistency of the summarised financial statements with the full financial statements and Trustees' Annual Report. We also read the other information contained in the summarised annual report and consider the implications of our report if we become aware of any apparent misstatements or material inconsistencies with the summarised financial statements.

Basis of opinion

We conducted our work in accordance with Bulletin 1999/6 "The auditors' statement on the summary financial statement" issued by the Auditing Practices Board for use in the United Kingdom.

Opinion

In our opinion the summarised financial statements are consistent with the full financial statements and the Trustees' Annual Report of The Buckinghamshire Association for Mental Health for the year ended 31 March 2008.



Hillier Hopkins LLP
Chartered Accountants
And Registered Auditor

Charter Court
Midland Road
Hemel Hempstead
Herts HP2 5GE

26 September 2008

The Buckinghamshire Association for Mental Health
(Buckinghamshire Mind)

BALANCE SHEET

	as at 31 March 2008 £	as at 31 March 2007 £
Fixed Assets		
Tangible fixed assets	0	905
Investments	129,654	140,356
	<u>129,654</u>	<u>141,261</u>
Current Assets		
Debtors	37,461	39,933
Bank and Cash	333,115	308,883
	<u>370,576</u>	<u>348,816</u>
Creditors falling due within one year	(277,523)	(224,227)
Net Current Assets	93,053	124,589
Total Assets less Current Liabilities	<u>222,707</u>	<u>265,850</u>
Funds and Reserves		
Unrestricted Funds - General	41,416	27,434
Unrestricted Funds - Designated	21,098	79,045
Expendable Endowment	128,681	139,382
Restricted funds	31,512	19,989
	<u>222,707</u>	<u>265,850</u>

Trustee and Chief Executive Report

Mental health retained its high media profile during 2007/8 with a lot of publicity being given to mental health issues - a key development being the government's Improving Access To Psychological Therapies (IAPT) programme.

Buckinghamshire Mind joined forces with a variety of statutory and independent agencies within the county to successfully bid to be part of IAPT. Although the outcomes of this project have yet to be formally evaluated the project can already be said to have had a positive impact on mental health in that it has prompted agencies from different sectors to work closely together in a common cause.

It is often said that the voluntary and statutory sectors 'speak different languages' from each other. Certainly this appeared to be the case at the outset of the IAPT programme but at the time of writing, and as the first phase of IAPT draws to a close, communication across sectors within the county is much improved and a much clearer picture of each other's strengths and weaknesses is emerging.

Bucks Mind continues to believe that mental health is best served by the statutory and voluntary sectors working together in partnership in order that joined-up thinking about service provision can take place. Community involvement in health-care can only be to the good and we believe that this is particularly true where the design and delivery of mental health services is concerned.

Although IAPT has been a major focus for the charity during the last twelve months we have continued to develop our services and two significant developments have taken place in Counselling and Day Services. In Counselling we have extended our charitable children's counselling service, Steps, from High Wycombe to The Dove Centre in Aylesbury and in Day Services we have further developed our Befriending service by adding a new service aimed at adults aged 50+.

Volunteers are a key ingredient in both Steps and our Befriending services and we would like to acknowledge the vital role that our volunteers play in the services that we provide. Charities often focus on the importance of charitable financial donations but the donations of time and expertise are as, if not more important, in terms of what we do and how we do it. Volunteers give of themselves and of their time and this brings qualities to the work we do which makes us different and special.

Establishing the right form of fundraising remains a key priority in enabling us to remain a professional provider of services and an agent for change. We continue to develop our fundraising strategy and we are clear that this needs to be multi-faceted, i.e. we must not allow ourselves to become overly dependent on one particular method of raising funds.

Finally, we have a demanding and challenging year ahead aiming to build on the partnerships that we have developed during the last 12 months. Working in partnership with like-minded organisations has numerous benefits and we shall be actively seeking to identify 'win-win' collaborations that help us achieve our aims.

Nigel Lewis, Acting Chair of Trustees
Richard Speight, Chief Executive

Counselling Services

Introduction

Buckinghamshire Mind Counselling Services have undergone further changes within the last year in order to remain at the forefront of local service provision for talking therapies. This is happening at a time when the profession is facing many challenges both in the form of regulation and with the Government announcing in 2007 their significant investment in improving mental health provision across the country.

Regulation

Statutory regulation will mean that an independent council, which does not belong to any professional body or interest group, will regulate the counselling and psychotherapy profession. The government stated in March this year that their view of a comprehensive mental health programme is that it should be provided by three main modalities. These are psychoanalytical or psychodynamic, cognitive behavioural therapy, and family or systemic psychotherapy.

This statement would, therefore, suggest the exclusion of 69% of practitioners and 71% of training courses in the United Kingdom. The impact this would have on our service if the government proceed with this approach would be significantly damaging to our "integrative" approach to service provision, limiting choice for clients as well as seriously compromising our ability to act as a placement for counsellors and psychotherapists on training courses.

The British Association for Counselling and Psychotherapy (BACP), UK Council for Psychotherapy (UKCP) and other organisations continue to work on behalf of their membership in challenging the current position taken by the Department of Health. It is my belief that it is imperative as an organisation that we remain fully engaged in the process of regulation whilst also encouraging counsellors and psychotherapists to be independently actively involved in the changes facing the profession.

Improving Access to Psychological Therapies

The Department of Health initiative to Improve Access to Psychological Therapies (IAPT) was developed in 2005, following the white paper commitment in 'Our Health, Our Care, and Our Say'. In 2006/7 the well publicised Doncaster and Newham demonstration sites were launched with the core purpose of collecting evidence of delivery to substantiate the development of a business case for a national rollout of the IAPT service model.

To further support this process in 2007 the Department of Health invited tenders from Primary Care Trusts (PCT) across the country to establish a number of IAPT Pathfinder sites who would further explore service redesign, techniques to implement a defined care pathway, service specification and service framework. This was done with the clear aim of ensuring that the right numbers of people access the right services, at the right time, with the right results.

I am pleased to report Buckinghamshire PCT were successful in their application to become a Pathfinder Site and in June 2007 we joined our partners in the statutory and private sectors to form a partnership in the IAPT Pathfinder Project. The Project primarily sets out to build, what were previously separate services, into a

The Buckinghamshire Association for Mental Health (Buckinghamshire Mind)

STATEMENT OF FINANCIAL ACTIVITIES For the year ended 31 March 2008

	12 months 2008 £	12 months 2007 £
Incoming Resources		
Voluntary income	14,111	6,639
Fundraising income	10,623	2,264
Investment Income	15,732	12,394
Income from charitable activities	651,688	702,728
Total Incoming Resources	692,154	724,025
Resources Expended		
Costs of generating voluntary income	36,332	6,657
Investment management costs	953	895
Charitable activities	664,212	677,435
Governance costs	18,895	14,602
Total Resources Expended	720,392	699,589
Net Resources Expended	(28,238)	24,436
Gains and losses on investments	(14,905)	6,608
Net movement in Funds	(43,143)	31,044
Fund balances brought forward	265,850	234,806
Fund balances carried forward	222,707	265,850

Financial Review

Overview

Buckinghamshire Mind started the year with a deficit operating budget of £74k and with reserves already lower than we would like, the intention was to ensure that this position was not realised. The overall outcome, therefore, of an operating deficit of £29,209 was a positive and pleasing result in the circumstances.

However, it is still the intention of the Board of Trustees to build rather than deplete unrestricted reserves. The overall reserves have dropped by £43,143, including unrealised investment losses of £13,934.

Incoming resources

Total incoming resources for the year ended 31 March 2008 were £692,154 compared with £724,025 for the previous year. The reduction is due to the cessation of Group Homes activity. If this activity is taken out of the comparative figures there is actually an increase in income of almost 14%. This is mostly attributable to additional activity in Day Services.

Fundraising and Voluntary Income

One of our stated objectives last year was to increase voluntary income, and this effort has resulted in an increase of over 100% compared with last year. However, as the level of income was very low, continuing efforts need to be made to increase the proportion of voluntary income much further.

Charitable activities

Expenditure on charitable activities amounted to £664,212. Staff costs constitute over 70% of the total running costs of the charity. We pay our volunteers' travel expenses, which amounted to approximately £25k.

Other significant costs include rent and hire of premises, outsourced services and the cost of clinical supervision for counsellors.

Balance Sheet

The balance sheet is showing a healthy position with creditors easily covered by current assets.

Buckinghamshire Mind owns a freehold property that is used for the provision of services and for office space. This is not valued in the balance sheet but was most recently valued at £185,000.

Of the total reserves figure of £222,707, £52,610 is restricted or designated and £128,681 is held in the endowment fund. The general reserve, freely available for charitable activity, is £41,416, which needs to be increased in order for us to achieve our mission.

managed 'joined up' network. This would develop a 'navigation' mechanism that would quickly assess client's needs and support them, through defined pathways, to the most appropriate service within the stepped care network or into other services as appropriate.

A pilot scheme was launched in Wendover GP surgeries in October 2007, with the key objectives to improve the experience for patients in a primary care setting by ensuring the availability of good quality information, easier access to initial consultation, reduced waiting times for follow-up treatment and better choice of treatment options and/or social interventions. A review of the pilot took place in March 2008, and at the time of writing this report, the Pathfinder partners are reviewing how best to proceed in the rollout of an IAPT service model across Buckinghamshire.

Although there are many unknowns in relation to the direction of travel of the Buckinghamshire Pathfinder Project and indeed what changes may be necessary for Buckinghamshire Mind counselling services, it is clear that there will be a requirement from our practitioners to continually be committed to data collection to support measured outcomes.

This requirement, I am sure, will come as no surprise to all those involved in psychological therapies as it has been well published in the media and in particular highlighted in the Therapy Today Magazine. The routine process of data collection is particularly important, as it is this information that is used to inform and improve the services that are provided.

Counselling in Practice

On Sunday the 30th of September 2007, the counselling services hosted their first conference 'Counselling in Practice' held at the Multicultural Centre in Aylesbury and attended by over seventy colleagues in the profession. Elizabeth Aylward is to be thanked and congratulated for delivering a successful conference having worked tirelessly for months preparing for what was a very enjoyable day.

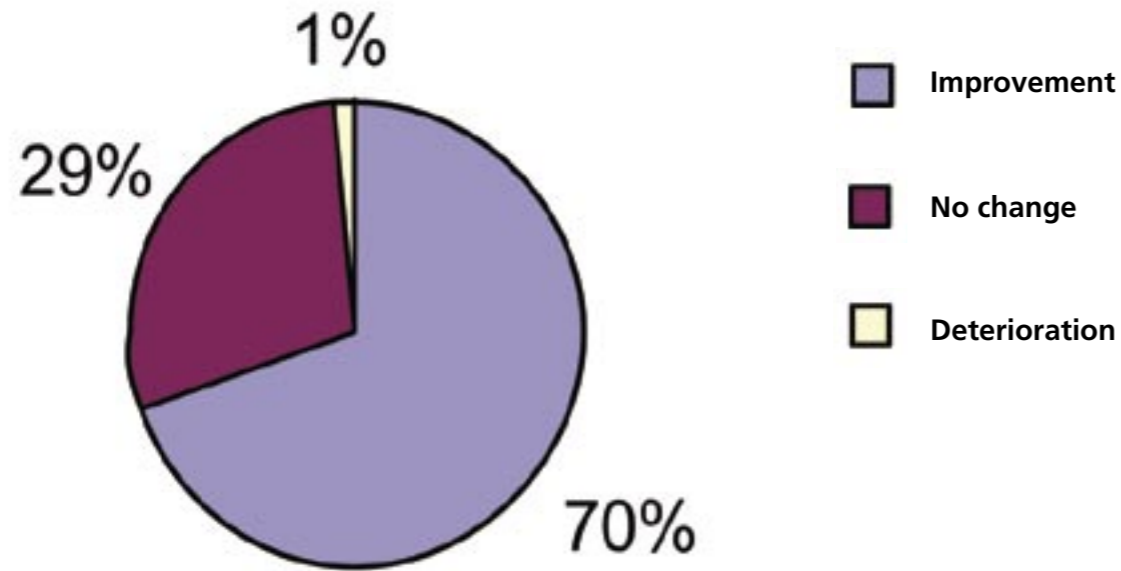
The Key Note speakers, Sally Aldridge from the BACP and Dr Wolfgang Seidl from Validium EAP Group, provided the audience with stimulating presentations and Buckinghamshire Mind thank them both for their valued contribution on the day.

The conference was further enhanced by the variety of "taster" workshops presented by our colleagues, Elizabeth Aylward, Susan Bowler, Annie Fienburgh, Sharon Fairclough, Joanna Gollins, Fran Halford, Keith Langley and Wendy Whipp and all of whom I thank for sharing their wisdom and knowledge.

In addition, I would personally like to thank all those people who gave of their time in helping beforehand and at the conference and acknowledge that without the support of Chris, John, Jane, Lillian and Sue the conference could not have been delivered so effectively.

CORE Analysis

The service received 1,910 referrals from April 07 to March 08 and offered 8,161 sessions resulting in 6,406 attended sessions.



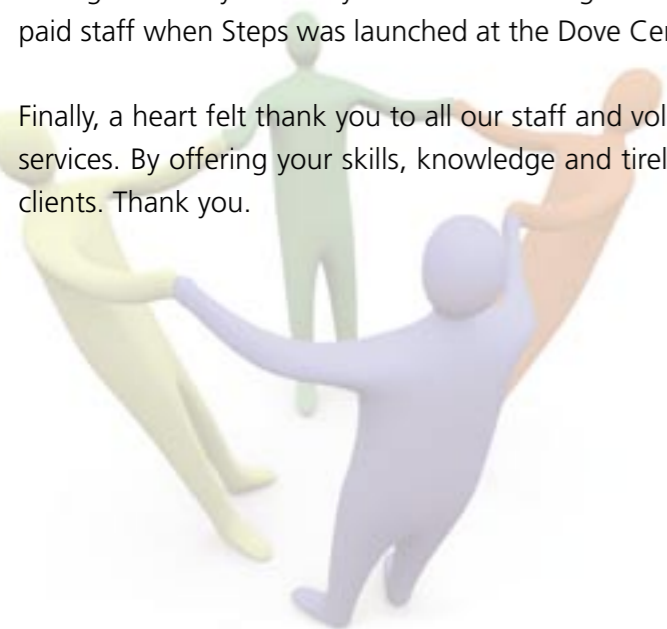
Groups

Two psychotherapy groups were launched to support our stepped care approach and both the generic and the art group have received positive feedback from clients. The Anger Management Programme continues to be in high demand and it is planned that all these groups will feature in our service offer in the future.

Steps

The children’s counselling service ‘Steps’ experienced an increase in numbers with 197 sessions being delivered throughout the year at Wycombe Counselling Service. We invested in further training for our volunteer and paid staff when Steps was launched at the Dove Centre in January.

Finally, a heart felt thank you to all our staff and volunteers who continue to be dedicated to the counselling services. By offering your skills, knowledge and tireless commitment you provide relational change for many clients. Thank you.



Donna Hayward-Sussex
Director of Counselling Operations

Volunteers

BEFRIENDING

- | | | |
|----------|---------|----------|
| Alice | Iris | Nicki |
| Amie | Isabel | Patricia |
| Anne | James | Renata |
| Annie | Jane | Ros |
| Carole | Janet | Rosie |
| Caroline | Jenny | Sarah |
| Dana | John | Sheila |
| David | Karen | Shelley |
| Deanne | Lela | Stephen |
| Deborah | Lorna | Sue |
| Della | Louisa | Sue |
| Eileen | Mary | Sue |
| Elaine | Marysia | Suzannah |
| Elena | Maureen | Tina |
| Ginny | Max | Vernon |
| Glynis | Mike | William |
| Helen | Nick | Zoe |

DOVE CENTRE

- | | |
|-----------|----------|
| Alison | Kitty |
| Amanda | Leslie |
| Anna | Lorraine |
| Beatrice | Margaret |
| Catherine | Marilyn |
| Cheryl | Michael |
| Chris | Myra |
| Daniel | Paul |
| David | Philip |
| Dominic | Robert |
| Gill | Sharon |
| Graham | Susan |
| Isabelle | Sue |
| Jan | Sheila |
| Jane | Surinda |
| Jeremy | Sussanah |
| Jonathan | Tony |
| Josefina | Trish |
| Kathy | |

WYCOMBE COUNSELLING SERVICES

- Angela
- Barbara
- Elaine
- Elizabeth
- John
- Karen
- Lillian
- Lynne
- Marie
- Melanie
- Nina
- Pamela
- Penelope
- Susan
- Wendy

DAY SERVICES

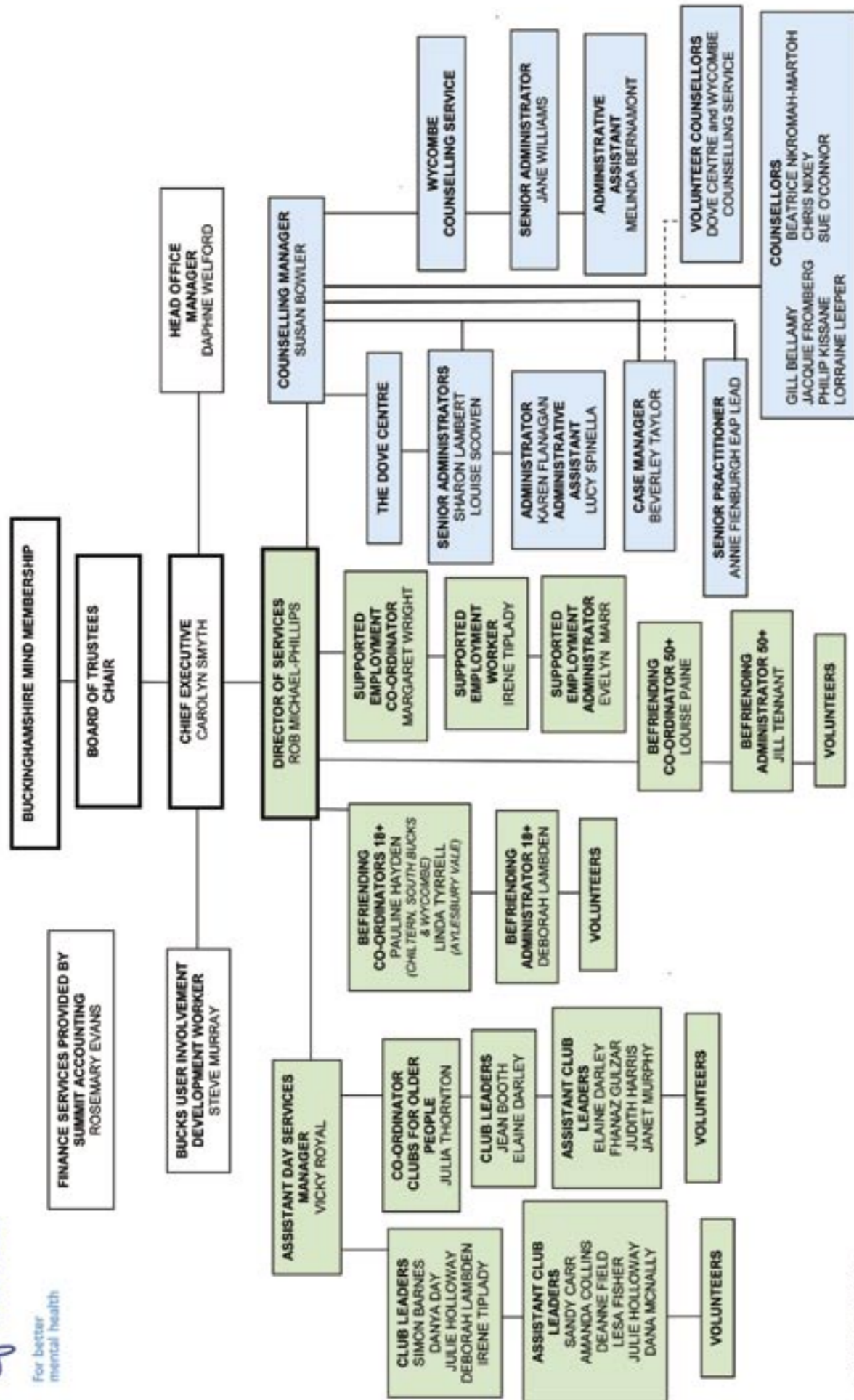
- Adam
- Chris
- David
- Evelyn
- James
- Joanne
- Michael
- Patrick
- Paulette
- Richard
- Vanessa
- Zoe

STEPS

- Amanda
- Angie
- Lorraine
- Pam
- Tracey
- Bev



BUCKINGHAMSHIRE MIND ORGANISATION CHART



OCTOBER 2008

Day Services

Introduction

The last year has seen us continuing to develop our services on a number of different fronts. Although the menu of services that we offer has stayed the same we have increased the range of Befriending and Supported Employment and continued to update our Day Opportunities activity and services for older people. We aim to achieve a balance between modernising where appropriate at the same time as defending some of the aspects of our service provision where we believe that they remain key to service user recovery. In last year's report we highlighted the trends within Day Services, i.e. the focus on individual needs and the emphasis on community involvement. Worthy as these trends are we also need to remain mindful of the value placed by service users on 'having somewhere to go' and being able to access mutual support.

Day Opportunities

We are currently waiting to see what the specification will be for Day Services when the countywide review has taken place. The timescale for this long-awaited review has yet to be announced and in the meantime we continue to manage the status quo whilst being aware that the services that are eventually commissioned may/will be different from what we currently provide. Managing the present in the knowledge that what will be required in the future will be different presents the management team with a significant challenge. Organisations that can approach competitive tendering without the constraints of historical practices have a potential advantage over organisations like us that have to manage existing contracts at the same time as trying to second-guess future requirements.

Volunteers

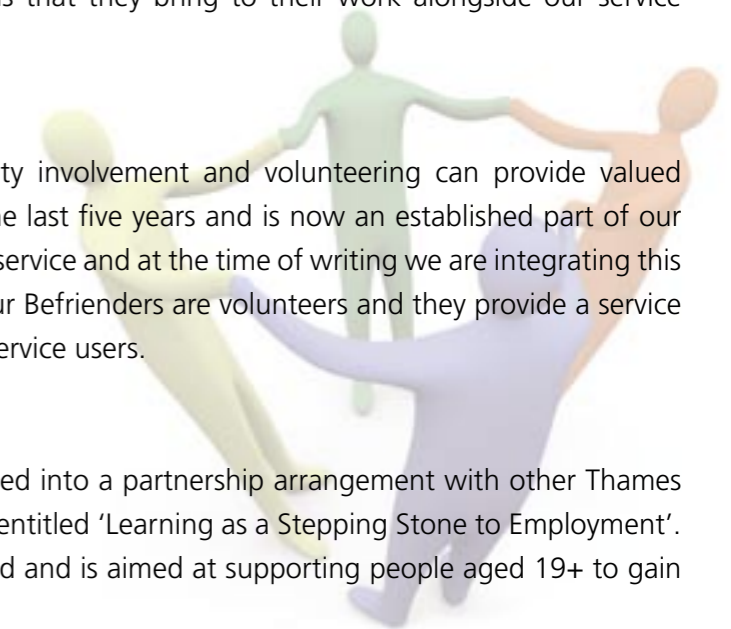
Volunteering remains a key ingredient in how we operate our services. The advantage of working with volunteers is not about having 'free' labour; it is a key way in which the community can be involved in mental health service provision. Getting the community involved in an area that is still imbued with stigma can only help break down barriers and common misunderstandings associated with mental health. Volunteers enrich our services with the diversity of experience and skills that they bring to their work alongside our service users.

Befriending

Our Befriending Service encapsulates how community involvement and volunteering can provide valued services. This service has grown over the course of the last five years and is now an established part of our service portfolio. In January we added a specialist 50+ service and at the time of writing we are integrating this new service into our overall Befriending service. All our Befrienders are volunteers and they provide a service that continues to attract very positive feedback from service users.

Supported Employment

The Supported Employment Service has recently entered into a partnership arrangement with other Thames Valley voluntary organisations to deliver a programme entitled 'Learning as a Stepping Stone to Employment'. This programme is funded by the European Social Fund and is aimed at supporting people aged 19+ to gain the skills required to return to employment.



Importantly this new development enables us to enter into partnership with two other Local Mind Associations, in East Berkshire and Milton Keynes, and Restore in Oxford, the lead partner of the project. This presents a perfect opportunity to develop our links with other mental health organisations and to investigate future opportunities for partnership working.

Older People's Services

Our clubs in Chesham and Prestwood have gone from strength to strength in the past year. Attendance levels are high and staff and volunteers continue to develop opportunities for people to be involved and engaged with a wide variety of activities relevant to their needs. Closer links with referrers and carers have been fostered and the feedback we have received demonstrates that this is proving beneficial to offering our clients a service appropriate to their needs.

Service User Involvement Development Worker

The Service User Involvement Development Worker, whose appointment was mentioned in last year's report, is now established in his role and I am pleased to report that three-year funding has been established for this countywide role. Detailed action plans can now be developed for the role and at the time of writing the service user led 'Bucks User Involvement Group' is identifying the means by which a countywide network of service users can be established. Giving service users the opportunity to contribute to the design and delivery of mental health services will help ensure that future service delivery is both relevant and appropriate to the real needs of those who rely on the services. The current priority for the service is to provide a variety of ways in which service users can get involved, giving as much or as little of their time as is appropriate.

The future

The developments involving 'Improving Access To Psychological Services' (IAPT) referred to elsewhere in this report did not directly impact on Day Services during the reporting period but we are hoping that in the future our services will work alongside traditional psychological services such as counselling. Befriending and Supported Employment are well placed to help people achieve 'social inclusion', and in turn better mental health, by providing practical support in a personalised fashion. Historically Bucks Mind services have tended to operate in relative isolation within the organisation and this is something we are keen to address in the future. Looking to the future in Day Services we shall be aiming to break down the traditional barriers between Day Services and Counselling.

Finally, I would like to acknowledge the hard work and dedication shown by our staff and volunteers during the last year. The feedback we receive from those using our services tells us that it is not only *what we do* that is important but also, *how we do it*. The input of dedicated staff and volunteers, who routinely go the 'extra yard', is central to what we achieve in our services. Thank you.

Carolyn Smyth
Director of Day Services

Board of Trustees

The Trustees holding office during the period ended 31 March 2008 were as follows:

Christine Bachelor	Resigned 15 October 2007
Pamela Bacon	Resigned 28 August 2007
Harry Banga	
Hugh Carey	Resigned 31 March 2008
Nigel Lewis	
Greg Lovett	
Rev. Robert Maitland	Resigned 28 August 2007
Nem Shah	

Trustees are elected by the membership of Buckinghamshire Mind at the Annual General Meeting. During the course of the year Trustees can be co-opted for ratification at the AGM.

Advisors

Mike Appleyard
Pamela Bacon
Gillian Murray
David Pickup
Glenda Reynolds
Raj Nagraj

Honorary Vice Presidents

John Bercow MP
Pat Brown
Nancy Downs
Cheryl Gillan MP
David Lidington MP
Clive Stephenson
Maureen Thackray

Honorary Life President

Rev. Robert Maitland

