



Annual Review 2005-2006

Chairman's Report

In 2006, WIAMH is ten years old, and the year has been our busiest to date. This reflects both the increased standing we have in the mental health sector locally, and the increasing amount of work being undertaken by our volunteer and paid staff. The increased workload does not mean that we are managing to solve every problem we are faced with, nor that we are able to address all the issues we would wish on behalf of our members; to achieve that will take even more work by even more people — and even more funding. But we are making steady progress.

Organisation and Administration:

This year we have taken on a second member of staff, Cathy MacArthur, whose post combines general administrative support with the organising of arts activities and support work at Catch 23. Cathy was thrown in at the deep end as she was expected to take a substantial part in the biggest event of the year, the residential arts event at Valtos. We are very grateful to her for the quantity and competence of work put in in this period, and intend to see she gets all her holiday entitlement eventually.

A possible future problem needs to be highlighted here: that the new regulations governing charity trustees will require our committee members to be more fully aware of their legal and professional responsibilities as members of the committee. They will also be required to register a wider range of

personal details with OSCR, the new charities regulator. Not everyone is keen to have their personal details registered in this way, which may adversely affect the enthusiasm of members for formal membership of the Management Committee. However, as WIAMH continues to develop, so must the committee members endeavour to meet the needs of the organisation and its membership.

Another potential issue to address is that of Disclosures (also known as criminal records checks): some significant changes to the current processes are now being considered by the Scottish Executive. Since 2005 WIAMH have administered our own checking and have our own "Lead Signatory". Under the changes being proposed, it is likely that some of our procedures will have to be modified. At a recent meeting with the Central Registered Body in Scotland it was pointed out that almost 40% of small volunteer groups/charities throughout Scotland have not managed to reach the existing standards, and potentially could be forced under the new legislation to cease operating. WIAMH will need to continuously monitor these developments, and the suitability of our checking processes.

One positive development in the new proposals is that a single Disclosure Check will be performed for use with differing organisations and employers; this will be a welcome relief to people who volunteer for various organisations, who currently are

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required to carry repeat the check each time, and for the administrators and treasurers of each group involved. WIAMH have already completed Disclosures on all our volunteers, so we will not be caught out by a backlog of longer-term staff to take through the process.

Training

In the course of this year, one of our members became qualified to deliver the *Mental Health First Aid* course. All WIAMH volunteers and staff are now given this course, and most have taken HSE one-day first aid courses to become qualified first aiders in the physical sense. We plan to extend this to enable some of us to take advanced first aid courses shortly. Several of us have taken the ASIST suicide prevention course, and more of these are planned. We hope shortly to put people through food hygiene certificate courses, and further training is being considered to enable us to take the organisation forward.

Committee

Starting out with the ten elected members and advisors from Health and Social Work, the committee have been joined by members observing meetings, and by visitors from other organisations, including Ross Blackman, the new interim Mental Health and Learning Disability Services Manager at the Health Board, Anne Sobey, Social Enterprise Development Officer with Voluntary Action Lewis, and Claire Simmonds, the new Mental Health Occupational Therapist, each of whom has given us introductory explanations of their posts. Unfortunately some committee members had to resign due to illness in the course of the year, and latterly, our chairman, John Read, was injured and has spent several months off sick. Since then, Niall Shaw has been acting chair. Denise Maciver has continued as Treasurer through the year.

Del Gunn has continued as Catch23 Centre Manager, and has taken on some additional administrative work for WIAMH during the year. Latterly, Cathy MacArthur's appointment has given us some welcome administrative help in carrying out committee work.

During the year, we have produced a Code of Conduct for the organisation and policies covering Equalities, Protection of Vulnerable Persons, and a Complaints procedure. We have taken some steps towards redefining the relationship between WIAMH, Penumbra and other agencies regarding Catch 23, which will improve co-operation on all sides.

The Year Ahead

In my view the main organisational tasks for the year ahead will be :

- review of WIAMH constitutional arrangements;
- project development in Barra and Uist;
- further development of our management and internal systems;
- finding funding to enable the above to proceed.

Thanks

I would like to thank all those who have been involved in WIAMH this year, either as committee members, volunteer or paid workers running the show, or as advisors (in particular Emelin Collier, Ruth Mackinley and Karen Toovey) on the many things we need to know about, those bodies and individuals who have given us funding, free access to training, and donations, and the members and service users, without whom we would not need to exist, and whom it is many kinds of pleasure to work with.

Niall Shaw

Catch 23 Project Report

Del Gunn

Once again, the largest amount of work this year has been running the drop-in centre in Stornoway. Catch23 also continues to act as a catalyst for other activities organised out of it.

Centre Usage

It is very apparent that there is a need for Centres such as our own. With 3 months to go in the year we have already beaten last year's numbers and have seen over 130 different visitors to the Centre.

Having compared this year's figures to 2005, we have seen a definitive trend in attendance. January, February and March remain quiet, with numbers steadily rising during the Spring and Summer. With this in mind, the WIAMH committee, Cathy and I should endeavour to maximise the post-Christmas period to progress funding applications and promote in-house training. Myself and Niall have been in touch with various funders over the last couple of months and we would hope to announce some significant developments in 2007.

Training/ Volunteers

Volunteer recruitment has been steady and I am pleased to say we are now offering a wider range of training opportunities, which will increase with further funding. During the year we have visited and spoken with several representatives of drop-ins throughout Scotland. Our impression is that while our facilities are not the largest or the best equipped, and while our funding could be improved, our policy of quality training provision for our volunteers is outstanding.



under construction: mosaic/mural by Catch23 Members & Volunteers

Although Drop-ins are not currently governed by a statutory set of guidelines I have a nagging feeling that this may change in the very near future. With this in mind I would recommend to the new Committee that we consider a more formal training programme, for example SVQs for both the employees and the more pro-active volunteers within the organisation. This will require additional funding.

Future training requirements that have been highlighted are:

- Epilepsy Awareness through the CnES learning disabilities nurses.
- Art therapy.
- MiDAS.
- Food Hygiene.

New Post

Cathy MacArthur has now been with us in her working capacity for a few months now and her contribution to date has been invaluable. Her arts background was put to great effect for our display at An Lanntair. Having Cathy working alongside myself also makes my job a great deal easier and it is always good to have someone else to share the workload.

The Garden

The garden remains a real asset and attraction for the Centre. Peter and the volunteers have transformed the area over the last year and a half. Unfortunately we have now exhausted the Awards for All money and need to source further funds. I would strongly recommend that 2 hours a week for a gardener be built in to the future Catch 23 core operating budget.

The garden has been widely used this year especially with the introduction of the smoking ban in March. With 6 months now passed since the ban was introduced it is clear that the legislation has had a negative impact on the smoking members of the Centre. Where we offered a safe place for smokers to meet and chat, the new Act has succeeded in socially isolating a large group of the Membership and it is clear they visit the Centre less frequently. We hope that this will be to some extent offset by the erection of a smoking shelter over the next few weeks.



Tigh-Chéilidh

Following the introduction in March of the smoking ban, the use of the Tigh-Chéilidh

as a smoking room was halted. Redevelopment of the space is planned, and a grant of £2,000 was secured to fund the refurbishment. Over the previous winter, a problem with water penetration into the structure had developed, and this requires to be fixed

before interior work can proceed. This is still awaiting the go-ahead from Penumbra Head Office, but we anticipate progress shortly, once Lesley Mackenzie (the new Penumbra Support Manager) is in post.

Arts Activities

Painting and Drawing has continued throughout the year, with some new participants coming into the centre specifically for that purpose. We are pleased to have had people referred to us by the Stroke Liaison Nurse for this purpose, and to see her accompanying people in the centre.

Projects and Activities: Catch 23

Prior to her appointment Cathy MacArthur orchestrated arts activities for us on a voluntary basis, and part of her new role is to develop the Arts side. Once the summer's activities are past, we expect to see further developments in this area. Meanwhile, after her various adventures in publishing and grandmotherhood, Cathy Macleod is now back on board with the writing group, which has recently started meeting in the evening. Work is in progress in relation to improving the therapeutic benefits of these activities and future development of the project.

Funding

We will be submitting various funding applications in the near future. These will be for provision of extra staffing costs (for both WIAMH and Catch 23) and also for increased core costs for the Centre. By mid-2007 I would hope to be able to announce increased opening times of the Centre and with the knowledge that we have also bolstered the current operating budget.

With the potential expansion into other areas within the Western Isles I also think it appropriate that Catch 23 be given a clearly defined operating budget from the WIAMH core fund.

Other Potential Events and Activities

There have been various suggestions for extra activities from the membership, including day trips, trips to the cinema/theatre, walks etc. These ideas have not been forgotten but I must point out various reasons for not implementing them immediately:

- We have been unable to get further members onto the MiDAS training course; without which they are not permitted to drive minibuses for the group.

- For outside activities we need to source extra funds for the likes of insurance, staffing, etc.

Some of these ideas do not always need the Staff or Volunteers to organise them, but remember, we are always there to offer support if needed.

This is one area where I feel that I have let down the membership to a degree, for which I must apologise. In my defence total staffing hours are still only 35 hours per week, less holiday entitlement. My priority as Centre Manager must always be that the Centre remains open as often as possible for those who need it most. I hate the thought that someone may travel in from the other side of the Island to find the Centre doors shut.

More Detailed Information

If anyone requires more detailed information of the Centre's activities, Manager's reports are compiled for each committee meeting and are available on request.

Summary

In summary, I believe the Centre is fully established as an integral part of people's recovery and support within the local community. Catch 23 benefits from excellent links with a variety of both Statutory and Voluntary organisations. The next year should see huge developments and I look forward to my report next year.

The Centre as a whole is now running very smoothly and any minor problems are dealt with efficiently by either the staff or the Volunteers.

The Volunteers continue to play a vital role at Catch 23 and on behalf of myself and Cathy

Projects and Activities

I would like to thank them for their continued support over the last year. Their true value to the organisation is difficult to evaluate, but doing some basic maths I would like to leave you with this final thought:

WIAMH and the Centre benefit from approximately 35 hours of volunteer time per

week. Put an average market value of £10/hour to these hours. Add another 10 hours a week for time the volunteers spend travelling in their volunteer duties. $45 \text{ hours} \times £10 \times 52 \text{ weeks}$ equates to a cash value of £23,400, 2,340 man-hours. Don't let anyone ever tell you that we as an organisation are not very good at bringing in donations!

i-reach

This year, WIAMH has taken over the administration of the i-reach fund. The fund continues to support WIAMH and other organisations and individuals in addressing issues relating to geographical and social isolation. It is now managed by a joint committee formed of Representatives from

the statutory agencies and WIAMH.

(n.b. The i-reach fund is administered by us but does not form part of WIAMH funds, and so does not appear in our accounts, except where we receive grants from it for our own work.)

Social Firms

Part of the work of this year has been to explore options for the development of Social Firms, which are businesses which provide suitable employment opportunities for people with a range of specific support needs. We have undertaken this with funding from the Mental Health Partnership, and have been working on it with Anne Sobey of Voluntary Action Lewis. In August we held a joint seminar and a public meeting to explore

the subject. It is too early to say what might come out of this but we are hopeful that it will prove beneficial to a wide range of people. There is also the possibility that WIAMH may itself be able to undertake some activities in this area, which may have the capacity to improve our revenues in the longer term. If anyone would like more information on this topic, please call in.

Partnership Working

WIAMH members and staff are working with other agencies in the *Western Isles Mental Health Partnership*, are serving on the boards of the *Western Isles Advocacy Service* and *Western Isles Community Care Forum*, and have worked on the *Mental Health Services Redesign Group* and the *Unscheduled Care Collaborative Programme Steering Group* (as of this month, this group now has a wider remit and has been renamed the *Patient Journey Steering Group*). We also have our ongoing

relationship with Penumbra, and have been working more closely with Voluntary Action Lewis this year. Other joint working is undertaken on a more informal basis.

Plans are also under way to form a partnership body to help the Catch 23 Centre organise its relations with other agencies. It is anticipated that this might involve all agencies who might refer people to Catch23, including Social Work, NHS and voluntary sector agencies.

Arts

Once again this year, arts activities form a significant component of the activities undertaken by WIAMH members. Most of these activities take place in Catch23.



This year was a great success and all staff and volunteers should be commended for their efforts during the twelve-day period. Following the event, WIAMH members' artwork has been on exhibition at An Lanntair during Suicide Awareness Prevention Week.



Valtos 2006

For the third year running we have held a joint event based at the Valtos Centre in Uig, Lewis, together with the Luna and Art Angel projects from Dundee. This year a total of twenty seven people, fifteen from the Islands, attended either on a residential or day basis, and took part in workshops in writing, photography, and painting and drawing, as well as outdoor activities from walking on the beach to canoeing, rock-climbing and abseiling. Transport was provided on a daily basis from Stornoway, and this year we also had the use of a self-catering cottage for our members, which enabled a larger number of people to stay over than in previous years, and so be more involved in the event. Funding came from Choose Life; and Art Angel had funding from the Scottish Arts Council.



This type of project has a clear benefit to members' well being and self esteem; we should endeavour to continue to offer access to these events. Del has now started to research funding opportunities for next year.

Finances 2005-2006

Our accounts for 2005-06 have been prepared and verified by Mann Judd Gordon. The full set of accounts and formal report of the directors is available for study at the WIAMH office, or a copy is available on request.

Our overall income has increased by around half as compared to 2004-05, and overall expenditure has more than doubled – rising to match our income, as some work which was funded in advance has now been undertaken. This will be repeated for the year 06-07, and in the absence of new funding we would expect expenditure to substantially exceed income. However, work is already under way on new funding applications; if these are successful, we will see another increase in overall income.

Most of our income in 05-06 is grants from NHS Western Isles and Comhairle nan Eilean Siar, including our core funding. We also received project grants from *Choose Life*, the *Voluntary Action Fund* and *Awards for All*. The remainder is bank interest and membership subscriptions and donations, which this year amount to 1.4% of our income.

The bulk of expenditure is now staff costs (including wages); the next largest areas of expenditure are travel and premises. The figure for *Premises* this year is significantly larger than that for 04-05 because our rent charges for both years came in during the 05-06 period.

Under *Equipment* are the new computers for members' and public use in Catch23, paid for with a grant from Choose Life. *Travel* includes funding received from i-reach, as well as money from project grants.

Summary of Income and Expenditure 1 April 2005 to 31 March 2006

	2005-06	2004-05
Income	£	£
Grants	32,767	22,000
Subscriptions & Donations	467	48
Bank Interest	530	291
Total	33,764	22,339
Expenditure	£	£
Staff costs	16,294	4,196
Materials	705	2,676
Equipment	1,511	
Travel	4,414	3,063
Volunteer Expenses	767	
Accountancy	605	352
Tuition	2,511	75
Premises	4,018	638
Other	454	403
Postage and Stationery	688	778
Childcare	392	243
Communications	943	300
Total	33,302	12,724
Excess of Income over Expenditure	462	9,324

Balance of funds at 31-03-05: £ 21,276

Balance of funds at 31-03-06: £ 21,738

Note: The above figures do *not* include depreciation as expenditure. They do include all sums due or owed at the end of the financial year. This account does not form part of the financial statements for the year, but is an extract presented here for information only.

Western Isles Association for Mental Health

is a Company Limited by Guarantee (no. SC 254039) and is registered as a Scottish Charity (no. 027469).

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