



# The Good Mental Health Cooperative

## Annual Report

### September 2015 – October 2016





## 1. Introduction

In April 2013, the Good Mental Health Cooperative constituted formally as a Community Interest Company (No. 8505989) – a not-for-profit social enterprise. The Cooperative had previously been an unconstituted community group, gaining our first funding from the Big Lottery in August 2013.

### **Our founder Directors are:**

Martin Stevens – Chair

Carolyn Barber – Company Secretary

Lynda Panter – Treasurer

Sandy Walker

Jan Fowler

### **Additional members of the Management Committee are:**

Claire Holloway, Hermione Bailey, Sarah Haskett, Fiona Giddey

## 2. Membership

In 2014, the Good Mental Health Cooperative joined the Cathedral Innovation Centre which enabled us to offer a subscription membership at a cost of £50 with the following benefits:

1. Access to a dedicated meeting space by prior arrangement.
2. Access to business mailing address at the Cathedral Innovation Centre
3. Promotion of products, services, trainings on the GMHC website and/ or mailings sent to 1000+ subscribers, subject to guidelines agreed by the Committee
4. Priority consideration when the GMHC gains funding for collaborative projects.

Subscription members are: Creative Mental Health UK, Healing Hypnotherapy, Wayfinder Associates, Sanity Books, Janet Ayers, Tongues&Grooves in the Community, Give Gain & Grow, Aposites, Pushing Change (PUSH).

There is also a free individual membership. As yet there is no subscription for participation in collaboration meetings.

## 3. New Office Base

In June 2016 we took up residence in new office space in the Cathedral Innovation Centre, Portsmouth. This has led to closer collaboration with the Innovation Centre itself and allowed development of other projects such as the volunteering drop-ins. It also provides a base for business and collaboration meetings

## 4. Projects

**Human Library** – in the past year 7 Human Library events have been held with 10+ volunteers taking part at different times. Three training workshops were held with the general public on 16<sup>th</sup> April in Portsmouth and 15<sup>th</sup> October in Southampton, plus one for members of PUSH in September 2016. There is currently a strong group of committed volunteers but more recruitment is needed through additional training workshops to expand the Booklist.



**Hampshire Festival of the Mind** – The second Festival took place during May 2016, with over 1000 people attending events, workshops and activities.

Events included:

**7 May:** Launch event at Portsmouth Cathedral Stalls marketplace: Key note speaker Professor Paul Crawford, stalls, workshops, creative activities, drama, lifemusic, bellydancing, tai chi, the Labyrinth, the Human Library, exhibitions and much more. An extraordinary and inspiring day. Opened by the Mayor of Portsmouth.

**14 May:** Arts and Wellbeing Day in Southampton: Organised by Creative Options, this was a day of exhibitions, creative activities, stalls, music and entertainment. Attended by Alan Whitehead MP and the Mayor of Southampton

**16 May:** Out of the Box – The Billion Pound Question for Mental Health: A world cafe event in Portsmouth on the future of mental health support services, over 50 people attended to hear a series of short speeches from presenters and then debate the issues in small groups. Speakers were Dr. Janet Maxwell (Director of Public Health), Dr. Veronika Wagner (psychiatrist), Josanne Clarke (service user activist, trainer and consultant), Richard Barritt (CEO Solent Mind), Sandra Walker (Health Science, University of Southampton).

**18 May:** Mental Wealth Trialogue in Southampton: Having successfully delivered a series of Trialogue events in Portsmouth, the Festival saw the first Trialogue event take place in Southampton. The themes discussed are recorded here via this link, and key messages sent to influencers in political positions or in mental health service delivery.



Other events during May included:

Blues for the Blues Jam session (Portsmouth)

Gosport Laughter Club (Gosport)

Shifting Moods (Portsmouth) – poetry and music for recovery

Life Music workshop (Portsmouth) – open to all human beings; bring your life experience and make some music.

Diving into the Wreck (Portsmouth) – a live literature production written and performed by former addicts with directorial and creative writing support from Tongues & Grooves in the Community.

Upcycling workshop for Give Gain & Grow group (Gosport)

Walker Broad Gig for Mental Health (Portsmouth)

Peer Support Health Dog Walking Group (Southampton)

Rapid Cycling – Forum Theatre workshop (Southampton) – an interactive play which allows it's audience to influence the outcome. Looking into the struggles of living with mental ill-health.



Particular thanks to the Cathedral Innovation Centre and Portsmouth City Council for their sponsorship, Denplan for funding free workshops, Awards for All Lottery for funding volunteer expenses, and fundraising for the Festival at the Southsea Community Choir event and Egypt to Africa Belly Dance and Community Arts event. And of course many thanks to all those many, many people involved in the planning, preparation and delivery of the many events and activities as part of the Hampshire Festival of the Mind.

**Mental Wealth Trialogues** – came from the success of the Question Time event ‘No Health without Mental Health’ in October 2014. Based on ‘open dialogue’ events used in northern Europe to redesign mental health services, we have now held 6 Portsmouth based Trialogues and in May 2016 we held the first Trialogue in Southampton, with two more planned for 2016. After the 3<sup>rd</sup> Portsmouth Trialogue (in 2015) Portsmouth City Council provided funding for us to continue to facilitate them during 2016. Southampton Trialogues are currently funded via Awards for All grant.



**Volunteer Meet-Ups** – Volunteering meet-ups were set up, through the Awards for All grant, as a monthly drop-in for people interested in volunteering. This is aimed at those who don't know where to start or they feel they need extra support to help them take the steps needed to get involved. Two meet-ups have already been held and 6 prospective volunteers have attended. Two more meet-ups are planned. This initiative will be evaluated at the end of the year with a view to assessing whether and how to continue.

## 5. Collaboration activities

Collaboration meetings first started in August 2013, and were influential in the planning of the first Hampshire Festival of the Mind and the idea for Pop-Up Wellbeing Centres. Since moving into our new office, monthly collaboration meetings have restarted on the second Wednesday of each month. We are now also involved in the Veterans Outreach Service monthly drop-in events.

**Mental Wealth Festival** – in September 2016 we collaborated with Books Beyond Words, City Lit and the Human Library in London to take part in the Mental Wealth Festival held near Drury Lane in London. It is a three day festival where mental health is discussed in parliament on day 1. On day 2 Sandy Walker gave a talk on the Trialogue initiative, and took part in an expert panel exploring the development of a strategy for young peoples mental health. The art created by the Claire Holloway for the Trialogues was exhibited throughout the event. On day 3 our Human Library volunteers joined forces with the London Human Library and provided a very vibrant library throughout the day.



## 6. Committee activities

The GMHC management committee has met 5 times since the last AGM, in November 2015, and January, April, July and August 2016.



## Funding

- A bid was submitted to the Paul Hamlyn Foundation to fund a new on-line portal called the Hampshire Arts & Wellbeing Zone which would be set up to build on the momentum of the next Festival with it's theme of 'Creativity, the Arts and Good Mental Health' – this was not successful
- A bid was submitted to the Celebrating Participation in Healthcare Community Grants to support the Trialogue initiative. – this was not successful
- A bid to take part in the Aviva funding campaign was successful in getting through to the second phase of the project – see below.
- Heritage Funding –a bid has been submitted to the Heritage Lottery for a project on One Hundred Years of Mental Health Care. News is expected shortly.
- Awards for All – We were awarded £9600 for funding volunteering activities in February 2016.

## 7. Future plans for next 12 months

- Discussion has started with the Big Lottery Reaching Communities programme (up to 500k over 5 years) about funding to support further development of Strong Minds courses, the Human Library, Mental Wealth Trialogues and Pop-Up Wellbeing Centres across Hampshire.
- Heritage project - if successful in gaining funds
- Aviva – next Hampshire Festival of the Mind in October 2017. Suggestion for the theme of the Festival is 'Doing things differently – visioning the future '
- Trading – Human Library to Universities, Off The Shelf workshops
- Trialogues in Portsmouth and Southampton, consideration needed as to how to continue to fund these.
- Student placements – Solent University social work students are likely to be placed with us from next February
- Research funding bid by Southampton to use GMHC as a case study to explore impact of community wellbeing services on health.