

The Good Mental Health Cooperative

Annual Report

October 2016 – September 2017





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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. **Our founder Directors are:**

Martin Stevens – Chair

Carolyn Barber – Company Secretary

Lynda Panter – Treasurer (stood down August 2017) – post now vacant

Sandy Walker

Jan Fowler

Additional members of the Management Committee are:

Claire Holloway

Sarah Haskett

Fiona Giddey

The GMHC office continues to be based at the Cathedral Innovation Centre, St.Thomas Street, Portsmouth PO1 2HA. Rachel Cox has worked as a volunteer intern since January 2017, providing administrative and bookkeeping support.

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, Money Mindfulness, Pushing Change (PUSH), SHIFT.

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

There are currently 20 individual members of the GMHC, and 45 volunteers.

3. Projects

Human Library – in the past year 3 Human Library events have been held with the University of Southampton and Queen Alexandra Hospital with 10+ volunteers taking part at different times. Two training workshops were held with the general public on 11th February in Portsmouth, plus one for members of SHIFT in September 2017. There is currently a strong group of committed volunteers but more recruitment is needed through additional training workshops to expand the Booklist.



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 held Mental Wealth Trialogues in Portsmouth and Southampton, and now Fareham/Gosport. Messages from the Trialogue discussions are shared with people who are influential in the planning of local mental health services, and we are currently preparing a full report of all the themes from the Trialogue discussions over the past 3 years. Artistic images have also been inspired by the discussions and are now available as postcards for sale. After the 3rd Portsmouth Trialogue (in 2015) Portsmouth City Council provided some funding for us to continue to facilitate them for 2016 and we carried out the last one of these on the 16th November last year. Southampton Trialogues were funded via an Awards for All grant and two further events took place, one on the 30th November 2016 and one on the 29th March 2017. Creative Options, in Southampton, are interested in continuing Trialogues and Sandy is discussing with them some training in order to support them to facilitate their events. Funding from Hampshire Healthwatch will enable 4 bi-monthly Trialogues to be held in the Fareham/Gosport area, starting in November 2017.



Volunteer Meet-Ups – Volunteering meet-ups were set up as a monthly drop-in for people interest in volunteering. This is aimed at those who don't know where to start or they feel they need extra support to help them engage. Four monthly meet-ups were held from September to December 2016. This initiative was evaluated at the end of the year and the decision was taken to suspend them until the planning phase of the next Hampshire Festival of the Mind.

Heritage Project: 100 years of Mental Healthcare in Hampshire – The history



of mental health care and particularly the central role of mental asylums over the past 100 years has profoundly influenced how mental health and mental illness is still perceived today, despite the significant changes of the last 20 years. The project has engaged volunteers who are socially isolated and socially anxious, often recovering from mental ill-health themselves, in a structured programme. The volunteers have learned some basic research skills and undertaken small scale research projects, with support, into the heritage of the two local asylums in South East Hampshire.

This project is now half way through with all but 2 of the monthly planned sessions done. A drama project for 5 weeks is starting in October, and some art and poetry has been



commissioned to creatively express the information and memories generated by those participating. Evaluation of the project is ongoing and expected to be available by March 2018. There will be an exhibition of the project in the Portsmouth History Centre in the Central Library during December 2017.

4. Collaboration activities

Mental Wealth Festival – in September 2017 we again took 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 and Heritage Project initiatives and joined forces with the London Human Library, now called Human Stories, who provided a very vibrant library throughout the day on the 3rd day.

Student placements: we had two social work students on placement with us from Feb to June 2017, this was very successful and they appeared to have a good learning experience. They were facilitated to work closely with Give, Gain and Grow (Gosport) and PUSH to assist them in furthering their activities.

5. Committee activities

The GMHC management committee has met 4 times since the last AGM, in November 2016, March, June and August 2017.

6. Funding

- The Heritage Lottery awarded a grant of £9,900 for the pilot project '100 Years of Mental Health Care in Hampshire'
- The Partnership Foundation have awarded £200 for the publication of a Mental Wealth Trialogue report
- Comic Relief (HIWCF) have awarded £1000 for Human Library training and volunteer expenses
- ARISE Portsmouth awarded £235 for outdoor banners for Pop-Up Wellbeing Centres

7. Future plans for next 12 months

- A bid to run a monthly drop-in cafe event is currently being considered by the PCC Voluntary Sector Capacity and Transition Fund.



- We continue to work towards applying to the Big Lottery Reaching Communities programme about funding to support further development of the Human Library, Mental Wealth Trialogues and Pop-Up Wellbeing Centres across Hampshire.
- Hampshire Festival of the Mind – planned for May 2018. A bid to Awards for All is underway for this.
- A bid is planned to Community Chest for further Trialogue funding in Southampton
- Heritage project exhibition to run in Dec 2017 with potential to consider further Heritage funding for broader project.
- More student placements from early 2018
- CB &SW have been working on a position document which will be the basis of all future bids and used to attract philanthropic funders, this will be presented to the management committee once it is complete.
- Trialogue article anticipated to be published within this year, and a report on all the themes will be printed for distribution to local influencers