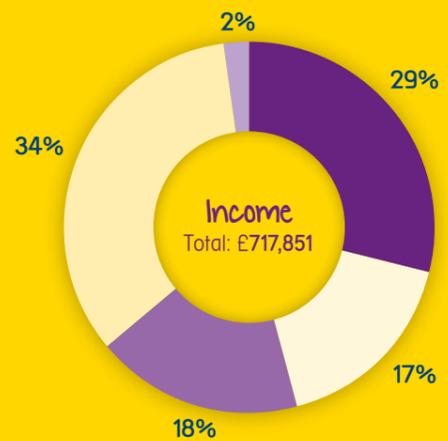
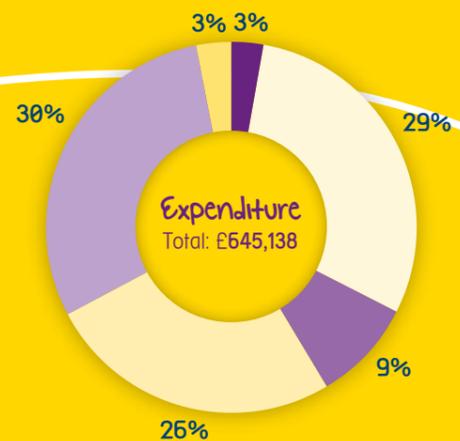


Mind in Harrow Annual Review 2012-13



INCOME 2012

£210,376	Harrow Primary Care Trust & NHS
£119,006	Grantmaking Trusts and fundraising
£127,511	Big Lottery Fund & national government
£246,394	Harrow Council
£14,564	Bank interest & other income
£717,851	TOTAL



EXPENDITURE 2012

£17,140	Governance
£190,376	Vocational & Education Projects
£59,418	User Involvement Project
£167,616	Psychological & Befriending Services
£193,010	Information & Community Access Projects
£17,578	Generating funds
£645,138	TOTAL

Summary

Our income to the year ending March 2012 has remained at a similar level to the previous year at just over £700K. Some time-limited funding has ended and we have been awarded some new grants for projects. For example, the Heritage Lottery Fund to explore the history of Shenley, the City Bridge Trust to develop a performing arts project and Lloyds TSB Foundation for England and Wales to improve access for refugee new arrival communities.

Our main sources of funding are local public sector bodies which fund our core activities and direct services through Service Level Agreements. Grantmaking trusts and Big Lottery Fund provide grants to a number of specific time-limited projects and accounted for 25% of our income. We spent 3% of our total expenditure on fundraising and 3% on our governance costs to comply with legal and regulatory requirements.

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Key Facts about Mind in Harrow

- Individuals helped: 1,500 people in the past year
- Client satisfaction rating: 89% of our service users would recommend us
- Services provided: An exciting range of 14 services
- Number of volunteers: Over 70 in the past year
- Number of staff: 25 full- and part-time and 20 Service User Sessional Workers
- Partner organisations: We collaborate with over 50 organisations each year.

We won't give up until everyone experiencing a mental health problem gets both support and respect.



Service Achievements

I have been reminded of what I am capable of doing.

Head for Work accredited Trainer

Mind in Harrow exists to transform the lives of people coping with mental health problems locally. We aim to be constantly learning and developing to realise the aspirations of Harrow's diverse people and overcome the prejudices that limit their well-being.

We showcase here three projects which tackle the challenges of mental health in very different ways and each at their heart empowers individuals, families or communities to discover their own ways to recover.

We fundraise all our income locally in Harrow and rely on your active support to continue vital services which no other organisation provides.

Open

We reach out to anyone who needs us.

Together

We're stronger in partnership.

Responsive

We listen, we act.

Independent

We speak out fearlessly.

Unstoppable

We never give up.

User-led Mental Health Awareness Training Project

Head for Work (H4W)

The Head for Work project is unique by offering three components of a journey back to employment: a Train the Trainer course accredited by Middlesex University (EPIT), followed by paid opportunities as a sessional Trainer (TrainAware) and finally support to take next steps beyond the project (Future Prospects). Head for Work has been funded over past 3 years by the Big Lottery Fund and has continued to achieve remarkable outcomes:

91% per cent of beneficiaries indicated that their engagement with the project helped facilitate a return to employment.

20 TrainAware courses were delivered to local businesses and organisations in Harrow in the past year.

60 service users have participated in the Head for Work programme in the last 3 years.

16 people have achieved accreditation as a Mental Health Awareness Trainer in the past year.



Hayaan Somali Mental Health Project

(Hayaan in Somali means 'Moving to a better place')

In two years, this ground-breaking project has recruited and trained 21 Somali Volunteer Peer Educators to deliver fortnightly mental health information and support sessions tailored to the cultural needs of their community. The project has developed at an amazing pace, funded by Trust for London and the government's Volunteer Fund.

Peer Educators have organised **24** workshops in the past year, including sessions by the only Somali Psychiatrist in London.

40 Mental Health and Social Care Professionals have attended the workshops.

85% of members self-reported better knowledge of their rights.

84% of members self-reported better access to services facilitating reduction in poverty.

65 unique members accessed the workshops during this period.

'I'm a member of the community. The skills we have learned make us different, as I can help my own people by talking to friends and family. I feel more confident than before due to training and the possibility to practice.'

Hayaan Project
Volunteer Peer Educator

Information Services

Mind in Harrow's Information service is the only one of its type locally, offering an invaluable telephone and web based service to residents and professionals in the borough of Harrow. Callers are signposted by a trained team of volunteers and staff in a timely manner to local services such as counselling, advocacy and carers support. In a recent survey, **78%** self-reported that they were provided with effective signposting to social care support services.

Our comprehensive directory has been revamped this year to offer improved search facilities and up-to-date information on **100** Harrow health & well-being services, **100** national organisations and **24** Harrow factsheets, such as crisis support & how to find a counsellor/therapist.

<http://directory.mindinharrow.org.uk/Pages/Subjects.aspx>



Become a Superhero to fundraise for us

