GRANBY COMMUNITY MENTAL HEALTH GROUP

Congratulations

YEARS

ANNIVERSARY

1991-2016

Annual Report & Accounts 2016-17
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Grammar corrected.

GRANBY COMMUNITY MENTAL HEALTH GROUP
MANAGEMENT, STAFF & SUPPORT NETWORK 2016-2017

Board of Trustees
Stanley Mayne Chairperson
John Wainwright Vice Chair
Emmanuel Mensah Treasurer
  Resigned Dec 16
Karen Mello
Chandra Ghosh
Phil Gore
Celine McNabb

Mary Seacole House – Staff
Carolyn Sowande Chief Executive Officer
Reihana Bashir Operations Manager
Marie O’Sullivan Administrator
Vanessa Banim Assistant Administrator
Kelly Ristron BME Family Service Project Coordinator
Fouzia Hinchcliff BME Family Service Support Worker
Frances Ryan Support Worker
Julie Roberts Health & Wellbeing Coordinator
Saiqa Sahotra Health & Wellbeing Worker
Simon Torkington Advocacy Development Officer
Zorro Rudasumbwa Engagement & Development Coordinator
Alex Coombes Community Advocacy Worker
Kemi Otubu Administration Assistant
Frances Ryan Cleaner-in-Charge

Session Workers
Kim Ryan Massage/Aromatherapist/Life Coach Tutor
Annette Tromans Tomorrows People ‘Positive Progress’ Initiative Mersey Travel
Vicky McNamara Person Shaped Support Potential for Skills
Paddy Morton Merseycare Chaplain
David Westhead Community Police
Sara Doyle
Jamal Malique

Ron Clayton & Keith Williams Young Addaction
Stephen Jennings Addaction
Vicki Hamlet Brook Advisory
Martin Walsh History of Mental Health/Clinical Teams
Peter Edwards Mental Health Law
Rebecca Jones Criminal Justice System

Student Placements
Alice Berkeleg Liverpool John Moores University
Claudia Leung Liverpool John Moores University

Volunteers
Doris Angus BME Family Service
Ruth Mukerjee BME Family Service
Iman Saeed BME Family Service
Entisar Saleh BME Family Service
Alia Bibi BME Family Service
Celine Hay Talk Liverpool Service
Ben Butterfield Talk Liverpool Service
Gwen Williams Talk Liverpool Service
Kerrise Grey Talk Liverpool Service
Margie Mathews Talk Liverpool Service
Nkechie Onuora Talk Liverpool Service
Hassan Farhiya Talk Liverpool Service
Manuela Musella Talk Liverpool Service
Moved on Oct 16
Allen Diahangiri Talk Liverpool Service
Mariam Diane Talk Liverpool Service
Moved on Jan 17
Afsoon Yazdanbakhsh Talk Liverpool Service
Irfan Warsame Talk Liverpool Service
Moved on Jan 17
The management board continue to support the organisation to deliver the services that we have. We are continually working with the senior managers to explore alternative avenues of generating income and business for the longevity of Mary Seacole House. We continue to be funded by Liverpool City Council for our core service which allows MSH the opportunity to explore alternative business ideas for future sustainability.

**Conclusion**

As previous years the times ahead still prove to be difficult with regards to funding therefore it is essential that current funding of the organisation is not only maintained but efficiently utilised. MSH uniqueness is that it continues to provide culturally appropriate services for BME people who are experiencing mental health difficulties. It continues to be an important and valued organisation by those who access the individual services that are provided.

Stanley R. Mayne, J.P.
The past year for Mary Seacole House was filled with many challenges. I was absent for the best part of the year recovering from ill health and only keeping in touch through regular meetings with Reihana Bashir who is our Operations Manager.

This annual report gives me the opportunity to look back and see all what we’ve accomplished in the financial year. This year we received the Workplace Health & Wellbeing Charter for another two years. We are very proud of this achievement.

In my absence the day to day management was carried out Reihana Bashir who did an excellent job. I know it was tough at times for her, but she coped well and I am very grateful to her for all the hard work she put in.

One of the highlights of the year was the celebration of our 25th anniversary which unfortunately I missed but from the recorded footage I saw it was an excellent event which was attended by the High Sheriff of Merseyside, (Mr. Jim Davies) Cllr. Nathalie Nicholas (Picton Ward), stakeholders, service users, trustees past and present, staff past and present, colleagues, partners, local organisations and Commissioners.

We have been working on new developments for the service with the help of David Waterfall (Consultant) who has supported the organisation for the best part of the year and hopefully will continue to offer his support.

With his assistance, we put together and submitted a bid to the Big Lottery Fund for their Local Sustainability Fund and we were successful. The funding helped us to pilot a BME Holistic Family Service which we identified is greatly needed within the BME communities. We are hoping to be able to generate funding for at least the next three years to continue with this extremely needed and valued service.

We recruited a new trustee this year (Celine McNabb) and we are very happy to have her on the Board offering her expertise and support to the organisation.

Regarding our services and finances these will be reported on in the Operations Manager Report.

We are an organisation committed to providing a working environment that is free from any form of discrimination. We believe in making our staff feel respected and valued. We have an excellent team and I would like to thank them for all their hard work and commitment.

The service is committed to safeguarding and ensuring the welfare of our service users and expects all staff and volunteers to share this commitment. I know our service users really appreciate the support that they receive from Mary Seacole House and I would also like to thank them for all what they have done for the service including fundraising.

Finally, I would like to say a big thank you to our funders, trustees, stakeholders, partners, colleagues, donators, anonymous donators and supporters for all their invaluable backing over the past year. Without all of them we wouldn’t be able to offer the service which is increasingly becoming more important. Even Central Government acknowledges this.

Carolyn Sowande
This year has not only been an exciting year but also very challenging for me. As Carol mentioned in her report she was absent for the best part of the year thus leaving me in charge to manage the organisation. It was hard at times but also exhilarating. So for me it was a period of learning and growing on a professional level but also realising my own capabilities and making sure that I did not let Carol down.

One of the big challenges was being responsible for organising Mary Seacole House’s 25th Anniversary celebration. But with the support of the board and my amazing staff team we achieved a celebration that was not only fitting but fabulous. The celebration was held October 2016 at the Adelphi Hotel and the night was made really special by the attendance of our service users. In particular I would like to mention Ann Marie Kelly who has been a service user of MSH for 25 years, who showed courage and determination when speaking about her experience of mental health and accessing MSH for all these years. For me it was the highlight of the night.

As I stated in last years report we envisaged that the day service and the advocacy service would have gone out to tender but this has still not taken place and we are still waiting for the outcome. Regardless we continue to provide an effective day service and advocacy service to our clients and you can read more about this in the individual staff member’s reports.

This year we also registered Mary Seacole House as a hate crime reporting centre. This initiative was developed by Vanessa Banim - Assistant Administrator following a Hate Crime Awareness Day. After learning more about hate crime, reporting and recording Vanessa registered Mary Seacole House as a hate crime reporting centre and worked with Anthony Walker Foundation to develop a policy, procedure and reporting form. Vanessa also organised awareness training for all staff in January 2017 facilitated by Anthony Walker Foundation and Daisy Inclusive UK (disability awareness) so that staff could feel confident in recording hate incidents.

Following on from the Carers Service through securing the Local Sustainability Fund we were able to provide a pilot Family Service to our BME communities addressing mental health and wellbeing. This pilot has provided us with the foundation to pursue other avenues for funding for this service as the pilot has demonstrated the need for this.

Another new initiative that we set up this year was the South Asian Dementia Support Group – Umeed (Hope). We applied for some funding DEEP (Dementia Engagement & Empowerment Project) to pilot a support group for carers and families living with dementia. The aim of the pilot was to tackle the stigma attached with dementia particularly in the BME communities. The session ran once a month providing people with awareness and education around dementia but information that is culturally appropriate and in the appropriate language. It also developed on peer support for carers caring for people with dementia. The funding was for a year but MSH is continuing to internally fund this due to the positive response.

The partnerships that we developed last year have gone from strength to strength. We have now completed our second year working with Mersey Care on the ‘Talk Liverpool’ Service and you can read more about the developments and achievements of this in Zorro Rudasumbwa - Engagement Development Coordinator’s report.

The partnership work with Mersey Care and PSS with the management of Liverpool Community Development Service is also into its second year. MSH continues to provide the community advocacy element and you can read more about this in Alex Coombes- Community Advocacy Worker’s report.

As always the staff team has been given the opportunity to access a number of training and development opportunities. Ensuring that their knowledge and skills is kept up-to-date in order to provide the best possible support and care for our service users.

Finally thank you to all those who continue to support, donate and fund the services of Mary Seacole House, and a special thank you to all the staff for their continued and genuine support and care to our service users and to our service users for their ongoing commitment and trust in our services.

Reihana Bashir
Achievements

Mary Seacole House celebrated its 25th Anniversary in October 2016.

Mary Seacole House launched its South Asian Dementia Support Group called ‘Umeed’ (Hope)

Mary Seacole House had its Workplace Wellbeing Charter Renewed in March 2017.

Events

Cultural Appreciation Day
Sharing and learning from different cultures through traditional dress, food, music and stories. 20 service users attended

Mental Health & Dementia Awareness Week
Theme - Healthy Relationships. Talks around mental health and dementia. 27 service users attended

Africa Oye Festival
Stall at above festival managed by (MSH, LCDS, and Liverpool Mental Health Consortium.
6 service users attended

Hate Crime Coffee Morning
Discussions with service users on how to identify and report hate crime. 15 service users attended

Anthony Walker Foundation Festival
Stall at event giving information on our services and fundraising. 9 service users attended

Day Service Open Day
Feedback from service users on the day service. 25 service users attended

World Suicide Prevention Day
Educational quiz for service users. 12 service users attended

Mental Health & Hate Crime Awareness Day
Theme - RESPECT. Information sharing with Anthony Walker Foundation and Merseyside Police. 18 service users attended

Artisan Fair at Adelphi Hotel
Fundraising through Art work. 6 service users attended

Christmas Fun Day
Service users enjoyed mince pies, Christmas songs and games. 30 service users attended

Service users Christmas Party
Service users enjoyed buffet and disco at Kuumba Imani Millenium Centre. 40 + service users attended

BME Family Service Christmas celebration meal at Sultans Palace. 40 service users attended.

Theatre Show
The Star ‘The Big Brilliant Music Hall’ at the Play House. 11 service users attended

Art Class Christmas Party
Christmas themed party in Toxteth Library with tea, coffee and mince pies. 8 service users attended

Christmas Breakfast at Mary Seacole House
Last Men’s and Women’s Group before Christmas break. Service users chatted, exchanged cards and well wishes. 18 service users attended

Time to Talk Day
Conversations around ending mental health stigma. 25 service users attended

Cultural Appreciation Day – Co-hosted by Movema World Dance
Appreciating and celebrating the different cultures through traditional dress, music, dance and food. Ngunan Adamu from BBC Radio Merseyside spoke about the importance of multiculturalism. BBC Northwest News filmed a short piece on breaking mental health barriers and cultural stigma. 26 service users attended.

Afrikan Village Market
Afrikan themed arts, crafts, fashion, music, food and performance. Fundraising through art work. 6 service users attended

Theatre Trips
Throughout the year we have also been given free tickets to ‘Leap into Music’ Events at the Liverpool Philharmonic. The uptake on this has been well attended with over 60 service users attending 6 different performances.
ACHIEVEMENT AND EVENTS 2016-2017

Events

The Deputy Mayor of Liverpool - Councillor Roz Gladden (October 2016) visited Mary Seacole House. Discussions with staff regarding all of our services.

Courses

LCC – 20 + service users enrol onto Adult learning courses doing various educational courses including Health and well-being, holistic therapy and computing in September.

EDUK8 - 30 certificates have been awarded for Dementia awareness, diabetes awareness, food hygiene, health and safety, first aid, and food and nutrition.

Peer Advocacy Course - 27 service users completed the course.

Positive Progress - 11 service users completed the course.

CHATS - 18 service users completed the Body MOT and Walk groups

Dementia Friends - 10 service users have become Dementia Friends.

EDUK8 - 13 service users completed food and nutrition training.

Happy Feet Group - 21 service users completed a 12 week course on health, walk, and nutrition.

Citizens Advice Bureau - 5 service users became volunteers for the service.
25 YEARS ANNIVERSARY at the ADELPHI HOTEL
This year has been a busy year in the life of MSH as usual. We have worked with the Citizens Advise Bureau on their ‘Advice on Prescription’ referral system, giving us a first class service through their knowledge of the benefit system and eligibility requirements. This has provided our member’s with professional support when claiming, changing or renewing their benefits with the DWP. We continue to refer to other relevant partner agencies such as Raise.

Our weekly timetable has been updated to meet the interests of our members. John Daly has again, come and delivered Science discussions through funding from Workers Education Association. This has been a great success with practical experiments in the foyer of Kuumba Imani Millenium Centre. The Everyman has supported us, giving discounted tickets to visit a play within a Liverpool theatre.

We acknowledge the fabulous contribution from Mersey Travel who have again allowed us to be a non-retailer accessing their Save-Away Allowance Scheme for members. This allows us to be able to break down the financial barriers some members may face when engaging with our service and activities.

We have now partnered up with Anthony Walker Foundation and become a Reporting Centre for Hate Crime. We hope this will have an empowering influence on members reporting crimes against them, giving emotional and practical support to keep them safe.

Our Fun Days are really well attended, this is when we acknowledge and celebrate WMHD, Time to Talk & Awareness Weeks such as Mental Health, Culture, Dementia, Suicide, Hate, Stigma & Barriers. We celebrated Christmas with a party at Kuumba Imani Millenium Centre for our members which was enjoyed by all who attended.

We mustn’t forget our 25th Anniversary at the Adelphi Hotel – that was a fabulous night for acknowledging the past and present employees and members who make MSH what it is today.

Julie Roberts
This year was a great year for the members of Mary Seacole House. We are very proud of all the work that has been undertaken by our team and we can really see the positive impact this has had on our members. We continue to provide support to the members on a one-to-one basis and within group activities. Quality training has assisted in maintaining and improving mental health, increasing self-esteem and confidence, and resulting in people becoming more independent and valued members of the community.

Art Group continue to have input into the fantastic ‘Sankofa Project’ run in collaboration with The National Museum of Liverpool. Our members are asked to think about a precious object that they want to look after and the best way in which to do it. Sankofa project also created a timeline to highlight Black activism in Liverpool. They acknowledged Mary Seacole House services within BME communities by putting our MSH name on the timeline. Throughout the year members have completed various small projects independently under supervision. For example, they have produced fantastic posters for mental health events and Hate Crime Day.

Mary Seacole House has developed a ‘chair based’ exercise activity for their 50+ members in collaboration with Healthiness LTD for six weeks. This activity empowered our elderly members by enabling them to look after their mental health and physical wellbeing through gentle exercise. The activity was well attended and well enjoyed by all. MSH members have marvellous opportunities to attend various Cultural Events hosted by MSH i.e. The ‘Cultural Appreciation Day’ was an open forum for members to discuss, learn and respect each other’s cultural differences. Members have also enjoyed the cultural music and dance, raffle table and cultural food.

Members have enjoyed different venues inside and outside of Liverpool, exploring the history which included sightseeing, local and Christmas markets and enjoying delicious food.

The ‘Culinary Collaboration’ project, which was very well attended previously, was continued in order to motivate members in 2016.

They have shared their favourite recipes and ideas with others and developed good relationships within the group. This group activity was also used as a forum, to invite guests from other services to speak about certain issues such as breast cancer awareness and dementia awareness, as well as other important issues.

In the last year we have been successful in developing partnership links with various other organisations. This has enabled our members to receive the right support in line with their needs: They are now referred to Advice on Prescription to receive advice on their welfare, debt, and other financial and housing matters. Potential for Skills is a great platform for our members to receive training in basic ICT and maths. The British Red Cross ‘Supporting into Volunteering’ scheme, offers one-to-one support to build confidence and self-esteem, and to help break the barriers people may have to becoming a volunteer.

Over the year, members are also encouraged to take part into various consultations and focus groups; we had a great turn out for Consultation - Charging for non-residential care services. Members received support from MSH staff throughout the day and the feedback was extremely encouraging.

I would like to take this opportunity to sincerely thank all of the people who have contributed to our work in the last year, and to thank all our members for your participation, feedback and continued and invaluable support. We look forward to another year of productive and positive endeavours, enhancing our wonderful community here in Toxteth and the wider community.

Saiqa Sahotra
BME FAMILY SERVICE REPORT

As a pilot scheme that was initially set up to see the response before moving forward, we are pleased to inform you that it has been extremely successful and is projected to run for some considerable time to come. This is evidenced in the fact that we are now supporting more than seventy families. A carer service that supported approximately two hundred and twenty carers from the BME communities in the past, is slowly growing back to the service it was before. Through this invaluable service we are able to provide help and support to all our families.

This family service encompasses both emotional and practical support. We support our families within a multitude of vitally important areas including; welfare benefits, housing, health and well-being, as well as being kept fully abreast of their rights as a citizen and providing knowledge on how to access further training.

The service activities we provide, remain both popular and well attended. For example our Happy Feet walking group proved to be our most popular group, closely followed by our Conversational English group with an average attendance of roughly fifteen to twenty people. We also have another new support group for carers, families and individuals diagnosed with dementia, called UMEED - set up to support south Asian families. This has been very well attended so far and is helping to break down the stigma around this debilitating disease by encouraging people to talk about it more openly.

Health and well-being also forms a large part of our work and our awareness sessions focus on topics such as healthy lifestyles, and how to effectively combat diseases such as diabetes and heart disease. Our main focus this year has been educating people on how to prevent eyesight deterioration by increases awareness on diseases which cause this such as cataracts and glaucoma and how to spot early symptoms.

Other popular areas of attendance have been the Health and Beauty course as well as our Therapeutic Care course. These help our clients to improve their quality of life, as evidenced by their own positive words and attitudes to the service.

Funding

The Lord Mayor and P.H.HOLT Foundation provided some funding to continue to run the successful Healthy Eating and Friday Art and Craft Club. The CHAT organisation provided money to fund the Walking Group who visited Southport, Knowsley, Warrington, Wirral and Chester, among other places.

Training

Throughout the year many families have expressed to us that the support, activities and training they received helped them to maintain both their mental and physical health. We provided and linked in with many different organisations that also provide free training. Some of these were PSS, the Liverpool Adult Learning Service and Eduk8.

The best attended courses were First Aid, Health and Safety, Food Hygiene, and the Health and Beauty course. Some of our service users have even had the additional benefit of gaining confidence to enter the paid job market such as working in supermarkets in the local area. As our legacy we can now boast paid chefs, catering assistants and support workers. Some clients enrolled themselves at Community College at Blackburn House and Crawford House to study other areas not covered by us.

Kellie Rostron/Fouzia Hinchliffe
It is not the usual order of things in these reports to thank the people that you have worked with and had support from but this year I would like to start with that. I have had and needed a great deal of support this year. My colleagues have stepped up to the mark and provided that. My first thanks goes out to my colleagues at Mary Seacole House who have taken on additional responsibilities when I had an enforced absence.

They made the time and had the patience to deal with some of my clients on top of their own work while I wasn’t there and were able to resolve their issues. There are some organisations in this sector who you would expect to support their staff because as they professes the nature of their work is to be caring but their employees have not been afforded the level of support that I have received from my co-workers and especially the management of Mary Seacole House and I thank them all for this. I would also like to thank all the clients for understanding that the organisation is multi-skilled and they have accepted the help of my colleagues in my absence.

I would like to thank the people who have had input and helped me with the Peer Advocacy Training Programme in last year. The course continues to be a great resource for people with experience of services both personally and professionally and our awarding body have endorsed this in their last report.

The emphasis of the advocacy work is generally the same with many people who has difficulties with their mental health condition requiring support within professional settings. This has become ever more difficult to deal with as the gap between the professionals and the public seems to be growing with the increasing pressure placed upon services meaning that they are having to find ways to reduce case loads.

The perception that came with the Care Act 2014 coming to force has been proven to be a false one with many people suffering the loss of support because they are finding it difficult to understand the changes that have been made to the assessment of their needs. Their needs have not changed but the eligibility criteria and the way people are asked questions has. I would like to ask one question about the assessment process and this is for everybody, including social workers before they were trained how to assess people under the Care Act. Do you understand the process and criteria for assessment?

It’s a basic question but if people do not understand it and they do not have it properly explained, then they should have an advocate to explain it to them. I do not think that has happened very much and I do not believe there can be an excuse for this. There are many meetings that take place across the city with statutory and third sector agencies all talking about the same issues yet there does not often seem to be much resolved. So while it is imperative that the issues are discussed, and I have been involved in that over the years, even more important is the action to resolve the problems for the individual citizens. We all have to act now and not just talk about this because to me that is wasting time and resources. A time to talk and a time to change is great but actions speak louder than words so let’s all do something now.

I am in a position to have an effect for people and as an advocacy service, is what we are doing. I have seen a lot of people throughout the last year but that is the tip of a massive iceberg and I feel for the people who I cannot get to or help. So I would encourage anybody who knows someone who needs help to refer them to me or engage them with some form of support so they have the chance to at least access services.

It has been a good year and we will endeavour to provide a successful service to our clients for as long as we are here which I hope will be for many years to come.

Simon Torkington
A Growing Role

Over the last year, my role as Engagement & Development Coordinator (EDC) has immensely expanded into delivering new workshops and information sessions on Talking Therapies for wider BME communities and to professionals that support people who are likely to experience a mental health problem.

So many engagement activities have taken place and a growing number of BME people are becoming aware of Talking Therapies and receiving treatment.

The year was also marked by positive changes for clients accessing Talk Liverpool. Notably, there was a remarkable reduction of waiting time for accessing therapy.

Talking Therapies and BME: Addressing Barriers

A recent study on ‘Perceived barriers to accessing mental health services among black and minority ethnic (BME) communities…’ (by Memon A, Taylor K, Mohebati LM, et al.) concluded that “People from BME backgrounds require considerable mental health literacy and practical support to raise awareness of mental health conditions and combat stigma. There is a need for improving information about services and access pathways.

Healthcare providers need relevant training and support in developing effective communication strategies to deliver individually tailored and culturally sensitive care.

Improved engagement with people from BME backgrounds in the development and delivery of culturally appropriate mental health services could facilitate better understanding of mental health conditions and improve access”.

Over the last year, I have put a great deal of time and energy in an effort to reduce barriers for accessing talking therapies.

Some identified factors influencing barriers to access include inability to recognise and accept mental health problems, reluctance to discuss psychological distress and seek help among men, negative perception of mental health and social stigma against mental health.

In addition to that, the impact of long waiting times for initial assessment and receiving therapy, language barriers, poor communication between service users and providers, inadequate recognition or response to mental health needs…., cultural naivety, insensitivity and discrimination towards the needs of BME service users have been hampering efforts to break down barriers to access.

Effective Community engagement

In order to reach out to more BME people, my focus has been to collaborate with other local organisations in organising community engagement events, instead of stand-alone events.

I have helped to organise and attended over 50 events, reaching out to over 2,000 people and encouraging them to seek help when they feel low or anxious.

Workshops

A busy year from Healthy Minds BME Workshops. I have delivered workshops to venues all across Liverpool, including Alive Community Centre, Granby Children Centre, Wavertree Children Centre, Garston CC, Enfield CC, Vauxhall CC, Everton CC, Liverpool City College, Kuumba Imani Centre (as part of the Liverpool Mental Health Festival).

Over 150 service users and professionals attended the workshops and feedback has been very positive.

The workshops cover information, common mental health conditions, existing NHS psychological treatments (Talking therapies) for low to moderate anxiety and depression, research findings on BME mental health and access to services and interactive quizzes.
Continued...

Volunteers

Volunteers have played an active role in helping to increase awareness of talking therapies among the local BME community.

Working with Liverpool Volunteer Centre, we have put together robust volunteering policies and best practices that will allow our Volunteering Programme to deliver great experience for people giving up their time to help others.

Feedback from current volunteers is that, while volunteering with Mary Seacole House, they have been able to:

- Gain confidence by giving you the chance to try something new and build a real sense of achievement.
- Make a difference by having a real and valuable positive affect on our clients and the local community.
- Meet people and make new friends.
- Learn new skills and gain experience. A good number of volunteers have been able to move on into paid employment after gaining new skills and experience at Mary Seacole House.

Volunteers will be able to work on a range of tasks ranging from event outreach, community engagement, client support, activity support, informal interpreting, etc.

The volunteer policy has put in place safeguards that ensure client confidentiality is protected, volunteer are recruited from our diverse community, and they are trained and adequately supervised.

Looking forward

During the coming financial year, I will be rolling out an interpreter-training programme for volunteers who wish to take part. This will give them a chance to learn:

- Specific language and key terminologies used in Mental Health settings.
- Simultaneous and consecutive interpreting techniques.
- Community Interpreter Code of Practice.
- Role play and practical exercises.

This will up-skill them and allow the organisation to have a richer pool of skills to tap into while supporting our client.

I am also hoping to develop new music-based engagement tools that can reach out to wider BME population across Merseyside.

I look forward to engaging even more people and organisations, and developing more tools that make it easier for BME people to live a fulfilled life, free from mental ill health, discrimination and prejudice.

Zorro Rudasumbwa
COMMUNITY ADVOCACY WORKER’S REPORT

My role within Liverpool Community development service (LCDS) is to lead on issued based advocacy. The aim of the advocacy service is to ensure the rights of the individual are recognised, respected and upheld, to support and allow them to make informed choices, help them obtain services they need and resolve issues that are impacting their mental health. My overarching aim as a community advocacy worker is to improve client’s mental health through effective advocacy.

Since LCDS launched its advocacy service it has worked with over 150 clients. The issues that impact people’s mental health that the service has responded to, have been broad and varied. They include access to mental health services, housing issues, welfare rights as well as Immigration and Asylum.

The varied and complex nature of the issues that clients face in relation to their mental health has been both a rewarding and challenging experience. While changes in legislation and cuts to services have undoubtedly impacted the mental health and wellbeing of BME communities the service has strived to ensure that the clients we work with have their rights respected and their voice heard.

I have attended meetings with a variety of different healthcare professionals, such as, G.P.s, Psychiatrists and Community Mental Health Nurses as well as attending meetings and advocating on behalf of clients such as solicitors, probation officers, and social workers. In doing this, we have also worked collaboratively with various organisations in support of clients, such as Housing Associations, Legal Firms and Liverpool CAB’s Advice on Prescription scheme.

Referrals have steadily increased as LCDS becomes more established and have come from different agencies. A proportion of clients we see have self-referred illustrating the difficulty people have in navigating often complex services and areas of policy, particularly around mental health, as well as immigration and Asylum legislation, housing policy and welfare rights.

Providing advocacy although not exclusively but predominantly in primary mental health care has been an exciting privilege but also a challenging experience as we are dealing with communities and sometimes professionals where the concept and role of an advocate can be unclear. In the absence of a common understanding about the transformative role that advocacy can play, there is a danger that we lose out on maximising the potential benefits that advocacy can have in improving mental health. I have encouraged staff and clients alike to attend various advocacy training sessions.

It has been a learning process to ensure that referrals to our advocacy are accurate. There has been occasion when clients do not require a community advocate they require a benefit advisor, a solicitor or a support worker. LCDS now has a referral pathway to ensure the clients who are referred to our service receive appropriate support. In the coming year I am keen to develop partnership working with other agencies to ensure the appropriate agency can resolve the issue that is impacting our client’s mental health.

The stigma surrounding mental distress still has a significant impact on the lives of the people we work with. LCDS works in various ways to challenge this however the stigma and lack of understanding of the causes and effects of mental distress often proves a barrier to people’s recovery.

As a BME advocate it has been thoroughly enjoyable to work with clients from diverse cultures and backgrounds. Being able to support and help people who may struggle to have their voice heard is a privilege. Communication is key to working across language and cultural barriers in health and mental health. Providing advocacy support to people from a BME background, it has been a challenge to ensure the clients we work with have their diverse needs recognised and respected.

I can say it has been a pleasure to not only try to help people have their voice heard and their rights upheld but to be able to listen to people. It is often humbling and reminds me that people’s capacity to cope and recover from adverse circumstances is often underestimated. I look forward to the year ahead.

Alex Coombes
ACKNOWLEDGEMENTS

Abercromby Health Centre
Addaction
Adulham Homes
Adult Learning Centre
All Mental Health Day Centres
All members of Mary Seacole House
All CPN’S who have worked with us
All Social Workers who have worked with us
Angela Crockett
Arundel House
Asylum Link
Barnardos
Broadoak Unit
Brook Advisory
CHATS Community Health Ambassador
Chinese Well Being
Consultant Psychiatrists who have worked with us
Crisis Service
David Hughes - Design
Early Intervention Team
EDUK8
Everton in the Community
Everyman Theatre
FACT
Freelance Art
Greenbank College
Irish Community Care Merseyside
Kuumba Imani Millennium Centre
LCVS
Liverpool Housing Trust
Liverpool John Moores University
Liverpool University
Liverpool Mutual Homes
Liverpool Social Care Partnership
Liverpool Philharmonic
W Macfarlane & Co Chartered Accountants
Mary Connolly - HR Consultant
Mental Health Consortium
MerseyCare NHS Trust
Merseyside Police
MYA - Merseyside Youth Association
MPAC - Merseyside Play Action Council
Movema
National Museums Liverpool
NHS Food Worker
Peter Edwards - Peter Edwards and Co Solicitor
Pilkington General Charitable Fund
Police Crime Prevention Team
Powerhouse Project
Potential for Skills
PSS
Quill Pinpoint Accounting Ltd
Rathbone Hospital
REMPLOY
Red Cross
Richmond Fellowship
Riverside
Rialto Pharmacy
Solar Art
The City of Liverpool College
Toxteth Library
Toxteth TV
Toxteth Food Central
Well Being and Welfare Organisation Network (WWON)
WHISC
Whitechapel Project
Windsor House
Workers Educations Service
Young Addaction

FUNDING BODIES

Big Lottery Fund
Liverpool City Council
Liverpool Clinical Commissioning
## GRANBY COMMUNITY MENTAL HEALTH GROUP COMPANY LIMITED BY GUARANTEE

**Statement of Financial Activities including Income and Expenditure Account as at 31st March 2017**

<table>
<thead>
<tr>
<th>Notes</th>
<th>Unrestricted funds</th>
<th>Restricted funds</th>
<th>Total 2017</th>
<th>Total 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>INCOMING RESOURCES</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Incoming from generated funds</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Donations and legacies</td>
<td>3,247</td>
<td>1,873</td>
<td>5,120</td>
<td>4,202</td>
</tr>
<tr>
<td>Charitable activities</td>
<td>327,657</td>
<td>70,930</td>
<td>398,587</td>
<td>406,180</td>
</tr>
<tr>
<td>Total income</td>
<td>330,904</td>
<td>72,803</td>
<td>403,707</td>
<td>410,382</td>
</tr>
</tbody>
</table>

| EXPENDITURE ON: |                |                  |            |            |
| Charitable activities | 346,369       | 59,678           | 406,047    | 341,280    |
| Total expenditure  | 346,369        | 59,678           | 406,047    | 341,280    |
| Net (expenditure)/income for the year/Net movement in funds | (15,465) | 13,125 | (2,340) | 69,102 |
| Reconciliation of funds | 372,879       | -                | 372,879    | 303,778    |
| Fund balances at 1 April 2016 |            |                  |            |            |
| Fund balances at 31 March 2017 | 357,414       | 13,125           | 370,539    | 372,880    |

The movement in funds detailed above complies with the requirements for a statement of under FRS102 changes in equity under FRS102.

The statement of financial activities also complies with the requirements for an income and expenditure account under the Companies Act 2006.
## Balance Sheet as at 31st March 2017

<table>
<thead>
<tr>
<th></th>
<th>2017</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Notes</strong></td>
<td>£</td>
<td>£</td>
</tr>
<tr>
<td><strong>FIXED ASSETS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tangible assets</td>
<td>65,216</td>
<td>65,636</td>
</tr>
<tr>
<td><strong>CURRENT ASSETS</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Debtors</td>
<td>30,040</td>
<td>1,865</td>
</tr>
<tr>
<td>Cash at bank and in hand</td>
<td>285,324</td>
<td>315,667</td>
</tr>
<tr>
<td></td>
<td>315,364</td>
<td>317,532</td>
</tr>
<tr>
<td><strong>LIABILITIES</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Creditors: amounts falling due within one year</td>
<td>(10,041)</td>
<td>(10,288)</td>
</tr>
<tr>
<td>Net current assets</td>
<td>305,323</td>
<td>307,244</td>
</tr>
<tr>
<td><strong>Total net assets</strong></td>
<td>370,539</td>
<td>372,880</td>
</tr>
<tr>
<td><strong>The funds of the charity</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Restricted funds</td>
<td>13,125</td>
<td>-</td>
</tr>
<tr>
<td>Unrestricted funds:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Designated funds is</td>
<td>127,718</td>
<td>78,417</td>
</tr>
<tr>
<td>General unrestricted funds</td>
<td>229,696</td>
<td>294,463</td>
</tr>
<tr>
<td>Total unrestricted funds</td>
<td>357,414</td>
<td>372,880</td>
</tr>
<tr>
<td><strong>Total charity funds</strong></td>
<td>370,539</td>
<td>372,880</td>
</tr>
</tbody>
</table>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2006, for the year ended 31 March 2017. No member of the company has deposited a notice, pursuant to section 476, requiring an audit of these accounts.

The trustees' responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing accounts which give a true and fair view of the state of affairs of the company as at the end of the financial year and of its incoming resources and application of resources, including its income and expenditure, for the financial year in accordance with the requirements of sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to accounts, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The financial statements were approved by the board of directors and authorised for issue on 15 September 2017 and are signed on its behalf by:

John Wainwright  
Trustee  

Stanley Mayne  
Trustee
TRUSTEE/VOLUNTEER OPPORTUNITIES

Granby Community Mental Health Group Board of Trustees wants to recruit people to join them. If you have an interest please see below.

Granby Community Mental Health Group - Mary Seacole House is a registered charity and company limited by guarantee. The overall aim of Mary Seacole House is to provide services to local people who are suffering mental illness. The area in which we operate has a high black and racial minority population and the Group’s client base and range of services reflect this.

Granby Community Mental Health Group - Mary Seacole House is aiming to enhance its current board of trustees by seeking the commitment of individuals who feel that they can make a significant contribution. Trustee role is to play a significant part in determining the focus and direction of the organisation.

Board members are unpaid and need to be able to dedicate an average of 2 hours per month to attend board meetings. We are particularly interested in people with, mental health, tendering, strategic planning, governance, finance, fundraising, personnel management, legal issues, community matters and marketing experience, but on the whole if you feel you have something to offer please get in touch.

For an application pack please contact Marie O’Sullivan on 0151 707 0319, or email: mo@maryseacolehouse.com

VOLUNTEER OPPORTUNITIES

Mary Seacole House acknowledges the value and importance of trained Volunteers and the contribution they can make to the organisation.

Our philosophy for recruiting volunteers is outlined as follows:

To befriend and support service users using Mary Seacole House, provide encouragement, enable and empower service users to lead independent and fulfilling lives.

To offer opportunities to contribute to the overall development of the service.

To develop existing skills.

If you have any questions or queries with regards to volunteering please feel free to contact Miss Vanessa Banim on 0151 707 0319 or email: vanessa@maryseacolehouse.com