

Granby Community Mental Health Group

Mary Seacole House



Annual Report
& Accounts
2018-19

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Granby Community Mental Health Group

Management, Staff & Support Network 2018 – 2019

BOARD OF TRUSTEES

Stanley Mayne
John Wainwright
Phil Gore
Karen Mello
Chandra Ghosh
Celine McNabb
Karl Owens
Janine Antigha
Alice Beckerleg
Anike Akinola

Chairperson
Vice Chairperson
Treasurer

Resigned 8th November 2018
Resigned 8th November 2018

MARY SEACOLE HOUSE – STAFF

Carolyn Sowande
Reihana Bashir
Marie O'Sullivan
Vanessa Banim
Kellie Rostron
Fouzia Hinchliffe
Frances Ryan
Julie Roberts
Saiqa Sahotra
Simon Torkington
Alex Coombes
Kemi Otubu
Frances Ryan

Chief Executive Officer
Operations Manager
Administrator
Assistant Administrator
BME Family Service Project Coordinator
BME Family Service Support Worker
Support Worker
Health & Wellbeing Coordinator
Health & Wellbeing Worker
Advocacy Development Officer
Community Advocacy Worker
Administration Assistant
Cleaner-in-Charge

SESSION WORKERS

Kim Ryan
Martin Walsh
Peter Edwards
Rebecca Jones

Massage/Aromatherapy/Life Coach Tutor
History of Mental Health/Clinical Teams
Mental Health Law
Mental Health and Criminal Justice System

STUDENT PLACEMENTS

Charles Macinnes
Nicki Walker

John Moores University
John Moores University

VOLUNTEERS

Doris Angus
Ruth Mukerjee
Iman Saeed
Entisar Saleh
Celine Hay
Aamin John
Ahmed Fouda
Jemma Thackray
Kerrise Grey
Margie Matthews
Michelle Pratt
Illaria Premici

BME Family Service
BME Family Service
BME Family Service
BME Family Service
BME Family Service
BME Family Service
Day Service
Day Service
Day Service
Day Service
Day Service
Day Service

Moved on Oct 2018

CHAIRPERSONS REPORT

As always another very busy and challenging year. This year Mary Seacole House service users have without doubt played a key role in the shaping of how the services should be run by informing staff and management on what developments they thought should be made to our services to enhance delivery. This in part led us to revising the objectives of the organisation.

For the Trustees, the management team, the staff and the service users our major priority for the coming year is to carry out a strategic review of the organisation, revising its aims and objectives for the short, medium and long term.

The current economic climate causes us concern and we are under no illusion about future funding positions of our statutory funders. What is known is that Liverpool City Council will be revising Mental Health Day Service specifications this year. Hence, the new specification will be put out to tender. What impact it will have on our organisation we can only wait and see. We are all anxiously awaiting the day it becomes 'live'.

As a specialist service for people with enduring mental health needs and primarily from the (BAMER) Black Asian Minority Ethnic & Refugee communities, we must ensure that we have continued funding to keep our services running. This may call for urgent measures in our approach to the delivery of quality support services to our service users.

In conclusion, I wish to express my sincere gratitude to each member of the Trustee Board, our Patrons, the management team, the staff, the students who have been on placement at the project, our service users, volunteers and all who have given their time and efforts to make the past year a positive experience for the Granby Community Mental Health Group and its stakeholders.

Stanley R. Mayne J.P.

CEO REPORT

This year we have served approximately 344 individual people and approximately 140 BAMER families within the Liverpool area. The growth of people requiring our services forced us to review the objectives of the organisation and expand the footprint. Services that we provide presently are Day service, BME Family Service, Advocacy Services, Training Courses, and Student Placements.

The year started with the organisation trying to ensure that we had everything in place to make sure that we were GDPR compliant. I must extend my gratitude to Gemma Osula who guided, trained and supported Mary Seacole House through all the necessary requirements.

People who have used our services this year have come from all walks of life and in particular those who accessed the BME Family Service. People have presented with a host of diverse and often very complex needs i.e. the new EUSS requirements, those struggling with Universal Credit applications, and families struggling with several pressing issues and alongside those issues living with PTSD, depression and anxiety. We know that in most cases we have provided a lifeline for those people and I hate to think what would happen to them if Mary Seacole House wasn't here to support them.

As an organisation we also address inequalities within mental health service provision by representing the interests of its service users to health sector, social care sector, researchers and other agencies. Last year we were approached and asked to participate in the review of the Mental Health Act which we agreed to and a group of our service users were interviewed regarding BME Mental Health.

Staff members have also participated in relevant mental health research, campaigns, and events relevant to improving mental health issues which helps to improve our present services and support systems and ability to address BAMER mental health issues.

The partnership organisation (LCDS – Liverpool Community Development Service) between Mary Seacole House, PSS and Merseycare NHS Foundation has come to an end due to lack of funding, but Mary Seacole House has been asked to continue to provide the 'Advocacy' element of that service, initially the contract is for one year, with hope that it will continue after the year is up.

Talks continue to take place between Liverpool City Council and the 5 remaining mental health services regarding the procurement of the New Mental Health Day Opportunities Services. The new service specification is expected to go to tender around the end of July 2019 and I am expecting this to be a very challenging yet exciting time for Mary Seacole House.

In last year's report I mentioned that Mary Seacole House had been nominated for the National Diversity Awards 2018. Well we were shortlisted from thousands of nominees down to the final twenty-five.

Sadly, we didn't win our category, (Race, Religion & Faith) but it was still a major achievement for the organisation. The winner of the category was (Kick it Out - 'Let's Kick Racism Out of Football'). Congratulations to them.

Regarding fundraising over the year, I would like to say a big thank you to everyone who took part in the various fundraising activities. All the money raised is used for service user activities throughout the year.

Despite the numerous challenges faced by small charities, we have been determined in retaining our ambition and aspiration for the communities that we work with. Service user needs have continued to place pressure on our staff, and I have to commend the staff team for all the hard work that they continuously put into the organisation. It may not always show but the trustees and I genuinely value their ongoing contribution and commitment to the organisation and its service users. I am immensely proud of the team and I would like to take this opportunity to congratulate them on their commitment to not only meeting but exceeding service user expectations.

This financial year we recruited 3 patrons - Dame Lorna Muirhead former Lord Lieutenant of Merseyside, Paul Sesay CEO of National Diversity Awards and last but not least Professor Protasia Torkington our founder. We are very appreciative of their support and commitment to the organisation. Paul was guest speaker at our cultural appreciation day and spoke in detail about his upbringing and steps through life, it was a very uplifting speech and very appropriate to the concept of the day.

The organisation is governed by a Board of Trustees (8 members) at present. However the organisation is looking at increasing the number, so if you are reading this report and have an interest in the organisation and feel that you have something to offer please contact us especially if you have experience of governance, finance, fundraising and business.

Finally, as always thank you to the funders, our volunteers and session workers who put a lot of time and hard work into the service user activities. Also, thank you to the university students and school placements, the numerous businesses that help us to fundraise and make donations and thank you to those who follow us on Twitter and Facebook for their on-going support and special thank you to all the service users and families for their trust and loyalty to the organisation.

Carolyn Sowande

ACHIEVEMENTS & EVENTS

April 2018 – March 2019

Mary Seacole House was shortlisted for the National Diversity Awards 2018. We were in the Community Organisation category for Race, Religion and Faith. Although we did not win being shortlisted for such a prestigious award was a great achievement. BBC Radio Merseyside interviewed Reihana Bashir (Operations Manager) and some of our service users regarding the nomination.

Mary Seacole House was approved as a Riverside Care and Support Partnering Provider.

FUNDRAISING

Mary Seacole House had an Easter Fun Day and consultation for Africa Oye wellbeing activities hosted in partnership with Liverpool Mental Health Consortium. The day consisted of questions on wellbeing, games, music performances and a raffle.

We also held a Fundraiser for Mental Health Awareness Week. We had a cake sale and sold pieces of art painted by our service users. The Lord Mayor Malcolm Kennedy with his wife Lilliana attended the event.

We held a bucket collection at the Coop supermarket in Myrtle Street.

We were awarded **£500** through the ASDA green token scheme

The National Citizen Service (NCS) young people raised **£537.18** for the organisation through their fundraising activities.

We held an information stall selling books and artwork at the Slavery Museums Unity Carnival Event.

The Scouse 5k run was completed by Roz Gladden, Michelle O'Dwyer and Michelle Charters through online donations page and direct sponsorship. The money raised would be used for our service user Christmas activities.

We also held an information stall and Bucket Collection at Tesco Park Road to contribute towards the service users Christmas activities.

A Christmas fun day was held which included staff & volunteers. The service users enjoyed food, games, bingo, quiz, Christmas music and raffle.

We held a Community Festive Celebration funded by ComMutual's Community Investment Fund. Staff, volunteers and members enjoyed food, games, music and raffle.

We held our 4th annual Cultural Appreciation Day funded by ComMutual's Community Investment Fund.

Roz Gladden - Mayoral Lead for Mental Health attended to present us with a donation of **£1,000** from the Lord Mayor's Charity Fund.

Our new Patron – Mr Paul Sesay gave a talk on diversity. Service Users and professionals enjoyed cultural music, dancing from Movema, food, traditional dress catwalk show, Henna session and a raffle.

Greggs Catherine Street donated an assortment of sandwiches & doughnuts for our service user coach trip to Blackpool.

TRAINING

Pre interpreting course - This was a Taster Session for those who want to work as an interpreter in the future.

Interpreting level 1 - 9 people completed the course.

All learners have learnt new interpreting techniques and are practising their skills with local charities and organisations.

Dementia Support Group - Monthly Attendance - 10 people attended each session.

Guest speaker - specialist diabetes nurse from Diabetes UK delivered a session on diabetes and other health issues.

Advocacy Peer Mentoring Program - 11 service users completed the training programme.

EVENTS

A Taste of Africa

We held an information stall at event in partnership with Liverpool Mutual Homes - ComMutual.

Africa Oye Festival

We attended in Sefton Park and visited Liverpool Mental Health Consortium's Headspace hangar.

Volunteers Get Together Lunch

We celebrated our volunteer's contribution to our service and presented them with certificates of appreciation.

Eid Celebration

We held an Eid celebration with home cooked food, music, dancing & henna art.

Blackpool Trip

Service Users, staff and volunteers enjoyed their day trip to Blackpool.

James Place Opening

Staff attended the official opening of James Place - Suicide Prevention Charity.

Suicide Awareness Day

Mary Seacole House held a raising awareness day which also informed people of the different charities that support people who are experiencing suicidal crisis. Guest Speakers included; Jane Boland of James Place, Rachel Howley of Samaritans, and Garrick Prayogg of Time to Change Campaign. Deputy Mayor Ann O'Byrne attended the day to show her support.

Psychosis and Me Campaign

Service Users were part of a discussion group for contributions towards the BBC campaign and documentary - 'Black Men's Mental Health' starring David Harewood.

National Diversity Awards

Mary Seacole House staff attended the ceremony at the Anglican Cathedral as shortlisted nominees for the Community Organisation award under the Race, Religion & Faith category.

Creative for Health

Service Users attended event at Quaker House for World Mental Health Day joining in the workshops and visiting stalls.

Chief Nursing Officer's Black & Minority Ethnic Strategic Advisory Group

Mary Seacole House held an information stall at The 10th Annual Conference.

Feel Good Friday

Mary Seacole House held an information stall at Liverpool Mental Health Consortium's event at the Bluecoat Chambers.

Art Class Christmas Get together

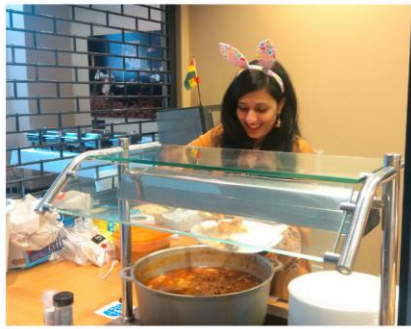
Our weekly Art class had a get together with festive drinks and food.

Cultural Appreciation Day

Mary Seacole House service users, staff, volunteers and students from Liverpool John Moores University attended to recognise and celebrate cultural diversity.

Students from the Cookery School Course catered for the event with a variety of multicultural foods and were led by Michelle O'Dwyer of Baytree Catering. This was funded by Speke Training and Education Centre in partnership with Liverpool Adult Learning Service.

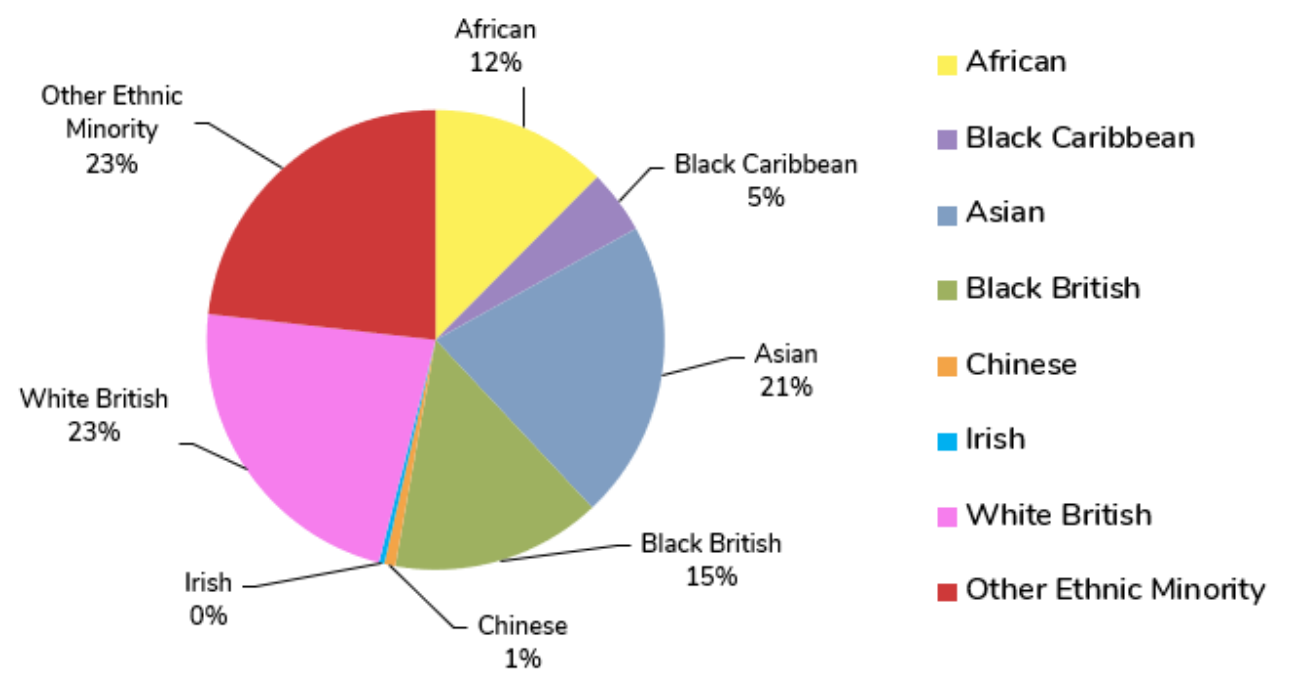
PLEASE SEE THE FOLLOWING PAGES FOR PICTURES HIGHLIGHTING SOME OF OUR FUNDRAISING, EVENTS & ACHIEVEMENTS THROUGHOUT THE YEAR.



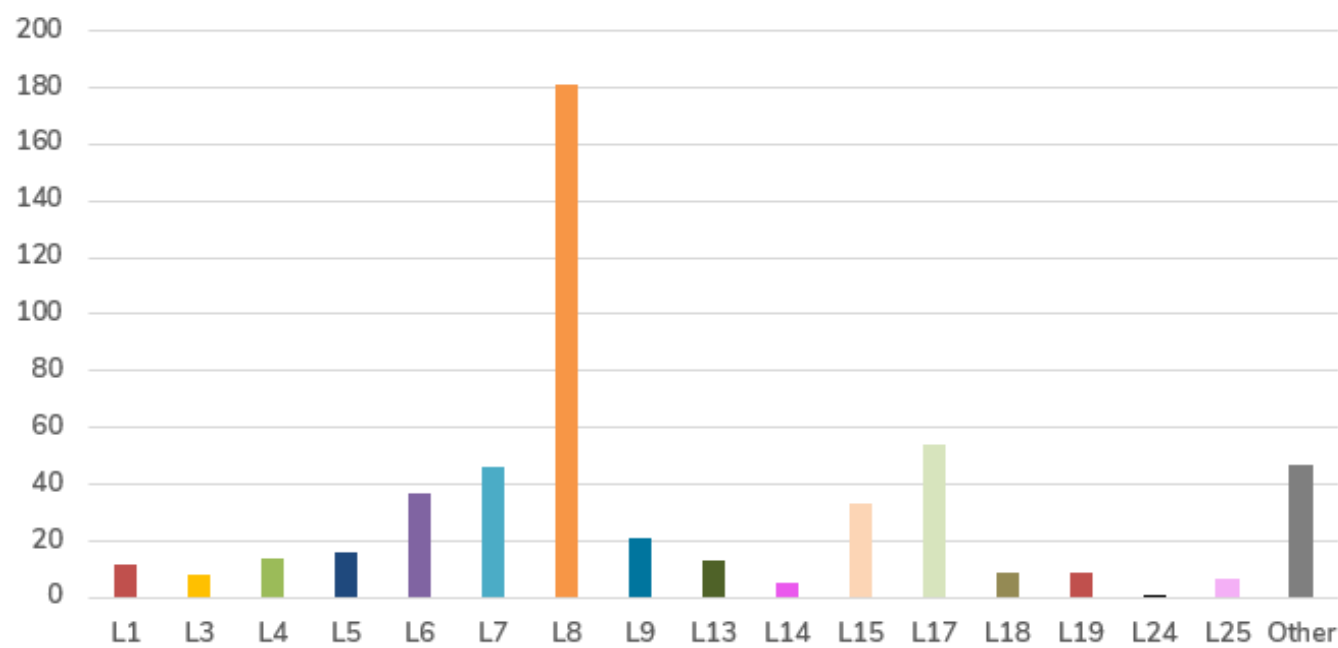


SERVICE USER ANALYSIS

Service User Analysis by Racial Origin 2018-2019



Service User Analysis by Postcode 2018-2019



HEALTH & WELLBEING WORKER'S REPORT

Mary Seacole house has completed another successful, eventful and meaningful year. 2018 was a great year for the members and staff. We continue to provide excellent 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. 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.

Our Art Group continue to have input into fantastic projects such as 'cultural customs from around the world'. Members had this fantastic opportunity to explore the vibrant and unique heritages of around the world in a very creative way. They have not only produced fascinating pieces of clothes with support from one of our volunteers but also had the opportunity to flaunt their hard work through a catwalk on our annual Cultural Appreciation Day.



Another exciting cookery project, 'Learn, Cook and Live Healthy' which was a continuation of our very well attended activity previously, 'Culinary Collaboration' continued in order to motivate members this year also. The activity was designed to equip members with skills, knowledge and confidence to cook from scratch. The other key element of this activity was to educate members about basic hygiene, less landfill and reduction in avoidable foods. Evaluation of this project shows impacts included: improved life skills, improved self-confidence and reduced isolation and loneliness.



In collaboration with the Winter Garden and City of Light, City of Sanctuary MSH members had another exciting opportunity to produce some beautiful lanterns which were later displayed in a public event by the Lanterns Company in Liverpool.



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. MSH members have completed various trainings such as 'Digital Champion' training facilitated by TUC North West and dental hygiene.

It has been a very positive and productive year, and I would like to take this opportunity to personally thank all the people who have contributed to our work. We look forward to another year of fruitful and positive endeavours, enhancing our wonderful community here in Toxteth, and the wider community at large.

Saiqa Sahotra

HEALTH & WELLBEING COORDINATOR'S REPORT

In addition to the above the day service members have also been involved in the following:

- 5 Ways to Wellbeing for Migrants and Non-Migrants by Adult Learning Service
- Oral Health Awareness with Helen Reynolds Liverpool & South Sefton Community Services Division
- Terracotta Warriors Museum
- Philharmonic Christmas Event
- FACT for the Bronte Bicentenary
- Philharmonic Syrian Orchestra
- Toxteth Reservoir with Cathryn Peach-Barns 'What is Aurora' (FACT funded event)
- Healthy Breakfasts
- Blackpool Trip
- Walking Group
- Chair Based exercise
- Emotional Support Group
- Flower Arranging with Adult Learning
- Genie in the Gutter Show 'One Man's story'
- Let's Cook Project
- Cookery with Michelle O'Dwyer

Julie Roberts

BME FAMILY SERVICE COORDINATOR'S REPORT

It is with great pleasure to report again that despite challenging circumstances and limited finances and staffing, Mary Seacole House has continued to grow exponentially, and we are now supporting far more service users than we were last year. This has enabled us to continue what we consider an invaluable service providing much needed and often relied upon 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, debt support, housing, education, training along with addressing their health and well-being, in addition to ensuring that our clients and families are being kept fully abreast of their rights as citizens and providing knowledge on how to access further training.

We are now supporting people from more than twelve different countries, and with countless many more dialects and languages. This has been made possible by all our wonderful volunteers, many of which are now qualified interpreters. This forms a big part of what we do as we support so many different nationalities.

The service activities we provide remain both popular and well attended. For example, our Conversational English group has remained popular and with good attendance. Our other project UMEED - set up to support south Asian families, is very well attended with often more than twenty people coming along. This is a fantastic project helping to break down the stigma around dementia, a debilitating disease which is not discussed enough in communities. We are aiming to change this by encouraging people to talk about it more openly and get educated on ways to spot and prevent it.

Health and well-being also form a large part of our work. Our awareness sessions focus on topics such as healthy lifestyles and how to effectively combat diseases such as diabetes and heart disease. Our focus this year has been educating people on how to maintain a healthy weight and what simple changes they can apply to their lifestyle and diet, which will have the most impact. We have been fortunate to work alongside other agencies who support our work such as; Diabetes UK, Age Concern, The Liverpool Dental Hospital etc.

Achievements 2018 – 2019

Liverpool City College (LCC) - In September we had a good number of service users enrolled onto various educational adult learning courses including: ESOL, Health and Wellbeing, Interpreting, Holistic Therapies and Computer Studies. Many of our service users have now found paid employment in the retail sector, catering, beauty, dress making, childcare, and working as carers

Eduk8 – We have awarded many certificates for First Aid, Dementia Awareness, Diabetes Awareness, Food Hygiene Level 2, Health and Safety, and Nutrition Level 2.

Dementia Friends Training – More than twenty of our service users are now dementia friends and can access the community promoting this vital message.

Advocacy Peer Mentoring Program - Two of our service users completed the training programme.

Digital Champion – Some of our service users completed the programme and are now supporting us.

Citizens Advice Bureau – Some of our service users became volunteers for the service.

Other popular areas of attendance have been the Health and Beauty course as well as our Therapeutic Care course. These courses help our clients to improve their quality of life as evidenced by their own positive words and attitudes to the service. The ongoing training has also reduced social isolation and encourage the participants to become more confident and make new friends.

The Lord's Mayor and PHOLT 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. In addition to the ComMutual fund who provided funding for our cultural celebrations.

Events

We had a holiday celebration meal at Kuumba Imani Millennium Centre in December, as well as an Eid celebration, with many service users coming along and enjoying themselves.

Throughout the year we have also been provided free tickets to 'Leap into Music' events and the Liverpool Philharmonic and the uptake on this has been well attended with over sixty people attending six different performances.

Finally, I would like to say a huge thank you to LCC, EDUK8, Squash Nutrition, the Citizens Advice Bureau, Alzheimer's Society, Diabetes UK and ComMutual along with all the people, services and funders who have helped us so generously all year and supported us in delivering this much needed and valued service. And of course, thank you to Mary Seacole House for giving us this opportunity to serve our community.

And last but by no means least, I need to give a massive thank you to all our volunteers for everything they have done for us over the last year.

Thank you again.

Kellie Rostron

ADVOCACY DEVELOPMENT OFFICERS REPORT

This is my thirteenth year as Advocacy Development Officer and there have been many changes since I started in the delivery of services and in advocacy services. In my report I would like to focus on what these services were, what advocacy we currently have and how some aspects of advocacy could change.

When I started in 2006 there were several different organisations providing advocacy services to many different demographics and for many needs in the community and hospital. I was quickly introduced into an advocacy sector that provided all these services and upheld the ethos and principles that advocacy and advocates lived by as well as supporting each other.

The commissioning of advocacy in the city has always seemed to be robust and has focused on the values of independence.

I noticed that there was a great deal of benefit from advocates being available to people engaged with services and some professionals acknowledged and appreciated that.

The independence of advocacy has always been one of the major principles that has to be observed when the service is delivered and while people felt that introducing it into statute there were some who had certain misgivings about this.

I have to say I was always sceptical about statutory advocacy having studied law and realising that the introduction into legislation would mean the freedom, flexibility and particularly the independence of advocacy would potentially be compromised.

We as an organisation were very much involved in the new provision of statutory advocacy in an advisory role in the steering groups around the Independent Mental Capacity Advocacy Service (IMCA) and Advocacy Rights Hub, now Health Watch and the delivery of the initial Independent Mental Health Advocacy (IMHA) Service.

We are now in a position that means our clients from Black Asian Minority Ethnic & Refugee (BAMER) groups may not be getting a service fit for their needs as we are not involved in delivering any statutory advocacy.

The service provided when we were delivering the IMHA service was far more robust and focused on not just people's rights under the Mental Health Act but the needs and rights our clients had because of their particular difference which was supported by the Equality Act 2010 and the protected characteristics within it.

Having explained the background, I will make my point about this year's activity. There was an independent review of the Mental Health Act with a view to updating the legislation to be more fit for purpose and our involvement was to help understand the way black people are disproportionately detained in higher secure services at a higher rate than their white counterparts, over medicated and mistreated.

Mary Seacole House became involved in the Mental Health Act review when we engaged some of our members in an initial focus group. I felt that I needed to say that our members have been involved in many consultations and studies in the past and are still waiting for outcomes and feedback from their involvement, never to receive feedback. We made it a proviso for our members involvement that they were to get feedback on the impact their input and the outcomes derived from them taking part. This was acknowledged as they were directly quoted in the final review report and in the national press. Obviously, the process is ongoing and with the present government we will see how they will affect the proposed new legislation.

I was invited to join the Mental Health Act review in the BAMER working group. This entailed attending meetings with that group and input into the advocacy working group.

In my role advising on BAMER issues and advocacy I made it very clear that there are some or rather many short comings to statutory advocacy and revising the role should be carefully done.

My main concern was the way advocacy has been changed since its introduction into statute and I have strongly advised that the idea of culturally appropriate advocacy may be a good idea. Unfortunately my recommendation is that statutory culturally appropriate advocacy should not be included in any change to the Mental Health Act because the Government and its departments are not evolved enough to understand what is required to deliver such a service and it would further disadvantage our clients because their needs are still not understood at a legislative level.

We will see what happens with the review and we must hope for the best.

The rest of my year has been fully focused on delivering advocacy to my clients and ensuring their voices are heard.

I have spoken at the Mersey Care Foundation Trust Social Care Conference to explain what is being experienced in mental health services by our clients so people can understand our client's experiences, perspective and how they feel discriminated against by services.

We continue to provide our training on the Peer Advocacy Training Programme and if we could get the funding and resources there would be massive potential for students, not just to advocate for themselves but to also advocate for others as well.

I am looking forward to another very productive year and thank you all for your ongoing support.

Simon Torkington

BME COMMUNITY ADVOCACY WORKER'S REPORT

The past year in my role as Community Advocacy worker has been an interesting and challenging time. The Advocacy service has worked with over 140 new clients. The challenges clients faced by those overcoming mental distress cannot be underestimated. The aim of the advocacy service is to ensure the rights of individuals are recognised, respected and upheld, to support people to allow them to make informed choices, help their voice be understood and help people obtain services they need and ultimately resolve issues that impact their mental health and wellbeing.

It has been a privilege to support clients in attempting to manage and recover from the difficulties mental distress causes. To support clients to access services, and to try and ensure they get the best from those services as well as attempting to resolve many of the practical matters that often impact mental wellbeing as I said has been a privilege in a challenging time.

The issues our clients approach us with are often varied. We are often asked for help with issues such as debt, benefits and tax credits. We are also approached for support with issues around housing, access to training and volunteering, as well as the more conventional mental health advocacy issues where clients require an advocate in relation to their support, treatment and care packages. We are often asked to attend meetings and appointments and advocate on behalf of clients in several varied settings. From meetings with psychiatrists and G. P's, to housing associations, schools, social care as well as benefit assessments.

The team throughout the year helped facilitate numerous community events in relation to mental health and wellbeing. It has also continued to offer cultural competency training to professionals. A most needed course in relation to working with those suffering mental distress from a BME background.

The LCDS team as well as Mary Seacole House continued to raise the issue of BME mental health, and I have perhaps witnessed a move forward in challenging the stigma of mental distress while paradoxically I have seen services overstretched.

With the Mental Health Act review of this year. I sincerely hope this will help improve the treatment of those suffering from mental distress.

Finally, I would like to express my gratitude to all the people who I have advocated for. It is a privilege 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

TRUSTEES REQUIRED

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

VOLUNTEERS REQUIRED

Mary Seacole House acknowledges the value and importance of 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, would like an information pack or application form please contact Miss Vanessa Banim on 0151 707 0319
email: vanessa@maryseacolehouse.com or download from our website.

**GRANBY COMMUNITY MENTAL HEALTH GROUP
COMPANY LIMITED BY GUARANTEE
BALANCE SHEET**

AS AT 31 MARCH 2019

	Notes	2019 £	£	2018 £	£
Fixed assets					
Tangible assets	9	60,942		63,059	
Current assets					
Debtors	11	19,565		52,337	
Cash at the bank and in hand		<u>246,456</u>		<u>242,874</u>	
		266,021		295,211	
Liabilities:					
Creditors: amounts falling due within one year	12	<u>(3,350)</u>		<u>(3,350)</u>	
Net current assets		<u>262,671</u>		<u>291,861</u>	
Total net assets		<u>323,613</u>		<u>354,920</u>	
The funds of the charity					
Restricted funds	13		14,000		-
<u>Unrestricted funds</u>					
Designated funds	14	137,740		136,921	
General unrestricted funds		<u>171,873</u>		<u>217,999</u>	
Total unrestricted funds			<u>309,613</u>		<u>354,920</u>
Total charity funds			<u>323,613</u>		<u>354,920</u>

The company is entitled to the exemption from the audit requirement contained in section 477 of the Companies Act 2000 for the year ended 31st March 2019.

The trustees acknowledge their responsibilities for ensuring that the charity keeps accounting records which comply with section 386 of the Act and for preparing financial statements 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 if the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements 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 the 08/08/2019 and are signed on its behalf by:

Staley Mayne
Trustee
Company Registration No. 3204514

John Wainwright
Trustee

**GRANBY COMMUNITY MENTA HEALTH GROUP
COMPANY LIMITED BY GUARANTEE
STATEMENT OF FINACIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT**

FOR THE YEAR ENDING 31 MARCH 2019

Current financial year

	Notes	Unrestricted funds 2019 £	Restricted funds 2019 £	Total 2019 £	Total 2019 £
<u>Income from:</u>					
Donations and legacies	3	6,555	-	6,555	6,166
Charitable activities	4	<u>284,173</u>	<u>14,000</u>	<u>298,173</u>	<u>344,361</u>
Total income		<u>290,728</u>	<u>14,000</u>	<u>304,728</u>	<u>350,527</u>
<u>Expenditure on:</u>					
Charitable activities	5	<u>336,035</u>	<u>-</u>	<u>336,035</u>	<u>366,146</u>
Total expenditure		336,035	-	336,035	366,146
Net (expenditure/income for the year/ Net movements in funds					
		(45,307)	14,000	(31,307)	(15,619)
Reconciliation of funds					
Fund balances at 1 April 2018		<u>354,920</u>	<u>-</u>	<u>354,920</u>	<u>370,539</u>
Fund balances at 31 March 2019		<u>309,613</u>	<u>14,000</u>	<u>323,613</u>	<u>354,920</u>

The statement of financial activities includes all gains and losses recognised in the year.

All income and expenditure derive from continuing activities.

The movement in funds detailed above complies with the requirements for a statement of 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.

ACKNOWLEDGEMENTS

All Mental Health Day Centres
All Members of Mary Seacole House
All Volunteers of Mary Seacole House
All Community Members who have supported us
All CPN'S who have worked with us
All Social Workers who have worked with us
Abercromby Health Centre
Addaction & Young Addaction
Angela Crockett
Asda Smithdown Road
Asylum Link
BBC Radio Merseyside
Baird House
Brook Advisory
B W Macfarlane & Co Chartered Accountants
CHATS Community Health Ambassadors
Chinese Wellbeing
Consultant Psychiatrists who have worked with us
ComMutual
Coop Myrtle Street
Councillor Roz Gladden
Councillor Nathalie Nicholas
David Hughes – Design/Printer
David Waterfall – Enterprise Consultant
Deputy Mayor Ann O'Byrne
DJ Ola
EDUK8
Everyman Theatre
FACT
Greenbank College
Greggs Catherine Street
Granby Toxteth Development Trust
Healthwatch Liverpool
Irish Community Care Merseyside
International Slavery Museum
James Place
John Archer Hall
Kensington Community Learning Centre
Kuumba Imani Millennium Centre
Lantern Company
LCVS
Liverpool Adult Learning Service
Liverpool Community College
Liverpool University
Liverpool John Moores University
Liverpool Social Care Partnership
Liverpool Philharmonic
Liverpool Mental Health Consortium
Lord Mayor Malcolm Kennedy
Lord Mayor's Charity Fund
Mersey Care NHS Foundation Trust
Merseyside Police
MPAC-Merseyside Play Action Council
Movema Dance
Michelle Charters
Michelle O'Dwyer
National Museums Liverpool
National Citizen Service (NCS)
Onward Homes
Peter Edwards - Peter Edwards and Co Solicitors
Pilkington General Charitable Fund
Police Crime Prevention Team
Potential for Skills
PSS
Quill Pinpoint Accounting Ltd
Red Cross
Riverside Housing
Samaritans Liverpool
Sola Arts
Speke Training and Education Centre
Stonehouse Café & Catering Company
Squash Nutrition
Tesco Park Road
Toxteth TV
Toxteth Food Central
Torus Group
Wellbeing & Welfare Organisation Network
WHISC
Whitechapel Project
Windsor House
World Museum Liverpool

FUNDING BODIES
ComMutual
John Moores Foundation
Liverpool City Council
Liverpool Clinical Commissioning Group
Mersey Care NHS Foundation Trust



**Mary
Seacole
House**

**Please contact us if you would like to be involved
in our work in any way.**

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www.maryseacolehouse.com**

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