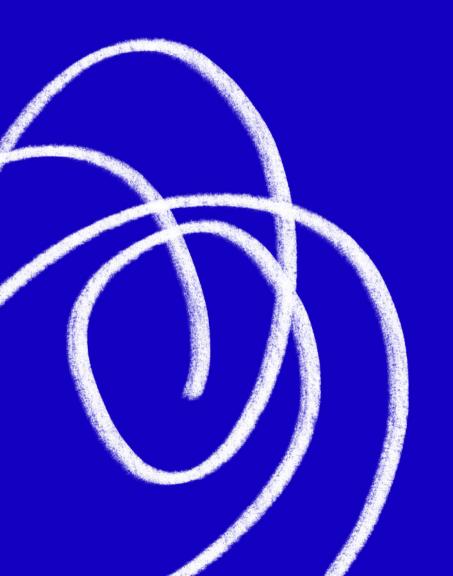


44,524

people supported by Solent Mind in 2022-23





Welcome

2022-23 was a year of transformation for us; transforming our services within the community and also our organisation to better respond to needs.

As demand for mental health services has grown, our focus has turned to reaching the neighbourhoods where people live. We are proud that we have been able to employ a wellbeing advisor in every GP surgery across Southampton and Hampshire, and then support these with a network of peer support groups across our geography. Our outreach team has also built relationships with key communities to break down barriers and give more people the confidence to reach out for help. We now need to embed this work and ensure everyone can access support when they need it.

At the same time, we have reached across our organisation to share our learning and build collaboration across our teams and services. We know that our service users can experience our services differently across the organisation and we want to ensure everyone receives consistent, high quality, and joined-up mental health support. Over 2022-23, we have invested in our people, creating new roles and developing others, to enable everyone to shape and enhance our services.

We strongly believe that our person-centred approach is an important part of people's wellbeing and mental health recovery. But we also know we can go much further in partnership with others. Long lasting and holistic support for people and communities demands that we collaborate, share learning and resources, and work together. In 2022-23, we have enjoyed working with many partners, across the statutory, voluntary and corporate sectors, and we thank you hugely for your support.

Over the coming year, we hope to do more, and we very much look forward to continuing to work with you.



Sally Arscott, Chief Executive Officer



John Wilderspin, Chair of the Board

Wellbeing Services

Life throws many challenges our way and can be tough.

With anxiety and depression the most common mental health difficulties and impacting roughly 1 in 4 people, we have a network of wellbeing centres across Hampshire to offer safe spaces for people to be themselves and get back on track, whether through courses, workshops, activities, or 1:1 emotional support.

During this year, we celebrated the opening of our new centre in Gosport and expanded our provision into every GP surgery across Hampshire and Southampton, recruiting over 60 new wellbeing and peer advisors. This allows every neighbourhood to access much needed wellbeing support.





Mayfield Garden Centre

The pace of city life can make it hard to take a step back and enjoy a breath of fresh air.

Based in Southampton and built within an old walled garden, our Mayfield Garden Centre gives people that chance. Here, people can engage in horticultural wellbeing, peer support, volunteering opportunities, and community activities, all enabled by our onsite garden centre and café. And our plants for people initiative extends the 'magic of Mayfield' across Southampton, as we work with local residents to create and maintain a network of community gardens in many of the city's housing estates.

Debbie's story

Mayfield has a wonderful feeling of calm. The staff are so kind and hardworking, nothing is too much trouble. I will forever be grateful for all they have done for me at the most difficult time of my life. Safe, friendly and inspiring. It is so nice to volunteer here, to give something back to an incredible team.



300+
people supported by
wellbeing projects at
Mayfield Garden Centre

NHS Talking Therapies Hampshire (previously italk)

You never know when you might need help, or someone to talk to.

Using a clinical stepped guidance model, people can self-refer and receive evidence-based therapy, whether face to face, over the phone, online, or through group sessions. We can be that friend in your pocket for when you need extra support. Over 2022-23, our work has grown, providing not only clinical 1:1 and group support, but we now also offer peer support and employment help, enabling people to secure and retain employment.



18,960

people received support

From the start of my experience, I have been listened to and not felt like I was palmed off to someone or somewhere else. My experience has transitioned me into someone who has the confidence and understanding to recognise when an episode is coming or likely to occur and put the "grounding" in place.

Dementia Services

It can be one of the greatest challenges to live with dementia, or watch a loved one struggle as parts of their identity are slowly stripped away.

We are here to support all these people through our remind project in Portsmouth, delivered in partnership with Rowans Hospice, and our forget me nots project at Mayfield Garden Centre in Southampton. Through group and 1:1 opportunities, we offer support and access to meaningful activities to people with dementia, alongside vital support for their carers and families.



Roots and branches

This intergenerational project connects young with old and offers a range of community-led creative programmes. Sharing experiences and using restorative and arts-based activities, we help improve health and wellbeing, and reduce social isolation.

Please scan the code to hear more about our roots and branches project.





803

people and their carers supported in their dementia journey by remind

Crisis Services

There are days when we all feel overwhelmed, lonely, helpless. We can not always be strong. We can not always be okay.

When other support stops at 5pm, we are here to help every evening, 365 days a year. We offer open access support for people who feel they are experiencing or at risk of a mental health crisis, either face-to-face, by phone, or by text, with no referral needed.

Following the success of the Shirley lighthouse, Southampton, we launched a second hub in Bitterne, ensuring easy access for people on both sides of the city. Delivered in partnership with Southern Health NHS Foundation Trust, our crisis peer specialists have their own lived experiences and offer support alongside clinical staff.

3,754

people in crisis supported by the lighthouse

It was really helpful to have somewhere to turn when I was in that moment and someone to help me slow down my spiralling thoughts.



I am so thankful for the lighthouse. They took me seriously and got me emergency support which saved my life. Whenever I contact them, I don't feel judged at all.

Peer Support

Experiencing poor mental health can be isolating, our peers are here to help.

Our teams of peer workers have their own lived experience and walk alongside those who use our services, guiding them on their journey to recovery reminding them that they are not alone and that there is a way forward. Whether by joining a 1:1 session, walk'n'talk group, art session, or other activity, our peers give people purpose and inspiration. Operating across Portsmouth, Southampton, and Hampshire, we offer peer support throughout our geography.

Lauren's story

When I first started, I feared going out by myself. I also was in a constant low mood with suicidal ideation. Working with my peer worker was so beneficial for me in so many ways. We worked on preparation for my upcoming cognitive analytic therapy and did several mind maps regarding the qualities I possessed and what I wanted for the future. This helped me to understand myself and appreciate my qualities.

I was in awe of the work peer workers did, and how they can be themselves. We continued to work together, and I am now able to go out by myself, I am having significantly better moods, and more good than bad days.



5,850
people helped through
Southampton's peer
support services

Solent Recovery College

The journey to recovery can sometimes start with understanding mental health and knowledge is a powerful tool.

Using education rather than therapy, the solent recovery college's classrooms helps individuals develop practical skills for living with symptoms and shares how they can take control of their recovery.

Beverley's story

I was referred by a medical professional who said the psycho-education courses would help me further understand conditions such as depression, anxiety, OCD, PTSD, and schizophrenia. This knowledge has given me a tremendous insight into a long-term approach.

I was given various book recommendations, paper handouts, and homework tasks. I still have these. I find these resources helpful to reference back to. A unique and indispensable experience. I would highly recommend.

657

students enrolled at solent recovery college

1,000 classroom hours



Employment Services

Having and sustaining a meaningful job is an important part of staying well. It gives us stability and purpose. But it can be difficult to find a role and explain to employers about your needs. These are often personal and if you feel stigmatised, it can be a challenge to take that first step.

Our experts provide mental health support, a rapid job search, help finding an employer, and then continue to support even after they have started to ensure they grow and flourish. Across Portsmouth, we have both primary and secondary support teams, while our Hampshire team works alongside the early intervention in psychosis teams to help people find the long-term employment that meets their needs.

240

people helped by Individual Placement Support

The emotional support offered was the most helpful thing, as well as interview skills. If anything could be done differently, I'd say only that employers need to employ me!

636

people helped by our employment services

Thoroughly lovely service and people. Always looked forward to my appointments and engaged where and when I could.



Advocacy

When age or severe mental health distress takes away our ability to speak for ourselves, we need someone on our side that can advocate for our care.

Our team of highly-trained, independent, and experienced advocates deliver both statutory and non-statutory advocacy in Portsmouth. They enable vulnerable adults to have a voice in important decisions about their life. In 2023, following intensive scrutiny of the service for its 3-year run, we received a glowing report and were certified by the Quality Performance Mark.

1,404 people advocated for by our expert team

Children and Young People

Children and young people are experiencing more mental health needs than ever before. In 2021, more than 1 in 6 were identified as having a mental health condition, with understanding sparse and discrimination rampant.

Through our heads up service, our teams work in schools to help children aged 5-16 better understand and manage their emotions, and to seek help when they need it. Our groups also support specific individuals with emotional difficulties using decider life skills training.

1,995

children and young people supported by our teams

Anchoring Minds

Living with a partner, child, or parent in the Royal Navy or Royal Marines creates a unique set of challenges, which can at times put pressure on your mental health or wellbeing. Contending with frequent moves, the stress around deployment, and long periods of loneliness, families sometimes need some extra support.

Anchoring minds help people take control of their own mental health, this service allows people to meet other military partners and learn tips for managing wellbeing. It has also been developed by practitioners, who are themselves military partners.

9

The service that I received was professional and non-judgmental. I felt supported through my own mental health issues while also being provided with help for the whole family including signposting to other agencies where necessary. I was made to feel comfortable when discussing my concerns and that I mattered when it was needed. I am extremely grateful for the aid that I have received. Thank you.





Let's Get Digital!

The internet and technology have become an integral part of our daily lives. It plays a crucial role in hosting and facilitating activities and services. However, those who lack the confidence or ability to access the digital space, can be behind and without the most fundamental form of connection.

This service was created for those suffering from mental health problems, long periods of illness or injury, or who need more support with current technology, to teach them the how to use computers, phones, and tablets.

Debbie's story

I am so pleased to have had the opportunity to attend the course. The teachers are all excellent. They are all very patient, understanding, explain terminology in simple terms at a pace to suit the individual's needs.

The progress we have made from the first week to now is amazing and proves how worthwhile the course is. So much is online now and I had felt very isolated. I was afraid to use anything online. Now a whole new world is open to me.

200 people helped

people helped by our digital champions



Community Outreach and Inclusion



The mental health need is greater than ever, as is the inequality of its reach. Many minority communities experience disproportionate mental health difficulties, yet find it more challenging to access help, or do not trust that it can address their diverse personal and cultural needs.

To help us reach wider, underserved communities, in 2023, we have employed a team of diverse community officers and signed up to the National Collaborating Centre for Mental Health (NCCMH), a robust quality improvement programme.

Focusing initially on the South Asian and Arabic-speaking communities in Portsmouth and Southampton respectively, and also refugees and people seeking asylum, we have been building strong relationships to better understand the need and remove barriers to our services. As a result of this shared learning, we have started some pilot projects and increased the level of translation available to enable greater access to support.

South Asian communities in Portsmouth often lack faith in existing mental health services. Solent Mind, and health care providers as a whole, need to focus on reaching out to marginalised communities and listening to their feedback without judgement, with the goal of improving health care for all.

Tina, Portsmouth outreach worker



Impact of Your Donations

We would not be able to support and advocate for our communities without you generous donations. Nothing in this report would be possible without you. So thank you!

We want to also thank our corporate partners, who support us and help us improve local mental health and wellbeing. Specific mention goes to Specsavers and Simplify Consulting, who have donated to us significantly over the past year.

And lastly, we want to thank Craig and Stu, two firefighters that rowed across the Atlantic, raising £16,000 for Solent Mind and the Firefighter's Charity.

66

Solent Mind hosted a team visit so we could see how the money we raised would be used. They have also since run a complementary session to our business on mental health and wellbeing, which will help us spot any warning signs and understand how best to support our staff. **Simplify Consulting**





Financial Performance

These figures are for the Solent Mind group including Solent Mind and Mayfield Garden Centre.

£125,340

raised by individual donations

€134,297

raised by our corporate partners

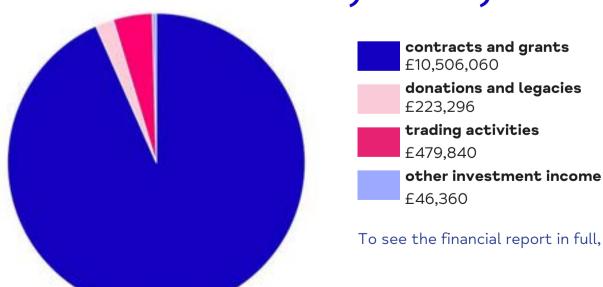
£97,956

from fundraising events in the community

7,000

hours given by volunteers

Income: £11,255,556



32%

increase in income since 2021-22

To see the financial report in full, visit solentmind.org.uk/about-us/reports-and-accounts/

Expenditure: £10,290,366

In 2022-23, we released project funds from our income for expenditure planned for 2023-24. This income is now restricted to these specific projects and will be delivered in 2023-24.



Thank you for your support. If you're passionate about helping those with mental health problems in our community, we can offer you some exciting ways to play your part.

Donate Now



Thank you to all of our supporters, volunteers, donors and partners including:

Southampton City Council | Hampshire County Council | Southern Health NHS Trust Portsmouth City Council | West Hampshire CCG | DWP - Access to Work Eastleigh Health Primary Care Network | Individual Service Contracts NHS Portsmouth CCG | University of Southampton | Solent NHS Trust Southampton City CCG | Hampshire Mind CIC | Southampton Voluntary Services Coastal Primary Care Network | Mind | MJB Trust | Zurich | Rathbone Trust Comic Relief | Community Fund | Dibden Allotment Fund | and all that wished to remain anonymous



Without it, I wouldn't still be around.



Anonymous, supported by the lighthouse

solentmind.org.uk | 023 8017 9049 | info@solentmind.org.uk | Solent Mind, 15-16 The Avenue, Southampton, SO17 1XF Registered Charity No: 1081116 | Registered Limited Company No: 4004500



Find out how you can support us in the fight for better mental health in Hampshire at solentmind.org.uk/support-us or scan the code.