



Annual Report 2021-22

54,886

people supported by
Solent Mind in 2021-22



Welcome

2021-22 was a year of change. Covid-19 moved from being pandemic to becoming endemic. We needed to start to live with the disease, beginning the process of getting life back to normal. For some, this was a time of joy as restrictions were relaxed. For others this was a time of anxiety and disruption as they learn to live with the impact of the pandemic on their mental health. Solent Mind has sought to walk this path alongside its communities, opening new services and providing support to respond to the needs of more people than ever before.

Over the last year, we have supported an additional 20,000 people, helping them on the path to more positive mental health and supportive recovery. Some were ready to return to face to face support, whilst for others our digital and telephone support has been a lifeline. The ability for our organisation to be flexible and adept has never been more important.

The breadth and depth of our services has also grown, as we support people from across Hampshire, Southampton and Portsmouth. From the furthest point of the rural New Forest, or the diversity of busy Shirley or Southsea, our teams seek to reflect and serve our communities. Working alongside our partners, we offer a range of services to meet all levels of need. From

early intervention and wellbeing services for people experiencing mild to moderate mental health conditions, through to peer support for people accessing secondary mental health care, crisis services, and support to get into and stay in employment.

We champion the growing awareness of mental health and welcome the reduction in stigma to accessing support, but there is much more to do. We are also conscious that many people are still in need of help. Our task is to reach out to everyone, and ensure that anyone who needs our help, is able to access it.

There is much still to do, and we are determined to rise to the challenge; we look forward to working alongside you all to play our part.



Sally Arscott,
CEO



John Wilderspin,
Chair of the Board

Wellbeing Services

Our network of Wellbeing Centres offer safe spaces for people to be themselves and get back on track, whether through courses, workshops, activities or 1:1 emotional support.

Ben's Story

When Ben, aged 27, started phone sessions in 2021 he had social anxiety and was very paranoid about people looking at him and the way they viewed him.

With support, he worked through his cycle of anxiety, what keeps it going and how to change. He developed an understanding of body sensations related to anxiety, identifying the difference between fact or opinion, and square breathing. Ben said that the phone sessions have been amazing, the best thing he has done. It is helping him to turn things around.

Ben has recently been promoted to site supervisor. He believes this is due to changes he has made with the support of the Wellbeing Centre.





I had some 1-1 sessions via phone and was taught several skills to help me manage better, I was so surprised at how well they worked.



I was anxious about going back to the office but used the skills I had learned, and they worked a treat. Can't thank you all enough.



6,152

people received support from Wellbeing services

2,767

Supportline calls answered

Winchester Wellbeing Centre

Eastleigh Wellbeing Centre

Mayfield Nurseries, Wellbeing Centre & Cafe

Marcella House, Hythe

Fareham & Gosport Wellbeing Centre

Positive Minds

The Hollies, New Milton

Mayfield Nurseries

Mayfield Nurseries is a wellbeing centre and plant nursery in Southampton, delivered by our subsidiary charity, Mayfield Nurseries. Garden therapy is used to support local people experiencing mental health issues alongside peer support groups, digital skills courses, community activities and our popular new Cafe. The centre is a welcoming and friendly community space to meet and enjoy the special magic of Mayfield.

264

people supported by wellbeing projects at Mayfield Nurseries



My husband always says, 'You'll be fine! Once you've been to Mayfield you'll feel okay again.'
And he's right, I go home just feeling better.

Janet



Hear more from Janet and other Mayfield service users on our YouTube channel, scan the code to watch now



iTalk

iTalk is an IAPT (Improving Access to Psychological Therapies) service delivered in partnership with Southern Health. iTalk offers free, tailored treatments for people with mild to moderate mental health and wellbeing difficulties in Hampshire (excluding Southampton and Portsmouth)

Primary Care

For mild health and wellbeing difficulties, Solent Mind delivers primary care services for iTalk offering a series of face to face and telephone one to one support.

Secondary Care

For moderate mental health and wellbeing difficulties, Southern Health delivers secondary care services, offering more intensive and longer term support.



From the bottom of my heart, I can't thank you enough for your help. You have transformed me into a much better person than before. I don't know what I would have done if I hadn't given iTalk a phone call for help; you and 'R' have been my heros from the minute you helped me.

You have helped me become a better dad and husband.



18,518

people supported by iTalk



Dementia Services

We support people living with dementia through our Remind project in Portsmouth and also at Mayfield Nurseries. In 2021-2022 we delivered Roots and Branches in collaboration with Theatre for Life; an inspiring intergenerational theatre project.

We were awarded £74,729 in funding from The National Lottery Community Fund for a programme connecting young theatre makers (16 to 25) with older people with dementia.

Weekly groups between the young theatre makers and people diagnosed with dementia offered a way to share experiences and gain an insight into each others lives through restorative and arts based activities. The programme focused on the importance and benefits of inter-generational relationships and culminated in a theatre production at Ashcroft Arts Centre, Fareham.

‘Roots & Branches’ writer, Troy Chessman, said: “It will hopefully leave our audiences eager to go home and ask questions, to learn more about their grandparents/parents/ neighbours and to start a conversation about what it really means to experience dementia and to challenge our perception of those who carry the diagnosis.”

428

people and their carers supported in their dementia journey by Remind



Crisis Services

The Lighthouse in Southampton and the Harbour in Portsmouth offer informal and non-judgemental support for people feeling lonely, hopeless or in need of support. Staff have their own lived experience which they use to support individuals alongside mental health professionals.

3,754

calls answered by the
Lighthouse in Shirley

203

people in crisis supported
by the Harbour

Eliza's Story

Eliza contacted The Harbour experiencing anxiety, stress and depression following the breakup of an abusive relationship.

She said she was very low and felt hopeless about the future.

Eliza shared that her relationship with her mother was strained. Her mother was not responsive when Eliza reached out for support causing her added distress. She was finding depression hard and was also worried about money.

The support worker shared their personal experience and understood where Eliza was coming from. They signposted the CAB for support with financial concerns and her Employee Assistance Programme at work. They also offered to refer Eliza to the Fareham and Gosport Wellbeing Centre for workshops, groups, and emotional support.

Eliza said she was feeling more positive and thanked them for her help.



Eliza is one of thousands of users of our crisis services, to watch a short film featuring a service user of the Lighthouse sharing their experience, simply scan the QR code



Peer Support

Through our peer support programme, our practitioners with their own lived experience walk alongside others to help them in their journey to recovery. Whether joining a walk 'n talk group, art session or other activity, our practitioners provide both purpose and inspiration to build trust, and offer compassionate support to enable people with all levels of mental health needs move forward in their lives.

Katie's Story

Katie was referred to Peer Support for help with social inclusion. She had her initial session at home as she was unable to travel by bus due to hearing issues. Katie was interested in the walking group activity so she planned to join 3 sessions.

Katie attended the sessions with support from our team. These were successful with Katie travelling home independently for sessions 2 and 3. Her confidence increased and she was soon happy to continue attending sessions independently.

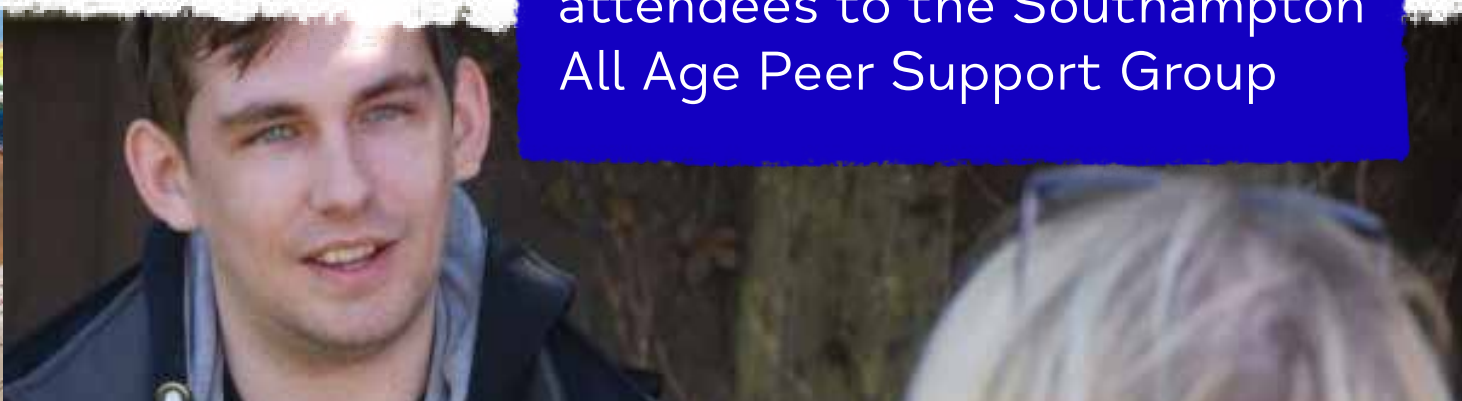
On leaving the service, Katie felt positive and was given signposting information for other local services that may be of benefit.

836

people helped by
the community peer
recovery team

472

attendees to the Southampton
All Age Peer Support Group



Solent Recovery College

Solent Recovery College uses a classroom setting to help individuals develop practical skills for living with symptoms, and shares how to get the best from mental health services in a safe and confidential space.

490

students enrolled at Solent Recovery College

Rebecca's Story

I **have** Bipolar Disorder.

All my life, I have felt different as other people didn't experience emotions the way that I did. Other people seemed to me to be so remote from their emotions that I believed everyone else must be a robot, put on earth by God to test me. I was very sensitive; I am very sensitive. "You gotta toughen up" people always say.

After the diagnosis, nothing changed right away except the meds. The hypo-mania kept popping back up that was useful in some ways. I wrote my master's thesis in a single weekend. I wrote short fiction for my popular website all while in the process of divorcing my first husband raising two kids and working full-time. Looking back over the past decade, I've had three major depressions, multiple hypo-manic episodes, many mixed states and one psychotic break courtesy of discontinuing a particularly nasty medication.

Don't get me wrong, medication has saved my life, but I always felt as though it was something being done to me. I had no control or influence.

That began to change when I had cognitive behaviour therapy; this was a turning point for me. I could see that I could have some influence over my own mental health.

Then I took a course at Solent Recovery College and began re-framing my mental health as a recovery journey. The techniques I've learned at the recovery college have been very helpful, I practice mindfulness, I'm rebuilding routines, I keep copious lists and I try not to over commit.

My family can be very supportive, but I still sometimes struggle to know what I need, let alone how to ask for it. I began my involvement as a peer trainer at Solent Recovery College in April 2014. In July 2019 I became the peer trainer coordinator for the college. Early this year I took on the role of team lead. I love having something I believe in to work for. It's liberating to have a job I don't have to hide my diagnosis, I don't have to be my diagnosis, I can be as different as I like. Just like everybody else.



Hear Rebecca's full story on our YouTube channel, scan the code to watch now.



Employment Services

Having and sustaining a meaningful job is an important part of staying well. Our friendly Employment teams help people find and retain employment, training or volunteer opportunities. Across Portsmouth, we have both primary and secondary support teams, whilst our Hampshire Team works alongside the Early Intervention in Psychosis teams.

133

people
supported by
the IPS team

Fiona's Story

After a short stay in hospital under section, Fiona was put in contact with the IPS team. Prior to being sectioned, she had been seeking a change of career and was looking to get back into work as part of her recovery.

The IPS team worked closely with Fiona to identify her skills and interests, develop her CV, and met regularly to support Fiona throughout the job application process. Fiona successfully secured a new role and the team continued to support Fiona, fostering her confidence and encouraging her to communicate her needs. Fiona is now 4 months into her job and taking on more responsibility with the support of her employer and team mates.

1,028

people helped by our
Employment services



Advocacy

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 full voice in important decisions about their care.

1,548

people advocated for by our expert team

Children and Young People

Children and young people are experiencing more mental health needs than ever before. Through our Heads Up and Upturn projects, our teams are working in schools to help children aged 5 – 16 years better understand and manage their emotions, and to seek out help when they need it. Our groups also support specific individuals with emotional difficulties using Decider Life Skills training.

Wellbeing App

Our Wellbeing App includes a new section for teenagers offering wellbeing tips and interactive activities to build a stronger understanding of teenage mental health. The practical and easy-to-use 'Happy Me in 123' supports teenagers to understand how they feel and create new habits in their life.

With access to interactive resources and personalised activities the App explores the link between mental and physical health, with plenty of food and exercise guides. The App provides access to interactive resources and personalised activities.

It is available for free on the Apple App Store and Google Play Store, just search 'Solent Mind'.

3,700

children received mental health training from Heads Up

Financial Performance

These figures are for the Solent Mind group including Solent Mind and Mayfield Nurseries

£139,610

from providing wellbeing training to more than 75 local companies

£125,000

raised in the community

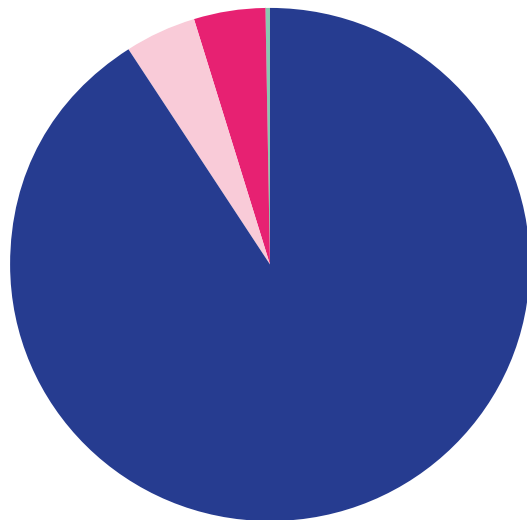
£156,000






raised by our corporate partners

6,020

hours given by volunteers

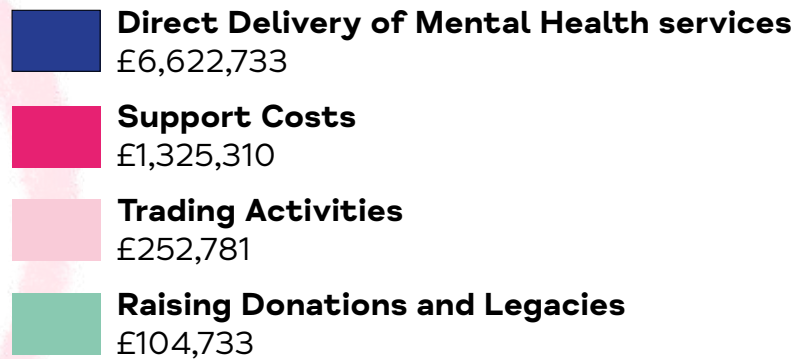
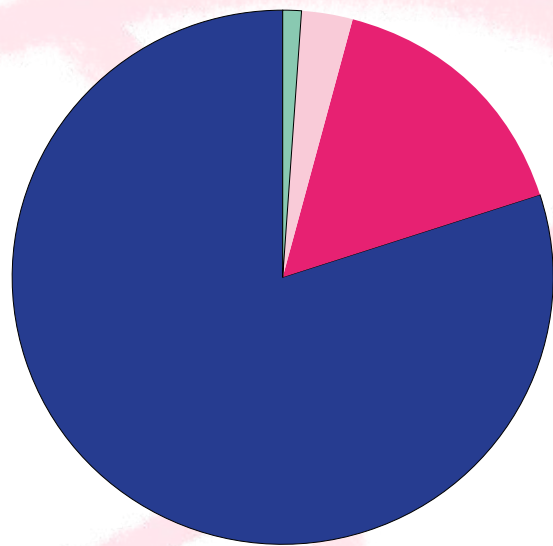
Income: £8,519,127



	Contracts and Grants £7,765,378
	Donations and Legacies £373,506
	Trading Activities £373,505
	Actuarial Gain on Defined Benefits Scheme £22,671
	Other Investment Income £738

28%
increase in
income since
2021

Expenditure: £8,305,557



33%

increase in
expenditure
since 2021

To see the financial report in full, visit solentmind.org.uk/annualreport

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

Southampton City Council | Hampshire County Council | Southern Health NHS
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



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

Marcia Roberts, holds the Guinness World Record for the fastest female to cycle from Land's End to John O'Groats and back again and raised £11,000 for Solent Mind



They gave me hope

Jay T, 2022

