



Solent

Annual Review
2015-16

Giving support, changing lives

**We're Solent Mind
the leading mental health
charity across Hampshire.
We're here to make sure anyone
with a mental health problem
has somewhere to turn to for
advice and support.**



Solent



Welcome from our Chair of the Trustees

For over fifty years Solent Mind has been supporting people with mental health problems. This Annual Review shows how we are continuing to evolve and reach more and more people. The numbers within the Review demonstrate how far and wide our work now reaches.

We have started an exciting new partnership in Portsmouth with Solent NHS Trust and, during the year, ran an innovative pilot in peer support within the Southern Health NHS Foundation Trust. We have also joined with other charities to provide an advocacy service across Hampshire, and a dementia service in Portsmouth. This theme of partnership informs all our efforts as we work not only with other organisations but also with people who use our services so that they can shape our work. It is very encouraging that even when formal services come to an end, support may continue through people running their own groups - empowering people to help themselves is a key part of our approach.

This year saw the opening of our new headquarters in Southampton, but we also have bases in Portsmouth, the New Forest, Fareham, Gosport, Winchester and Eastleigh, so that we are in close contact with our service users, carers and staff from other agencies across a wide area.

On behalf of the board I thank all our staff, ably led by Richard Barritt, and our volunteers and partners who work so hard throughout the year to support those who need our help.

Ros Cassy

OBE

Chair of Trustee Board



... and our Chief Executive Officer

It is a huge privilege working for Solent Mind. The stories in this Annual Review of people finding refuge, gaining independence, of lives transformed, of confidence regained, are truly inspiring. And the scale on which we now work - tens of thousands of people whose lives we touch across Hampshire, Portsmouth and Southampton - brings us a step closer to our goal of creating resilient, supportive, mentally healthy communities.

These are great achievements, but some of the work that we would want to tackle has only just begun. We now have better evidence in society of how we can prevent mental health issues developing or getting worse. We are determined, therefore, to play a greater role in tackling emerging mental health issues in children and young people. And we want people with lived experience - already in the majority amongst our staff and volunteers - to be leading and delivering mental health services as a matter of course. Nothing inspires like the knowledge, when you are going through the worst of times, that someone else has gone through the same experience, come out the other side, and is now there for you. With the support of our funders and partners, everything that we do in Solent Mind is delivered through our staff, volunteers and trustees. This Annual Review is a tribute both to their dedication and skill, and to the achievements of the people we serve.



A handwritten signature in blue ink, appearing to read 'R Barritt', with a horizontal line underneath.

Richard Barritt, Chief Executive Officer

Solent Mind

We provide support and services to help anyone experiencing mental health problems in Hampshire, Southampton and Portsmouth. We won't give up until everyone experiencing a mental health problem gets support and respect.

We're part of a network of 140 local Minds in England and Wales, which are independent charities. We have our own board of trustees, and raise our own funds. We tailor our support to the needs of people living in Hampshire.

Our Mission

We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

Our mission is reviewed regularly as part of our overall business planning process, involving trustees, staff and service users in making sure our direction is the right one.

Our Values

Supporting our mission are our values, the ethical framework within which we operate our organisation:

Open

We reach out to anyone who needs us.

Together

We're stronger in partnership.

Responsive

We listen, we act.

Independent

We speak out fearlessly.

Unstoppable

We never give up.

By 2020, in the communities in which we work, we want:

- > Everyone with a mental health issue to trust Solent Mind to be on their side, and be able to support them or to find support for them.
- > Everyone supported by Solent Mind to know how they can achieve good mental wellbeing.
- > People with lived experience to share the power to design, deliver and lead mental health services.

Highlights 2015/16

April 2015

The new Portsmouth Support and

Recovery Service begins in partnership with Solent NHS and Highbury College.



.....
We launch our Southampton Advocacy Service in partnership with Choices Advocacy.

June 2015

We run the First Blue Light course, supporting people working in the emergency services.



July 2015

We move to our new headquarters at 15-16 The Avenue, Southampton.

August 2015

Suella Fernandes MP visits Fareham Wellbeing Centre.



September 2015

We hold our first Side by Side Hub event "Improving Mental Health Through Peer Support".

.....
Aimee and Gail from italk raise funds for us running the New Forest Marathon.



October 2015

Steve Brine MP visits the Winchester Wellbeing Centre.



.....
We launch our new online support service 'Silvercloud'.



January 2016

Remind, our new Portsmouth dementia service begins.



March 2016

We raise over £10,000 in an appeal to save our Southampton Dementia Gardening Group.

Our year in numbers

Over
200
Staff
members

Over
100
Volunteers

917
people were
referred to the new
Portsmouth Support
and Recovery
Service

Our Floating Support
team achieved
100%
success rate in
preventing evictions

Volunteers
at Mayfield Nurseries
gave us
8,247 hours

Our Heads Up
team visited
4,355
young people in
schools and
colleges

379
carers
supported

Our Advocates
responded to over
2,500
referrals


Over **34,057**
people visited
our website

11,000
people supported
through talk
talking
therapies

143
jobs were retained
or gained by our
Portsmouth
employment team

We've helped people to be heard

When someone is struggling with a mental health problem, it can mean that they also have difficulties expressing their needs and understanding their rights. Our Advocates work in hospitals, mental health units and the community across Southampton and Hampshire to help support people. By helping people to express their views and concerns, access information, and explore their choices and options, we have provided vital support. We work to ensure that when people are deprived of their liberties, their voice is still heard.

We are pleased to have worked in partnership with four other local advocacy providers to secure the Hampshire Advocacy contract, starting in April 2016, and have also added Young People's Advocacy to our service. Our staff team is supported by volunteers who work in the community, and have recently begun to work in hospitals too.

Looking forward

We look forward to continuing to work with all our Advocacy partners, and in July 2016 we launched our new Portsmouth Advocacy service with Choices Advocacy.

I am so happy at the outcome of my tribunal – I would not have attended at all without your support.

In the last year we responded to over

2,500
referrals

from clients with a range of needs



Liam's Story*

Liam is a 29 year old man who became very unwell and was admitted to an acute psychiatric unit. When our Independent Mental Health Advocate (IMHA) met Liam, he was disorientated and didn't know why he was in hospital. Our Advocate spent time with him and explained what it meant to be held under the Mental Health Act, and that he could appeal this if he wanted to.

Our Advocate helped Liam find a solicitor and asked for a tribunal on his behalf. We attended the tribunal with Liam to ensure that he was able to say what he wanted and that the team around him listened to his views.

Liam was able to visit his family and requested a bed nearer his home so his family could visit more often thanks to our Advocate's involvement.

*names have been changed to protect identities

We've improved people's wellbeing

Our Wellbeing Centres in Eastleigh, Fareham & Gosport, the New Forest and Winchester continue to provide friendly and informal spaces at the heart of their local communities. We offer a wide range of groups, from improving confidence and self-esteem, to managing anxiety, improving physical activity and mindfulness. In the New Forest, our Weekend Service provides support and social activities at our two Centres in Hythe and New Milton. We provide a safe environment where people can share their experiences, support one another and learn techniques to improve and maintain their wellbeing.

Looking forward

Our new Portsmouth Wellbeing Centre opens in Autumn 2016 (please see p14).



In 2015/16 we had over
1,500 referrals
to our Wellbeing Centres
across Hampshire



On average there are more than
70 groups running each week
across all the Wellbeing Centres.

Jo's story

My GP referred me to Solent Mind and from my first meeting with a Wellbeing Worker I felt there was a way forward. I signed up to a number of groups... Just knowing that some support existed and being able to talk to people in similar situations and sharing thoughts, feelings and experiences has been a big part of my recovery. Everyone has different ideas about things which work for them and I began to feel there was hope to turn things around.



Attending the groups and having some practical "homework" to think about gave me some structure and purpose. Finding out more about my condition has really helped me understand what was happening to me and I feel empowered by the self-help techniques which we have learned about.

Three months on and I feel calmer, happier and hopeful for the future. I am more aware of what my triggers are which will help me manage things so that I don't get back to the depressed state I was in again.

I have little doubt that without Solent Mind I would still be struggling with anxiety and depression and am so grateful to the patient, supportive staff for everything that I have gained from attending this service.

Thank you for giving me my life back.

Jo Welsh

Dave's story

... within the art group I feel calm enough to let myself make mistakes, not judge myself too harshly and enjoy myself. WRAP* gives me the tools to do what I enjoy and helps to keep me aware of how I'm doing mentally before going into crisis. I think it is hard to quantify to others what two hours of peace and safety means to a person with mental health issues. Please believe me when I say how much my life has improved since joining the groups.

Dave Freeman

*Wellness Recovery Action Plan



We've helped people to bloom

Mayfield Nurseries provides a special place for people with mental health issues to develop new skills and be part of a supportive, friendly community. Through our schedule of gardening therapies and training programmes, we help people improve their wellbeing, physical fitness and confidence.

We are a social enterprise project and a subsidiary charity of Solent Mind, selling a wide range of plants and garden essentials. At Mayfield, all our plants have been cared for by people with mental health issues, supported by our staff and volunteers. The past year has been extremely productive with many more people buying their plants from us.

Towards the end of the year we appealed to the public to help save our dementia group Forget Me Nots, which resulted in support beyond our expectations meaning the group can continue to thrive this year and beyond.

Looking forward

Our new Gardening on Prescription courses will help people with mild to moderate mental health issues.

We positively improved

95%

of our service users' mental health and wellbeing

We supported

45

people with complex mental health problems and dementia over the past year

Over the past year, volunteers contributed

8,247

hours to Mayfield Nurseries



Julie's story

Julie was referred to Mayfield Nurseries to develop her interest in gardening and to help with her rehabilitation into the community following a spell in hospital when her paranoid schizophrenia worsened. Gardening distracts Julie from the thoughts and voices that occur as a result of her illness, and she enjoys taking part in the events we hold throughout the year. At our 'Come on in Day' event in March, Julie volunteered to show people around the nursery, telling them about our work and how it has helped her. With the support of her care team and Mayfield, Julie is engaging with the community and is leading a fulfilled life with her husband Ron.

**We need places like
Mayfield to meet new
people and help our
mental health.**

Julie



We've helped people reach their personal goals

The Portsmouth Support and Recovery service is a unique working partnership with Solent NHS Trust, helping people using the Adult Mental Health Service in Portsmouth to receive both clinical and recovery-led support. Our work is delivered through a number of programmes, working closely with NHS colleagues to provide an integrated service:

The Support Time and Recovery programme aims to give people practical support in dealing with their everyday lives and overcoming difficulties they may be experiencing. We often help people who are at the beginning of their recovery journey, giving them the tools to maintain their own wellbeing once discharged.

Our **Wellbeing Practitioners** work with people in groups to help improve their physical and mental wellbeing. The Football Group has been very popular, as one service user comments, "It has been the most fun I have had in 12 years due to not being able to get out because of my mental health condition".

Our **Employment Service** helps people seeking paid employment, or voluntary work, training or education, and supports people in keeping their existing employment. We work in partnership with adult mental health NHS colleagues and the Talking Change Improving Access to Psychological

Therapies (IAPT) service. Over the past year we have helped 143 people find or retain paid employment.

Our **Peer Support Service** brings people together who have lived experience of mental health issues. People share suggestions for coping techniques and support options, and it can be a good way to introduce ideas and approaches that have been helpful to others. One care co-ordinator said, "I was so impressed at the way in which a peer worker was able to reach a patient that I had been trying to reach for many years. That patient has since been discharged from the adult mental health service and is well on their way to recovery".

The Solent Recovery College is a unique partnership between Solent Mind, Solent NHS Trust and Highbury College, working together to provide training and education courses for people with mental health problems, as well as their family, friends and carers. Sessions are designed to help people manage their own recovery or support someone else with their recovery journey.

Looking forward

We are delighted to be opening a new Wellbeing Centre in Autumn 2016 in the heart of Southsea, where we will offer a range of services including mindfulness, Wellness Recovery Action Plans, creative writing, and smoking cessation.

I really want to thank you. I never really considered going back to university until you suggested it and made it seem possible. I feel inspired and determined now and have made multiple plans.

Employment Support

Number of referrals
over the year for the
whole service

917

Number of jobs
retained or gained by
our employment team

143



We've been there to talk to

When life is difficult, reaching out for support is vital, but sometimes talking about how you're feeling can be difficult. Over the last six years, we have been working in partnership with Southern Health NHS Foundation Trust to provide italk, a free NHS commissioned service for patients with depression, anxiety, stress, phobias, obsessive compulsive disorder (OCD) and post-traumatic stress disorder (PTSD). We work with people in groups, over the telephone, face to face, or online depending on the level of support they need.

The service we offer is part of the national IAPT (Improving Access to Psychological Therapies) programme and is based on the principles of Cognitive Behavioural Therapy (CBT) which looks at thoughts, feelings and behaviours and teaches people coping strategies so they can become their own therapist and recognise the early warning signs. We're proud to say that italk has met all the new government access standards for entering treatment.

Our new online support programme, SilverCloud, has been a great addition to the National Institute for Health and Care Excellence (NICE) approved treatments we offer to italk patients. SilverCloud allows patients to log on 24/7 and work through their recommended programme under the guidance of a trained practitioner, recording their own thoughts and feelings as they go.



We supported over

11,000

people in Hampshire
last year

Rachel's story*

Rachel used the SilverCloud programme, which was introduced this year.

I am so glad I've worked through this programme and it is definitely 'the nudge along' I needed when I felt lost and stuck. I think that was what I needed all along, just some help really. I am very grateful for what this has done for me, and even just being able to go out for dinner with groups of friends and people I don't know as well without overwhelming anxiety has been such an amazing turnaround for me. I definitely feel like my old self again but a better version, like version 2.0, just like before but with more control and more knowledge about myself and my body, and better at identifying moments where self-care are needed instead of just running flat out until I've run out of steam and everything catches up with me. Thank you.

*names have been changed to protect identities



We've helped people maintain their independence

If you live in Southampton, are aged between 18 and 60, are experiencing difficulties with housing and have a mental health problem, our Floating Support Service can help.

We help people set goals to improve their housing situation and give advice on benefits, dealing with debt and a wide range of other issues. We give support to people attending court hearings and in negotiations with landlords and other agencies.

Many of the people we help are in unsafe or unhealthy situations and our team often achieve dramatic improvements in people's living conditions. The service has a tremendous success rate in preventing homelessness and in supporting people to achieve positive changes within their lives.

Looking forward

In February 2016 we launched our Time for Tea joint initiative with Spectrum (a voluntary agency run by people with disabilities for people with disabilities) to provide information and advice on a wide range of topics. We look forward to developing this group during 2016.

The team worked tirelessly to achieve

100%

success rate in preventing evictions this year

I've spent years asking for help from other services. I had given up. You've got me a washing machine, cooker and food and sorted out my benefits. You've done so much to help me in such a short time.

We've supported carers

Caring for friends and family with mental health conditions can be a challenging role. Our Carer Support Service works to give carers the help they need, and in its first year in operation, we supported 379 people. Working from locations across Hampshire, we've held support groups, coffee mornings and drop in sessions to help carers improve their knowledge and access to support networks, develop new skills and improve their physical health.

Looking forward

We look forward to continuing to listen to the carers we support and developing the Service in ways that meet their needs.

It wasn't until Carer Support were involved that things started happening and moving forward, it has really made a difference to me.

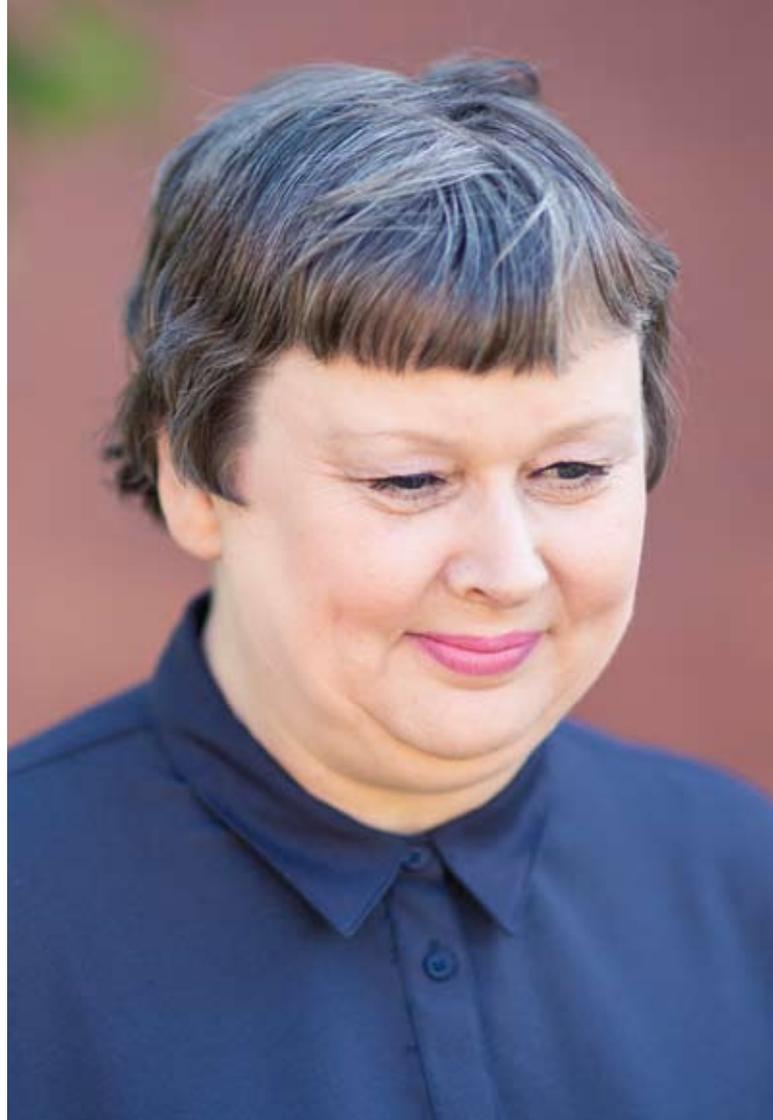
This year we supported

379
carers



We've helped older people in Southampton

Our Plus Club was a social group supporting older people in Southampton experiencing mental health issues. The group met on a weekly basis, and was led by service users, with people setting their own agendas and themes. At the end of March 2016 funding came to an end and sadly this service was closed. Following our celebration event recognising all that had been achieved over the nine years that the group had been running, some members of the group decided to run their own Plus Club from home, inspired by the original Club, giving it an ongoing legacy.



We've helped people with dementia in Portsmouth

With the completion of the Reablement dementia support pilot project, January 2016 saw the start of Remind, Portsmouth's new dementia service. Working in partnership with the SCA group and Rowans Hospice, we are now offering practical and emotional support to people and their carers throughout their dementia journey. In the first three months of the service we had already helped 25 people and their carers. We are also working to make Portsmouth a Dementia Friendly City.

The team have been a gift to my family. Their kindness is priceless. From a quick pop in and cuppa, to support when moving house. I know I can phone and they will be there. Thank you.

A carer



We've helped people support one another

Understanding is at the heart of peer support – we understand what you are going through, because we have been through it too.

Our 12 month pilot project, launched in February 2015, with Southern Health NHS Foundation Trust placed a team of Peer Support Workers in adult acute mental health inpatient wards across Hampshire, using their personal experience of mental health problems to offer support and inspire hope for recovery.

Side by Side, our community peer support programme funded by the Big Lottery, provides a range of groups, social opportunities and support run by and for people with mental health issues. Activities this year have included arts clubs, gardening, singing, walking and social events. We also offer one-to-one support for those not quite ready to attend a group.

As well as supporting individuals from across the Southampton and New Forest area, we also work in partnership with other local organisations to promote the benefits of peer support, and offer training and advice. We have held a number of events and training sessions to further develop opportunities in our area.



It's just nice being able to be with other people and chat, and being somewhere that doesn't cause you any more stress. Everyone at the group understands.

Jane

This year, Side by Side worked with

117

individuals

33

organisations

We've supported 'blue light' services

This Mind pilot project gave support to emergency service staff and volunteers experiencing mental health issues. Solent Mind staff delivered training to managers and frontline staff to help people increase resilience and develop coping strategies in the workplace. Mind's Blue Light infoline offered advice and support specifically for emergency service staff, volunteers and their families, and the anti-stigma campaign raised awareness of mental health in the emergency services. The project ended in February 2016, but continues as a national Mind service.



The things that stick in my mind about the course are the participants' teamwork, professionalism and the caring attitude of our course leaders, the coping mechanisms that we were taught and the friendships that we gained.

Paul, emergency services worker

71%

of emergency services personnel surveyed by Mind feel that their organisation does not encourage them to talk about mental health.



We've helped young people

Our Heads Up team strives to help young people to understand more about their mental health and normalises what can often be a taboo subject. Working with schools and colleges in the New Forest area, we run workshops on feeling good, mental health conditions, signs and symptoms and coping strategies. Our fantastic volunteers talk to young people about their own experiences of mental health issues, and are part of how we incorporate real life experiences into our workshops. We aim to help young people have a voice and speak up if they feel unwell, and know where to go and know how to cope when feeling stressed or unhappy. Heads Up is a powerful project which is making a real difference in young people's lives.

Looking forward

In the Autumn term 2016 we will be working with younger age groups through a pilot project in New Forest primary and infant schools.



I am proud to have a mental health problem because I have come so far and achieved a lot in a short space of time. If I can do it anyone can. To this day I whole heartedly believe that Solent Mind has saved my life. It has pulled me out of the dark into the light. The people in the charity make a massive difference to people's lives, my life!

Heads Up volunteer

Last year we saw

4,355

students

from schools and colleges
in the New Forest area



Mental health continues to be a major issue amongst our students. With the lessening of CAMHS* services and huge waiting lists for counselling in the local area, including internal provision, this type of education is vital to help students to manage and be aware of their own and others' mental health. With the stretching of budgets, it is not always possible for schools and colleges to design and deliver training and offer appropriate support on this subject, so the excellent service provided by this project is pivotal to the ongoing health and development of the young people they have contact with.

Totton College

*Child and Adolescent Mental Health Services

We couldn't be there without you...

Each year we provide vital mental health services to people across Hampshire. Much of our work wouldn't be possible without the people who give their time, money, energy and passion to make sure Solent Mind can be there for everyone who needs us. We're grateful to all the individuals, companies and community groups who have supported us this year. Whether it be through fundraising, a gift in your will or a donation, you have made a huge difference to people with mental health problems.

Talk to us

We work with companies and individuals in a range of fundraising partnerships. However you decide to support us, we're here to help.

For more information please email fundraising@solentmind.org.uk, or call us on **023 8202 7810**.

The OS corporate charity means a lot to all of us and I am constantly amazed at the level of fundraising which takes place. Solent Mind provide valuable and essential services to people facing mental health problems and I am delighted that we will be supporting them.

Nigel Clifford, Ordnance Survey CEO



I had attended a six week residential course at Combat Stress and was diagnosed with Chronic Dissociative PTSD. I was still struggling with the post-effects of the treatment and the ramifications of the diagnosis on my life. I desperately needed a sure and constant anchor to which I could attach my failing life. My worker was that rock, that constant beacon that I needed to see at the end of a long and very dark tunnel.

... My worker has been selfless and honest throughout, at a time when I needed someone to trust and listen and guide me to safer shores. She has prepared me to face a brighter, safer and happier future. More simply put, without the timely intervention of the Solent Mind centre in Fareham, I believe my family would have been left to pick up the pieces of life without me.

Thank you, both to Mind and my worker. I owe you both so much, right down to the instant offers of coffee the moment I walked through the door. Superb service, simply superb.

Member of the armed services attending Fareham Wellbeing Centre



Financial Reports

“In our opinion the financial statements give a true and fair view of the state of the charitable company and charitable group’s affairs as at 31st March 2016 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended.” P E H Wright FCA DChA (Senior Statutory Auditor) for and on behalf of Sheen Stickland, Chartered Accountants, Registered Auditors.

A copy of the full accounts is available on our website www.solentmind.org.uk, or by request from Solent Mind, 15-16 The Avenue, Southampton, SO17 1XF.

Solent Mind

Consolidated Statement of Financial Activities For the year ended 31st March 2016

	2016 Total	2015 Total
	£	£
INCOME AND ENDOWMENTS FROM		
Donations and legacies	74,897	175,762
Charitable activities	5,716,552	4,814,283
Other trading activities	134,410	158,478
Investment income	5,461	7,353
Total	5,931,320	5,155,876
EXPENDITURE ON		
Raising funds	145,683	139,890
Charitable activities	5,814,785	4,855,665
Total	5,960,468	4,995,555
NET INCOME	(29,148)	160,321
Gains revaluation of fixed assets	308,663	-
Actuarial losses on defined benefit schemes	(18,105)	(71,000)
Net Movement in funds	261,409	89,321
Total funds brought forward	2,150,995	2,061,674
TOTAL FUNDS CARRIED FORWARD	2,412,404	2,150,995

All income and expenditure has arisen from continuing activities.

Solent Mind

Balance sheet

For the year ended 31st March 2016

		GROUP		CHARITY	
		2016	2015	2016	2015
		£	£	£	£
FIXED ASSETS		2,006,380	1,535,885	1,998,568	1,522,052
CURRENT ASSETS	Stock	33,731	38,731	-	-
	Debtors	684,720	495,750	681,146	486,002
	Cash at Bank	1,025,358	1,501,444	971,185	1,476,434
TOTAL CURRENT ASSETS		1,743,809	2,035,925	1,652,331	1,962,436
CREDITORS – Amounts falling due within one year	Creditors	(391,413)	(388,430)	(375,056)	(371,433)
	Deferred Income	(412,993)	(377,676)	(400,460)	(377,676)
	Mortgage	(18,774)	(18,163)	(18,774)	(18,163)
NET CURRENT ASSETS		920,629	1,251,656	858,041	1,195,164
TOTAL ASSETS LESS CURRENT LIABILITIES		2,927,009	2,787,541	2,856,609	2,717,216
CREDITORS – Amounts falling due after more than one year	Deferred Income	(63,462)	(182,846)	(63,462)	(182,846)
	Mortgage	(312,037)	(330,333)	(312,037)	(330,333)
PROVISION FOR LIABILITIES		(50,000)	(52,367)	(50,000)	(52,367)
PENSION LIABILITY		(89,106)	(71,000)	(89,106)	(71,000)
TOTAL NET ASSETS		2,412,404	2,150,995	2,342,004	2,080,670
FUNDS	Endowment funds	660,000	535,248	660,000	535,248
	Restricted funds	232,524	241,376	232,524	241,376
	Unrestricted funds	1,198,925	1,229,640	1,128,525	1,159,315
	Revaluation reserve	320,955	144,731	320,955	144,731
TOTAL FUNDS		2,412,404	2,150,995	2,342,004	2,080,670

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies.

Trustees

The following were Trustees of the Charity and Directors of the Company during the year ended 31st March 2016

Chair Ros Cassy OBE

Vice Chair Chris Martin

Treasurer Peter Hanlon

Ali Beg (to January 2016)

Richard Coundley

Clare Duncan

Fiona Hartfree

Bryan Palmer

Pat Shirley (to January 2016)

Julie Todd

Jack Wiseman

Matthew York

**Chief Executive
and Company
Secretary** Richard Barritt

The following provide services to the charitable company:

Auditors Sheen Stickland, 7 East Pallant, Chichester,
West Sussex, PO19 1TR

Bankers Unity Trust Bank, 9 Brindleyplace,
Birmingham, B1 2HB

Handelsbanken, 3 Charlton Crescent,
Southampton, SO15 2EY

Solicitors Blake Morgan, Harbour Court, Compass
Road, North Harbour, Portsmouth, PO6 4ST

While I was in hospital I was given a course of treatment which I didn't want, and felt was wrong for me. No-one took my views seriously until the advocate got involved. She helped me to get my point across and get a second opinion. The treatment was stopped and I was so relieved.

Advocacy

I don't feel as socially isolated as I did before working with you. I feel like a real person now.

Peer Support

I would like to praise and thank you for all the carers' support I have had. To know there are times when I can talk to you is very helpful. I wish it could be more frequent because things seem to come up all the time however I am very grateful.

Carer Support

Your support over Christmas saved my life, I was so desperate so thank you very much.

Support Time Recovery





We're Solent Mind, the leading mental health charity across Hampshire. We're here to make sure anyone with a mental health problem has somewhere to turn to for advice and support.

Solent Mind
15-16 The Avenue
Southampton
SO17 1XF

t: 023 8202 7810
e: info@solentmind.org.uk
w: www.solentmind.org.uk

Follow us on:



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SEPTEMBER 2016 MIN 29

