

**Annual Report of The Croydon Association for Pastoral Care in Mental Health  
April 2006 – March 2007**

**From the Chair of the Trustees**

On behalf of the Trustees it gives me very great pleasure once again to introduce the latest Annual Report of the Association for the financial year 2006/2007.

We have continued to engage with many service users, who are attracted by what we have been able to offer. Our aim as in previous years has continued to be to support our members, helping them to be themselves and so live their lives to their full potential. The our main activities are the four weekly drop-ins, the creative programme, and training programmes targeted to raise awareness amongst the community and particularly amongst the faith groups of mental health issues.

The Association remains a serious partner in Croydon-wide consultation about the planning and provision of mental health services and we have this year raised in particular our growing concerns about the processes for securing a new vision for day services for long-term users of these facilities.

I want to thank the many people who unstintingly support the work of the Association. Firstly thanks to my fellow trustees, whose commitment and support has been unstinting. Special mention must go to Fr. Andrew Wilson and Sue Albery and Helen Hamilton without whose hard work and enthusiasm very little of what we do would be possible. Our treasurer Joan Tompkins in her last year as our treasurer has kept very tight hold on our finances and we are once again able to report excellent financial results for this year.

Can I also unreservedly thank our team of 50 volunteers, whose reliable and dedicated support for the Association is so impressive!

Our members and users continue to support all we do and we are encouraged by their positive response to our efforts to change and grow the organisation.

<u>Trustees</u>	<u>Appointed</u>
Terence Roberts (Chair)	21.11.02
Joan Tompkins (Hon. Treasurer)	21.11.02
Canon Andrew Wilson (Vice Chair)	21.11.02
Andrew King	21.11.02
Trefor C Poyntz	21.11.02
Hugh Roberts	21.11.02
Dr Brian Robins	20.10.04
Christine Goldsmith	20.10.04

In conclusion I want to thank our partners in the Croydon Mental Health community, the Commissioners, staff at SLAM, and colleagues in the voluntary sector. Without true collaboration and joined up working services will continue to fail users.

I should also like to thank Rethink and St Peter's Church South Croydon for their continued financial contributions to our Association and all those other individuals and groups who so kindly support us.

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**Development Officer's Report**

The year 2006/7 was as usual a busy time for the Association. We are a very small organisation when measured by financial resources and staff numbers but with our small army of committed volunteers we are able to achieve a great deal.

**The Drop-Ins**

The Drop-In clubs on Monday, Friday and Sunday have continued, staffed almost completely by volunteers many of whom have their own experience of mental distress. They are supported on Monday and Friday by Esther McCalden whose consistent kindness to all who use and work in the Drop-Ins is a true reflection of our ethos. We thank her for all she does.

These Drop-Ins provide reliable accepting social spaces for about fifty people every week. They are an important part of many people's lives.

During this year in response to requests from service users and staff at the Women's service and with a grant from the PCT/SS commissioning team, a women's Drop-In was started at St Andrew's. The group offers women a safe space to enjoy each other's company and to participate in arts and crafts and games if they wish. It is staffed by women volunteers. Our thanks to the volunteers who have made this group possible.

**The Creative Workshops**

The well-being and creative workshops continued throughout the year 2006/7 at St Andrew's Church hall. The Association extends warm thanks to the PCC of St Andrew's for allowing the use of the hall. The mosaic of funding which had supported the project for the first two years came to an end but thanks to the generosity of Margaret Baylis we were able to continue to offer these workshops.

Margaret was one of our volunteers who left a bequest in her will to APCMH. There were some difficulties with the will but we finally received money this year and we are sure that it would have been Margaret's wish that her money should be used to directly benefit people living with mental distress. We are therefore using the money to support the workshops. In September we celebrated Margaret's life and gift and planted a rose in her memory. We should like to express our thanks to John Hamilton for all his work in the resolution of Margaret's will.

We would like to thank all our facilitators and volunteers for their work on this project. The well-being group has experienced some interesting activities. Sister Catherine Heron, our volunteer reflexologist, has led the group in circle dancing, David Jordan gave a talk and demonstration of Morris dancing and thanks to Catherine Pestano there were two very enjoyable music workshops (drumming and singing), both of which were found to be most invigorating.

The creative activities are supported by volunteers too numerous to mention by name but special thanks are due to Pearl Hobson for her work with the art groups and the women's Drop-In.

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Before the project at St Andrew's began an art group was established on a Wednesday at Cornerstone House. It was the success of this group that gave us the confidence to start the more extensive project at St Andrew's. The Cornerstone House project was partly funded by the Health Living Centre at Cornerstone House but in August 2006 this funding came to an end and it was decided to close the group.

Following the winding up of the Healthy Living Centre funding at Cornerstone House we were approached by the manager to manage a session of IT which was taking place on Friday mornings. Helen Hamilton and Sam Hard were the Learning Assistants for the session. This session is open access and low key. Each learner progresses at their own pace and it was already being used by some people with mental health issues as well as other members of the community. Helen and Sam have continued to support this group as volunteers and APCMH has some oversight of it. Sadly it has not been possible to gain alternative funding for this session but the group still continues.

By the end of March 2007 it was known that the creative project would need to move from St Andrew's as St Andrew's need to use the hall for their development plans. A move to the newly built Community Centre at St Mildred's was anticipated.

### New Horizons

The New Horizon's Project with Westways was reduced in scope during this year. This was in response to the current needs of the residents at Westways. The faithful group of volunteers now take it in turns to go with a group from Westways to a local cafe. As well as this simple regular outing, the summer boat trip and Christmas meal were enjoyed by a large group of residents and all the volunteers. This project in its various forms has been part of the activities of APCMH since the closure of Warlingham Park ten years ago and represents a real attempt by volunteers from the Association to be alongside people in distress and to support them where and as they are. We believe it continues to be valuable and thank the Occupational Therapy staff at Westways for their continued support.

### Annual Outing to Brighton

A highlight of the APCMH year is the annual summer outing to Brighton. This year we made use of the CAT's minibuses and enjoyed another fine sunny day. This event is looked forward to by many of our members. In fact some start to ask about the date almost as soon as Christmas is over.

### Other Activities

As well as the direct services to people living with mental health issues APCMH is involved in a variety of training and mental health promotion activities.

The volunteer training course was offered in October/November and April/May. This course was as usual open to new volunteers and to anybody wanting to extend their knowledge of mental health.

The Development Officer also gave two training days for voluntary organisations who wished to recruit people with mental health issues as volunteers; these sessions were at the request of Croydon Voluntary action and Merton CVS.

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The Development Officer and Chaplain facilitated a study day for clergy at the Bethlem and a training day on mental health for The Sisters of Mercy at their Birmingham mother house. They also gave a talk to a group from the South London Liberal Synagogue.

The Development Officer is involved in work with the Mental Health Promotion Steering group. This and the BME Strategy Steering Group are sub groups of the Mental Health Partnership Group, of which the Development Officer is a member.

APCMH seeks to support Service User Empowerment at all levels. The Development Officer and the Chaplain are members of the Hear Us Service User Group steering group and the Development Officer is an active member of the Mental Health Forum.

APCMH was founded to support and promote the spiritual needs of all who use mental health services or experience mental distress. This remains the guiding ethos of the organisation, true to our Christian foundation but working in a multi faith and cultural context.

During the year 2006/7 the Association with the Chaplaincy held two Quiet Days for spiritual refreshment at St Mary's, Farleigh. Although these are annual events they both fell within one financial year because of the timing of Easter.

We are grateful for the moral and practical support offered to the Association by our patron the Bishop of Croydon, especially through the work and support of Revd. Barry Goodwin, the Diocesan Social Responsibility Officer.

We have been pleased to work with the Community Mental Health Teams to develop a project entitled Forging Links. This has the support of the Director of Mental Health Services and is designed to provide a recognisable link between the faith communities and mental health services to improve communication and understanding and so support people more effectively. A group of people from the Integrated Mental Health Service, clergy and representatives of other faiths meets quarterly at St Matthew's House to promote the spiritual care of people within mental health services.

As APCMH in Croydon looks forward to its 20<sup>th</sup> Anniversary we are community of individuals with many talents and needs. Some of us carry heavy burdens but we all try to support one another by being alongside in times of need. This is the strength of APCMH, whether we are trustees, paid staff, volunteers or members who use one of our services - we are all valued and linked by bonds of friendship.

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**From Andrew Wilson**  
Borough Chaplain for Croydon

The close cooperation between the Chaplaincy and APCMH has continued to bear fruit in helping faith communities and mental health professionals to understand that paying attention to people's faith and spiritual journey in times of crisis can be a vital part of helping their recovery. Sue Albery and I have established what are now regular meetings that link churches and community mental health teams. This moves into a new project called 'Forging Links' where we invite churches and other communities to meet up with mental health services and learn from each other.

Over the last year ( 2006-07) this work has taken on a new energy thanks to the support and encouragement of Barry Goodwin, the Bishop of Croydon's Social Responsibility Officer, and Caroline MacDonald, General Manager for Community Care. In the Chaplaincy we have provided two workshops on the assessing of spiritual needs. These are designed to help professionals increase their confidence and ability to further the expectations of the NHS and SL&M Trust that this should be an integral part of patient care. Carers and service users were part of both workshops so that the discussion was able to be grounded in what people really find helpful.

Sue and I meet regularly to look at how the work in the Association can answer people's needs, especially as changes in statutory services alter, and how we can support our volunteers more effectively. This has led to organising a support meeting on Saturday mornings, which has been appreciated. I have supported APCMH in Merton and Wimbledon by assisting in their training programme for their befriending scheme. It is good to learn from them how we might develop into this area.

Sue and I went to talk to "Due South" a discussion group centred on South London Liberal Synagogue - just one example of how we work to raise awareness in the community. My talk to West Wickham Labour Party bore fruit, producing a new volunteer at the hospital.

At Bethlem we have regular student placements from the Anglican Diocese of Southwark Pastoral Auxiliary Training Scheme, and from two training schemes for people training for the Church's Ministry. We would like to offer the opportunity of these placements to other churches and faith communities, as we know from the feedback of those students how it helps them to deepen their insight and confidence to help people suffering mental distress.

I have enjoyed playing my part in leading the 'well-being' sessions at St Andrew's with meditation practice. It is good to see how our groups are reaching new people, and providing hope, fellowship and self-esteem.

As usual a valued part of the year's programme was the annual Quiet Day at St Mary's Farleigh. Our hope is that the move to St Mildred's Community Centre will enable more opportunities for increasing the pastoral and spiritual support we offer members.

We are continually thankful for the superb work and support we get from our volunteers. Please know how much you are valued by us and all our members.

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**Vital statistics!**

Average attendances at:-

- Bridge 8
- Open Door 12
- Rainbow 25
- Women's group 6
  
- Well-being 8
- Creative writing 6
- Art 9

Volunteer sessions throughout year 754 (Thank you all)

Cups of tea/coffee 9090

Biscuits Lots

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**Annual Accounts**

**THE CROYDON APCMH**

**Registered Charity No. 1097979**

**SUMMARY INCOME AND EXPENDITURE  
ACCOUNT**

**FOR THE YEAR ENDED 31st MARCH 2007**

	Notes	Restricted	Unrestricted	Total	Total
		<b>2007</b>	<b>2007</b>	<b>2007</b>	<b>2006</b>
		£	£	£	£
<b>Income Resource</b>					
CVA Special Grant			992	992	250
LB Croydon grant	1		24,527	24,527	25,713
Other grants	2			0	7,503
Contribution re salary			144	144	
CVA training contribution			250	250	
Activities	3		815	815	1,747
Grants for Women's Group		500		500	
Bequest				0	73,139
Interest received			2,372	2,372	830
<b>Total Income</b>		<b>500</b>	<b>29,100</b>	<b>29,600</b>	<b>109,182</b>
<b>RESOURCES EXPENDED</b>					
Charitable expenditure	4	11,443	6,019	17,462	16,962
Management and administration	5	0	21,834	21,834	30,965
		<b>11,443</b>	<b>27,853</b>	<b>39,296</b>	<b>47,927</b>
<b>NET INCOME/(LOSS) FOR THE YEAR</b>		-10,943	1,247	-9,696	61,255
Total Funds brought forward		2,820	88,399	91,219	29,964
Carried forward		<b>-8,123</b>	<b>89,646</b>	<b>81,523</b>	<b>91,219</b>

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**BALANCE SHEET**

**FOR THE YEAR ENDED 31st MARCH 2007**

	Notes	<u>2007</u>	<u>2006</u>
<b>FIXED ASSETS</b>		£	£
Tangible Assets	4	3,797	4,219
 <b>CURRENT ASSETS</b>			
Debtors	5	851	1,540
Cash at bank and in hand	6	77,746	86,512
		<u>78,597</u>	<u>88,052</u>
 Creditors: amounts falling due within one year	7	<u>871</u>	<u>1,052</u>
 <b>NET CURRENT ASSETS</b>		78,010	87,000
 <b>NET ASSETS</b>		<u><b>81,523</b></u>	<u><b>91,219</b></u>
 <b>Funds:</b>			
Unrestricted funds		89,646	88,399
Restricted funds		<u>-8,123</u>	<u>2,820</u>
		<u><b>81,523</b></u>	<u><b>91,219</b></u>

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**NOTES TO THE ACCOUNTS**

**FOR THE YEAR ENDED 31st MARCH 2007**

	2007	2007	2007	2006
	Restricted	Unrestricted	Total	
<b>1. Unrestricted grants</b>				
LB Croydon	0	24,527	24,527	25,713
		24,527	24,527	25,713
<b>2. Restricted grants</b>				
New Horizons grant	0	0	0	683
St. Andrew's	0	0	0	4,000
Listening Skills	0	0	0	2,820
	0	0	0	7,503
<b>3. Activities Income</b>				
Drop-Ins	0	815	815	369
Fund raising	0	992	992	327
Outing	0	0	0	71
Clock Tower exhibition	0	0	0	100
Development Officer's fees	0	0	0	880
PCT contribution salary	0	144	144	0
CVA training	0	250	250	0
Women's Group	500	0	500	0
Bank interest - deposit account	0	252	252	0
Bond interest	0	2,120	2,120	0
	500	4,573	5,073	1,747
<b>4. Charitable Expenditure</b>				
Drop-Ins	0	3,936	3,936	3,839
Craft workshop	0	342	342	831
Volunteering	0	0	0	76
New Horizons	0	185	185	645
Training	0	822	822	56
Outing	0	282	282	375
Fund raising	0	0	0	102
Development Officer's expenses	0	452	452	900
Activities	0	0	0	10,138
	0	6,019	6,019	16,962

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<b>5. Management and Administrative</b>	<b>Restricted</b>	<b>Unrestricted</b>	<b>Total</b>	<b>2006</b>
Salaries and NIC		16,311	16,311	14,930
Development Officer		0	0	693
Rent		839	839	1,543
Postage and Stationery		1,430	1,430	773
Publicity		0	0	240
Telephone		239	239	545
Travel, fares and Mileages		382	382	0
Accountancy		587	587	587
Subscriptions		157	157	120
Insurance		379	379	184
AGM		71	71	150
Sundry expenses		88	88	343
Trustees Insurance		420	420	183
Legal fees		0	0	5,919
Computer		0	0	929
Launching		0	0	333
Listening Skills		0	0	3,024
Depreciation		422	422	469
	0	21,325	21,325	30,965

  

<b>6. St. Andrew's Project</b>	<b>Restricted</b>	<b>Unrestricted</b>	<b>Total</b>	<b>2006</b>
Development Officer's salary	4,581	0	4,581	0
Development Officer's travel	73	0	73	0
Postage and Stationery	33	0	33	0
Workshops	5,677	0	5,677	0
Telephone	88	0	88	0
Sundry Expenses	602	0	602	0
Refreshments	97	0	97	0
	11,151	0	11,151	0

  

<b>7. Development Officer's Expenses</b>	<b>Restricted</b>	<b>Unrestricted</b>	<b>Total</b>	<b>2006</b>
Consultancy fees	0	429	429	0
Conferences	0	80	80	0
	0	509	509	0

  

<b>8. Restricted Fund (Women's Group)</b>	<b>Restricted</b>	<b>Unrestricted</b>	<b>Total</b>	<b>2006</b>
Refreshemnts	109	0	109	0
Materials	49	0	49	0
Milages	134	0	134	0
	292	0	292	0

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**NOTES TO THE ACCOUNTS**

**FOR THE YEAR ENDED 31st MARCH 2007**

**4. FIXED ASSETS**

	Furnitures	Total
As at 1st April 2006	4,688	4,688
Additions	0	0
As at 31st March 2007	<u>4,688</u>	<u>4,688</u>

**DEPRECIATION**

As at 1st April 2006	469	469
Charge for the year	422	422
As at 31st March 2007	<u>891</u>	<u>891</u>

**NET BOOK VALUE**

As at 31st March 2006	<u>4,219</u>	<u>4,219</u>
As at 31st March 2007	<u>3,797</u>	<u>3,797</u>

**5. Debtors**

	<b>2007</b>	<b>2006</b>
Sutton CVS	771	1,174
Insurance	80	366
	<u>851</u>	<u>1,540</u>

**6. CASH AT BANK**

	<b>2007</b>	<b>2006</b>
Current account	5,419	3,557
Deposit account	7,327	9,735
Reserves	0	6,000
Bequest Reserves	65,000	67,220
	<u>77,746</u>	<u>86,512</u>

**7. CURRENT LIABILITIES**

	<b>2007</b>	<b>2006</b>
Accruals	587	587
SL&M Trust	0	300
St. Andrew's	0	125
Other creditors	284	40
	<u>871</u>	<u>1,052</u>

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