

Triangulate AGM

Annual Report 2011-12

Tuesday 10 January 2012



This is the second annual report of Triangulate.

Triangulate was set up in 2009 by a group based in Romsey, Hampshire.

We aim to promote:

- changes in understanding, attitudes and behaviours towards mental illness; and
- positive mental health practices in the workplace.

Our work has three strands:

- being individually and collectively committed to challenging the stigma and discrimination associated with mental illness;
- signposting individuals and employers locally and nationally to recognised sources of information; and
- facilitating events for employers within the Romsey area and further afield

Trustees:

Rev Tim Sledge
Preb Peter Speck
Dick Hewett
Ian Cox
Paulene Sackley
Nick Virgo
Bridget Brook

1	Employer event 02.02.11
	Susanne Holiday from Footner & Ewing, Solicitors addressed the first employer meeting of 2011 on the topic of the 2010 Equality Act and what it means for employers.
2	Service at Abbey 06.02.11
	The annual service this year focused on Dementia. We were joined by Lawrie McMenemy who supports the work of the Alzheimer's Society and by David High from the Alzheimer's Society. Over the weekend there were displays in the Abbey from local organisations, including Triangulate.
3	Diocesan Synod 11.06.11
	Rev Tim Sledge, Preb Peter Speck and Bridget Brook presented the Romsey Deanery motion on issues related to mental health awareness. The motion was passed and the team look forward to working with the Diocese into the future. The Diocese has signed up to Mindful Employer, becoming the first Diocese in the country to do so.

4	Volunteer event 12 and 13.06.11
	Triangulate had a stand at the weekend volunteer event held in the Abbey organised by Test Valley Community Services.
5	Healthy Minds, Healthy Lives 24.06.11
	Triangulate and Carers Together organised an information day in the Town Hall, inviting a number of local organisations who provide support for those suffering from mental ill health to attend and have stands. Although not many general members of the public attended there was a considerable amount of positive networking.
6	Diocesan CMD 05.07.11
	Rev Tim Sledge, Preb Peter Speck and Bridget Brook delivered a training day as part of the Diocese's training programme. This was well received and a date for 2012 has been included in the programme.
7	Salisbury Chamber of Commerce – 90 minute lunch 14.09.11
	Bridget Brook spoke to 70 employers at the Chamber's September networking event, giving out employer packs to each.
8	Employer event 03.10.11
	The topic for this meeting was 'Fit notes' and we were lucky to have Dr Greg Warner from Nightingale Surgery and Charlotte Solway from Southern Health NHS Foundation Trust with us to explain how GPs and employers are making use of the change in system from 'sick notes' to 'fit notes'.
9	Tree of Life café 10.10.11
	To celebrate World Mental Health Day the ImROC (Implementing Recovery through Organisational Change) team at Southern Health transformed the Nave of the Abbey into a café for the morning. Serving coffee and croissants throughout the morning there were also stands giving information on topics such as Mindfulness, support groups, artwork.
10	Strategic planning event 19.11.11
	During Small Charity Week Triangulate had the opportunity for a coaching session from the CEO of a charity focusing on how we should be looking to develop. Following this we decided to hold a strategy planning session. This was facilitated by Paul Chambers and Ann Trudgeon who gave of their time in support of Triangulate's work. The session was very positive and gave us a framework to take forward into 2012.
11	Centre for Mental Health/Mind/Shift
	Bridget Brook and Matt Brook attended the retirement reception for Bob Grove of the Centre for Mental Health, where they were able to thank Bob for his support in the setting up of Triangulate. We continue to work with Mind in support of their Taking Care of Business campaign. A cheque for a third of the proceeds from the summer lunchtime concerts held at the Abbey were presented to Bridget Brook by Music in Romsey and forwarded to Mind. The funding for Shift has now finished and although the website is still live there is no additional development.
12	Southern Health NHS Foundation Trust
	During the year the trust's name changed. We continue to attend local constituency meetings. Nick Virgo attended a day organised by HCC and the Health Trust to look at the Mental Health Joint Strategy. Bridget Brook attended the Health Trust's Time to Change employer conference in March and has met with Kaye Adamson, the campaign manager. We contributed a response to the public consultation on the proposal to close the inpatient unit at Woodhaven, Tatchbury Mount. Bridget Brook

	has been elected a Public Governor of Southern Health NHS Trust. Nick Virgo has established a liaison link between Triangulate and the Community Mental Health Team in Romsey
13	Mindful Employer
	We continue to support and promote the work of Mindful Employer. Bridget Brook attended the Mental Health First Aid course run by staff at Workways in Devon (Mindful Employer). Mindful Employer has taken on the development of the line manager's resource and Ian Cox contributed to the latest edition.
14	Mental health carers' group
	Nick and Jane Virgo continue to facilitate this group, meeting on a monthly basis.
15	Mayor's Charity 2010/11
	We received a cheque from Councillor Mike Curtis for £1734.30. This is our first direct funding and will be used to get our message out to more employers. A team of Triangulate trustees enjoyed taking part in the Mayor's Quiz. Bridget Brook attended the Romsey in Style event supporting the Mayor's charities.
16	Other occasions
	Ian Cox attended the URC community service in February. We had leaflets at the Mayor of Test Valley's community event in Andover.
17	Administrative matters
	Ian Cox performs the role of Treasurer and has produced a summary of finances for the year. Gift Aid of £349.82 has been claimed on donations. Our end of year balance stands at £2176.87. Website changes and support are provided by Dominic Brenton. We thank both of these for all their work.
18	And finally....
	As ever, thanks are due to the trustees, to our employer supporters and particularly to those individuals who tell us what we try to do is worth it and is making a difference.