

Triangulate AGM

Annual Report 2015

24 January 2016



This report includes activities in 2015 and incorporates Trustee meeting notes.

We remind everyone of the aims of Triangulate:

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

With our work having 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 Canon Tim Sledge
Rev Preb Dr Peter Speck
Dick Hewett
Ian Cox
Paulene Sackley
Nick Virgo
Bridget Brook

2015 Activities

Events:	
1	Signposting from the Abbey
	<p>Our stand in the Abbey remains a place where anyone can access signposting information. During the course of the year the number of booklets taken by members of the congregation and visitors has continued to rise with 190 Triangulate booklets and 200 Look after your Mental Health booklets taken, as well as leaflets on italk, our local talking therapies service, and the Mindful Employer Keeping Well at Work.</p> <p>We aim to always keep the display current with topical articles and links. Throughout the year we have a number of displays specific to the season – particularly at Christmas and for the start of the new university year when many of our young people are facing new situations. We also display articles from the media following developments which explain new approaches and ideas.</p> <p>During December many hundreds of people attend services and concerts and we have been looking for ways in which we could better signpost sources of information and</p>

	<p>support during what is, for many, a stressful and/or lonely period. This year the information stand was moved to a position between the South Door of the Abbey and the Crib. The range of information was extended. We will evaluate the success of this venture after the Christmas period.</p> <p>This area of our work is one of the three strands on which we were formed – the signposting to the as many sources of support as possible. We take this responsibility very seriously and ensure our sources are validated. Most of the materials are purchased from the funds we receive from supporters, funds which we greatly appreciate and couldn't continue our work without.</p>
2	Book stall
	<p>We have worked with Louise Roberts to source a wider range of wellbeing books available on the bookstall. This has included making suggestions for titles, publicising the stock on our information stand and donating books (with the proceeds going to the bookstall). We have also worked with Louise to ensure there is relevant seasonal stock available over the Christmas period, which ties in with the section above.</p>
3	Mental Health Sunday – 08.03.15
	<p>We held our Annual Mental Health Awareness Sunday and this year focused on our local ministry – this included updates from the Tree of Life café and Triangulate. We took the theme of Time to Talk. Angela Etherington from Time to Change, the national anti-stigma and discrimination campaign, joined us to tell everyone about local and national initiatives, including the recently launched Blue Light campaign supporting member of the emergency services.</p> <p>In the afternoon we held our own Time to Talk event in the Church Rooms when 70 members of the congregation came together for tea and cake, and more importantly 'time to talk'. We enjoyed very much the balloon artist who was busy making large and small animals for people to take home, and music was provided by Meghann Hewett who played a range of pieces on her flute. Funded and organised by Triangulate, this event was jointly supported by our parish visiting scheme making this another good example of us all working together.</p> <p>We have started planning Mental Health Sunday 2016 – the date will be 07.02.16 and we hope to focus on mental health issues in young people.</p>
4	Romsey Relay Marathon – 19.04.15
	<p>We entered an 'Exercising Spirit and Mind' team in the Rotary's Marathon for the third consecutive year, running jointly in support of Triangulate and the Abbey. As always this was a great community event and we enjoyed being together with lots of other local charitable groups. Thanks are due to our team of runners and to the many who sponsored the team, enabling us to support both Abbey and Triangulate funds with £725.</p>
5	Supporting young people in the town
	<p>After our involvement with the National Citizen Service (NCS) in 2014 we wanted to show support for the work of schools and other organisations working on mental health issues with young people. A total of £1150 was shared between The Romsey School, Mountbatten School, Youth in Romsey, Mind's local youth project and Gosford Hill</p>

	School in Kidlington. At the latter tutors delivered Time to Change devised materials to every tutor group throughout the school, and were able to provide feedback to the national campaign on the success of the materials. The Romsey School used our donation to support a theatre focus session addressing mental health issues and we were pleased that Tim could attend on our behalf.
6	Chamber of Commerce
	We value very much the work of the Chamber of Commerce and our membership. It is important that we are part of the town's business community. In February we attended the Last Friday Networking event and spoke about our work. This linked in with Time to Talk events and gave us the opportunity to promote the benefits of everyone 'taking the time to talk' – especially those who work in small businesses and who carry the stresses of the business alone. Our booklets were in each 'goody bag' distributed to each attendee at the President's Summer Reception.
7	Rum's Eg
	We have supported two Rum's Eg exhibitions, Dovetail and Stitched, both held jointly at their Bell Street premises and in the Abbey. We had a new advert designed for printing in the programme. At both viewing events Siriol Sherlock spoke about the importance of Triangulate's work to the large audience.
8	Wellbeing – Methodist Church 07.11.15
	We attended the above event, the first event in the newly-refurbished church. On a very wet and miserable day everyone was glad to be inside. There was a range of information stands and activities, together with stalls and refreshments and it felt a really positive day. Lots of local friends came along to say hello and we also had the chance to meet other organisations across the town. We hope this venture can be developed in the future.
9	WI
	Bridget spoke to a local group of 40 WI members about our work, covering what we do and signposting to local sources of support. Several members of the group are involved with related services and were complimentary of the role we play locally.
10	Health Trust
	We continued our work with Southern Health Trust, Bridget as a Public Governor, and attended a range of events across the region. This link has been really positive and has enabled a number of partnership opportunities to be developed, not least the Tree of Life café and the Wellbeing Event of last year. Due to time commitments Bridget has resigned from her position as Public Governor for South West Hampshire. Bridget and Peter were invited to take part in a joint initiative in Southampton between Public Health, the emergency services, the voluntary sector and the Health Trust to look at strategies to deal with suicide – in support of both those at risk and to see what is needed for families when they have lost someone. This was an opportunity for us to contribute some of our experiences in a joint forum.
11	Mindful Employer
	We continue to work in partnership with Mindful Employer and were able to attend an event at the University of Southampton as a Mindful Employer partner organisation in celebration of the first year anniversary of the University's signing of the charter (as an

	employer who is positive about mental health). This event was attended by about 80 people and was introduced by the Vice-Chancellor.
12	Tree of Life Café
	The Tree of Life Café continues to operate on a weekly basis at Caffé Nero in Romsey and we remain in close contact with Reverend Vanessa Lawrence and her work across the locality. Vanessa has recently carried out a survey with people who attend the café with very positive results and comments. We look forward to further developing this link in 2016.
13	Website
	We keep our website current and ensure that our news page has details of all events we have been involved with. We receive a small number of requests for assistance and these are dealt with professionally and promptly. We also receive feedback that people find the signposting links really helpful. Requests to add additional website links are assessed and our criteria applied and explained to enquirers.
14	And finally....
	So much of what we do has now become embedded in our daily lives, so much so that one can almost think (sometimes) we're not actually doing anything or that it's needed as much. But there is still stigma and discrimination against those suffering from mental ill health, there is still a lack of knowledge of where to go for support, and employers and individuals alike still need to learn more about the importance of positive mental health. In Romsey, and particularly from Romsey Abbey, we made a commitment to take on this work and the need for this remains as strong as ever. We couldn't do this without the support of local people, the congregation and the PCC and their belief in us that we could make a difference. We hope we demonstrate our impact on a daily basis.