

Triangulate AGM

Annual Report 2016

28 February 2017



This report includes activities in 2016 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
Ian Cox
Paulene Sackley
Nick Virgo
Bridget Brook

2016 Activities

Events:	
1	The year in general
	We spent much of this year consolidating what we do all the time and therefore in terms of activities there is possibly less to report. But this must not take away from the 'business as usual' aspect of our work and this 'business as usual' is a great pleasure to report on. No-one would have thought when we set up Triangulate that anything we were trying to raise awareness of and take a stand on would have become part of not only our lives but also the wider community. Triangulate has only played a miniscule part in this but nevertheless the decision to stand up and speak out has made a difference – and we are grateful to all those who have supported us and been on this journey with us.
2	Signposting from the Abbey
	Our stand in the Abbey remains the place from where anyone can access signposting information. We continue to hold Triangulate booklets and Look after your Mental Health booklets, as well as leaflets on italk, our local talking therapies service, and the Mindful Employer Keeping Well at Work.

	<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>We moved the stand to near the South Door where it is in a much more prominent position and enables everyone to see how we value the importance of Triangulate's message.</p> <p>This area of our work is one of the three strands on which we were formed – the signposting to 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>
3	Book stall
	We continue to work with Louise Roberts to ensure a range of wellbeing titles are available on the bookstall and are grateful for her support. We are always on the look-out for new titles, including ones which can support throughout the year and at different times.
4	Mental Health Sunday – 07.02.16
	The focus of this year's Annual Mental Health Awareness Sunday was young people and looking at some of the pressures they face. Our thanks go to Simon Crispin, our Intern, for his excellent monologue. We then watched a filmed interview between Wendy Herbert, Project Manager at Youth in Romsey, and Tim. Wendy explained about Youth in Romsey, about what it provides and went on to talk about the many pressures being felt by young people in today's society. We hear on the national news about all of these so it can be no surprise to know that young people in Romsey and the surrounding area are facing the same challenges. The Trustees of Triangulate are delighted to support the work of Youth in Romsey to the sum of £500 over two years and wish them well in their fundraising to make sure these services can continue.
5	Romsey Relay Marathon – 17.04.16
	In what is now a highlight in our annual calendar we entered an 'Exercising Spirit and Mind' team in the Rotary's Marathon for the fourth consecutive year, running jointly in support of Triangulate and the Abbey. The weather was favourable and everyone enjoyed the great community spirit. The team completed the 10 laps in a very quick time of 3 hours 31 minutes, coming 17 th out of 64 teams. We thank everyone who donated to us raising £850 each for the Abbey and Triangulate.
6	Mindful Employer
	We continue to work in partnership with Mindful Employer and receive enquiries from local organisations who have been directed to us through this partnership.
7	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. We know that this is a much-valued meeting place and are thankful for Caffé Nero's continuing support.
8	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.
9	The Light
	Towards the end of the year we were involved in planning for The Light, a 4 metre globe to be suspended in the Abbey during February 2017. Some of us were filmed ready to have clips projected onto the globe. We are grateful for the opportunity for the focus to be on mental health and are looking forward to February's installation.
10	And finally....
	The commitment made to speak out about the need for positive mental health remains as strong as ever. We are grateful to everyone who make it possible. 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 continue to demonstrate our impact on a daily basis.