

Triangulate AGM

Annual Report 2017

01 February 2018



This report includes activities in 2017 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 – resigned 17.09.17
Rev Preb Dr Peter Speck
Ian Cox
Paulene Sackley
Nick Virgo
Bridget Brook

2017 Activities

Events:	
1	The year in general
	<p>We purposefully set out to have a quieter year in 2017 but when reflecting on the activities we find there is still much to report on which is not only really positive but also still so important as we continue to work in support of those who struggle with mental health issues, whether at work, in their community or at home. We find more and more attention being paid to this important issue and yet still much concern about the level of available services and people's willingness to speak out.</p> <p>In September Rev Canon Tim Sledge resigned as a Trustee as he stood down as Vicar of Romsey. Thanks are due to Tim for his vision, support, enthusiasm and commitment for all that we have achieved. As a founding Trustee it was his words 'and where do we want to be in 8 years' time?' that led to the setting up of Triangulate.</p> <p>The work of Triangulate has become firmly integrated within the life of Romsey Abbey. As the parish prepares its profile in preparation for recruiting a new incumbent it is important that this ethos is included within the background material.</p>

2	Signposting from the Abbey
	<p>Our stand by the South Door in the Abbey remains the place from where anyone can access signposting information and resources. We find this has become a place where people know they can find current information. We have maintained the same range of booklets as in previous years but this year have extended the titles to include a wider range published by the Mental Health Foundation. These focus on a wider range of issues and each has proved successful.</p> <p>Additionally we try to 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>Information from this stand forms the lynchpin of our work. Most of the funds we receive from supporters are used to purchase materials. This is greatly appreciated and we couldn't continue our work without this support. It is vital that information we give out is validated by professionals working with a mental health remit.</p> <p>During September an exhibition of art by people whose lives had been affected by suicide was held in the Abbey. Bridget Brook was filmed, on behalf of Triangulate, by BBC South to speak about the importance of speaking out about mental health issues.</p>
3	Book stall
	<p>We continue to work with Louise Roberts to ensure a range of wellbeing titles are available on the bookstall and are grateful for her ongoing support. She and we look for new titles and try and theme topics. During this year we sold a number of titles at our workplace session in the Abbey in February with a number of books going to the bookstall after the event.</p>
4	The Light – February 2017
	<p>Over a period of a month in February a 4 metre, pulsating, illuminated globe hung in the Abbey and provided the focus for a number of events. This installation, designed by artist Richard McLester, was celebrated in a launch event entitled 'Songs of Light.' A large choir made up of local pupils from the Romsey School, Romsey Abbey, Romsey Voices and community singers from Poole performed with Richard on an original work. During the performance there was a spectacular lightshow and film clips, focusing on aspects of mental health, were shown on the illuminated globe. Prior to the launch Richard had spent many hours talking with and filming local people, excerpts from which were used for the film clips.</p>
5	Mental Health Sunday – 05.02.17
	<p>Having had the launch of The Light the previous evening we were able to share the film clips with the congregation in our annual Mental Health Sunday service. It was good to see again the clips filmed with Triangulate trustees and local school pupils. Richard McLester, designer of The Light, came to the service and spoke about the openness he had experienced during conversations about mental health issues around the town and with local people.</p>
6	From Darkness to Light – 28.02.17
	<p>At the end of February we held a final event using the globe. We were delighted to welcome an audience of over 100, including the Town Mayor, Cllr John Parker, members of the Chamber of Commerce and Richard Frost from Mindful Employer. Bridget Brook focused on the need for employers to treat mental wellbeing in the same</p>

	<p>way as they would physical wellbeing and Tim Sledge widened the topic out to include support for the whole person. We were pleased to welcome representatives from Rum's Eg to tell us about a new prescription arts scheme. At the end of the session there was plenty of time for individual discussions with trustees, Richard Frost and colleagues from italk (the local talking therapies service).</p>
7	Romsey Relay Marathon – 14.05.17
	<p>With each passing year the number of team entries for the Romsey Rotary Relay Marathon continues to grow and this year there were over 90 teams, all running in support of local charities. Besides raising sponsorship of £1020 shared between the Abbey and Triangulate we were able to enjoy another wonderful community event. The 'Exercising Spirit and Mind' team completed the 10 laps in a 3 hours 37 minutes and 57 seconds. We thank everyone who donated to us.</p>
8	Test Valley Borough Council Civic Service – 11.06.17
	<p>We were invited to take part in a Q&A session during the Civic Service. Bridget Brook answered questions put by the Mayor, Cllr Carl Borg-Neal on what Triangulate's role was and why our work was so important.</p>
9	Mindful Employer and Time to Change
	<p>We continue to work in partnership with Mindful Employer and receive enquiries from local organisations who have been directed to us through this partnership.</p> <p>We were approached by a contact at Balfour Beatty Southampton to see if we could run a workplace session for a group of staff. We contacted the area Time to Change champion who was happy to facilitate the session. Triangulate provided materials to support the session. Feedback was positive and we are pleased that we could put the company in touch with Time to Change.</p> <p>In September Bridget Brook delivered two workplaces sessions to Ultra, the electronics company. One session was in Weymouth with the second in Ferndown later in the day. In total 35 staff attended the participative sessions and gave positive feedback. The company were offering a number of wellbeing sessions over the course of a week from a range of organisations.</p> <p>Ian Cox attended the Segensworth Business Forum (SBF) session at which Richard Frost from Mindful Employer spoke about the services and support on offer.</p>
10	Tree of Life Café
	<p>The Tree of Life Café continues to operate on a weekly basis at Caffé Nero in Romsey and in September 2017 opened another group in Winchester. We were able to purchase a banner for the Romsey group to use in Caffé Nero.</p>
11	Website
	<p>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.</p>
12	And finally....
	<p>The commitment made to speak out about the need for positive mental health remains as strong as ever, even after 9 years. We are truly grateful to everyone who makes it possible in support of us, but more importantly in support of others. We couldn't do this without the support of local people, our work colleagues, the Abbey congregation and the PCC. This ongoing support helps us to believe we can make a difference. We hope</p>

	we continue to demonstrate our impact on a daily basis.
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