

Triangulate AGM

Annual Report 2018 - 2019



This report includes activities for the period from 01 January 2018 to 31 December 2019

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 Thomas Wharton – from 28.11.18
Rev Preb Dr Peter Speck
Ian Cox
Paulene Sackley
Nick Virgo
Bridget Brook

2018/19 Activities

Events:	
1	Overview
	<p>We were delighted when Rev Thomas Wharton, Vicar of Romsey, agreed to join our group. His commitment to carrying on the work of the last few years is important to us.</p> <p>Our work now revolves mainly around providing information from our stand near the South Door in Romsey Abbey, to holding an annual Mental Health Sunday focusing on how mental health impacts on all of us for example: young people, carers, older people, employers, families and to making sure the Abbey is a place for everyone to speak out and receive support, whatever their need.</p> <p>We are grateful also for the financial support we have received annually from the PCC through the Mission and Giving Group and use this funding wisely.</p>
2	Signposting from the Abbey
	<p>Our stand by the South Door in the Abbey remains the place from where anyone can</p>

	<p>access signposting information and resources. This is a place where people know they can find current information. We have maintained the same series of booklets extending the range as new titles are published.</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>
3	Mental Health Sunday – 2018 and 2019
	<p>2018 - our focus for this year's service was on young people and the issues faced by many. Our Youth Group planned a Sleep-out in support of local and national charities who support young people, voting for those they wanted to receive the proceeds. An amazing £1300 was raised and passed to charities including Youth in Romsey, No Limits, the Mix and Young Minds.</p> <p>2019 – this year our service focused on Caring for the Caregiver and we were pleased to welcome Mich Lajeunesse (interviewed by Peter Speck about the care in hospitals for staff) and Wendy Morrish (interviewed by Thomas Wharton about Young Carers for those young people caring for family members). A donation was made towards the work of Young Carers.</p>
4	Romsey Relay Marathon – 2018 and 2019
	<p>Continuing our support for this wonderful community event we again entered an Abbey and Triangulate team in both years. The 'Exercising Spirit and Mind' team supported by so many of our congregation and supporters has enjoyed both years, with some of our runners returning year after year to run for us. In 2019 we were delighted to welcome Thomas Wharton, a keen runner, to the team.</p>
5	Mindful Employer and Time to Change
	<p>We continue to work in partnership with Mindful Employer. Richard Frost, a great friend to Triangulate during our formation and over the years since, has now retired. We sent him our thanks and best wishes.</p> <p>Romsey Abbey remains a charter signatory to this initiative. Review takes place every 3 years. The Abbey's next review is scheduled for August 2020 and takes the form of a self-assessment rather than an external assessment. All ME information is available from www.mindfulemployer.net. This is a good source of support.</p> <p>Mindful Employer Plus is a helpline for staff/volunteers in organisations signed up to the ME charter. Triangulate has paid for the Abbey to have this membership with our current expiry 31 July 2021.</p>
6	Tree of Life Cafe
	<p>The Tree of Life Café continues to operate on a weekly basis at Caffé Nero in Romsey.</p>

	Peter Speck and Bridget Brook attended a session to discuss the new role of Community Chaplain which is being developed.
7	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.
8	Autumn Concert – November 2019
	We were delighted to be given the opportunity to speak about our work at the Autumn Concert of the Charity Symphony Orchestra and Choirs of Romsey Abbey and to share our work with a new audience.
9	And finally....
	Every year we write about the commitment made to speak out about the need for positive mental health. Whilst great strides have been made in understanding, knowledge and acceptance there is still a long way to go. Our contribution may be very small but we hope it has made some difference and are grateful for the support we receive. We couldn't do this without the support of local people, our work colleagues, the Abbey congregation and the PCC. Thank you.