

## Triangulate AGM

Annual Report 2020



This report includes activities for the period from 01 January to 31 December 2020

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

### 2020 Activities

<b>Events:</b>	
<b>1</b>	<b>Overview</b>
	In a very different year our activities have been curtailed, reflected in the length of this report. But whilst everyone has been limited in what they have been able to do, the need for support has never been greater. The impact on our lives caused by Covid-19 along with the associated lockdowns and uncertainty have led to calls for additional mental health support to be available.
<b>2</b>	<b>Signposting from the Abbey</b>
	We have kept the stand (near the South Door) stocked with current information throughout the year. Most of the funds we receive are spent on purchasing resources that are freely available to anyone visiting the Abbey. The stand has been kept in a prominent position so that those coming to the Abbey can see it easily.  Early on in the first lockdown we produced a list of support sources, both local and national, compiling them into a leaflet which has been available for anyone to access.

<b>3</b>	<b>Mental Health Sunday</b>
	We welcomed Anne-Marie Drummond, Director of the Winchester and District branch of the Samaritans to our annual service. Following a short, informative presentation and a question and answer session were delighted to present a cheque for £500 in support of their valuable work.
<b>4</b>	<b>Romsey Relay Marathon</b>
	Like so much in 2020 this event was cancelled. The Exercising Spirit and Mind team suggested running virtual marathon, complying with all social distancing rules and running individually 2.6 miles near their home and as part of their daily exercise.  The Trustees agreed to donate the full donations to the Abbey this year and with thanks to everyone the amazing sum of £2000 was raised.
<b>5</b>	<b>Constitution Review</b>
	As part of a review of Triangulate's structure and purpose the Trustees amended our constitution, updating the wording to more accurately reflect our current level of activity. Trustees unanimously agreed to changes in wording and all agreed to remain as Trustees. There was also a routine check by the bank on our governance details and confirmation that everything was in order.
<b>5</b>	<b>Mindful Employer</b>
	Romsey Abbey has long been a charter signatory to the Mindful Employer initiative. Review takes place every 3 years and we were scheduled to complete this again in August 2020. Due to limitations on the Abbey's activity and training programme throughout the year it was agreed that we should request a delay to this. This was agreed by Thomas on behalf of the Abbey and will enable underpinning work and training to be put in place over the next 12 months, at which time the Abbey will again look to re-sign the charter.  Rev Paul Hollingworth and Bridget Brook completed their Mental Health First Aider (MHFA) training in January, both places funded by Triangulate.