

Triangulate Annual Report 2022



This report includes activities for the period from 01 January to 31 December 2022

We remind everyone of the aims of Triangulate, as revised in our Constitution review in 2020:

To promote:

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

Our work has three strands:

- to be individually and collectively committed to challenging the stigma and discrimination associated with mental illness;
- to signpost individuals and employers locally to recognised sources of information. We do not offer therapeutic treatments.
- to integrate our work into the life and ministry of Romsey Abbey and to work alongside clergy and lay staff and volunteers to provide an environment where people are able to speak out and receive support, whatever their need.

Trustees:

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

2022 Activities

Events:	
1	Overview
	There has been little external activity to report on during 2022.
2	Signposting from the Abbey
	We continue to keep the stand (near the South Door) stocked with current information. This is our main outreach with most of the funds we receive being spent on purchasing resources that are freely available to anyone visiting the Abbey. The stand remains in a prominent position so that those coming to the Abbey can see it easily. During the year the stand has been kept updated with information on specific topics such as Mental Health Awareness Week, Loneliness, information on coping with Christmas. This list of emergency sources of support was updated regularly. Service sheets over the Christmas period signposted readers to the stand and its resources, and livestreaming regularly signposts viewers to these resources.
3	Mental Health Sunday
	Led by Rev Mich Lajeunesse, this year's Mental Health Sunday service focused on the work of the Southern Health FHT chaplains and in particular the Tree of Life café which runs on Monday

	<p>afternoon at The Wisdom Centre. Alison Dolphin came and spoke about her work and what the café offers.</p> <p>Following the service donations were made to the following organisations:</p> <p>Tree of Life (donation made via Southern Health FHT charity – Brighterway) ManGang Romsey Youth in Romsey Samaritans (Winchester)</p>
4	Mindful Employer and Romsey Abbey
	<p>Romsey Abbey remains a charter signatory of Mindful Employer and also has the provision of Mindful Employer Plus, the 24/7 helpline for staff and volunteers.</p> <p>The PCC again supported Triangulate, as one of their partner charities, with a financial contribution. This is much appreciated.</p>