

Triangulate Annual Report 2023



This report includes activities for the period from 01 January to 31 December 2023

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

2023 Activities

Events:	
1	Overview
	There has been little external activity to report on during 2023.
2	Signposting from the Abbey
	<p>Our stand near the South Door is kept 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. Signposting to the stand is given during services and especially during periods of the year when there are likely to be increased visitors in the congregation, for example at Christmas.</p> <p>This stand has been in place for 15 years and during 2023 more booklets were taken than in any previous year.</p> <p>The information boards are updated regularly with current information and campaigns eg World Mental Health Day, Time to Talk Day and with additional themed and season-specific topics.</p>

3	Mental Health Sunday
	<p>The focus for this year's Mental Health Sunday service was Loneliness. Rev Sally Womersley and Rev Preb Dr Peter Speck used the sermon slot to have a conversation about loneliness and the impact it can have on an individual's motivations and mental health. Various local support organisations were identified, and information was given about the Abbey's 'Listening Cafe' held weekly on a Wednesday where there is always someone available to have a chat.</p> <p>An updated sources of support directory was prepared and made available – this is updated regularly with contact details available from the information stand.</p>
4	Mindful Employer and Romsey Abbey
	<p>Organisations are required to carry out an internal review every two years in order to remain a charter signatory to Mindful Employer. This review was carried out by the Vicar and Churchwardens in Autumn 2023 and the Abbey continues as a charter signatory. Triangulate supports the Abbey by arranging for 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 with the full amount being spent on booklets for the stand (see above).</p>