

Triangulate Annual Report 2024



This report includes activities for the period from 01 January to 31 December 2024.

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 can speak out and receive support, whatever their need.

Trustees:

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

2024 Activities

| Events: | |
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| 1 | Overview |
| | There has been little external activity to report on during 2024. |
| 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>The information boards are updated regularly with current information and additional themed and season-specific topics.</p> <p>Our supplier of booklets has reduced the range of topics they are producing in print format so we will be looking to find additional resources to supplement the practical and supportive information available.</p> |

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| | An annual update of sources of support was prepared and made available – this is updated regularly and is available from the information stand. |
| 3 | <p>Mental Health Sunday</p> <p>After discussion with the Vicar we decided that this year’s Mental Health Sunday would be the last of the annual services. Started in 2009 when Triangulate was officially launched with a mile run around the town (including the aisles in Waitrose) by Rev Tim Sledge, Matt Brook and David Hewett. Matt and David then ran the London Marathon in support of Mind, raising over £13000. And from those beginnings the work of Triangulate started.</p> <p>Two of the founding trustees spoke in the sermon slot of the 0930 service on Mental Health Sunday. Bridget Brook explained the reasons why we started the charity, and Ian Cox spoke on our work with employers and the community over the years. Bridget then spoke at the Vine service where the discussion slot focused on questions around supporting others and holding open conversations.</p> <p>So much of what Triangulate has achieved has been possible through the support of the Abbey and wider town congregation. But the wider emphasis in society of the importance of mental wellbeing means it is now a much more widely accepted conversation topic. We can always hold future targeted events/services should this be considered useful.</p> |
| 4 | <p>Mindful Employer and Romsey Abbey</p> <p>Membership of Employer Plus, the 24/7 helpline for staff and volunteers, has again been renewed and paid for by Triangulate. This will remain in place until August 2027 as long as the Abbey remains a charter signatory to Mindful Employer. The Vicar sent details of this assistance scheme and how to access it to all members of the Ministry Team and the PCC.</p> <p>The PCC again supported Triangulate, as one of their partner charities, with a financial contribution. The PCC has been thanked, and the money will be spent on resources and hopefully supporting mental health training.</p> |