

Triangulate Annual Report 2025



This report includes activities for the period from 01 January to 31 December 2025.

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:	
1	Overview
	There has been little external activity to report on during 2025.
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. The number of booklets taken continue to be high and new stock will be required in early 2026.</p> <p>Our supply of printed booklets was reduced in print format so we investigated alternative supplies. These were purchased and have been made available on the stand. They are not as visually appealing though as the booklets and numbers taken have been low. Recently additional topics have been added again by our original supplier so we look forward to purchasing new booklets.</p>

	<p>The information boards are updated regularly with current information and additional themed and season-specific topics.</p> <p>The annual update of sources of support is due for revision early in 2026.</p>
3	<p>Mindful Employer and Romsey Abbey</p>
	<p>2025 was the year for the Abbey's renewal of commitment to Mindful Employer as a charter signatory. The review was undertaken by the Vicar and the renewed charter issued in August 2025. Apart from being a public commitment by the Abbey in support of positive working practices, it is also a requirement for continued membership of the Employer Plus 24/7 helpline available for our staff and PCC members.</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>