

Minutes from the Annual General Meeting of Mind BLMK

Friday 18 October 2019 at the Rufus Centre, Flitwick

Theme: Three Cheers for our Volunteers

Opening and welcome by James Culling

Chair's Welcome: Simon Clarke

Demand for services are growing, and the Government is becoming aware that more money is needed and a 'joined-up' thinking approach is necessary moving forward. This help in money or approach is yet to be seen. But having worked in banking and having had personal experience with mental health, he wants to bring his skills to somewhere like Mind BLMK to help us to continue for years to come.

Chief Executive's Report: Caroline Holman

Each year we have at least 145 volunteers, who have supported services for 11,745 hours. Together our workforce supports over 4000 people, where we have delivered over 30,000 hours of support each year. 45% of our staff were volunteers, so volunteering enables people to achieve employment and for us we are recruiting people with passion, drive and experience. For Mind BLMK it enables us to deliver so much more, so thank you to our volunteers who support us, it is really appreciated.

Past Year:

- **Peer Support Services** – Last year we developed in to new areas of youth peer support groups and 1:1 peer mentoring in schools, as well as peer groups for people who have completed therapy with our local mental health trust.
- **Partnerships** – relationships with our local mental health trusts (ELFT & CNWL) have strengthened, with the continuation of a number of sub-contracts and discussions over new opportunities.
- **Voluntary Income** – Last year we recruited a Fundraising Manager which has been very successful, exceeding our fundraising target. It has seen an increase in the number of people fundraising for us which in turn raises awareness of who we are and where people can go to access support.
- **Suicide Bereavement Service** – There has been a growing focus on reducing deaths through suicide. We are delivering "See the Signs" and "Connect 5" training, both of which make people aware of signs to look out

for and also how to support someone to get help. As part of this, we have been funded to deliver a service which supports those bereaved by suicide.

- **Mind Quality Mark** – this is awarded to local Minds from national Mind following a very detailed process, where we demonstrate how we meet the requirements of the quality mark in areas such as governance, service delivery and people. We have been awarded the quality mark and were also nominated for an excellence award.

Looking Forward

Crisis Service – Local areas are required by NHS England to move their crisis services to 24hrs/7 days a week. Each area needs to consider an alternative to crisis support which helps people avoid having to use A&E and those not receiving suitable support at times of crisis. These alternatives are often called ‘Crisis Cafes’ or sanctuaries. We have been working with our clinical commissioning groups, ELFT and CNWL to open a number of these cafes across the area next year.

Influence and Participation – This is our policy which ensures we involve people with lived experience in Mind BLMK. Our first advisory group is due to launch this year, which will formalize the way people advise us and get involved with how Mind BLMK operates.

Training & Development – This department continues to educate individuals and companies improving knowledge around mental health issues and how to support people. We are delighted this year to be delivering “Blue Light Training”, therefore improving the knowledge of the police, fire & rescue & paramedic services.

Red January – Some of you will be aware that this is a campaign which Mind are part of, and we taking part again this year. It encourages people to be active to improve their mental health. Although Red stands for RUN EVERY DAY, it’s about doing whatever activity works for you.

And finally, although I have touched on everyone who makes a difference to Mind, I wanted to thank our workforce, including volunteers, those who fund us and work in partnership with us and those who fundraise and support us.

Speaker: Marcus, Service User Representative and Film Maker

Film Presentation

Speaker: Heather, Galliford Try

Election of Directors

31 in favour. Unanimously agreed.

Registered Charity Number: 1068724

Registered Company Number: 3511342

Registered Company Address: The Rufus Centre, Steppingley Road, Flitwick MK45 1AH

Continuing: James Culling, Helen Donovan, Lesley Broughton

Appointments: Steven Horner, Drew Baxter-Gibson, Simon Clarke

Retiring: John Banks, Steven Horner

Company Secretary: Caroline Lewis

Speaker: Alan, Service User Representative

Financial Report 2018-19: Steven Horner (*presentation available on request*)

- Steven presented the financial report and accounts.

Approval of Accounts for year ending 31 March 2019

- The accounts presented were accepted, 31 in favour, 0 opposed.

Appointment of Auditors

- A proposal to appoint Myers Clark Chartered Accountants as Auditors for the year 2019-2020 was accepted, 31 in favour, 0 opposed.

Speaker: Tim, Service User Representative