



**Mind in Haringey  
Annual General Meeting**

**Wednesday 29<sup>th</sup> June 2016**

**2.00pm**

**Station House, 73c Stapleton Hall Road**

**London N4 3QF**

**Attendees**

Lynette Charles - CEO, Mind in Haringey  
David Pascall OBE - Acting Chairman & Treasurer, Mind in Haringey  
Marcus Yorke, Trustee, Mind in Haringey  
Deborah King – Business Liaison Officer, Mind in Haringey  
Dave Forrest – Activities Manager, Mind in Haringey  
Patricia Aboagye – BME Advocacy Manager, Mind in Haringey  
Olivia Hunt – Counselling Service Manager, Mind in Haringey  
Pritty Rana – Project Manager, Mind in Haringey  
Emmanuel Benedetti – Finance Officer, Mind in Haringey  
Melanie Dottin – Project Manager, Mind in Haringey  
Natasha Harper – Administrative Officer, Mind in Haringey (minutes)  
Clory Salmon Young people’s Project Worker, Mind in Haringey  
David Mosse - Trustee, Mind in Haringey  
Connie Paknadel – Administrative Assistant, Mind in Haringey  
Bethan Patterson – Wellbeing Advocacy Manager, Mind in Haringey  
Tapiwa Makoni – Wellbeing Advocacy Worker, Mind in Haringey  
Oran Blackwood - Trustee, Mind in Haringey  
Tricia Bohn - Trustee, Mind in Haringey  
Heather Pegrum - Trustee, Mind in Haringey  
Andrew Kaye – Trustee, Mind in Haringey

**Special Guests:** Michael Sugrue, Eileen O’Flaherty, Roger Fife, Cate Ablett, Elly Chalmers, Tess Gregory, Yasmin Galletti Christina Noel Minta, Rita Gayford, Kathleen Nichols, Natasha Posner, Frank Harper

**Apologies**

Bob Allaway  
Catherine West MP  
Mable Kong-Rawlinson  
Jennifer Wood

## **1.0 Welcome and Introduction**

Lynette Charles welcomed staff, trustees, volunteers, stakeholders, service users and members of the public the 2016 Annual General Meeting and thanked all attendees.

## **2.0 Services: A review of the year**

### **2.1 Wellbeing Advocacy Service - Presented by Bethan Paterson and Tapiwa Makoni**

The service offers 1:1 support with individuals for up to 3 months to help to improve their wellbeing, confidence and self-esteem and feeling better about the future. Clients are offered between 6 and 8 meetings to create and work towards goals using the Recovery STAR model and to create a personalised Wellness Action Plan. We also refer clients to other projects at Mind in Haringey or other organisations.

#### **Length of project:**

2 years. Wellbeing Advocate Beth Paterson started in the role in September 2015 and the first clients started engaging with the service in November 2015. The project will run until September 2017.

**Amount of funding:** £60,000

**Funded by:** The Henry Smith Charity

**Number of referrals received:** 53 (to end April 2016)

#### **Number of staff who helped to deliver service:**

One full-time staff member (Beth Paterson) from September 2015 to March 2016 who then started to job share with another staff member – Tapi Makoni. Beth and Tapi now each work 0.5FTE. No volunteers.

#### **Key successes:**

- Clients who use the service are in line with target clients who need to work on their general mental wellbeing.
- Measurements for clients at 1<sup>st</sup> session indicate low scores on mental wellbeing and self-esteem and average scores of “moderately severe” for depression and “severe” for anxiety.
- Measurements for clients at final sessions indicate improvements in mental wellbeing and self-esteem and average scores of “mild” for both depression and anxiety.
- Clients improve on average 19 points higher on the Recovery STAR from 1<sup>st</sup> to final sessions.
- Client testimonials from service feedback forms indicate a high level of satisfaction with the service and all clients have recommended the service.

## **Challenges:**

Client engagement has been mixed. Some clients have missed several sessions, or only had a few sessions before dropping out of the service, for reasons including feeling too unwell / lacking motivation to attend, being too busy with other commitments or not needing support from the service.

Generally, clients who have attended more sessions have shown greater improvements (although we are more likely to have collected 2<sup>nd</sup> and 3<sup>rd</sup> measures from such individuals to demonstrate these improvements).

Client demographics are mixed in terms of diagnoses and age range, but are still mostly female (70%) and White British (46%).

## **Current / Future plans:**

Staff member Beth will go on maternity leave from late July 2016. Staff member Tapi will continue to work 0.5 FTE for the service until mid / late September 2016 until a full-time staff member is appointed as maternity cover.

The project will run until September 2017. We will aim to apply for more funding to continue the project beyond this date as we are very pleased with the service outcomes so far.

The main aim of the project will be 1:1 support, but once the new worker starts around September 2016, the project will explore conducting group work as well as 1:1 support.

## **2.2 Black and Minority Ethnic Mental Health Advocacy Project - Presented by Patricia Aboagye**

The Black and Minority Ethnic (BME) Advocacy Project is an advocacy project which is specifically for mental health service users from Black and Minority Ethnic Communities. The BME advocacy project works specifically with BME mental health service users in the community and on the hospital wards. There is a plethora of research which has highlighted that certain minority ethnic groups are more likely to be at the acute end of mental health services. Advocacy assists clients to have a voice, so that they feel empowered to have a say, for example around their treatment.

**Length of project:** The project is currently has a yearly contract which ends in March 2017

**Amount of funding:** £40,966

**Funded by:** Haringey Clinical Commissioning Group (CCG)

Number of people accessed service/project: This year the service saw 471 separate appointments.

134 assessments were completed and this was above the set target of 120 assessments.

The service received 552 phone calls for example seeking information about mental health services.

**Number of staff/volunteers who helped to deliver service/project:** Volunteers are an integral part of the project. The project currently has four volunteers and all have

received training and are currently undertaking advocacy work. The project is now in the process of recruiting a volunteer to support with administrative tasks, this will free up time for the advocates to concentrate on casework.

**Key successes:** The majority of cases which were presented to advocacy where successful resolved.

**Challenges:** As with many services within the voluntary sector one of the main challenges will be around maintaining funding particularly in this difficult economic climate.

**Current/Future plans:** Subject to funding we have explored the possibility of having a drop in service for clients with less complex issues such support to complete a form.

### **2.3 Wellbeing activities - Presented by Dave Forrest**

#### **Description and aims of project:**

To provide a range of wellbeing activities and workshops that engage people in Haringey with Mental health issues.

All workshops are aimed at building confidence, self-esteem, reducing anxiety, depression, building social skills and social inclusion through purposeful activities.

#### **Length of project:**

- We deliver 10 wellbeing workshops over five days (Monday to Friday) throughout the year.
- The workshops change throughout the year as some activities are seasonal
- We will engage at least 50 people each week in these activities
- The workshops are geared to prevent social isolation, reduce stress, anxiety and build confidence through purposeful activity
- Service users can self-refer or be referred by professionals
- All service users have an updated Risk Assessment which enables us to have a clear picture of their needs.
- Encouraging better management of mental health issues and improved monitoring
- To deliver a bi monthly service user forum to ensure that we listen to views of our service users and give information of other services in the borough.
- Develop publicity and distribute widely as well presentation to Local mental health teams

#### **Current Workshops**

- Gardening Group (Twice a week)
- Bicycle Group
- Laughter Yoga
- Tai Chi
- Cooking on a budget
- Reiki
- Indian Head Massage
- Relaxation Meditation
- Walking for Health

**Amount of funding:** 45k

**Funded by:**

Mind in Enfield, Postcode Lottery, Haringey Council, Haringey Parks and Leisure, Activities Income.

**Number of people accessed service/project:** 80 per week

**Number of new clients registered for an existing service/project:** 10 per week

**Number of staff/volunteers who helped to deliver service/project:** 14 per week

**Key successes:** Funding from Postcode Lottery second year running, secured funding with Enfield Mind for another year, Increase in funding from Haringey Council, running a six week workshop throughout the year for L.G.B.T.Q. people living with mental ill health in London, Incorporating Spice Credits for all volunteers at Mind in Haringey, Working in partnership with St Aiden's Primary School, Runner up second year Haringey in Bloom award,

**Challenges:**

- Funding for current and future projects
- Funding for paid staff as we grow
- Finding and keeping good volunteers to run projects
- Finding more partners to be involved in joint ventures to increase Income

**Current/Future plans:**

- To open up the garden area to the public twice a week operating a café environment ran by service users.
- To target L.G.B.T.Q. people living with mental ill health and offer more services
- To increase our presence with the Enablement Service in Haringey
- To create a better pathway for people on personal budgets

**2.4 Counselling and Psychotherapy - Presented by Olivia Hunt**

- We offer a low cost daytime counselling service based on a contribution of £5 upwards per session (depending on annual income and benefits), while evening sessions cost £30 per session.
- The evening service has expanded to four days a week and a specialist bereavement counselling service was introduced with funding from London Catalyst.
- Last year we delivered 750 counselling sessions and saw up to 30 clients a week

**Challenges**

- Though we endeavour to keep charges as low as possible some people leave the service, or are put off because they are unable to afford it.
- There is a very high demand for the low cost daytime service which means we frequently have a long waiting list (up to 6 months)

The service has provided emotional support for people with mental health difficulties ranging from bereavement, anxiety and Depression. Some service users have returned to the service after a brief period of therapy seeking additional sessions as they felt they had such a good experience here. Others have sought to have their sessions extended.

### **2.5 Coping With Life Skills - Presented by Pritty Rana**

In Haringey around 34,500 adults have a common mental health problem, mainly anxiety and depression. The rates of severe and enduring mental illness are high compared to London and England. The risk factors associated with poor mental health and wellbeing include unemployment, economic deprivation and poor quality housing.

Funded by National Mind, the Coping With Life Skills is a psycho educational course based on the cognitive behavioural therapy model (CBT). The course modules address anger, anxiety, depression and low self-esteem.

#### **The Coping With Life Skills Course aims to:**

- build confidence and self esteem
- develop coping strategies for everyday life
- promote positive thinking and realistic goals
- help clients accept imperfections and disappointments
- help clients plan for the future and take practical steps forward

The group based course runs for 2 hours a week for 6 weeks.

#### **Quotes from our clients:**

“I have learnt to manage my anger differently; which has helped me develop better relationships with my children; I no longer shout or argue as often as before”

“Learning shared ways of managing anxiety has helped me to cope with my symptoms so much better; I have tried new activities for the first time in 10 years.”

“I have learnt how to look for different ways in which to approach my situation in my mind and to stop feeling stuck.”

### **2.6 Mindful Money - Presented by Pritty Rana**

Funded by the Thames Water Trust Foundation on Debt Prevention. This course consists of once-a-week group sessions (of 2 hrs) and weekly 121 sessions focusing on using IT.

Why debt prevention?

Mind's 2012 report, *Still in the Red*, highlighted the link between mental health problems and debt. People with mental health problems are more likely than other people to experience debt.

At Mind in Haringey we have seen an increase over the last 18 months of service users presenting with debt which has been exacerbating their mental ill health.

Due to this we partnered with Quaker Social Action to help mental health service users improve their financial resilience and literacy using their tried and tested future-proof money management program. This led to the establishing of the Mindful Money course.

### **2.7 Specialist Mentoring Service - Presented by Melanie Dottin**

**Aim of project:** To provide specialist mentoring to referred students aged 16 -60 with emotional and mental health challenges

**Length of project:** 1 academic year – 6 months in reality

**Number of people accessed service/project:**

43 referrals received between December 2015 and June 2016.

1 student withdrawn from course and not seen

2 students seen but then withdrawn from course

13 complete no shows

12 cases closed – each student seen on average for 4 – 6 sessions

15 student cases ongoing

Number of new clients registered for an existing service/project:

Possibly 8 – 10 students in the next academic year based on students moving onto year 2 of courses where applicable and/or taking up new courses at the college

**Successes:**

Establishing a dedicated specialist mentoring service that also provided emotional wellbeing, mental health support with coping strategies for students referred to the service. Clients inappropriate for the service were signposted to external agencies. High retention of students and the majority staying on their courses and planning for studies and/or work next academic year.

**Challenges:**

Refunding and continued student retention going forwards

**Future plans:**

If the project is funded for 2016/17, to continue service as is with the possibility of offering two counselling spaces a week to students with complex needs.

### **2.8 Emotional Support Project - Presented by Lynette Charles**

The emotional Support Project works with young people between the ages of 17 – 22 who are either incarcerated and due for release within 6 months, or young people at risk of incarceration. The project aims to support and prevent the number of young people worked with committing crimes/re-offending, helping them achieve better mental wellbeing and equip young people with the skills to be able to begin their journey into adulthood and independence.

This service bridges the gap where once young people become criminalised and/or start to follow the wrong path feel there is no way out, in which attending this service shows them that there is and helps them to better manage their anxiety, depression,

anger help support them with a life away from crime, feel a part of society and prepare them and aid education employment and training.

Out of the 12 young people over the course of the last 10 months:

- 75% of young people showed an improvement in emotional/mental health
- 67% have a reduction in offending after release
- 75% have increased confidence and self-esteem
- 67% report feeling better about their future
- 33% of young people engaged are now in ETE.

In the last 3 months Out of the 12 young people worked with, we have closed 3 cases and have taken on an additional 3 cases. We have also been working closely with 3 young people who are currently incarcerated, 2 young people who will be due for release in August/September. We have been working on supporting them to think about their future, discussing how to handle confrontations that arise within prison with staff and/or other prisoners, and how situations relate to handling difficult situations outside of prison, what they would want to do post imprisonment so they are able to start a positive new journey and have a plan from the day of release so young people have a focus and a purpose to reduce the chance of re-offending.

This has included:

- Working closely with Case workers within the prison and the sharing of information.
- Visiting the prison once every 4-6 weeks
- Updating young people making regular contact via letter on things put in place and advocating on their behalf with other professionals i.e. social workers
- Talking about managing anger within prison
- Helping them prepare for a smooth transition from prison to accommodation.

### **2.9 Mental Health First Aid Training – Presented by Lynette Charles**

We deliver a two day and a Half day mental health first aid training course to front line staff such as Fireman, Police, Social workers and Council workers to recognise the early signs and symptoms of a mental health problems and feel confident to help when someone is experiencing a Mental health problem.

#### **Aims:**

To increase awareness and knowledge about risk factors and help people militate against those risks.

To ensure that mental health first aid is used in Haringey to help all residents /workers experiencing a mental health problem before professional treatment are received.

To link this programme with other initiatives tackling mental health and wellbeing, and community development in Haringey. Through our website, outreach and information sharing to all participant of the course



## Service Outcomes

1) That after the training each participant will be able to-

- Recognise signs and symptoms of anxiety disorders
- Recognize signs and symptoms of psychotic disorders (schizophrenia, bipolar disorder)
- Understand relationship between alcohol, drugs and anxiety disorders

And have learnt –

- about crisis first aid for panic attacks
- about crisis first aid for acute stress reaction
- about treatment and resources for anxiety disorders
- about risk factors for psychosis
- about crisis first aid for acute psychosis
- about treatment and resources for psychosis

2) This will enable each participant to be able to help someone that they meet in their day to day work that maybe having difficulties before they access services

**Length of project:** 3 – 5 years

**Amount of funding:** £19,500 a year

**Funded by:** Haringey Public Health

**Number of people who accessed training:** 240 + over 9 months

We started delivering in September 2015 and 9 months later we have trained:

### Mental Health First Aid Lite (half day course)

External: We trained **35** Police officers from Haringey with another **40** signed up for training from August- October.

In house: The two courses offered at our premises had **14** attending

We have also offered the half day training to any of our partners or supporters in Haringey namely Marks and Spencer, Siemens, Found, Wireless etc.

### Mental health first aid (MHFA) Standard two day course

External: We have trained **40** teachers & training assistants, **20** staff and parents from a children's centre in Northumberland Park and **10** YMCA staff

In house: The course offered at Mind in Haringey every month has had **120 people** attend including social workers, housing workers, DWP benefit advisors, Mental health support workers, supported accommodation workers, GP's, counsellors, volunteers and residents of Haringey.

**Key successes:** The response to the training and that we have been able to reach so many with this training which will raise awareness of Mental health issues but also equips participants to responds to those in Mental distress.

**Challenges:** managing people's views of Mental Health

**Current/Future plans:** to target hard to reach community groups and churches to deliver training and raise awareness in their communities

### **3.0 Financial Update - Presented by David Pascall OBE**

#### **Challenges:**

- This year has been another very challenging for Mind in Haringey, particularly after having endured significant cuts to our core funding in 2013/14.
- We have seen an increase in the number of clients facing challenges such as benefit sanctions, unfair workplace capability assessments and problems relating to the new Personal Independence Payments, all of which have a direct impact on people's mental health and we have seen an increase in requests for help as a result.
- Winning contracts for services continues to become more difficult, with services being tendered across multiple boroughs, and an increase in private sector organisations competing to provide social care services.
- Departure of our CEO Anita Hudson in December 2015

#### **Successes:**

- Our counselling service was expanded to offer evening appointments for three days a week. We also identified a need for a bereavement counselling in the borough and secured funding to offer this specialist service.
- We have diversified income by planning a series of high profile events and fundraising campaigns.
- We continued to develop successful funding partnerships with lots of organisations, including the Haringey CCG, CAMHS, Siemens and Lloyds Bank Foundation, enabling us to deliver more specialist projects.
- Thanks to our good relationships within the community, we have seen an increase in fundraising initiatives by local organisations, businesses and individuals who have partnered with us and given their support. We will continue to build these relationships which we see as vital to our continued success.
- We are grateful for the continuing support of the two Haringey MPs and in particular that of Catherine West MP.
- David Pascall CBE, an experienced businessman and trustee, was appointed Acting Chairman on 1 September 2015
- Lynette Charles was promoted from Operations Manager to Interim Chief

Executive on 18<sup>th</sup> December 2015 and then to Chief Executive on 9<sup>th</sup> May 2016

### **Reserves policy**

The organisation aims to maintain free reserves at a level representing between three and six months' expenditure. Reserves at the year-end amounted to £60,004 (2015: £111,078), 3 months of the expenditure of the year. This level is sufficient for the organisation's needs of:

1. working capital when funding payments are being delayed
2. working capital when new and large projects are starting
3. reserves when there is a projected deficit for the following year
4. reserves if funders claw back income due under contract
5. reserves if a funder decides to stop funding a service, and time longer than the notice period is needed to obtain replacement funding, and to meet the fixed indirect costs.

### **Funding sources and expenditure in support of objectives**

#### **Income**

The total income for the year was £308,924 (2015: £325,184); this is a decrease of approximately 8% on the previous year of £16,260. This is primarily due to decrease in funding for our activities Emotional Support Project contract ended December 2015.

#### **Expenditure**

The total expenditure for the year was £403,489 (2015: £428,694); this is a decrease £25,205. The staff costs are the largest component of total expenditure at 60%.

#### **Performance for the year**

The net deficit for the year was £94,565(2015 deficit £103,510); this was primarily due to historical core funding cuts by LB Haringey.

#### **Key objectives for the future**

Following consultation with service users, volunteers, staff and trustees a business plan with SMART targets has been developed to help focus our activities for next year.

## **4.0 Volunteer of the Year Awards - Presented by Pritty Rana**

Our volunteers work across our services and provide vital support in every area we work. We would not be able to continue delivering such high quality services without their hard work and dedication. The awards are one way to say thank you to some of our long serving volunteers who have made a significant contribution to our success.

Certificates and gift vouchers were presented to the following volunteers:

Eileen O'Flaherty (Admin)  
Eva Darlow (Admin)  
Safiya Burke (Mindful Money and other projects)  
Lola Bellot (BME Advocacy)  
Frank Harper (Maintenance)

John Schnell (Activities)  
Susan Kochs (Activities)

## 5.0 Fundraising, Partnerships and Events - Presented by Lynette Charles and Deborah King

In the 2015/16 we won funding from the following organisations:

- **Thames Water** (for The Mindful Money project)
- **National Mind** (for Hearing Voices Peer Support, Art Project, Suicide Prevention and Coping with Life Skills)
- **London Catalyst** (for the Bereavement Counselling service)
- **The Lloyds Bank Foundation** (to employ a Young Offender Support Project Worker). Lloyds have also provided us with consultancy support.
- **Active Travel Community Grants** scheme (for a Bike Project)
- **The People's Postcode Trust** (funding to create a Wildlife Garden Space)
- **Haringey Adult Learning** (funding for Improving Financial Confidence, Equip 4 Work and Financial Debt Management workshops)
- **Next Plc** (funding for core costs and counselling). We also received gifts in kind from Next Plc worth £2,220

### **Community fundraising**

- We have been very grateful for a number of events held in the local community in aid of Mind in Haringey. These include film screenings at the Stapleton Tavern and Art House, a donation from the Hornsey School for Girls and proceeds from the Spark and Craving Coffee events (to mention a few).
- We hope to continue building on our positive relations within the borough as we see the local communities support critical to our future.

### **Looking forward**

- The current austerity measures and increased competition for funds has resulted in charities experiencing a very challenging time financially, with one in seven charities struggling to survive.
- Current and predicted future trends for funding include diversifying income streams, developing earned income and ensuring effective impact measurement.

Fundraising is a priority and we continue to work towards agreed strategic fundraising priorities to ensure long-term financial strength. These include:

- Increasing opportunities to secure unrestricted core income (this is essential as without funding for our building and administrative costs Mind in Haringey will no longer be able to offer services)

- Better evaluation of projects/needs and planning future impact
- Developing opportunities for earned income (room/space hire, counselling service, training and retail)
- Increasing marketing and publicity to promote services and our fundraising opportunities
- Increasing funding from Trusts & Foundations and Events

## Events

In 2015 we delivered two large fundraising events:

- **The Broadgate Tower Abseil – Saturday 6th June 2015**  
Broadgate Tower, near Liverpool Street, is a sheer glass structure and the highest civilian abseil in the UK. An amazing 87 brave fundraisers signed up to this challenge, participants were rewarded with a breath-taking view of the city and a once in a lifetime experience! We raised an incredible £43,000 from this event!
- **Royal Parks Foundation Half Marathon - Sunday 11th October 2015**  
We've entered this event twice, and on both occasions, we've had terrific feedback from our runners about how great the event is! This year we have 30 spaces for sale. Please spread the word amongst your family, friends and colleagues.

## Partnerships

In 2015/16 we secured partnerships with Found Series – Siemens – Lloyds Banking Group PLC - Festival Republic and Alexandra Palace.

- **Siemens -14 – 17 August 2015**  
An 80-strong group of rail industry professionals, more used to bogies than bicycles, turned to a different mode of transport for a four-day gruelling cycle ride to raise funds for charity. Covering nearly 300 miles, from Germany to the UK, the ride celebrated the successful project partnership that has led to the delivery of the first new Class 700 train set to run on the Thameslink routes. Mind in Haringey was chosen as Siemens local community charity, the bike ride raised an amazing £6,700 so far. The partnership with Siemens continues in to 2016/17. With other fundraising activities planned once the Hornsey depot is fully operational at the end of this year.
- **Found Series – United Festival 12/13<sup>th</sup> September 2015**  
A celebration of over 25 years of British rave culture at Finsbury Park. Found was born in the dark tunnels of South London's Vauxhall, in the winter of 2011 since then Found has grown to host 4 festivals across Greater London, Born & Bred, Found, 51<sup>st</sup> State and Moondance, Mind in Haringey are Found's charity partner for 2015/16 and to date the partnership has raised an incredible £11,320??, with 2 further festivals this summer we hope to considerably increase the fundraising total.
- **Lloyds Banking Group PLC – 2015/2016**  
Lloyds Banking Group is a leading UK based financial services group providing a wide range of banking and financial services, focused on personal

and commercial customers. The Group's main business activities are retail, commercial and corporate banking, general insurance, and life, pensions and investment provision. The Group operates the UK's largest retail bank. Mind in Haringey pitched and successfully won the opportunity to deliver a bespoke Mental Health Wellbeing programme to Lloyd's managers nationally; expected revenue for the first phase of training is £3,800 with an expectation of increasing revenues going into 2017.

## **Looking Forward – What We Have Planned**

### **Mind in Haringey Golf Day – 1<sup>st</sup> July 2016**

#### **Festival Republic – Wireless 8/10<sup>th</sup> July 2016**

Festival Republic is a UK music promoter, more than half a million people attend their festivals each year. Mind in Haringey has secured a charity partnership with Wireless hosted at Finsbury Park, where we will have the opportunity to fundraise and engage with an audience of approx. 110,000.

#### **Alexandra Palace Summer Fete – 23<sup>rd</sup> July 2016**

Alexandra Palace is a historic entertainment venue in Alexandra Park they are hosting a Summer Fete in their grounds, Mind in Haringey has secured an agreement with the Palace where we are able to attend, engage, raise awareness and fundraise to an expected visitorship of 30,000.

### **Royal Parks Foundation Half Marathon - Sunday 9th October 2016**

#### **Alexandra Palace Fireworks Display – 5<sup>th</sup> November 2016**

London's greatest Firework Festival returns to Alexandra Palace on the 5th November 2016 and Mind in Haringey will be there to engage, fundraise and raise awareness of our services to a visitorship of approx. 60,000.

#### **Mind in Haringey Benefit Night – 6<sup>th</sup> November 2016**

An evening of drama, music, poetry and spoken word performed by artists with lived in mental health experience. Hosted by the Park Theatre in Finsbury Park, with an audience of 200. We hope to raise in excess of £12,000 on the night, through ticket sales and donations.

## **6.0 Election of committee members**

### **Standing for Election**

David Pascall  
Gemma Coleman  
Oran Blackwood  
Tricia Bohn  
Heather Pegrum  
Lisa Smee  
Neil Harkins

The AGM was asked to give assent to the election of Trustees by a show of hands. In the event of an objection to the appointment of a Trustee by a Member (or Members) of Mind in Haringey the decision will go to a ballot.

- David Pascall was nominated for election as Chairman & Treasurer, no objections. David Pascall was appointed as Chairman and Treasurer by majority.
- Gemma Coleman was nominated for election as Secretary, no objections. Gemma Coleman was appointed as Secretary by majority
- The following were appointed by majority as trustee board members, no objections:

Oran Blackwood  
Tricia Bohn  
Heather Pegrum  
Lisa Smee  
Neil Harkins

- There were five resignations from the committee:

Alice Fuller  
Madeleine McGivern  
Alison Bancroft  
Deborah King  
Laura Froelich

### **End of Meeting**

#### **Contact details:**

David Pascall OBE: david@pascallassociates.co.uk

Lynette Charles: lynette@mih.org.uk

David Forrest: dave.forrest@mih.org.uk

Patricia Aboagye: patricia.aboagye@mih.org.uk

Olivia Hunt: olivia.hunt@mih.org.uk

Bethan Paterson: bethan@mih.org.uk

Tapiwa Makoni: tapiwa.makoni@mih.org.uk

Melanie Dottin: melanie.dottin@mih.org.uk

Deborah King: [deborah.king@mih.org.uk](mailto:deborah.king@mih.org.uk)

**Mind in Haringey**  
**Station House**  
**73c Stapleton Hall Road**  
**London N4 3QF**  
**0208 340 2474**  
[admin@mih.org.uk](mailto:admin@mih.org.uk)  
[www.mindinharingey.org.uk](http://www.mindinharingey.org.uk)