

# Mind in Haringey AGM 2019

## Minutes of the Meeting

### 1.0 Introduction - Welcome from Chair David Pascall

DP welcomes the group of staff, friends, service users, volunteers, and external supporters. DP explains that when he joined Mind in Haringey, he identified a deficit and from his experience as a school governor, he learned the importance of having a great head-teacher in place. He appointed, with the board of trustees to employee LC as CEO of Mind in Haringey and she has since turned the place around. The revenue has increased dramatically and we continue to make great progress. We have made a difference across the borough including Youth Work in Tottenham, and a diverse range of activities held here at Mind in Haringey.

### Present

David Pascall (Chair), Lynette Charles (CEO)

### Minutes: Bobbie Butter

A. Epton	Flora	Melane Conner
Anita Campbell	Francesca Tardura	Melanie Dottin
Bobbie Butter	Glynis Joffe	Michelle Antonio
Cate Ablett	Hannah Stringer	Mohamed Hammizia
Clare Riddle	Ian Duckworth	Owen Johnson-Stewart
CLlr Sheila Peacock	J. Stubbs	D.B.
Comrad Plentie	Jaabir Ramlugon	Patricia Aboagye
Danial Rusall	Jerry Cox	Pritty Rana
Dave Urwin	Kate Ablette	Raymond Good
David Mosse	Kate Brunning	Regina Ayub
David Pascall	Lisa Walsh	S. Carty
Deborah King	Lou Thyskes	Safiya Burke
Diane McCormack	Lynette Charles	Sue Wedge
Earl Green	Marcia Worrel	Suzanne Coleman
Emma Flatming	Marlon Dixon	Tim Miller
Ewan Flack	Mary Boddy	Tricia Bohn

### Apologies

Anthony Eptom	Donna Ellis	Robert Mann
Azad Ayub	Katrin Edelman	Susanna Charlwood
Ben Jabuni	Liz O'Connor	Tony Rhodes
Camilla Bonar	Marcelle Casingina	Valery
Catherine West	Norman Hamilton	

## **1.1 Agreed Minutes of last meeting**

### **1.2 Welcome - Address from Councillor Sheila Peacock**

DP introduces SP. This is SP's fourth year of being mayor and she has been a councillor in Haringey since 1994 and is very happy to have been invited to MiH today. The relationship between SP and MiH began when she worked with a group of people when LC and DK came along and supported the group since then they (LC and DK) have come to Percy House and the relationship between and MiH and the Council has grown.

SP in the past has been referred to as Miss. Tottenham. This is because she has been a Haringey Councillor for 25 years therefore she knows what it's been like in the past, the present and what hopes we have for the future. SP is very passionate about raising money for charities. She's currently fundraising for four different charities which all have personal connections to her. SP finished by explaining the importance of receiving donations within the charity sector as it helps towards achieving the end goals.

## **2.0 Review of the Year - Why we are here**

LC and DK address the attendees and mention the scaffolding which they saw on the exterior of the building upon their arrival. It was agreed at the last AGM that Mind in Haringey would fundraise for the exterior of the building to be painted and this goal has been achieved. This was a very important goal as LC and DK wanted to ensure that the building appeared as vibrant, smart, as professional, and welcoming as the atmosphere within the building itself. This year with the assistance from Tim Miller, the Haringey Wellbeing Network Service was launched.

LC and DK have also managed to train 200 plus people in Mental Health First Aid training which is a huge achievement and they hope that it will make a difference in Haringey as well as surrounding boroughs.

Mind in Haringey has a presence at festivals, community events, the House of Parliament, and more and DK offers thanks to all staff, students, and volunteer who help Mind in Haringey achieve this.

LC mentions that four years ago Mind in Haringey almost had to close its doors. During those tough times, LC said that it could have been very easy to forget the real reasons why Mind in Haringey is so important to the community. However, we always and still do remember that the reason we are here as a charity is to continue to be an integral part of community life in the borough of Haringey. We've gone from surviving to thriving.

### **3.0 Presentations**

#### **Project Future - Presenters: JS, DB, and SC**

JS explains that Project Future is based in Tottenham and works with men between the ages of 16 and 25 years of age. The project was set up by young people, clinical psychologists, and a mixture of other specialists. They combat political structures in society relating to culture and race. They have developed psychological observations underpinned by attachment theories, asset based theories, and community strategies.

Open dialogue by three members of staff, two of whom were service users of Project Future in the past. Project Future has been open for four years and has been working in conjunction with Mind in Haringey, Haringey Council, and Haringey CCG. Project Future has recently won two Health Service General Awards.

#### **Emotional Support Project**

MW gives a personal statement and introduces the ESP Service.  
LC introduced project worker, MA.

#### **Wellbeing Service**

OJS introduces the Wellbeing Service which helps guide service users in self-help plans where they create outcomes in regular one-to-one sessions.

OJS introduces Coping With Life Skills which is a six week CBT programme which identifies areas that can be difficult to cope with in life. Through peer-support and discussion the group expands on these issues, e.g. with an ABC Diary.

#### **Ex-Services Project**

The Ex-Services Project is funded by Zurich and led by OJS. This service has just welcomed a new employee and it is aimed at people who have served in the forces. It will also sign-post its service users to other services within Mind in Haringey.

#### **Haringey Wellbeing Network Service**

TM is the commissioner for the Haringey Wellbeing Network Service. Mind in Haringey made a successful bid in 2018 and the birth of the Haringey Wellbeing Network Service ensued.

TM explained his team at Haringey Council established a need three years ago for more mental health services and so the tender was created.

PR introduces the service alongside Tempo and Bridge Renewal Trust which are organisations connected through the Haringey Wellbeing Network.

PR introduces MD who gave a personal statement.

PR introduces ID who is a current service user, and he had a quick Q & A with MD.

PR introduces SW who gave an example of her personal experience with mental health, using the services at Mind in Haringey. Lastly, SW gave her personal experience as a peer-support coach at Mind in Haringey.

EF explained what Bridge Renewal does alongside the Haringey Wellbeing Network Service. WDC spoke on behalf of Tempo and discussed what they do as partners of the Haringey Wellbeing Network Service.

## **Break**

### **3.1 Presentations continued**

LC and OJS speak about the work Mind in Haringey are doing with university students who are studying Social Sciences. OJS reads a statement from MD.

## **Counselling Service**

M. Dottin gives a personal statement regarding her journey to becoming Mind in Haringey's Counselling Service Manager.

She gives a presentation on the current service.

SC gave a personal statement about her experience of the counselling service.

M. Dottin introduces CP who speaks about his two years of volunteering as a counsellor here at Mind in Haringey.

## **Suicide Prevention Work (HSPG)**

DM explained how HSPG began and his personal experiences led him to be very passionate regarding the topic of suicide. He came to Mind in Haringey four years ago and held a group called the Round Table which has since developed into HSPG as we know it today.

A recent success which HSPG has had in their strategy is the anti-suicide measures going up on Archway Bridge.

LH questioned DM where one would go to find support for bereavement by suicide. DM confirmed that NM is the Suicide Prevention Officer at Mind in Haringey and that she is more than happy for anyone in the community to contact her for information. There are Survivors of Bereavement by Suicide (SOB's). Another company called the Listening Place will be set-up in Haringey soon for those of whom are considering suicide.

## **4.0 Election of committee and plan for 2019/20**

DP introduces the trustees and what they do. BB draws attention to the Book of Trustee Details. At this point, members are allowed to agree that the three following trustees would be retiring:

RP, GT, and TB

Members also agree that a new trustee would be elected. LOC is elected to the position of Trustee Secretary.

There are nine current trustees.

LC closes the AGM by thanking those who have made a enormous impact over the past 12 months.

## 5.0 AOB

Finances – A snap shot of our year hereunder.

	Yr to 31.03.19		£ Increase from previous year	% Increase
<b>Total Unrestricted Income</b>	221022		36082	20
Donations	49754		24737	99
Fundraising	36218		-11617	-24
Counselling	35671		2643	8
Training	63811		27121	74
Other	35568		-6802	-16
<b>Total Restricted Income</b>				
Grants	485774		215285	75
<b>Grand Total Income</b>	706796		251367	55
<b>RESERVES</b>	Unrestricted	Restricted	Total	
Reserves B/Fwd 01.04.18	-18039	52033	33994	
Reserves C/Fwd 31.03.19	8738	89044	97782	
<b>Increase for year</b>	26777	141077		

## 6.0 Date of the next AGM – TBD.