



Annual Review 2007-2008

Chair's Report

Every year since its inception, WIAMH has faced a variety of challenges, and 07-08 has been no exception. What makes this year rather different is the nature of the challenges.

Normally we can expect that we will face the challenge of finding funding, challenges with our personal levels of energy and enthusiasm, difficulties to do with communications, the ongoing challenge of trying to run an open organisation composed of many very different people who don't always see eye to eye.

As well as dealing with these normal challenges – successfully I believe – this year we find ourselves in the unusual situation of watching some of our partner organisations go through some major changes and serious – potentially catastrophic – challenges. Fortunately, thanks to persistent work by some very dedicated people, the worst potential impacts of this have been reversed for the time being. But the future remains unclear.

Representation

One thing that has been steadily growing for several years is the amount of committee work and representational work which WIAMH is called upon to undertake. Currently, we are represented on various external bodies by two committee members and two staff members, with two new requests for representatives just in in the last few weeks. The workload here is increasing and can be expected to increase further as the principle of user involvement and patient representation becomes more widely accepted. In my view – and this is a view that we have expressed direct to the statutory agencies – a priority for the future will be finding ways to better support patient representatives. This applies to both the statutory services whose demand for involvement and representation is growing year on year and to

WIAMH and other voluntary and service user bodies. This will have implications for WIAMH in training and co-ordinating the many different information sources, and most of all, increasing the reach of our representation by keeping in touch with more patients and service users, up and down the Islands.

Fundraising

It has been a good year for fundraising! As well as the extra capital grant from CnES which permitted the completion of the refurbishment work at Catch23, including the provision of a wheelchair-access toilet, new kitchen and repurposing of the Tigh-Cheilidh as a meeting and arts space, we have also been the beneficiaries of two fairly hefty fundraising events: Firstly, the *An Cotan* sponsored toddle which raised £857 for Catch23. Our thanks go to all who took part, all who watched, all who donated and all who organised. Secondly, just in, Niall Ian MacDonald's sponsored row across the Minch, the final figure for which is not yet known, but well into the thousands. Our hats, coats and assorted buoyancy aids go off to Niall Ian, who we hope to have round for a thank-you meal shortly.

(n.b. these figures will form part of the 2008-09 accounts.)

Thanks

Thanks are due to all those who have been involved in WIAMH this year, either as committee members, volunteer or paid workers, or as advisors, and everyone who has given us funding and donations, and most all the members and service users, whose support and involvement has been and will remain vital.

Niall Shaw

Catch23 Centre Manager's Report

Last year I used my report to reflect on my three years in post, looking at what we had achieved, where we had been successful, where I felt certain targets had not been met and what I felt should be the next goals and aims.

On the whole this financial year has seen us come a long way in a short space of time.

We were successful in small bids from Lloyds TSB Foundation for Scotland and The Robertson Trust resulting in the Centre employing two extra members of staff. Both staff, I am delighted to say, were previously engaged with us as volunteers within the project. We have also introduced Joe as our resident digital arts worker initially for one year and this has proved to be very popular each Friday afternoon. Cathy has also remained a stalwart member of staff and I cannot thank her enough for the support and flexibility she has given me during this year of transition.

Tigh Cheilidh

"At last!" is all I can say about this part of the building. We have completed the refurbishment of the art room and it now being used on a daily basis for art, photography, writing, meetings etc.

As a bonus we have also seen the back door area decked, much improved access to the building and a brand new fitted kitchen.



Arts Activities

Art, Creative Writing and Digital Photography are now established as core activities within the Centre. We continue to attract new participants and work produced has again be used in a number of health promotion events.

The Garden

The garden continues to be an invaluable 'extra room' to those who attend the Centre. This year it has been looking better than ever, thanks to the efforts of the members.

Computer Access

Numbers using the computers and the internet have never been higher. We will now be moving the computers down to the front room in the very near future as part of aim to provide better access to the membership.

Back to Work

It has never been seen as part of the Centre's main aims to get people back to work. However, it has been amazing to see how many people start to consider re-training, college, volunteering and returning to work after receiving support from the Centre. We now boast increased numbers returning to work as a result of people gaining confidence and being willing to take a positive risk in their recovery. A simple work reference, a





training course or general encouragement can have a huge positive effect in a person's recovery process.

Opening Times, Centre Usage and Attendance

One of our main aims was to introduce longer opening hours. After consultation with the membership it was agreed that the best way forward was to introduce Saturday opening as

part of our service provision.

Year on year we continue to see dramatic percentage jumps in the number of people using the facility. 2008 will see approximately 3,850 drop-ins which is a 19.5% rise in attendance from 2007. Now we have extra staff we are also less likely to shut the Centre for training and holidays.

Challenges 2008/09

In my opinion I believe there will be a number of challenges for the Centre in the coming year. We have expanded our service provision dramatically over the last four years. The biggest question is should we expand the Centre operations or maintain what we currently provide. Given the availability of funding from both statutory and third party sources I am inclined to favour the second option. We also need to start looking at what can be offered away from Stornoway.

Personal Thanks

At this point I would like to thank our funders, partners and sponsors who continue to support us in our efforts. The volunteer team have once again proved to be worth their weight in gold. On a personal level it is with regret that Dr Ruth Mckinlay has left her post with CnES, I have to thank Ruth for the continued support and guidance she has offered me since I took up the position of Centre Manager.

Del Gunn



Community Health & Social Care Partnership

The CHaSCP, as it is known, is a joint body formed between Comhairle nan Eilean Siar and NHS Western Isles, as the prospective management body of an integrated Community Health Care and Social Care service for the Islands, taking over the community sectors of the Health Board and most of what was the Council's Social Work Department. Members will have noticed that this development has taken place against a backdrop of problems in the management of these organisations, and of intermittently fractured relations between the two at the political level.

It will also not have escaped people's notice that there has been much uncertainty over the future of the Western Isles Choose Life project this year. These two points are related.

We should not underestimate the difficulty of making enormous changes in the structure of either of the statutory organisations. And indeed, any step towards the long-term aim of better service integration is one that we must support and applaud, to the extent that it works.

However, in my view, we must also be clear that there are overriding priorities which we must be able to expect to be retained. Amongst these is clear allocation of responsibility and budgets for work in suicide prevention and other aspects of mental health work.

Choose Life

In this context it is a matter of concern that the Western Isles Choose Life project lost around 40% of its funding this year while future responsibility for it remained unclear, with no obvious route to recover the shortfall in the years ahead. This *will* have an impact on the work of the project.

Rumour now goes that the money allocated by Government to CnES for Choose Life this year has probably ended up in the Council's streetlighting budget. And there, for all that we can tell, the Council intends to keep it. How streetlights are going to tackle priority work areas of depression in young men, and how the Islands' alarmingly high suicide rate, has not been explained.

Partnership Working

As usual, WIAMH members and staff are working with other agencies in the *Western Isles Mental Health Partnership*, have served on the boards of the *Western Isles Advocacy Service* and *Western Isles Community Care Forum*. We also have our ongoing relationship with *Penumbra*. Other joint working is undertaken on a more informal basis.

Inpatients Forum

The Inpatients Forum began work in the early part of this year. It has not managed to be particularly active to date, but it has had some small results. More is expected as it beds in and works through its agenda. More patient and carer representatives are still being sought for this.

Active People

Mind and the body work as one! For many years we have been trying to promote members' involvement



in sports and outdoor activities on the basis that physical fitness is part of mental wellbeing.

Combining this with the principle that we should help people do their own thing where possible rather than necessarily doing it for them, a series of walks and days out have been organised by our small group of outdoor enthusiasts and anyone they could drag along. These are not official WIAMH events, but we enjoy them anyway. Some of us enjoy just looking at the pictures.

The idea of an official programme of outdoor



events has also been suggested, but would need additional work and funding.

Projects and Activities

Arts



water

Art is good for you! This year the volume of material produced has been growing at quite a rate – sufficient to challenge our storage facilities. People have been writing, painting and drawing, taking photographs and occasionally making sculptures. Most of these activities take place in Catch23, though we have also continued with our annual shared residential arts events in Uig.

This year we have also been fortunate to be able to employ our own digital arts tutor, Joe Mahoney, for



wildlife

a few hours a week. Joe has been taking people through a range of computer-based techniques in photography, image manipulation and drawing, and 3-D graphics.

Scaliscro 2008

This year, Scaliscro Lodge was used for workshops as well as accommodation. People seem to have appreciated the arrangement, especially as the weather was fairly wet and windy most of the week.

Quotes:

"It got me out of the situation I'd been in for a week – and now I've got to go back – but it shows you that something else is possible."

"Never done anything like that before."

"I'd been on holiday once before, to Paris with a whole load of nurses and even though I liked it, when I came home it faded pretty quickly, but this week in the Hebrides has been so different; I was doing stuff every day, learning new things, talking to different people, getting excited about things again. I wasn't thinking about all the usual stuff. It feels a lot more possible, a good life I mean."

"I live on my own, have done for years so the thought of living with up to twenty people in what looked like the middle of nowhere for ten days seemed like a big risk to me. And although some of it has been hard, the communal side mostly, I'm glad I took the

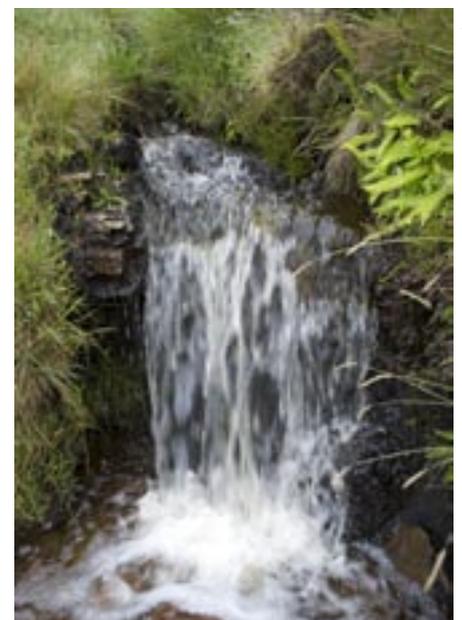


photography: tutors showing us the ropes

risk. I've written something every day, upstairs in my room too, and I have to say that the story teller man, Ian, he's made me think about so many things I could do with my stuff. I'm definitely going to keep it going this time."

"All the staff have so much energy and know what they're doing. I don't think I've ever had so much encouragement. And the food. And the new friends. If I ever get the chance again I'm definitely coming back, doesn't matter if it snows, rains or shines. Ace"

"No. I'm staying here!"



more water

Finances 2007-2008

Our accounts for 2007-08 have been prepared and verified by Nicolsons Accountants. The full set of accounts and formal report of the directors is available for study at the WIAMH office, or a copy is available on request.

In last year's report, we predicted that there would be an increase in income for staffing, and this has in fact happened – though the effect of this has to been to stabilise our income/costs balance rather than showing a significant increase on the previous year. Overall income has risen significantly over 2006-07 however. Most of the increase is the extremely welcome grant from Comhairle nan Eilean Siar for the refurbishment of the Catch23 premises, as shown earlier in the report. The bulk of expenditure relating to the refurbishment falls into the 2008-09 financial year, and will appear in next year's accounts.

Most of our income in the year is grants from NHS Western Isles and Comhairle nan Eilean Siar, including our core funding. We received project grants from The Robertson Trust, Choose Life and the i-reach fund. We also managed to generate around £600 of printing income in this year – increasing in line with previous expectations.

In future we hope to see further increases in income, especially for staff, in order to carry out more activities. That said, there will be a substantial increase in expenditure recorded in the year ahead, as we have spent the refurbishment grant. All other things being equal, this is likely to show up as an overall negative balance of in the region of ten thousand pounds, off-setting this year's substantial positive balance.

Summary of Income and Expenditure 1 April 2007 to 31 March 2008

	2007-08	2006-07
Income	£	£
Grants	51,224	36,331
Earned Income	621	306
Donations & Subscriptions	612	264
Bank Interest	441	384
Reimbursements	679	115
Total	53,577	37,400
Expenditure	£	£
Staff costs	22,503	22,408
Travel & Volunteer Expenses	3,060	4,719
Materials	-	3,166
Premises	2,335	1,743
Training	613	1,647
Communications	987	958
Equipment	1,055	890
Postage and Stationery	710	852
Insurance	633	616
Venue Hire etc.	146	468
Accountancy	411	350
Other	1,580	1,090
Total	34,033	38,907
Excess of Income over Expenditure	19,544	-1,507

Note: This is an income and expenditure summary. The figures above do not include depreciation and assets. Once these are taken into account, the assets value of WIAMH at the beginning and end of the year was as follows:

Current Assets at 31-03-07:	£ 19,632
Current Assets at 31-03-08:	£ 39,176

Western Isles Association for Mental Health

is a Company Limited by Guarantee (no. SC 254039) and is registered as a Scottish Charity (no. 027469).

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