

OUR ANNUAL REPORT FOR 2008 – 2009

This is a summary of the work and achievements of The Mary Frances Trust for the Year 2008-2009. We hope you will find it interesting.

The Mary Frances Trust is a Leatherhead based charity established in 1994 to support people who experience mental health problems. We are an independent organisation and the people who use our services (our members) are directly involved in every aspect of running, reviewing and planning our services.

Our services have evolved over the past years in response to the changing needs and aspirations of members. However, we still follow our founding principles of user involvement, respectful and equal relationships between staff and members, and fostering a sense of ownership and community.

We are based at the Leatherhead Clubhouse, a comfortable and homely house in the town centre. Our services include a day programme, groups and activities to promote recovery and improve health and well-being, and individual advice and support to members to achieve their own particular goals and aspirations.

If you would like a full copy of our Annual Report and Accounts, or require further information, please contact us-

www.maryfrancestrust.org.uk or telephone 01372-375400

What we achieved in 2008-2009

- Our services have been used by 94 people (one third women) and we have welcomed 13 new members
- We have provided an increasing variety of groups to promote our members' recovery and well-being, including walking, cycling, cooking, art, gardening, women's groups and play-reading. (599 hours in all!)
- We delivered 501 hours of one-to-one support to members concerning a variety of issues including employment and education, management of mental health difficulties (including crises), debt, benefits and housing
- We have held a variety of social events including trips to places of interest, theatre, cinema, cafés and our annual barbeque and Christmas Dinner
- 15 members have received computer tutorials working towards eDCC computer qualifications
- We have supported members to access educational opportunities in plumbing, accountancy, IT, horticulture, numeracy and creative writing

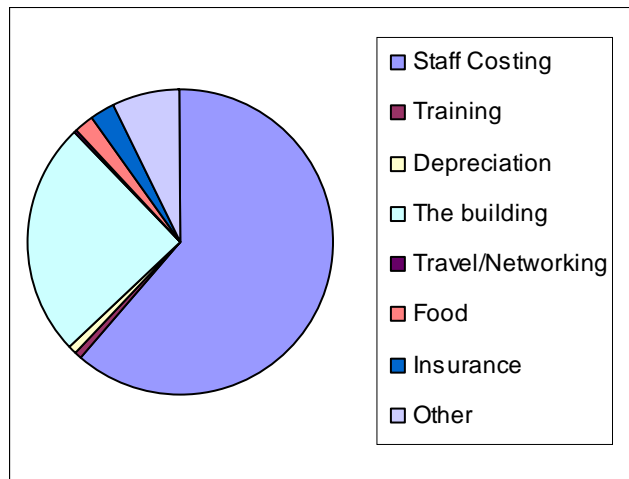
- We have continued to develop services to members to improve their physical health and well-being such as complementary therapies, healthy eating workshops and special events like "Heart Health Day". We are also working with local GP Surgeries to improve members' uptake of general medical care
- We have developed a positive working relationship with other local organisations (particularly Richmond Fellowship Education & Training) to provide as seamless a service as possible to members who want to access voluntary or paid employment
- We have greatly benefitted from the contribution of 4 volunteers who have run groups and activities for us. One has provided invaluable support with the maintenance of our premises and garden
- In February 2009, we launched a new web-site offering information about the full range of our activities
- There have been an increasing number of user-led activities. These have included a totally member-run social group (called "GAG"), a member-run creative writing course and the allotment group
- We have been working to raise awareness of mental health issues in our community. On World Mental Health Day (October 10th), we set up a stall in Leatherhead town centre, chatted to local residents about mental health and gave out 700 leaflets written and produced by members

FUTURE PLANS

As from April 2009, we will be offering a free, confidential Advocacy Service for members and other mental health service users living or working in Mole Valley.

Our Funding-

In the year 2008-2009 we spent £252,783 to provide services to our members. This is how we spent it:



Our funding came from the following sources:

