

Summary of the work and achievements of The Mary Frances Trust for the Year 2010-2011

This is a summary of the work and achievements of the Mary Frances Trust for the period from April 2010 until the end of March 2011. We hope you will find it of interest.

The Mary Frances Trust is a Leatherhead based charity, established in 1994, to support local people with 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.

We are based at the Leatherhead Clubhouse, a comfortable and homely house in the town centre. Our services include a day programme and a variety of groups and activities designed to promote recovery, break down social isolation, build self-esteem and self-confidence and improve health and well-being. We also provide a free and confidential Advocacy Service and one-to-one advice and support for members to assist them to achieve their individual goals and aspirations and to access opportunities within the community.

Through the many changes and improvements we have made over the past 17 years, we have remained faithful to our founding principles of user involvement, respectful and equal relationships between staff and members and fostering a sense of ownership and community.

What did we do in 2010-2011?

The year 2010-2011 was a very busy one for the Trust

- Our services were used by 98 people and we welcomed 20 new members
- Members were actively involved in running every aspect of the organisation (during the year 24 members worked in Finance, 32 in the kitchen or snack bar and 28 with our weekly newsletter)
- Members and staff working together carried out our Annual Survey of members' satisfaction with services and suggestions for the future. This was used as the basis of our planning and programming for the coming year
- We provided a programme of varied and changing activities to support members' wellbeing and recovery (652 hours in all!) These included cooking, arts and crafts, walking, cycling, poetry, general discussion, music, photography, gardening and working on the allotment. Several of these groups were run by members themselves
- We have continued to offer members services to improve their physical health and sense of wellbeing. These include affordable complementary therapies, Tai Chi, advice and support concerning nutrition, exercise, smoking cessation and a variety of special events and short courses such as "Celebrate Yourself" (self-esteem)
- Our new Open Art group was started following a members suggestion and continues to be increasingly popular

- We have held a variety of interesting social events including visits to places of interest (such as Polesden Lacey, Wisley Gardens, Imperial War Museum and Hampton Court), café trips, a barbecue and Christmas Dinner
- We were pleased to employ a specialist IT Tutor to deliver 1 to 1 computer sessions and 21 members undertook in-house computer training
- During the past year 20 members have accessed adult education courses with the support of the Clubhouse staff, 4 have taken up new voluntary work and two have started paid employment
- We have continued to receive generous support both in money and in kind from local organisations and business and also have been able to raise a considerable amount through our own in-house fundraising group. Largely as a result we have been able to complete the refurbishment of the Clubhouse
- We have worked in co-operation with other local organisations to offer our members a seamless and comprehensive service (in particular Richmond Fellowship who offer specialist employment support)
- Our Advocacy Service has provided services to over 50 people, 15 of whom were local service users but not our members. They received support concerning a wide variety of issues and reported consistently good outcomes

Highlights of the Year

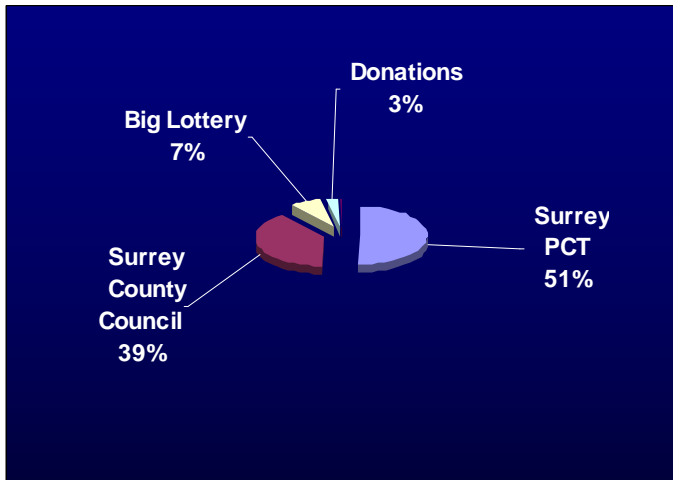
During the last year we saw the continuation of our successful Well-being project. Using the Big Lottery Fund we purchased some necessary equipment and trained our staff team to continue the work after the funding is finished.

We had two fantastic sponsored fun days which lots of members were involved in and enjoyed, including a sponsored walk, cycle ride, silence and charades!

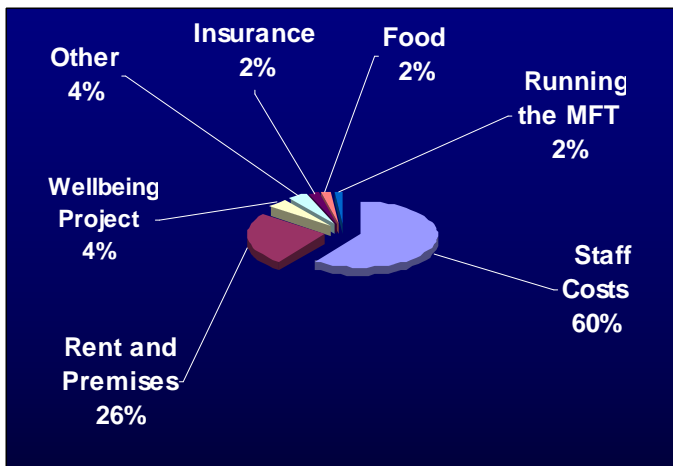
With Sue Bond retiring in June, we are delighted that we have appointed a new manager. Patrick Wolter will be taking over from Sue as her successor.

Our Funding

Our total income for the year was £234,056. This was received from the following sources:



We spent £232,555 on providing services for our members. This allowed us to put £1,501 into our reserves. We spent this money as shown below:



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

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