

OUR ANNUAL REPORT FOR 2007-2008

This is a summary of our Annual Report for the year 2007-8. We hope you will find it interesting. If you would like a full copy of the Annual Report please contact us at the Leatherhead Clubhouse.

The Mary Frances Trust is a Leatherhead based charity established in 1994 to support people with the consequences of their mental health problems. We are an independent organisation and our members (the people who use our services) are directly involved in every aspect of running, reviewing and planning our services. We are both a Registered Charity and a Company Limited by Guarantee and have a small Board of Trustees with experience in law, mental health, HR and business. Our Chair is Ms Liz Parkes.

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.

Our base is the Leatherhead Clubhouse, a comfortable and homely house in the town centre where we provide our services. These include a day programme, groups and activities to promote recovery, to improve health and well-being, and individual advice and support for members to achieve their own particular goals and aspirations. Future plans include hosting a group for men who experienced sexual abuse in childhood and providing supported training placements in administration.

What did we do in the year 2007-8?

During the year, 96 people used at least one of our services and we welcomed 15 new members. An average of 26 people a day (19 men and 7 women) attended our day programme which operates 3 days a week. Working together, members and staff undertake all the tasks and responsibilities of a small business including finance, administration, shopping, food preparation and working in the house and garden. Members tell us that working in this structured and supportive environment has helped them rebuild their confidence, their self-esteem and their social networks.

In addition we provided:

- 334 hours of 1 to 1 support for individual members. Areas discussed included healthy living, management of mental health problems, advice regarding benefits, housing and debt and access to employment, education, arts, and leisure.
- Groups for healthy living, physical activity, arts and leisure.
- A women's group and men's activities.

- Computer tuition leading to an eDCC qualification.
- Talks and visits from experts in areas of concern and interest to members.
- A very popular Social Programme which includes monthly trips to places such as Hampton Court Palace, the cinema and theatre, boat trips etc and a monthly café trip. These activities are arranged for evenings, weekends and bank holidays to enable members in employment or full-time education to still keep in touch.

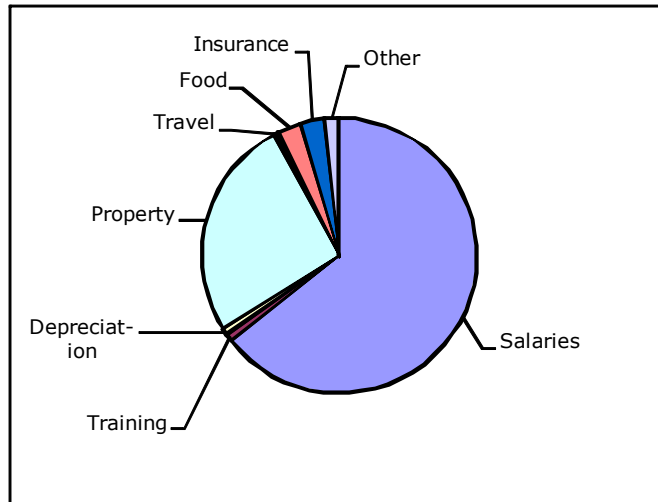
We are particularly proud of the achievements our members have made over the past year

- Members have accessed educational courses in law (degree level), computer maintenance, book-keeping, IT, horticulture, literacy, numeracy and creative writing.
- Our women's group has planned and run sessions on complementary therapies, cooking, craft and sewing and has organised trips to places of natural, historical and artistic interest.
- During the year members gained 34 eDCC certificates. This covers both advanced study and tuition for those completely new to IT.
- 4 members have entered paid employment and 7 have started new voluntary work placements.
- Members have reported improvements in their physical and mental well-being, self-esteem and quality of life.
- Members have been involved in supporting the Redhill Crisis House, serving on the Partnership Board, taking part in a major review of the service and raising over £400 in sales and sponsored events.
- Members were involved with Surrey PCT in the production of "Cracking Up", a very well received stand-up comedy show written to raise mental health awareness particularly amongst younger men.
- Members and staff have worked together to develop our new web-site which we hope to officially launch in early 2009

Our Funding

In the year 2007-2008 we spent £254,124 to provide services to our members.

This is how we spent it:



Our funding came from the following sources:

