



For better
mental health

York and District Mind

Caring and campaigning together for better mental health

Reg. Charity Number 1037603. Registered in England Number 2921142. First established 1952.

Minutes of the Annual General Meeting held on 11 November 2008, at 6pm, at the Courtyard Room, at The Bar Convent, Blossom Street, York

Present: E Jane Addison, Mike Beckett, Daniel Brittan, David Britten, John Burgess, Linda C, Rachael Clark, Ken Corcoran, Sarah Cussons, Kate Earl, Jamie Edwards, Brian Elmer, Lee H, Jim Harding (Vice Chair), M Hansford, Rachel Johnson, Trevor Kidd, Chris Lewis, Isobel MacDonald, Gerard McCabe, Peter Phillips, Ave Maria Pilling, Brin Price, David Price, Sue Skelton, Mike Snelling, Penny Stafford, Lila Taylor, Roger Thompson (Chair) (all of York and District Mind) Rachel Barber (Salvation Army), Judy Beckett (University of Leeds), Alison Brewer (York St Johns), Louis Diprose, Graham Dykes, Lee Greenfield (York Carers Centre), Ann Hardy (Alzheimers Society), Claire Kennard (York Housing Association), Rita Leaman (York Human Givens), Rebecca Lott (Comic relief), Kate McPhillips (Ecotec on behalf of the Big Lottery), Heather Theobald (Welfare Benefits Unit), Sue White (Soldier on), Nina Whitefield (York Mind Shop Manager), John Yates (York Older Peoples Assembly)

Apologies were read out at the meeting and accepted.

1. Introduction, welcome and apologies.

The Chair of York and District Mind Roger Thompson welcomed everyone to the meeting and apologies were accepted.

2. Minutes from the previous Annual General Meeting held on 13 November 2007 at the Bar Convent, Blossom Street.

The minutes were agreed by the meeting as a correct record.

3. Chair's Report.

We are very much aware that there are significant gaps in the services available in York to those with mental health issues/emotional distress. We are working hard to develop proposals to meet some of these unmet needs, and are exploring possible funding sources and investing time and resources in developing partnership working.

Demand for our services continues to grow and we sometimes struggle to cope within the limitation of our resources. During the year we worked hard to improve our funding and tightly control costs so that we can help more people. The work of our former Director, John Burgess, was influential in this and I am pleased to report that our operating deficit was reduced from (£24,661) in 2006/07 to (£6,274) this year 2007/08. We were trading imbalance for the last few months and only have a deficit balance due to choosing to split a grant over two years rather than taking it all in one year. We are fortunate in having

reserves that enable us to fund these deficits but we are very much aware that these reserves are finite and we need to get into balance.

John was our Director from November 2006 until May 2008. In this short time he undertook a number of fundraising initiatives including obtaining a grant from the Big Lottery for a Befriending Service. He also took a leading part in the formation of a Yorkshire and Humber Consortium of local Mind Associations. John is a very special person and we were fortunate to have him as our Director. He decided to retire to spend more time with his family. Typically, he remains involved: working as a trustee for which we are very grateful to him.

Michael Beckett was appointed Director in April, taking over from John Burgess in May 2008. Mike has worked in the health and social care voluntary sector for about a decade. He has undertaken a move of premises, set up working groups and a newsletter and has obtained Patrons for the organisation firstly Dr Vince Cable who we announced on World Mental Health Day. It now gives me great pleasure to officially announce our second Patron, former Health Secretary and London Mayoral Candidate, Frank Dobson MP.

I would also like to acknowledge the support we receive from our volunteer Executive Committee members, our Trustees. There have been a number of changes in the year but the core group remains much involved. We have also co-opted some new trustees who bring new perspectives and expertise. The guidance and help I have received from our trustees over the year has been invaluable.

We are also grateful to all our volunteers. Without them we would not be able to offer the level of service we do. Our clients and our trustees hugely appreciate their dedication and commitment. The work our trustees, volunteers and staff undertake is crucial to helping the many people we are in contact with. They are dedicated to improving the lives of those who are affected by emotional distress and mental health issues. My sincerest thanks go to them all.

4. Finance Report.

Copies of the full statement of accounts were made available before the beginning of the meeting and additional copies handed out to those who had not yet accessed a copy. The Director then introduced this report emphasising the importance of the finances as without the resources we would be unable to continue. Having moved our office and by now sharing the premises with York Human Givens, with a reduced deficit budget which we will aspire to eliminate over the coming year. It was noted that we have reserves to maintain the charity for a three to six month period. He commended the accounts to the meeting.

5. Adoption of Annual Report and accounts.

The Financial statements for 2007/2008 were adopted by the meeting (proposed by Jim Harding, seconded by Chris Lewis)

6. Appointment of Independent Examiners.

The meeting agreed to reappoint Townends to Independently examine the accounts. (proposed by John Burgess, seconded by Penny Stafford)

7. Election of Trustees and Officers

7.1 The Chair proposed to take the election of officers as a block vote, with a show of hands this was agreed by the meeting (seconded by Jim Harding).

The Chair proposed the election of the existing members of the executive committee who are as follows:

Roger Thompson Previously Northern Regional Director for the NSPCC and the Director of Social Services, having served on the Board of the local PCT and he is currently a Member of the General Medical Council.

Jim Harding Retired Chief Executive of the NSPCC. Currently author, Trustee/Chair of other charities and mentor to Chief Executives, he has been relatively recently ordained.

Lee Greenfield has been co-opted onto the Management Committee and has been officially nominated for the AGM. Lee has experience of working in the voluntary and community sector and currently works in the York Carers Centre.

David Britten is a Lecturer in Counselling Studies at York St. John University, and a BACP-accredited, integrative counsellor/psychotherapist in private practice in York. I have a long-standing personal interest in the field of Mental Health; this was why I chose, both during and after my counsellor training (2002 - 2006), to work as a volunteer counsellor at York and District Mind.

John Burgess York and District Mind's former Director with a long period of service in the Voluntary and community sector.

Ken Corcoran has for many years worked in senior positions in the Department for Health before retiring.

Kate Earl has a special interest in Advocacy. She works for Leeds Advocacy Network as an information officer and is also a Volunteer Advocate with Leeds Advocacy, and has helped to facilitate self-advocacy groups. Kate also has personal experience of using mental health services.

Trevor Kidd is an established local businessman with an interest in Mental Health.

Chris Lewis works in probation with a specific interest in mental health.

David Wilde currently serves as Sheriff of York and has a particular interest in Carers issues and Mental Health.

This was agreed by a show of hands of the members at the meeting.

7.3 Election of Officers

Roger Thompson was re-elected Chair (proposed by Jim Harding, seconded by Kate Earl)
Jim Harding was re-elected Vice Chair (proposed by Ken Corcoran, seconded by Roger Thompson)

8. Our three Guest Speakers

8.1 **Judy Beckett** shared the findings of the research she has conducted on the after

effects on people of surviving acute mental health care.
<http://www.leeds.ac.uk/lihs/psychiatry/staff/beckett.htm>

8.2 **Sue White** gave a talk on her experiences campaigning for people with Post Traumatic Stress Disorder and Combat Stress <http://www.sue-white.com>

8.3 **Alison Brewer** talked on 'a'dressing the wounds, challenging adolescents risk taking behaviour. Allybthatsme@hotmail.co.uk

8.4 All three speakers received applause in appreciation from the meeting and were all thanked by the Chair on behalf of the meeting afterwards.

9. Affiliation to Mind (National Association for Mental Health):

The meeting voted and was unanimously in favour of maintaining our affiliation to Mind.

10. Any Other Business.

David Price enquired about Support Groups steering groups having more of a say on what support groups spend and a specific budget for them to control. The Director agreed that support group should have input into decisions about support groups and that staff would consult with them and that some monies are budgeted for support groups.

There was no other business.

The Chair therefore thanked the staff, members and volunteers of York and District Mind and extended to everyone the invitation to see the information on display about the impact of York and District Mind, to do meet the other people present and to share the food and refreshments, available after the meeting. The meeting was then closed at 7.40pm.

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