



# Annual Report 2018/19

 mind | Manchester  
for better mental health







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Welcome





**A**s ever we are reporting on a year that has again been extremely busy and challenging, in a number of ways, not least because we are still operating against a backdrop of austerity, which impacts so negatively on the people we work with. We recognise that endeavouring to tackle some of the social determinants on mental health has an important and positive effect on mental health and much of our work continues to try and alleviate the impact of poverty, deprivation, loneliness, lack of social networks, and access to healthy nutritious food.

In 2019-2020, we will be entering our 30th year as an established charity, first as HARP and since 2011 as Manchester Mind, and we have started to look back at where the charity originated. We can see that it was firmly rooted in supporting people who were both dealing with poor mental health and lack of income, poor or unstable housing and debt. It has been through this focus we have been able to support good mental health. We are very proud of the fact that we have been able to stay true to this work, whilst along the way, developing further services that meet the needs of people in Manchester with lived experience of poor mental health.

It goes without saying that this work would not be possible without our skilled and experienced staff and volunteer team. We

would like to thank each and every one of them for the unstinting commitment and experience that they bring.

This year we have continued to ensure that our values are present in our work and in reading through the quotes and case studies in this report we are able to demonstrate how we bring our values to life:

### Openness

Being receptive to, and appreciative of, the skills, talents and perspectives of everyone

### Belonging

Developing kind relationships that lead to feeling accepted, understood and able to contribute

### Strength

Recognising and developing potential in others and ourselves, enabling resilience

### Collaboration

Generous sharing of our resources, skills and talents enabled by clear and meaningful communication

Our beliefs are also really important and we are making them guiding principles of how we wish to work.

## We believe:

- In the power of listening and feeling heard
- Everyone has value: something to offer
- Everyone deserves to be supported in their mental health needs and we have a part to play in that
- A better understanding of mental health, both personally and professionally, benefits everyone
- Being open to learning and reflecting on experience can improve mental health services: there is no single 'right way'

Building kind relationships is central to what we do both internally and with the people we work with. It is not always easy and we may not always get things right, but we are learning and striving to keep these beliefs and values at the heart of everything we do. It will probably never be a finished product, but a continuous process that will keep us on track.

As we mentioned, next year is a big one for Manchester Mind as we turn 30. Throughout the next year we will be highlighting our work and also reflecting on where we came from – understanding context and our history is important in defining who we are, and most importantly, why we do what we do. In the meantime, please enjoy this report covering some of the highlights of 2018/19.

Su Brown  
Chair of Trustees

Elizabeth Simpson  
Chief Executive Officer

# Facts & Figures



30

people received support  
through volunteering  
in our food projects



6,034

people had  
contact with  
Manchester  
Mind



355

people  
volunteered



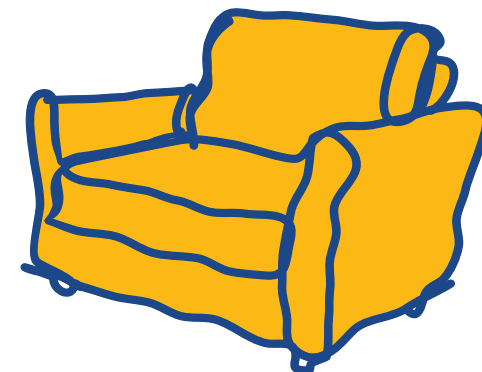
Represented

79

people at appeal  
tribunals with

87%

success rate



£1,736,349

generated in  
additional income  
via advice provision



297

training sessions to

3,381

people

97

advice drop-ins



694

young people accessed  
services



1,837

people in total  
accessed advice

5,285

Pay What You Can  
meals

£152,102

turnover for  
Good Mood Food



34

free community  
training courses to

254

people





137

peer support  
group sessions

242

attendances at peer  
support groups

19

peer support  
volunteers

147

young people  
accessed counselling



388

people involved  
in fundraising



142

businesses  
supported  
Manchester  
Mind




£236,881

raised in fundraising





## Highlights of 2018/19



During the year we continued to work within an environment that seems to be marked by constant change and challenge.

The impact of austerity is still marked and is affecting the people we are working with, this has an effect on how charities are able to operate with increasing demand for services and also increasing competition for what sometimes feels to be less access to funding. This year over 6,000 people had contact with our services and over 5,000 volunteer hours contributed to our ability to deliver those services.

Despite the challenges staff and volunteers at Manchester Mind continued to work hard to achieve some fantastic results.

## Our Manchester

April saw the commencement of [Our Manchester VCSE](#) (Voluntary, Community and Social Enterprise) funded projects – Advice, Food For All and Community Training. All existing projects – but now supported by a three year grant which hugely enhances our sustainability with a move away from what had been year on year funding. The funding stream had seen the combination of what had been a number of separate grant programmes managed by the City Council and the grant process was successfully co-designed with key stakeholders from the voluntary and community sector.

### Children and Young People's Service (CYP)

**It made me feel good that I have strengths, which I recognised after the session.**

– Young person after using CYP Counselling Service

Critically this year our funding from the [National Lottery Community Fund](#) for what has been our long standing work with children and young people was renewed, which meant that we could not only continue to deliver this vital service to young people from our

offices in Levenshulme, but those services were increased. Our counselling model was expanded so that we could offer more sessions to young people. We started to work with [42nd Street](#) to deliver mental health interventions in four high schools in Manchester. In another project with 42nd Street we contributed an advice role to the innovative [Integrated Community Response Service](#) pilot delivered to young people at risk of poor mental health. Our advice role worked within this service alongside young people and their families in order to relieve the impact of insecure housing, poverty and debt on families, which can then lead to reduced family stress.

We received funding to deliver peer mentoring sessions in schools. A successful funding bid to [Henry Smith](#) meant that our advice provision within CYP was strengthened and worked alongside the existing advice work funded through the [National Lottery Fund/ Help Through Crisis](#) partnership project, with whom we worked with [Centrepoint](#) and [Greater Manchester Coalition for Disabled People](#). By the end of the year we had also identified a new building to move the CYP work to (just across the road) which would provide more space to develop and deliver services from. So from what was an uncertain start, our CYP work ended the year in a much stronger position with the staff and facilities available to extend what we are able to offer to meet the needs of more young people living in Manchester.



The two main things that I have taken away from the sessions are; not undervaluing the small steps because it makes the bigger steps so much easier, therefore addressing the big ambitions can be put on the back burner until you realise, they can be achieved. The second is the value of creating a positive, comfortable relationship. If someone is comfortable with you, they are much more likely to be open and honest with you, this made my job so much easier as the majority of the time I was not pulling information out of him, instead it followed out naturally.

– CYP Peer Mentor

**Thank you so much, I honestly don't know what state I would be in without YASP (Manchester Mind Children and Young People's Service). I didn't think I could actually be optimistic again.**

– Young person



For me the group was a first step to overcome isolation and to build up a consistent weekly routine for myself. In the first months with the group, my confidence was incredibly low, I felt hesitant to share and often I felt low and alone, although I had people in my life. Through the volunteering, I finally found a place where I could openly speak about my mental health, something I just couldn't share in the same way with friends or family. My mental health was impacting on my life so negatively, that I could barely manage part time work and one volunteering role at the time. Over the course of the 16 months that I have been with Manchester Mind, I was able to add three further voluntary roles to my week and I can now say that I feel able to work full-time again and am happy that I was recently offered a full-time position that I feel really excited about. I know that this is due to the group and the supportive, judgement-free environment that I was in. We celebrate each other's steps forward in a way that is so encouraging, so the group definitely helped to build up my confidence so much!!!

Peer Support group member





## Peer Support

In other funding news we received two years funding from [National Mind](#) to develop a Peer Support Hub across Greater Manchester. This work would see a network of peer support groups coming together to share knowledge skills and learning. There would also be small seed funding available to groups. This peer support hub enables us to build what has been successful development of our own peer support groups, which we know have been invaluable for people using them. The Peer Support Groups – Get Help, Give Help also celebrated in November when they deservedly won the Be Proud Manchester Award for volunteer group of the year. This was a great accolade for our volunteers, who selflessly give their time and experiences to support others through peer support.

**The theatre performance's/  
exhibition at HOME has a big  
impact on my mental health.  
It improves my healthy  
thinking and makes me feel  
less isolated. Thanks to the  
friendly staff and volunteers.**

Peer Support attendee

## Partnerships

Partnerships continued to be a big focus to our work particularly with [Manchester Volunteer Advice Partnership \(MVAP\)](#); [Big Manchester](#); [Greater Manchester Mind](#) collaboration and our partnership with [Greater Manchester Mental Health Trust](#), in the delivery of what was the Assertive Outreach service.

Working with others is not always easy but when it does work, it adds real value through sharing of skills and expertise, as well as enabling us to extend our reach.

**“We all benefit from having the volunteers – in multiple ways – their skills, knowledge, capacity and life experience.”**

MVAP partner

Through Manchester Volunteer Advice Partnership we are working with [Cheetham Hill Advice Centre](#), [Manchester Refugee and Support Network](#), [Greater Manchester Immigration Aid Unit](#) and [Centrepoint](#). The aim of the partnership was to support all our advice services through supportive volunteer placements. We have been recruiting volunteers centrally, who then attend a nine-day training course whilst also taking up placements within partner organisations; there volunteers continue to be supported and trained. We also trained volunteers from other voluntary sector organisations who are involved in advice, such as the [Booth Centre](#)

and [British Red Cross](#). Additional funding was awarded from [Manchester City Council](#) to extend the MVAP model into the [Homelessness Contact Centre](#) and this element of the work started to make a real impact during the year. The whole project has been hugely successful, as has the impact on volunteers. As we moved into our final year we started to evaluate the project and that can be seen here (see below<sup>1</sup>).

**“We have learnt lots of lessons from Big Manchester, and have a long involvement together which definitely results in better and more enduring outcomes.”**

Big Manchester Partner  
(Big Manchester Impact Report)

[Big Manchester](#) – a family intervention project led by [Barnardo's](#) and including [Manchester Mind](#), [Home-Start Manchester](#), [Pankhurst Women's Aid](#) and [CGL](#) also continued to offer a range of whole family interventions in North Manchester to families with children between the ages of five to eleven. The outcome has continued to be really positive but again this service is still reliant on National Community Lottery funding (which will be renewed in the following year). A further success for the partnership this year was the addition of [Be Active Manchester](#), led by [Pankhurst Women's Aid](#) with [Barnardo's](#). This showed the strength of [Big Manchester](#), demonstrating the trusting relationships that have been built, which enable further joint

<sup>1</sup> <https://manchestermind.org/resource/manchester-volunteer-advice-partnership-evaluation-2019/>

work to take place and it also models a way of working that parents and families feel the benefit from.

"I developed postnatal psychosis after the birth of my second child. I had severe anxiety, gained a lot of weight and lost all my hair from the stress. Prior to my illness, I was a very sociable and outgoing person, with a good job, very energetic and always on the go. Big Manchester have been a real godsend: for the longest time I felt completely overwhelmed like I was lost at sea struggling against the tides and drowning. They have being a much needed lifeline, their support has helped pull me to a point where I've managed to take back some control, helping me find a realistic starting point and gain a foothold on the road to my recovery".

Big Manchester Impact Report

Working with Stockport and District Mind, Mind in Salford, Tameside Oldham and Glossop Mind and Rochdale and District Mind has been a key focus of the year. We had funding from National Mind to help us develop the partnership and employed a Greater Manchester Mind Strategic Lead to take this on. We had a major success achieving funding to offer training to Blue Light staff across Greater Manchester. This proved to be a good example of how we

could use our joint expertise to offer training and a variety of interventions to support our Blue Light colleagues who are impacted by trauma in their work. Mind in Salford led this work and the other local Mind's contributed to the successful delivery. We are looking for more opportunities to work together and are planning the development of a Wellbeing at Work training package for employers. January 2019 saw the launch of RED January – an opportunity to engage with people in physical activity – drawing attention to the hugely positive impact that this can have on our mental health. As Manchester Mind had taken part in RED January the previous year, we were able to share this experience as we worked together across Greater Manchester on the launch of RED January 2019.

"I just wanted to drop you a note to say thank you for taking the time to talk to me that day you came to our office. Our conversation was definitely a turning point for me. I have been having counselling sessions and practising Mindfulness. I have also taken part in RED January. It's been hard getting out every day and I'm pretty tired, but it has definitely helped kick start my year and I feel better in myself. I started a new job too! It's been a pleasure meeting you and I wish you every happiness in all you do in the future."

Employee within one of our 18/19 Charity Business Partners.

Working with businesses also leads to the provision of volunteering opportunities as part of the package. This year has seen an increase in these days being provided in a number of ways – helping out in the cafés during Christmas meals; at our allotment where there are always opportunities for some clearing, weeding and planting; and helping us with data inputting, especially around our training evaluations.


"I really enjoyed it. It was good to have a change of scenery and to experience a different working environment. I worked a lot on the feedback forms and this was a good insight into the courses they (Manchester Mind) offer and the feedback from the attendees of how good the courses were, which in the main was extremely positive. I enjoyed the tour they gave me of the site and learning about all the great things they do at the charity. They made me lots of really nice coffee, kindly paid for my lunch and was all very friendly and welcoming. I would be happy to assist them again in the future"

Charity Partner volunteer

## Advice

Our advice work continues to be a core offer across many of our services. We are constantly reminded of the impact of poverty and poor housing on mental health so being





**The service I received from Manchester Mind and especially my caseworker could not have been improved. I would have been suicidal without him and the organisation. I would also like to give the clerical staff and volunteers a very big thank you.**

Advice client



**This training is a great initiative and I am so thankful for this opportunity as I have made friends, learned a lot and feel as though even I am coping better simply from these sessions.**

Building a Healthy  
Future participant

**The best thing about the volunteering is that it's a coming together. It is therapeutic because you work stuff out together and there's no expert or therapist, but it's really helpful to people being part of a team.**

Café volunteer



able to provide advice, to both young people and adults, which truly makes a difference is something we are really proud of. We can see from the numbers that more people than ever accessed advice with over £1.7 million generated in additional income and people were represented at 79 appeals with an impressive 87% success rate – a strong indication of the need to be able to challenge decisions. Access to advice is via our Children and Young People's Service, via drop-ins and appointments at the [Zion Community Resource Centre](#), home visits, on four wards at [Park House](#) and within what was the Manchester Engagement Team.

## I struggle around people – but didn't around the adviser I saw.

Advice client

## Food For All

Our Food For All service has also contributed to work around food poverty. Food is obviously an essential component for good physical and mental health. The process of planning and cooking together as well as sitting and eating with others can be an invaluable social experience leading to people feeling less isolated. Our two [Pay What You Can](#) lunch time sessions (one at the [Zion](#)

[Centre](#) and the other in partnership with [Just Life at Brunswick Church](#)) have proved to be important access points to free three course meals with over 5,000 meals being provided as well as information and support. The [Community Cafés](#) at the [Zion](#) and [Harpurhey](#) also continued to offer experiences in planning and cooking meals for our volunteers.

## Training

Our training has continued to develop. Our free training is a way of improving mental health awareness and people's confidence in supporting others, as well as challenging stigma and discrimination. This year we have started to build links with community groups and offer open access courses. Some of the offer includes mental health awareness, assertiveness skills, presentation skills – from which people can volunteer to support the delivery of training.

"This training was great, it opened my eyes and changed my opinions about mental health issues and people suffering and living with it, we need to spread the message!"

Training participant

We also continued to be funded to deliver [Building a Healthy Future Courses](#) – Later Life and Long Term Conditions. Both courses run for six weeks and provide people with an opportunity to learn new skills and ways



of managing the often difficult transition from work into retirement and of dealing with a long term health condition. Both courses had impressive results in providing a space for people to hear from others in similar situations and therefore benefit from peer support.

## Generating Funds

As the funding environment gets tighter, we have made some decisions to try and generate our own funds through [Good Mood Food](#) (our catering social enterprise), [Training](#) and [Fundraising](#). All three areas have seen progress this year.

Good Mood Food were settled into their new premises and continued to flourish and increase turnover – providing delicious buffets

across Manchester, as well as providing volunteer opportunities for people who have experience of poor mental health.

**"We ordered some food from yourselves last week and everyone was really impressed with the quality, presentation and variety of the catering. Thank you so much for providing tasty, good quality and healthy food for us. We'll certainly look to use your service again, especially as we like to support social enterprises where possible".**

**Good Mood Food Customer**

The training offer is aimed at employers who buy our training and there is a range of courses on offer. We were successful in delivering a wide portfolio of training to Manchester City Council employees amongst others and feedback is overwhelmingly positive. The courses we deliver include: mental health awareness, managing mental health in the workplace, wellbeing at work and a wellbeing bite-size course. We also extended our delivery of our eight week mindfulness for stress course, which runs regularly now and is proving increasingly popular and beneficial.

The year ended with Mindful March – a daily opportunity for people to take part in mindful activities which surely was the best way to end a very busy and challenging year!

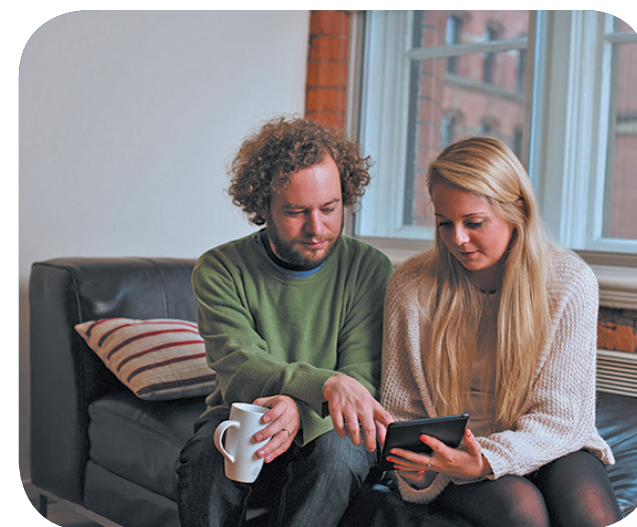
**"I am proud of the Mindful March programme. I put together the 31 days of mindfulness document, promoted it online, organised, updated and scheduled the emails, recorded specific meditations and also a video, and uploaded both, and promoted on social media. Over 300 people signed up. Though we did not have a large amount of social media engagement, I had some extremely positive feedback on the impact of the programme from individuals either personally or via Facebook or social media".**

**Ruth, Resilience Co-ordinator**

**"We've really enjoyed supporting the charity! And we've enjoyed it that much that we'll be supporting the charity again this year. You've been absolutely great – just would like to say a big thank you for helping us and staying in touch."**

**Relationship Support Manager,  
Royal Bank Scotland**

Fundraising was also incredibly successful, working with many Manchester businesses and nearly 400 people who gave up their time to fundraise for us; raising an amazing £236,000 over the year. This is now an important part of supporting service delivery – particularly our Food For All, Advice and Peer Support Services and has enabled the expansion of our counselling work for children and young people.



**I wanted to say thank you for the 8 week (mindfulness) course last year :) I was going through a particularly difficult period at that time, however what I learned has stayed with me and I have been reaping the benefits since so again, thank you – it's been very valuable to me.**

**Mindfulness participant**





# Stories



## Peer Support Story

The Peer Support Groups set up regular visits to HOME as part of the #HOMEinspires Programme. As a group they visited for various theatre shows using the £1 Inspire ticket scheme, exhibition tours and to just enjoy a brew in the café.



I really enjoy our group trips to the theatre, because I feel that it brings all of us much closer together. Without the scheme, many of us wouldn't be able to afford a trip to the theatre and frankly, many of us simply wouldn't be able to go on our own. To come as a group means that we can show each other support, especially those of us who feel particularly anxious about going to new places. Moreover, it allows us to move away from talking about our mental distress onto something productive, something very enjoyable that helps us on the way to recovery. I feel very welcomed by the kind HOME staff, they are very attentive to the needs of our group members and we always enjoy a coffee or tea together in the lovely downstairs café before we watch the play. It has really become a highlight for our peer support group to look forward to and we all share the experience of attending the play with each other afterwards.

Peer Support volunteer





# Advice Story

Mental health problems affect people differently but can become a real barrier when people come to try and navigate the very complex and sometimes punitive benefits system.

Our client in this case – Alan, cannot bring himself to open or read his post and therefore he repeatedly failed to attend appointments for the prescribed medical assessment required in order to determine whether he was able to remain on Employment Support Allowance (ESA). This benefit was Alan's main form of income and paid to him as he had been unable to work for many years due to his mental health issues. He sought some advice from our service here at the Zion Community Centre. The advice worker contacted the Department for Work and Pensions (DWP) and eventually located a helpful member of staff. Working together they were able to develop an approach tailored to Alan's needs. Manchester Mind was entered as Alan's postal address for these purposes, so that the

next appointment letter would be sent to our offices. At the same time we helped Alan put a small amount of credit onto his phone, which would be sufficient for the advice worker to communicate with Alan. As a result, when the next appointment letter was sent out we were able to tell him in good time and he was able to attend the assessment.

Without this support to try and make what is often an inflexible system work for Alan, it is almost certain that he would have missed his final chance to be assessed. At this stage his ESA would probably have ended for good and he would have had to make a claim for Universal Credit, which both our advice worker and the worker at the DWP felt that Alan would have found difficult to manage.

He sought some advice from our service here at the Zion Community Centre. The advice worker contacted the Department for Work and Pensions (DWP) and eventually located a helpful member of staff. Working together they were able to develop an approach tailored to Alan's needs.



# Children and Young People's Story

And this was presented by the young person to a suicide prevention learning forum. This formed part of a presentation documenting the journey of a young person who had used CYP services and then told that story to the attendees at Manchester Suicide Prevention Forum on Young People.





# Food For All Story

Measuring impact whilst also being responsive to needs are two of the trickiest areas to get right. This year our Food For All project has been trying different ways of doing both these things. Food For All are working with volunteers in community cafes, at Pay What You Can sessions and in Good Mood Food. The whole of Food For All provides different levels and types of volunteering, which supports and enables improved mental health. In the past we have collected case studies and statistics at the end of quarters but we wanted to trial a more responsive way of capturing activity; enabling staff to be able to pick up additional needs for support as well as being able to pick up achievements in real time.

Daily record logs were set up to capture information, with regular meetings and a WhatsApp group enabling staff to reflect on daily activities and highlight quickly any successes and challenges. It also meant that pathways within Food For All services have been created, so that volunteers can move between projects and develop more skills.

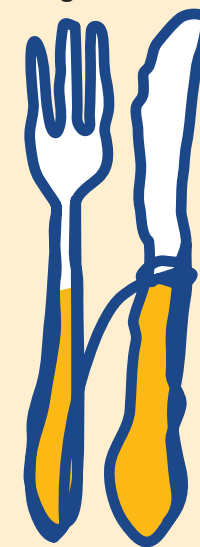
With this recording platform staff have been able to capture and identify the many and varied ways we support volunteers. The new

way of recording has helped us to evaluate how often, and what type of support is being offered, often in real time. The sharing of this information is enabling discussion about the best next steps so that we are working with people in a more proactive rather than reactive way. We have noted lots of smaller elements of support, which make a difference to people and which would not necessarily be picked up by the bigger picture type quarterly reports. So for example we:

- Can note the encouragement provided to volunteers to attend other services
- Supported a volunteer to obtain a new bus pass after it was mistakenly revoked
- Supported a volunteer after a friend died by suicide
- Are making GP appointments and encouraging people to attend
- Give encouragement to engage with mental health and physical health support
- Regularly offer support with literacy by reading and explaining letters received by volunteers and supporting volunteers to write letters
- Have numerous open and skilled conversations about hearing voices and suicidal ideation building on staff training, which we hope will enable resilience

• Are providing references for volunteers  
We still measure overall progress as well and from this we know the following:

- 50% of volunteers have attended training courses since beginning volunteering
- 75% report that they are cooking more at home
- 75% feel they are eating more healthily
- 85% feel that they are now more physically active
- 100% report improved confidence since beginning volunteering
- Over 50% of our volunteers have looked for work or other volunteering opportunities since volunteering with us and 70% report that volunteering has made them more likely to do so
- 80% have improved their understanding of mental health
- 90% feel better equipped to deal with stigma
- 100% have met new people and feel less socially isolated



## Volunteering Story

I moved to the UK 18 months ago and as well as working, I wanted to help people in my new community and learn new skills. A friend told me about Manchester Mind and how they help many people with mental health issues and I decided to apply for the Training Support Volunteer role. I have had the opportunity to do a lot of training with Manchester Mind including: train the trainer, mental health awareness, wellbeing at work, an eight-week mindfulness programme and an introduction to Cognitive Behaviour Therapy. I believe I learnt a lot about mental health and mental wellbeing due to the training they offered me.

I was amazed by the mindfulness training, in fact so much so, that I decided to apply to train in mindfulness myself so I could teach it to other people too. In the first few weeks I have learnt quite a lot already, I am learning how to lead a practise and how to speak to a group, teaching skills, public speaking and how to cultivate empathy for the participants. I feel more confident being around strangers and talking to them in English, a language that I am not a native speaker of.

The mindfulness training has been useful for myself too. It is helping me to reduce my anxiety and to be kinder to myself and it helped reduce my stress. Doing mindfulness in a group is a lot nicer than doing it on your own.

I have gained new skills through my volunteering. I am improving my English, I am getting more patient. I am learning how to get out of my comfort zone and how to speak to people. Through the volunteering and training with Manchester Mind, it has equipped me with skills that can be transferred to the workplace. I have really enjoyed my time as a volunteer with Manchester Mind, the fact that I am learning new things and I am improving my skills at the same time as helping people in my new community. It's been an amazing experience and has been very rewarding.



# Finance

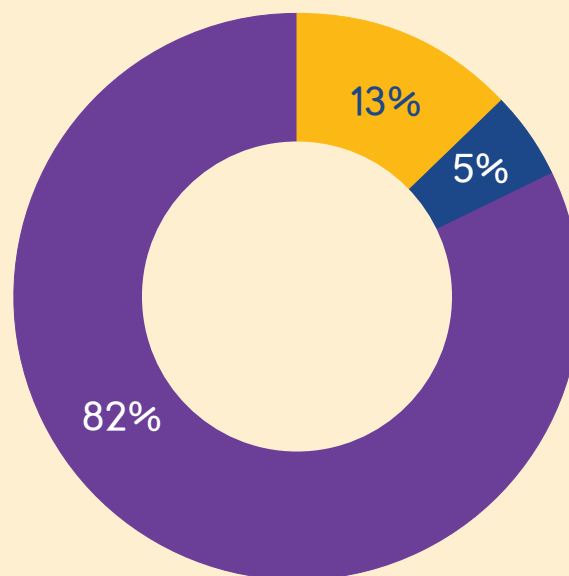
Manchester Mind had a good year financially in 2018/19, income increased 5% on prior year to £1,893,925, and year end reserves totalled £659,354.

The majority of our income is generated from grants, however we saw an increase in donation and trading income in 2018/19, which is in line with our strategy to diversify income streams to ensure long-term financial sustainability.

Unrestricted reserves reduced by (£122,479), this is in line with our strategy to invest in self-funded projects and provide matched funding to enhance our service provision.

The £659,354 reserves balance is split between £196,268 restricted funds to be used on specific projects in future years and £463,086 unrestricted funds which covers our continuance contingency and funds for future investment.

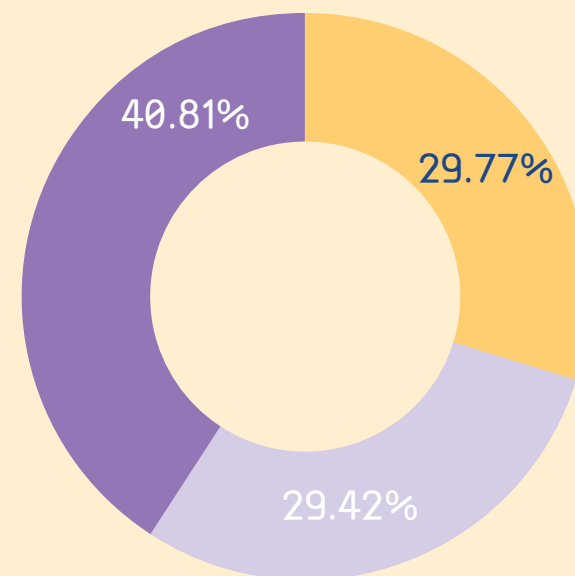
## Income



- Grant income
- Donation income
- Trading income

Grant income	£1,557,873
Donation income	£242,590
Trading income	£93,462
<b>Total</b>	<b>£1,893,925</b>

## Reserves



- Restricted reserves
- Unrestricted reserves Investment funds
- Unrestricted reserves Continuance provision

Restricted reserves	£196,268
Unrestricted reserves	£463,086
<b>Total</b>	<b>£659,354</b>

### *Unrestricted reserves*

Continuance provision	£194,000
Investment funds	£269,086
<b>Total</b>	<b>£463,086</b>



# And finally...

## We would not be able to achieve any of these great outcomes without funding.

Thank you to all our funders:

- Manchester City Council
- The National Lottery Fund
- Henry Smith Charitable Trust
- Greater Manchester Mental Health Trust
- Calouste Gulbenkian Foundation
- CAMHS
- The Houghton Family Trust
- National Mind

And of increasing importance, we extend our gratitude to all those individuals and businesses who give up their time and make often strenuous efforts to fundraise for us. We really do appreciate the efforts made to support our charitable work.

Thank you also to all our staff (past and present) and volunteers – it is their work that is reported here.



Manchester Mind is an independent local mental health charity which delivers advice, information and support to thousands of young people and adults every year.

Our vision is of a city that promotes good mental health and that treats people with mental health issues positively, fairly and with respect.

If you'd like to find out more or to get involved, please get in touch.

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