



Annual Review

08/09



60 YEARS
OF PIONEERING

Foundation for People
with Learning Disabilities

Mental Health Foundation

Welcome from Chief Executive and Chairman

We are especially proud to lead the Mental Health Foundation in our diamond jubilee year. It is 60 years since a group of forward-thinking scientists decided to campaign for more research into mental illness and set about establishing the Mental Health Research Fund (which became the Mental Health Foundation). We have achieved a great deal over the last six decades - funding and carrying out research which has changed our understanding of mental health and learning disabilities. There have been many changes in our sectors, for example we have seen the closure of long stay institutions and the emergence of a strong user voice. The Foundation has also changed significantly over the years, adapting itself to remain relevant and to secure its place at the heart of national and international debate on mental health and learning disabilities.

In the last 12 months, against a backdrop of falling revenue and the near collapse of our banking system, we have risen to

the challenge and performed extremely well. A prudent investment strategy and sound financial management meant that we were able to respond quickly to the recession, stemming losses and re-shaping the organisation so that it will survive to help future generations. The economic outlook for the year ahead is uncertain, but with your continued support we expect to emerge from the recession in good health.

In this year's Annual Review we feature selected highlights from the last 12 months. We hope that you will enjoy reading about our achievements and that you will take the opportunity to visit our websites, where these and many other projects are explained more fully.

On behalf of staff and trustees we would like to thank you for your support.



Dr Andrew McCulloch, Chief Executive



Dr Mike Shooter, Chairman

Congratulations from Patron



HRH Princess Alexandra KG GCVO

Since becoming Patron of the Mental Health Foundation in 1972 I have watched it grow in size and influence to become the leading mental health research and development charity in the UK. Earlier this year I attended a celebratory event to mark the Foundation's 60th anniversary and was struck by the dedication and enthusiasm of staff and supporters. Each person had their own unique reasons for working in the sector, but all were united in a common goal to help reduce the suffering caused by mental illness. It was also evident from speaking to guests that the work of the Foundation is highly respected and that the organisation fulfils a very important bridging role within the sector – often bringing together key decision makers from government, the third sector and the service user movement to identify

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and build on common ground. It was clear to me that this is an organisation which has achieved a great deal and is well-placed to continue this good work as it enters its seventh decade.

I would like to congratulate staff, past and present, for their contribution in adding to our knowledge and understanding of mental health and learning disabilities. They can be rightly proud of an organisation that has kept these issues high on the social and political agenda, at the same time as combating the stigma and shame experienced by so many people.

A handwritten signature in black ink, which appears to read 'Alexandra', followed by a horizontal line.

Older people's mental health

This was a particularly busy year for our older people's programme. We launched our Home Improvements scheme to improve the care and quality of life for people with dementia living in care homes. Grants of up to £25,000 were made to four innovative projects that will be evaluated so that their success can be replicated across the UK. We also launched Grouchy Old Men, a project to improve mental health awareness among older men who are isolated and at risk of depression and suicide. The project explores how staff working in social and community venues frequented by older men can develop activities that encourage them to get involved and think about their mental wellbeing.

We also worked with the Alzheimer's Society on a report which looks at the experiences of people living with dementia and makes a series of recommendations about how treatment and care should be improved. And a partnership with Help the Hospices saw the completion of research to evaluate the mental health of and psychological support for people receiving palliative care. In Scotland we are working with Age Concern Scotland and NHS Health Scotland to improve services provided to older people.

If you would like to find more about our work on older people's mental health, visit www.mentalhealth.org.uk/our-work/older-people



Cheque presentation to Home Improvements project

Making recovery a reality

For some people it is possible to make a full recovery from mental illness. For others recovery is about rebuilding a life despite ongoing illness, including valued relationships and meaningful activity. In February we launched the findings of a two-year joint project with the Strategic Network for Mental Health called Recovery in Action, which calls for more to be done to support mental health service users in their recovery. Our report explains how care could be improved by assisting people with their money, housing and healthcare needs - and by supporting them to manage their

own mental health-related symptoms. We also found that if a person has hope, good social networks and relationships, and self-confidence, it can help in their recovery.

The overwhelming message from this project is that recovery is not achieved by a 'one size fits all' approach to care. Whilst there are shared basic needs, recovery is an individual journey that requires a personal approach from staff who care and can offer appropriate, individual support in times of crisis.



Recovery in Action project participants



Improving the mental wellbeing of teenage girls

In July last year we worked with Girlguiding UK to produce a report about girls' mental health. It showed that the pressures of premature sexualization, materialism and boredom are taking a toll on the mental health and emotional wellbeing of girls and young women. The research emphasised the importance of having a safe non-pressured environment where girls can be kind to each other and have the opportunity to try out new things they might be good at.

We further strengthened our relationship with Girlguiding UK with the launch of the Friendship Challenge in October. Girls and young women taking part in the Friendship Challenge will learn how to develop and maintain healthy friendships through a range of fun activities, and will be encouraged to reach out to other young people in their communities who may be lonely. The project is supported by former Spice Girl, Melanie C.



Melanie C



Embracing new technology

In August 2008 we were the first mental health charity in the UK to launch wellbeing podcasts on our website. The podcasts cover a range of topics including nutrition, stress and relaxation, wellbeing and sleep, and positive thinking. Visitors to our website can download them free of charge and listen at home or on the move. They are designed to help listeners relax and unwind, combating some of stresses which lead to more than 45 million working days lost each year to anxiety and stress-related conditions.

Thanks to a partnership with the BBC, we were able to promote the podcasts to thousands of people attending their Headroom events across the UK last summer. Since then, we have developed new podcasts about fear and anxiety, and how to manage your mental health using exercise.



Download our podcasts at: www.mentalhealth.org.uk/information/wellbeing-podcasts

New information products

The Foundation has a long history of publishing information to help people cope with mental health problems and to encourage self management. In the last five years alone, we have distributed more than a million leaflets and booklets across the UK. Last year we adopted a new style and format for our health information products. The new booklets are smaller, contain fewer words and are written in a more accessible style. They are aimed at anyone who is interested in looking after their mental health, whether or not they have a diagnosed mental health problem.

‘How to look after your mental health’ was launched on October 10 to coincide with World Mental Health day. To date we

have sent out more than 50,000 copies, making it the most popular booklet we have ever produced. Following this success, we published similar versions about overcoming fear and anxiety, and how to manage your mental health using exercise. A wellbeing booklet for older people will be published shortly.



Mental health is everybody's business

Throughout the year we've been working especially hard to increase public understanding of good mental health and to promote the ways in which people can protect their mental wellbeing. Our first objective is to bring mental health into the mainstream because it has a huge impact on our ability to work, to have fulfilling relationships, to look after ourselves and our families and it is closely linked to our physical health. Everyday life events such as bereavement, illness or losing a job can leave us vulnerable to mental health problems. And so through national media campaigns, our website, podcasts and guides, we kept on working to push mental health up the public agenda and provide practical information and advice to people interested in knowing more about how to look after their own mental health, particularly during difficult times. Our self-help podcasts have been downloaded 35,000 times since we started to produce them in summer 2008.

Behind closed doors our policy team continued to meet, inform and lobby Government ministers, to ensure we are influencing national policy and keeping mental health high on the political agenda. In preparation for the Government's National Service Framework for Mental Health drawing to a close in 2009, we have been working in partnership with other organisations to help shape future mental health policy so that it focuses not only on improving the care and support given to people with mental health problems, but also on the mental wellbeing of the whole population.

Fighting stigma and discrimination in Scotland

Despite clear equality legislation, discrimination is still an every day reality for many people from Black and minority ethnic communities, who can find themselves excluded from opportunities that support positive mental health. Added to this, some new migrants also have to navigate the complexities of the asylum system whilst coping with the after effects of traumatic experiences in their country of origin. We have been working with NHS Health Scotland, Glasgow Anti-racist Alliance and the Refugee Council in Scotland to address these issues.

We have also been working on a number of equality projects including the Mosaics of Meaning project to address stigma and discrimination in the settled Black and minority ethnic community; the Wah Kin project to explore the mental health of Chinese Elders; and the Sanctuary project working with asylum seekers and refugees. We are now working in partnership with NHS Scotland to host the Racial Equality Special Interest Group, which puts us at the heart of the mental health equality agenda in Scotland.

To find out more about these projects or about our other work in Scotland, please visit:
www.mentalhealth.org.uk/about-us/scotland/

Self-management in Wales

In January we were awarded more than three quarters of a million pounds by the Big Lottery Fund to develop, deliver and evaluate a range of self-management interventions for people with severe psychiatric diagnoses. Working in partnership with MDF, the BiPolar Organisation and Cardiff University, we will run 60 courses across Wales and hope to reach 900 people with a range of diagnoses including schizophrenia, bipolar disorder and personality disorders. This is the first initiative of its kind, on a scale not seen before in the UK.

Participants will learn planning and problem-solving techniques to overcome the issues they face. This will help them

to understand more about how to manage their symptoms and improve their quality of life. Using evidence from the project we will campaign for government funding to provide these courses across the UK. If you live in Wales and would like to take part in the project, please contact our Newport office.



**ARIENNIR GAN Y LOTERI
LOTTERY FUNDED**

In business

The Foundation for People with Learning Disabilities completed the first part of the In Business project. Since launching the project in 2007 we have worked with pilot sites in Bristol, Cornwall, London and the North East to help local authorities and services provide support to people with a learning disability who want to start a small business.

We have worked with more than 60 people to explore small business ideas, 19 of whom have registered or are working towards launching their own businesses. We have also produced a range of guides to help people and their support workers think about what needs to be done when setting up a business and becoming self employed. Delroy Smith, the first

person working on the project to become registered self employed, was short-listed for the 2008 Awards for Excellence in Recycling and Waste Management.

The project has led to discussions with the Department of Work and Pensions about government policy in this area. We are delighted to have secured additional funding from Baily Thomas to extend the programme into a third year.



Delroy Smith at awards ceremony

Connecting communities

In February 2009 we launched the findings of our Life in the Community project. Over three years we worked with four voluntary sector partners to help 34 people with complex support needs to be more included in their communities rather than relying on traditional day services. This was an action research project which means that we worked closely with our partners - sharing what we found, as we found it, to help them improve the support they provide.

As well as changing the lives of many of the people who took part in the research, Life in the Community shows that it is possible to find roles for people with high support needs in their local communities and that this is best achieved by focusing on their relationships, rather than on 'placing' them in existing services. It also shows the potential for a reduction in the amount of public funding required by people with high support needs to achieve good outcomes, as they come to rely less on specialist services and more on their own networks.

Helping young people with learning disabilities

Our What about us? project looked at the experiences of young people from nine schools and colleges across the UK. Young people with learning disabilities were involved as partners in the research to identify the impact of attending mainstream schools and find ways to overcome barriers to inclusion. Young people told us that they want to have their say on things like accessibility, their own learning, and making transitions. Following a parliamentary launch, we are now working with a number of local authorities to implement the findings.



What about us? participants

These projects were undertaken by the Foundation for People with Learning Disabilities.

Fundraising

During 2008/2009 income from fundraising totalled £2,355,717.

The Mental Health Foundation relies almost entirely on voluntary donations to fund its work. We would like to thank our supporters who continued to give generously to our fundraising appeals and our monthly donors who remained committed despite the financial climate. We are extremely grateful to everybody who has made our work possible.

Our thanks go to:

- 2,856 people who made a cash gift to an appeal
- 8,804 people who made a regular monthly donation to the Foundation
- 241 people who took part in a running, trekking, parachuting, walking or cycling event to raise money for the Foundation
- 74 people who left £941,000 in their wills
- 2,625 people who began supporting us in 2008/2009
- Many volunteers who gave up their time to support our fundraising efforts

We will be carrying out a comprehensive review of fundraising activity in 2009/2010 to ensure that we are being as effective as possible in all of our fundraising efforts. From this we will draw up a five-year fundraising strategy.

Thanks also to the following organisations for their financial support:

BBC Children in Need
Big Lottery Fund Wales
CIGNA Healthcare
Link Vending
Man Group plc
The Scotshill Trust
The Hugh and Mary Miller Bequest Fund

Nestle UK Ltd
The Waterside Trust
Triodos Bank
The GMC Trust
The Henry Smith Charity
Thames Water
The Peacock Trust



Frances Burchell raised £6,700 by taking part in both our largest ever London Marathon team and Bupa Great North Run.

Governance

Patron

HRH Princess Alexandra
The Hon Lady Ogilvy KG GCVO

Trustees

Dr Alan Cohen
Matthew Cooper
Dr Jocelyn Cornwell
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Professor Glynis Murphy
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Financial performance

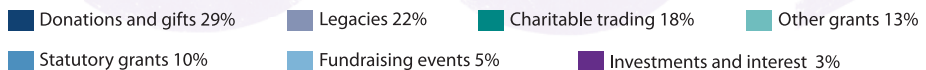
Despite very challenging economic conditions, the Foundation performed well in 2008/9. The economic crisis affected certain areas of fundraising and investment performance, but we responded quickly and effectively to control costs and focus on generating more income. As projects reached an end a number of employment contracts were not renewed, which meant that we did not have to resort to wide-scale compulsory redundancies or reduce the scope of our charitable activities.

Although we focused on cost reduction we recorded an operating loss of £943,786. Thanks to prudent financial management in previous years we were able to fund this loss from our reserves. Replenishing these reserves will be a high priority over the coming years, so that we have a safety net to weather future economic downturns. The outlook, so far, for 2009/10 is hopeful but, as the last year has shown, we must be prepared for difficult operating conditions to continue for some time.

Income 2008/9

Donations and gifts	1,201,961
Legacies	941,001
Fundraising events	212,755
Investments and interest	105,866
Statutory grants	421,960
Other grants	555,353
Charitable trading	749,040

4,187,936



Expenditure 2008/9

Fundraising	1,212,224
Mental Health Programmes	2,017,912
Learning Disabilities	1,071,938
Information	811,505
Governance	18,143

5,131,722



Copies of the full audited financial statements are available on request from our Head Office. A copy of the statutory Report and Accounts, upon which the auditors have reported without qualification, has been delivered to Companies House, the Charity Commission and the Office of the Scottish Charity Regulator.

Looking ahead to 2009/10

As this Review goes to press we have already celebrated a number of successes in 2009/10. The new financial year kicked off with Mental Health Action Week. This year we launched a national campaign to raise awareness about the impact that fear and anxiety can have on people's lives. The campaign received major national and local media coverage in print and broadcast media - reaching many millions of people. So far we have sent out more than 10,000 copies of our new self-help booklet, How to overcome fear and anxiety. And our fear and anxiety podcast has been downloaded by almost 3,000 people.

Despite the economic downturn we are still managing to attract new donors, funding for new projects and establish new partnerships. We are especially proud to be working with the Paul Hamlyn Foundation on Right Here, a five-year project to change the way the mental health needs of young people are addressed. This project is one of the largest of its kind ever to be undertaken in the UK - together with the Paul Hamlyn Foundation and the five selected pilot projects, we will build on the success

of our previous work with young people to reduce the chances of them developing mental health problems. Right Here will also tackle the stigma attached to mental ill-health that often stops young people asking for help.

We will also shortly publish groundbreaking new research that explores the relationship between models of mental disorder and people's assumptions about race and ethnicity. This research raises important questions and points to the urgent need for further work in this area. In the autumn we will also publish the findings of our MyCare project about the experiences of young people who care for a parent with a severe mental illness. The report points to a number of practical ways that services can better meet the needs of this vulnerable group - we are seeking further funding to do more work on this.

If you would like to find out more about the work of the Mental Health Foundation or Foundation for People with Learning Disabilities, please visit our website www.mentalhealth.org.uk, call or email us.

Mental Health Foundation

Foundation for People
with Learning Disabilities

Founded in 1949, the Mental Health Foundation is the leading UK charity working in mental health and learning disabilities.

We are unique in the way we work. We bring together teams that undertake research, develop services, design training, influence policy and raise public awareness within one organisation. We are keen to tackle difficult issues and try different approaches, many of them led by service users themselves. We use our findings to promote survival, recovery and prevention. We do this by working with statutory and voluntary organisations, from GP practices to primary schools. We enable them to provide better help for people with mental health problems or learning disabilities, and promote mental well-being.

We also work to influence policy, including Government at the highest levels. We use our knowledge to raise awareness and to help tackle stigma attached to mental illness and learning disabilities. We reach millions of people every year through our media work, information booklets and online services. We can only continue our work with the support of many individuals, charitable trusts and companies. If you would like to make a donation, please call us on 020 7803 1121.

Visit www.mentalhealth.org.uk for free information on a range of mental health issues for policy, professional and public audiences, and free materials to raise awareness about how people can look after their mental health.

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