



Gateshead Clubhouse

Worcester Green

Gateshead, Tyne & Wear

NE8 1NH

Trustees' Annual Report

1/4/2016 – 31/3/2017

Published for the Annual General Meeting on the
30th November 2017

Registered charity number: 1160853

1 The Structure, Governance & Management of Gateshead Clubhouse

- Gateshead Clubhouse is a Charitable Incorporated Organisation
- Type of governing document: Constitution
- Trustee Selection Method: Clubhouse members elected at AGM / co-opted by Trustees

Current Trustees

Trustee Name	Office
Anthony Johnson	Chair
David Walton	Secretary
Teresa Morley	Treasurer
Paul Gwynn	
Paul Ogle	
Jeff Harris	
Alan Jeavons	
Robert McMullen	
Elaine Allen	

2 Clubhouse Member wanting to be elected at this AGM

Pauline Hawkins	
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Gateshead Clubhouse Advisers

Type of Adviser	Name
Mental Health Professional	Andrew Jay
Service User Involvement Worker	Bill Scott

Trustees have had regard to the guidance issued by the Charity Commission on

public benefit.

Our service is completely user-run and led. Currently, all of our trustees are members and mental health service users. The trustees have subgroups relating to funding and finance, the Clubhouse café, health and safety. To be a member of a subgroup one has to be a member of the clubhouse but not necessarily a trustee. The majority of decisions are taken at our monthly members' meetings.

Whilst we have strong connections across the voluntary and statutory sector, including primary and secondary health, we need to give specific thanks to Gateshead Council for their continuing support in developing our service and assisting us with policy and planning. Our key stakeholders are, in addition to Gateshead MBC: -

- Our Members
- Gateshead Adult Learning
- Mental Health Matters, especially Pathways / Advocacy, Housing Support Team, GMHUV.
- NTW Mental Health NHS Trust
- Gateshead Housing Company
- Carers Trust
- Referral agencies e.g Doctors, Hospitals, Gateshead Council Departments etc.
- Tyneside Recovery College (ReCoCo)
- Tyneside & Northumberland MIND
- Launchpad

We continue to work with a large network of partners to enhance our service.

3 Objectives & Activities

3.1 Our Mission Statement

Gateshead Clubhouse aims to provide a place where people with mental health needs can find, and help create, a supportive and safe place, where the process of recovery and self-growth can be facilitated through: -

- Ownership and involvement in the service,
- Building on existing skills and abilities,
- Providing opportunities for education, training and work,
- Promoting empowerment and peer support in an authentic User Run Organisation.

3.2 Our Main Aspirations:-

- * Continue to develop our role as a mental health community resource, which has access to and links with other services in Gateshead.
- * Continue to provide and enhance our community café and room hire functions.
- * Continue as a staff free service, to obtain further funding for activities or groups, for which we may hire tutors.
- * Help develop service user run and led facilities with other service users across Tyne & Wear

Recognition of the model that we have developed, in the mental health community on a national level and, an independent evaluation of our model, is something we aim for. This should include publicizing the positive outcomes for our Members, Member Representatives and our Trustees.

3.3 Achievements & Performance

Gateshead Clubhouse was established in 2008 as a community hub for people with mental health problems who live in Gateshead Borough.

As of March 31st 2017, the Clubhouse has 300 members and is steadily growing.

In developing Gateshead Clubhouse, we have created a type of organisation that can be replicated elsewhere. In these times of austerity and acute lack of mental health services, organisation's such as ours can provide a valuable contribution to what is already available for mental health service users. We respect the fact that we are all people with lived mental health experience and feel that it is better to grow our services organically, at a steady pace.

Thanks to Big Lottery Fund 'Celebrate' grant we held 2 open days in this financial year (4 in total) to celebrate diversity in mental health, with free buffet, live music and lots of information stalls and activities, over 100 people attended each day.

We completed the Community Asset Transfer for the clubhouse building, meaning that we have a 35-year lease from the council with a peppercorn rent.

We have greatly enhanced our online presence with our own website, built from scratch by a member (www.gatesheadclubhouse.com) as well as frequently updating our Facebook page.

3.4 Membership Involvement / Contribution

Members are at the heart of our service and are involved in all aspects of our organisation including its strategic and operational management. The clubhouse is unique in the UK. We have no paid staff and everyone who helps run the service is a mental health service user. Having no paid staff encourages user empowerment, enhancing skills and abilities of members. This approach is unique and encourages members to use their experience to develop the services we offer. We encourage members to 'own' the service and contribute whatever they can offer in terms of the skills they have developed or wish to develop. We have been hugely impressed by the expertise and the wide range of life-skills that members have to offer.

3.5 Gateshead Clubhouse Performance and Outcomes

We support members on their own terms and deliver a wide range of health and well-being outcomes connected to social inclusion and community participation. Our informal delivery model produces many qualitative outcomes, for example:

- Acknowledgement of the Clubhouse as a place of safety – a sanctuary.
- The appreciation of peer support.
- Improved health and emotional wellbeing.
- Increased confidence and self-esteem.
- An improved quality of life.
- Making a positive contribution to the community.
- Increased choice and control of our facilities and the activities we offer.
- An improvement of the experience of feeling valued.

From March 31st 2016 until April 1st 2017, we have provided a weekday service from 11am to 4:30pm. The clubhouse was open every Bank Holiday including Christmas Day - the only day we were closed was New Year's Day. The clubhouse has become a focal point for people with mental health problems in Gateshead. We have a broad mix of members who can choose whether to talk to their peers or get involved in the many various activities available.

Quantitative data monitoring is also achieved through: - attendance records of the clubhouse & groups. For the Financial Year of: 2016 – 2017

- How many different types of groups running this this year: 18 Groups
- Cumulative amount of total groups held this year: 333 Groups
- Cumulative data for member group attendance this year: 2307.

3.6 Personal Development

Members are encouraged and supported to develop themselves and others, through our wide range of courses and activities. We believe that social interaction and participation in activities improves confidence and self-esteem. The following groups were available during the last financial year: Mindfulness, Hearing Voices group, Women's Friendship group, Digital Life Skills, Baking, Cooking Skills. Other training and educational activities were available including Video and Photography, Arts and Crafts groups, Personality Disorder Support group and Gateshead User Forum. We have organised a range of leisure activities and day trips.

As well as providing free Wi-Fi, we have seven networked computers for members to use the Internet, learn online and generally keep in touch with the digital world.

4 Financial Review

See 2017 Independent Financial Examination

5 Declaration

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the Charity's Trustees by Anthony Johnson, Chair.

A handwritten signature in black ink, appearing to read 'A. Johnson', written in a cursive style.

Date: 5th November 2017