



Gateshead Clubhouse

Worcester Green

Gateshead, Tyne & Wear

NE8 1NH

Trustees' Annual Report

1/4/2018 – 31/3/2019

Published for the Annual General Meeting on
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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

1.1 Current Trustees (All will step down at the beginning of the AGM & stand for re-election)

Trustee Name	Office
Tee Morley	Chair
Paul Gwynn	Secretary
Jeff Harris	
Alan Jeavons	
Elaine Allen	
Michael Armstrong	
Ruth Morris	

1.2 Trustees that have stepped down in this financial year

Stephen Bell
Paul Ogle
Dave Walton
Pauline Hawkins
Anthony Johnson

1.3 Clubhouse Member wanting to be elected at this AGM

Joanne Mitchell

1.4 Gateshead Clubhouse Advisers

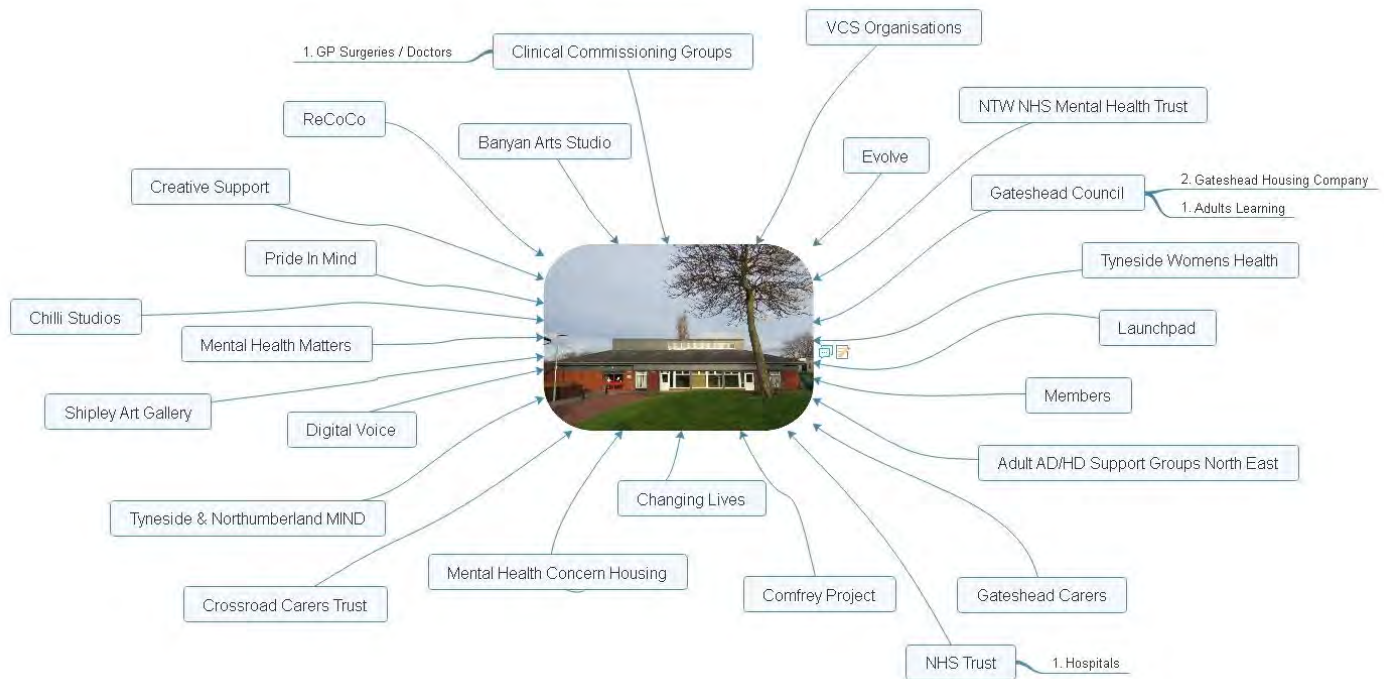
Type of Adviser	Name
Mental Health Professional	Andrew Jay
Mental Health Professional	Lorna Sherriff
Service User Involvement Worker MHM	Bill Scott
Member Adviser	Anthony Johnson
Member Adviser	Stephen Bell
Member Adviser	Paul Ogle

2 Overview

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

We believe that Gateshead Clubhouse can truly be described as a unique and inspirational model of operation. It is an entirely peer-led project, with no paid workers. 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. Our key stakeholders are listed below:



We have continued to work with a large network of partners during this year to enhance our service provision.

3 Objectives & Vision

3.1 Our Mission Statement

Gateshead Clubhouse aims to provide a community hub where those with mental health needs can find, and help sustain, a supportive and safe place, where their process of recovery and self-growth can be facilitated through: -

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

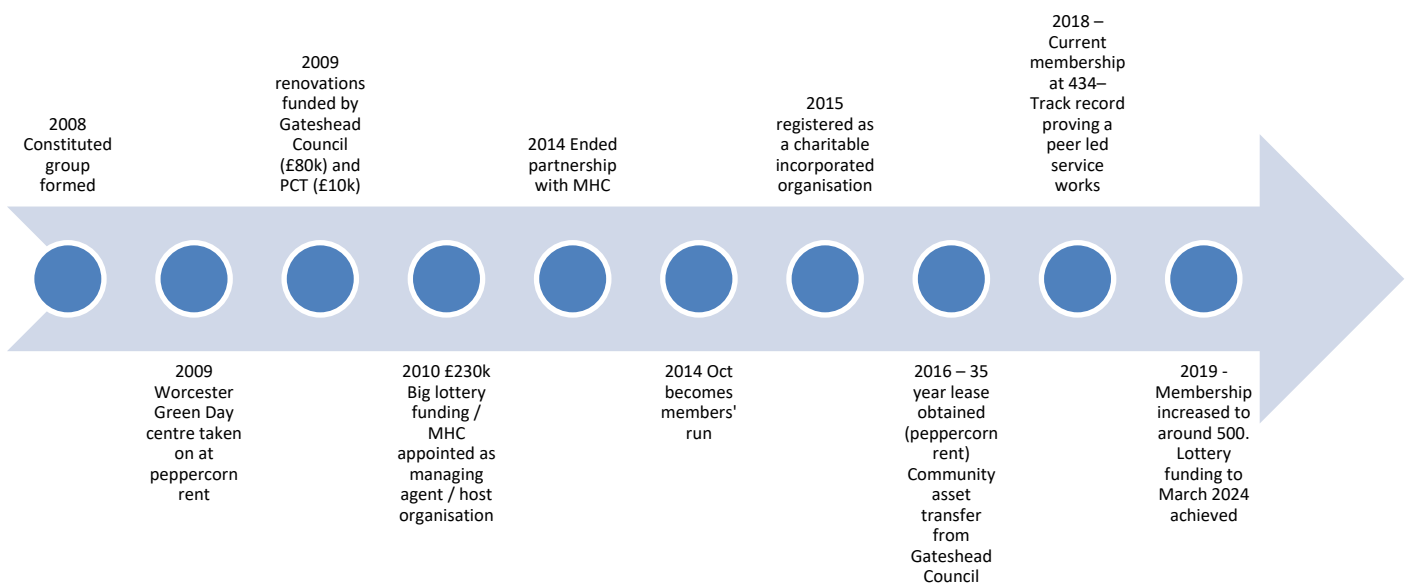
3.2 Our Main Aspirations: -

1. To continue to develop our role as a mental health community resource, which has access to and links with other services across Gateshead.
2. To continue to provide and enhance our community cafe and room hire functions.
3. To continue as a staff-free service and enhance our multi-stranded approach to groups & activities (see below)
4. To continue to look towards accessing statutory funding and light touch monitoring in the long term.

5. To continue to provide training courses for our member reps & Trustees in dealing with problems and to promote team building.
6. Further development of monitoring to chart and further demonstrate the impact of this way of working on individuals
7. Further development of the Gateshead Clubhouse ethos, with a view to it being piloted elsewhere.

4 Achievements & Performance

4.1 Clubhouse Milestones:



4.2 Our Background

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

As of March 31st 2019, the Clubhouse has around 500 members and the membership 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, organisations 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.

4.3 Clubhouse Website and Social Media

We have greatly enhanced our online presence with our own website, built from scratch by a member as well as creating a Facebook page and a Twitter account, all of which are frequently updated. The links for all of these can be found on the front page of this report. The website is a great user-interactive resource for our members.

4.4 Membership Involvement / Contribution

The Clubhouse has a very different dynamic to that of a staffed service. It puts the interests of its members at the center of everything it does and is based on a flat hierarchy.

We have no paid staff: members run all aspects of our organization, including its strategic and operational management. Everyone who helps run the service is a mental health service user and this encourages user empowerment, enhancing skills and abilities of all members. We believe this approach is unique and encourages members to use their experience to develop the services we offer. In effect, members to 'own' the service and contribute whatever they can offer in terms of the skills they have already 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.

4.5 Gateshead Clubhouse Performance and Outcomes

- *“The Clubhouse is a safe place, everybody here has similar experiences, nobody judges, that makes your problems worse”.*
- *“What works for me is the friendly atmosphere and the chance to join in and take part in useful courses”.*

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:

- The appreciation of peer support
- Improved health and emotional well-being
- 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
- Acknowledgement of the Clubhouse as a place of safety – a sanctuary

Throughout this financial year we have provided a weekday service from 11am to 4:30pm. The Clubhouse has also been open every Bank Holiday, including Christmas Day and closed only on 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 activities available.

Quantitative data monitoring is achieved through attendance records of the Clubhouse & groups. We are working hard to develop appropriate systems that can better record qualitative data.

4.6 Groups / Activities

“The Clubhouse in Gateshead has really helped me structure my day in a therapeutic way, I like to do courses, especially art and crafts. I really enjoy the company.”

203 groups and activities relating to a wide range of topics, skills and personal development took place during the last financial year

<ul style="list-style-type: none"> • Mindfulness • Hearing Voices • Women’s Friendship Group • Baking & Cooking Skills • Health Champions • Art Groups • Craft groups • Spirituality & Recovery • Hearing Voices group • Digital Life Skills • Video and Photography • Personality Disorder Support group 	<ul style="list-style-type: none"> • History group • WRAP • Yoga • Health, Nutrition & Wellbeing • Digital Media Savvy • Wellbeing • GHC Media Group • Jewellery Group • Anxiety Group • Gateshead User Forum <p>In addition, we have organised team building activities (for member reps) and several leisure activities and day trips for members.</p>
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4.7 Personal Development

“Coming to the clubhouse has really benefitted me. It's the focal point of my week. I have an unseen disability and I find everyone really friendly here and I know them all quite well”.

- 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.
- As part of this approach, we have installed high quality free Wi-Fi and we have six networked computers for members to access the Internet, learn online and generally keep in touch with the digital world.
- Overall, our cultivation of members' individual empowerment and responsibility has led to a significant increase in their positive mental health and well-being. Some of our members have moved onto employment, others have developed new skills that will lead them into recovery, future employment and education.

5.0 Financial Review

Please see 2018-2019 Independent Financial Examination

6.0 Declaration

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

Signed on behalf of the Charity's Trustees by Tee Morley, Chair.

Date: 12th October 2019