

Annual Report: 1st November 2020 – 31st December 2021.

I am happy to report on an excellent, if somewhat unusual, year, for the Wokingham and West Berkshire Mental Health Association.

Drop-In Centre.

The decision, which we charity trustees, took, in March 2020, to keep the drop-in centre open, as usual, was based on what is now known, in the new jargon, as ‘focused protection’, and we have continued with this policy throughout the year – 2020 – 2021. The very old, and physically vulnerable, must shield, and be supported, by telephone and videolink. For younger, physically healthy, but mentally vulnerable people, the mental health risks of social isolation, outweigh, the physical risks of coronavirus, so the drop-in centre has been kept open for them, and we have formed, what is known in the new jargon, as a ‘bubble’. We have support, for our decision, We have been able to keep all the rules – hand-washing, social distancing, and face coverings, where appropriate, and these have been facilitated, by reduced numbers, attending the drop-in centre. Despite all, from November 2019 to December 2021, attendance at the drop-in centre, and people receiving help, from our services, reached a total of one thousand, six hundred and fifty.

Crisis Intervention, Information, and Advocacy.

This service continued successfully, throughout the year, and is covered, in detail, in our chapter, on Advocacy, in our Thirty Year History – ‘There’s A Place For Us’, which was published in March 2021.

Befriending.

This service also continued, successfully, and is described, in our chapter on Befriending.

Station House.

Throughout 2020 and 2021, we have stuck to our policy, of carrying out, only essential repairs to Station House, which, nevertheless, continues to serve our purposes well. Recently, it has been necessary to complete some rewiring – this being essential for health and safety. We are most grateful to our volunteer, Tony Heyes, for his generous donation of one hundred and seventy-five pounds – to help pay for this work/

Pets as Therapy.

Old Ferris, the cat, passed away in January 2021, and I have delayed bringing new pets to the crisis house until the coronavirus pandemic is over. Our goldfish continue to be a popular feature of the drop-in lounge – with their soothing, and calming, effect.

Finances.

During the coronavirus pandemic, donations have decreased, but we did receive a generous donation of five hundred pounds from the Wokingham Quakers, and a generous donation of three hundred pounds from the Berkshire Masons. Most welcome, is our latest donation of five thousand pounds from the Berkshire Community Foundation. The book's chapter on 'Benefactors' records our thanks to all donors, and we are most grateful for all donations – both large and small.

Obituaries.

We were sorry, this year, to hear that Alex Bryson passed away, in November 2020, after suffering a heart attack. In December 2020, Denise Grimsdell lost the long-fought battle with scleroderma, and, in January 2021, Tony Whitfield passed away – after suffering a heart attack . We sent condolences to their bereaved relatives, and we miss all three – all of whom were long-term members.

Publication of Book.

This was published in March 2021 – the thirty-year anniversary, of the crisis house, and has continued to attract buyers throughout the year.

Christmas.

Due to Covid restrictions, our Christmas parties – both in December 2020, and in 2021, were confined to our little 'bubble', but we still stuck to our traditions of having a Christmas tree, presents, cards, carols, and festive fare. I sent our usual greetings to our Patron, Lady Elizabeth Godsal, to the Wokingham Town Mayor, and to our Member of Parliament – hoping that we will be able to invite them to future gatherings – once the pandemic is over.

Vote of Thanks..

Gratitude and thanks, to all our supporters, are expressed, warmly, throughout the entire book – to which I just add, a Vote of Thanks, for the year, 2020 to 2021.

Pam Jenkinson, Association President.
31st December 2021.

Wokingham & West Berkshire Mental Health Association

Income and Expenditure Account for the period 1st April 2020 to 31 March 2021

Income

Brought Forward	£45,475.31
Fund-raising & Donations	£5,241.26
Total Income	£50,716.57

Expenditure

Professional Cleaning	£1,296.00	
Household Expenses	£1,500.00	
Travel	£1,800.00	£0.00
Public Liability Insurance	£2,029.67	
Television	£156.76	
Electricity	£1,363.48	
Fire Safety	£441.87	
Telephone/Internet	£440.98	
Water Rates	£191.31	
Business Rates & Rent	£1,713.60	
Psychotherapy	£750.00	
Repairs	£1,285.00	
Welfare	£2,080.37	
Publishing	£1,250.00	
Fee for Course	£354.00	
New Computer	£612.00	
Total Expenditure	£17,265.04	

Income over expenditure £33,451.53

Bank Accounts as at 31st March 2021 £33,451.53

1, Arlington Close,
Bracknell,
Berks.
RG42 1YF
1 June, 2021

To Whom It May Concern:

I have examined the Accounts of The Wokingham & West Berkshire Mental Health Association for the period 1st April, 2020 to 31st March, 2021.

I confirm that this is an accurate statement of the Association's income and expenditure for this period.

Dennis M. Jenkinson