



Glastonbury Mental Health Network annual report

Registered charity no. 119330

Address: Red Brick Building, Morland Enterprise Park,
Morland Road, Northover, Glastonbury BA6 9FT

Trustees

Andrew Gowland	28.01.21 - present
Ifiyenia Bagias	28.01.21 - present
Jonathan Cousins	22.04.22 - present
Patricia Long	16.08.22 - present

GMHN project lead: Chloe Forfitt

Mission Statement

Glastonbury Mental Health Network is a small and ambitious local charity - incorporated in January 2021 and dedicated to supporting the mental wellbeing of Glastonbury residents through our events, services, projects and trainings. We aim to increase awareness and understanding of mental ill health across the whole community, and build confidence in how to support and signpost those who are struggling.

The charity's objects as set out in the Governing Document are:

- To relieve the needs of people with mental ill health by working to increase the understanding of mental health and mental health conditions, providing information, delivering training, raising awareness and challenging stigma and discrimination;
- To work together with the voluntary and community sector, statutory services, mental health allied practitioners and businesses to benefit the mental health and wellbeing of residents;
- To advance education as to the causes, consequences, management and prevention of mental ill health;
- To promote best practice in the field of mental health.

The Trustees believe that all of our purposes satisfy the public benefit requirement.

The direct benefits which flow from these purposes include improved wellbeing outcomes and reduced levels of stress and anxiety amongst people experiencing mental ill health in Glastonbury - who are the charity's core beneficiaries. These benefits are evidenced through feedback from those attending our events and trainings.

The services we provide also aim to benefit the whole community, and to make an impact in a variety of ways. As such our additional beneficiaries are:

- Those who have felt that our events have insulated them against crisis and / or who have received support and signposting. These events also create a space to normalise conversation around mental wellbeing and mental ill health. Beneficiaries attending our community events include local residents and people who are not living in bricks and mortar, as well as people from other parts of Somerset. Our events are also well attended by health and community professionals.
- Those that have met others, or developed a support network, through participating in our events, and found solidarity and connection.
- Those who have found support for friends and family members, having their own difficulties acknowledged and listened to.
- Those who have undertaken our MHFA trainings, learning how to be more resilient in the face of MH crises, to hold space rather than be drawn into the crisis and to allow them to respond without compromising their own mental health.
- Those who have had access to new volunteering opportunities.
- Organisations who have made connections, widened their reach and developed their understanding of mental health through our events/activities.

We believe from our experience, and from feedback, that our services have assisted:

- Those in crisis - This can cover a wide range of individuals and overlapping situations including, but not limited to:
 - Homeless - Those unable to find suitable accommodation of any sort
 - Transient population - Those who have opted to live outside of the housing market due to economic constraints and other reasons
 - Those suffering with addiction
 - Those suffering domestic abuse from relatives or guardians
 - Those affected by depression, anxiety, PTSD, dementia etc
 - Those affected by issues surrounding spiritual emergence
- Those who are affected by people in crisis, including:
 - Immediate family and friends
 - Frontline staff in public establishments (cafe's, restaurants, shops, businesses)
 - Business owners
 - A range of community professionals and mental health adjacent practitioners
 - Local town councillors
 - Police officers

In fulfilling the public benefit requirement the charity Trustees have had regard to the Charity Commission's statutory public benefit guidance. The information below sets out the activities we have carried out to further our purposes and fulfil the public benefit requirement during the accounting period.

Activities and achievements

- **Delivering mental wellbeing projects**

We continued to run our successful weekly event, The Snug - and launched a second Snug in the town centre. The Snug at the Red Brick Building is a weekly 4 hour daytime event which has been generously supported by a number of funders - with creative activities led by artists, refreshments, relaxing music and trained listeners/signposters available to chat to. The Snug at Red Brick took place approximately 50 times during the financial year, with between 15-30 attendances at each event. Creative activities included working with clay, weaving, painting, sewing and textile creations, mandala making, needle felting and planting. At these events we also assist individuals through signposting to a range of relevant organisations and services, including Citizen's Advice and social prescribing link workers, as we recognise that many people's mental health problems correlate with issues such as finance/debt, housing, relational difficulties and isolation.

We launched a second Snug at the Avalon Community Centre, which has a focus on preparing and sharing a meal together, and each other. Volunteer listeners are also available and self-led creative activities. This Snug ran approximately 28 times during the accounting period.

Our Snug events are well attended by NHS professionals, the council's Housing team, social prescribing link workers and representatives from the voluntary sector.

- **Harnessing the power of peer - celebrating our volunteers**

We're powered by volunteers and are committed to the principles of co-production, ensuring that our projects are shaped by people with lived experience of mental health challenges. During the accounting year, we had regular support from volunteers - with between 6-10 helping us each week.

- **Glastonbury Mayor's charity of the year**

We were delighted to be the new Mayor's chosen charity for a second year - enabling us to further raise the profile of the charity throughout Glastonbury, and also benefit from a number of fundraising opportunities.

- **Facilitating a mental health literate community through partnerships, training and community engagement**

One of our greatest strengths lies in our partnership working. Over time, we have developed excellent relationships with a range of organisations including Open Mental Health, the Somerset Mental Health Network, the School for Social Entrepreneurs, Somerset NHS

Foundation Trust health professionals, Health Connections and the Talking Cafe, the Red Brick Building, Children's World, Yeast Scrapstore, Glastonbury Abbey, The Crown, Heart of the Tribe and a number of local artists. Glastonbury Town Council also continues to support and champion us.

We have continued to deliver regular Mental Health First Aid trainings within the local community, facilitated by an NHS professional and attended by local people, VCSE volunteers and professionals, and businesses.

- **Website**

We have continued to host a website which outlines our projects and services and provides links to other local and national mental health resources, support and information. During the accounting period the website had 1,200 unique users. The three most popular pages were The Snug, What is GMHN and Find Help.

- **Social Media**

We regularly create and share content on social media including Facebook, Instagram and X. These platforms provide an opportunity for us to promote local community initiatives and services, inspiring content from other creators, and to let people know about our own events, activities and trainings. Our Facebook audience is over 1,400 and our reach between 1 April 2024 and 31 March 2025 was 20.8K. We have 188 followers on IG and 115 followers on X.

Charity Reg No 119330

**Glastonbury Mental Health Network
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

CONTENTS

- 1) Income and Expenditure
- 2) Balance Sheet

Glastonbury Mental Health Network

Income and Expenditure Account for the year ended 31 March 2025

	2025	2024
	£	£
Income		
Funding	43,510	20,111
Donations/Crowd Funding	4,717	4,280
	<u>48,227</u>	<u>24,391</u>
Administrative Expenses		
Administrative fees	15,602	17,777
Advertising	114	3,021
Artists fee	3,000	4,193
Bank fees	2	-
Consultancy	1,370	-
Insurance	198	-
Legal fees	-	56
Musicians	-	600
Printing and stationery	37	3
Rent - Office	900	1,125
Room Hire - Well Being	2,620	4,088
Support costs	-	120
Training costs	210	525
	<u>24,053</u>	<u>31,507</u>
Net Surplus(Deficit)	<u><u>24,174</u></u>	<u><u>(7,116)</u></u>

Glastonbury Mental Health Network

Balance Sheet as at 31 March 2025

	2025	2024
	£	£
Current assets		
Total bank and cash in hand	31,421	7,247
Net Current Assets (Liabilities)	<u>31,421</u>	<u>7,247</u>
Total Assests less Current Liabilities	31,421	7,247
Net Assets	<u><u>31,421</u></u>	<u><u>7,247</u></u>
Current year surplus	7,247	14,363
Retained reserves	24,174	(7,116)
Total Capital and Reserves	<u><u>31,421</u></u>	<u><u>7,247</u></u>

Prepared by: P A Long
Treasurer

Checked by: Fen Bagias

Signed: Trish Long
Dated: 7/28/2025

Signed: Fen Bagias
Dated: 7/28/2025



OFFICE MANAGEMENT
SERVICES (GLASTONBURY) LIMITED

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3rd July 2025

The Trustees
Glastonbury Mental Health Network
Red Brick building
Morland Road
Glastonbury
BA6 9FT

Accounts GMHN for the year ended 31 March 2025

This letter serves to confirm that the accounts of the above Charity are accurate and at the standard required for the Charity Commission.

These have been approved by:

Marc Danson MAAT
Director