

Annual Report October 2023

Including data from the 2022/2023 year



**MENTAL HEALTH
FORUM**

The service user and carer voice of lived experience in developing mental health services, and in supporting individual and community awareness, wellbeing and resilience across Southern Trust area

Charity Information

Established in August 1993

Current Management Committee

Chairperson: Teresa Nugent
Treasurer: Margaret McGuire
Secretary: Caroline Ferguson
Trustee: RoseMarie McDonnell
Trustee: Laurence Bradley

Forum Manager Karl Hughes
lobby@mentalhealthforum.co.uk

Development Officer Elaine Fogarty
elainefogarty42@gmail.com

Address & Contact Points

The Mental Health Forum, Ballybot House, 28 Corn Market, Newry, BT35 8BG

Office telephone number: 028 3025 2423

Website: www.thementalhealthforum.co.uk Facebook: @serviceuservice

Registrations and Affiliations

Charity Commission Northern Ireland:	NIC104166
HMRC Charity Reference:	XR28528
Information Commissioners Office:	ZA125814
Zero Suicide Alliance:	Member
Northern Ireland Council for Voluntary Action:	Member
Confederation of Community Groups:	Affiliate
Institute of Leadership & Management:	Staff Membership
British Association for Counselling & Psychotherapy:	Counsellor Accreditation
European Mentoring and Coaching Centre Ireland:	MH Coach Membership

Advice and Support Services

Banking: Allied Irish Bank
42-44 Hill Street, Newry, BT34 1AU

Payroll: Confederation of Community Groups
Ballybot House, 28 Corn Market, Newry, BT35 8BG

Insurance: Autoline Direct Insurance Consultants Ltd
2 Ashtree Enterprise Park, Rathriland Rd, Newry, BT34 1BY

Independent External Examiner: Marian Shields





Foreword

By *Teresa Nugent*

Chairperson, The Mental Health Forum

Once again it is that time of year when we look back over the last twelve months and take stock of our performance and our continuing efforts to provide a much needed and valued service to our community.

The 2022/23 year has been a particularly challenging and demanding year for the Forum, the wider community and voluntary sector and public service provision. An absence of government, no budget and a cost of living crisis have all contributed to imposing additional hardships on communities already reeling from the impact of Covid and the continuing fallout from that event. A withdrawal of ESF monies has had a huge detrimental impact on our third sector and, as a consequence, the most vulnerable suffer.

The Forum has, as always, risen to the challenge of addressing the needs of individuals and communities through our range of services. Our Peer led Talk2Me counselling service, working in close partnership with our Primary Care providers, social prescribers and the Rural Health Partnership has delivered almost 800 individual sessions to clients since April 2022. We have established close ties with both the University of Ulster and the Southern Regional College by providing opportunities for student placements within the service and we have expanded our peer counselling workforce.

We have continued to deliver peer led lived experience suicide awareness workshops across the Trust. We are engaged with Queens University and South West College contributing to learning for their social work and post-grad cognitive behavioural therapy cohorts.

We continue to recruit volunteers through our Capacity Building programme and continue to have active lived experience representation across a number of Trust and regional workstreams charged with mental health service improvement and delivery.

Our partnership building and networking across the community and voluntary sector continues at pace. We have active membership of the Wellbeing Action Partnership, the Daisy Hill Hospital Future Group, the Daisy Hill Expert Panel, the Southern Trust Protect Life Implementation Group – we engage regularly with our elected representatives to inform of challenges faced by the sector. We meet regularly with Trust management to discuss and action areas of mutual interest and concern and work closely with CCG, Community Advice, Women's Aid, Housing Executive and Community Development to enhance access to and support from a range of providers.

I would like to take this opportunity to convey my sincere thanks to all our staff, volunteers and trustees for their continued dedication and service and I know that whatever challenges may come our way in the year ahead, we have a team in place that can rise to meet those challenges and provide the very best service they can

Teresa Nugent

Chairperson

Mental Health Forum





Who we are

The Mental Health Forum has been serving the Southern Health & Social Care Trust area of Northern Ireland for 30 years, and acts as the official voice of the service user community within the internal processes and planning of its Mental Health Division.

The charity was established as a means of communicating authentic mental health service user and carer opinion to service providers, and as a conduit to receive key community information from service providers. Since 1993 We have provided advice, information and signposting for service users, carers, professionals and the general public in relation to mental health services throughout the Trust area. We engage directly with service providers in planning, delivery and monitoring mental health services both locally and regionally, and a large part of that vital independent role is still facilitated by our unique User and Carer Service Improvement Group which was established in 2007.

Over time, our support and tailored capacity building structures have evolved to fulfil our goal of being a truly Peer-Led organisation in every aspect of our work. We have a reputation as leaders in Coproduction Practice and since our earliest days have been passionate champions of person-centred, recovery-focused, trauma-informed, and strengths-based approaches; this all strongly aligns with current government and HSC evidence and strategy.

Our peer-involvement and peer-leadership priorities allow us to communicate and lobby for the interests of service users and carers with authenticity: we are proud to be *The voice of Lived Experience*.



THE MENTAL HEALTH FORUM

- Is the independent voice of everyday service users and carers in the Southern Trust Mental Health Division
- Focuses on an individual's strengths, abilities, and possibilities
- Acts as a pathway for the exchange of mental health information
- Participates equally in Trust workstreams and groups
- Provides access to support and advocacy services
- Promotes the concept of personal recovery and recovery focused care
- Provides opportunities for mutual support and discussion
- Is directly involved in programmes for learning and building resilience
- Works closely with other community and voluntary organisations to plan and improve services locally and regionally

"the Mental Health Forum has supported, encouraged and inspired me"

"Activity with the Forum has boosted my confidence and connected me to the support of my peers"

"It feels great to be part of it"

"We don't just keep up with developments, we're part of them! It's so worthwhile"

"It's nice to be able to contribute, to know your voice gets heard"



Getting involved is good for your mental health

Get in touch today. Service Users & Carers are welcome to join us.

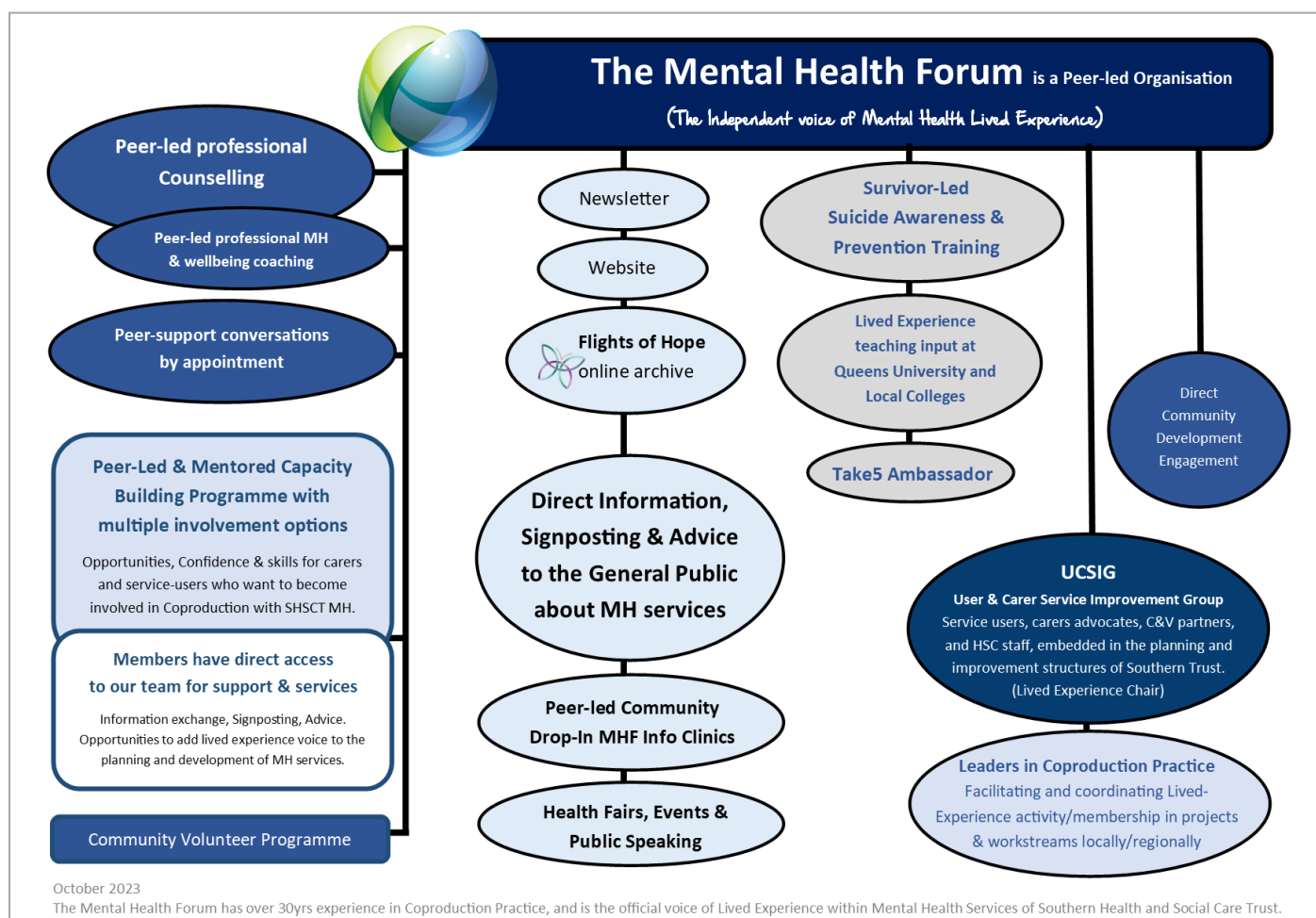
Mon-Fri 9am-5pm | Elaine: elainefogarty42@gmail.com T: 078 7626 1033 | Karl: lobby@mentalhealthforum.co.uk T: 028 3025 2423



MENTAL HEALTH FORUM



What we do



New members are always welcome, and usually join through the introductory confidence-building stage of the Capacity Building Programme.

*Enquiries welcome without commitment to join.

*Open to mental health *service users* and *carers* (18+ and living in SHSCT area)

(Including non-statutory services such as community-based services, private therapy, or GP-referred services)

*Many different levels of involvement activity and time commitment available (even email-based)

*Created by and run by Forum members who understand need for work/life/wellness balance

After completing stage one, most continue direct lived experience involvement with the Forum and Southern Trust however some choose to rest membership at 'newsletter and support access' level.

For those in our core programme there is one to one mentoring, peer-support, and weekly zoom group learning sessions that build skills, confidence, and opportunities to make a difference for others.

Forum members get expedited access or exclusive tiers to some of our core peer-led services, including peer support conversations to review recovery journey, or coping tools or to seek short-term support for issues not requiring clinical intervention. We can also assist with some practical things such as advice, signposting help, connection to advocacy services, info on how to give feedback to the Trust on experience of its services, 1:1 WRAP, Take5 awareness sessions, or help to write and/or share a short version of own recovery story or inspiration as part of our 'Flights of Hope' online archive.



- Accessible by the general public
- Open to Adult MH Service Users or Carers in SHSCT area (past or present)
- Self-referral by General Public (adults) in SHSCT area, but subject to clinical criteria
- Open to Businesses, Groups, Organisations, Services, HSC Teams
- Forum Members

Information, signposting & advice about mental health issues, services and supports.	■ ■ ■ ■
MHF Website Information, Facebook Page, YouTube channel	■ ■ ■ ■
MHF Monthly Newsletter	■ ■ ■ ■
Peer-Led Drop-In MHF information clinics Regularly at Trasna House, Lurgan (For dates see MHF website.)	■ ■ ■ ■
Peer-Led Workshops, Talks, Awareness sessions or Info Stands Suicide Awareness, MH & Wellbeing, MH Lived Experience, etc (subject to availability.) (Bespoke workshops can also be created for a small fee)	■ ■ ■ ■
Talk2me... 18yrs+ Peer-Led Professional Counselling Service	→ → ■ ←
Discovery5... 18yrs+ Peer-Led Professional MH & Wellbeing Coaching Service	→ → ■ ←
PeerChat... 18yrs+ Peer-Led Service offering Peer-Support by appointment to any member of the public or service user/carer experiencing low level challenges or worries about their mental wellbeing or coping tool options	→ → ■ ←
MHF Capacity Building for service users & carers 18yrs+ Peer-Mentored Programme to build skills and confidence for Involvement & Coproduction and sharing of Lived Experience. (with weekly group zoom sessions and 1:1 sessions via zoom)	■ ■
MHF Community Volunteer Programme 16yrs+ Opportunities for members of the public to support the varied activity of Mental Health Forum services (with 'office-based' and 'work-from-home' options as available)	■ ■ Placements (work preparedness, experience, university or college, volunteer element of youth programmes)
Book Club 18yrs+ (A relaxed informal community for experienced readers or those just starting to build a reading habit to support better mental health & wellbeing)	■ ■ ■ ■ ■



Supporting Community Development and Resilience

By *Karl Hughes*, Manager, Mental Health Forum

During 2023 the Forum has continued to develop and grow its engagement with a wide range of community and voluntary sector agencies. Building on existing partnerships and evolving new opportunities for co-working continues to provide ever greater reach into our communities and adds strength to the value of our community and voluntary sector.

The following are examples of community partnership working undertaken in the past year:-

Daisy Hill Hospital Future Group and Daisy Hill Expert Panel – Political, Business and Civic society working in partnership with SHSCT
Wellness Action Partnership across Newry, Mourne, Down and South Armagh seeking to prove health and wellbeing outcomes for our communities
Newry, Mourne and Down Council's Health Advisory Group
Northern Ireland Council for Voluntary Action (NICVA)
Community Fund for Northern Ireland (CFNI)
Kilkeel Development Association
Lifeline
Mindwise
Action Mental Health
Chrysalis Counselling Service
Housing Executive South Down Homeless Action Group
Newry GP Federation Multi-Disciplinary Team
Protect Life Community and Voluntary Sector Forum
Women's Aid
Newry Chamber of Trade
Rural Health Partnership
Promoting Wellbeing Division SHSCT
PIPS

These are all examples of ongoing partnership working at both local and regional level, and the Forum will continue to work across our community and voluntary sector and partner with statutory providers to ensure the very best health and wellbeing outcomes for all our communities.

Karl Hughes

Manager
Mental Health Forum



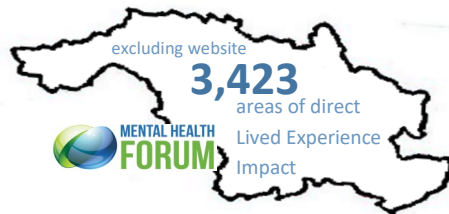
The Impact of our Peer-Led Services (2022/2023 year)

Building on the Forum's 30yrs of expertise in the field of User-Engagement & Peer-Leadership

156 people accessed 'Talk2me...'

Peer-led Professional Counselling

intended to provide impact of:
decreased mental distress in relation to presented personal issue, and improved self awareness, self-care skills & resilience.
392 sessions provided
across face to face, zoom, and walk 'n' talk



761 people accessed

'Peer-Staff signposting/advice'

intended to provide impact of:
being better informed or connected
directly with appropriate mental
health support or services

13 people accessed 'PeerChat'

Peer-Support by appointment

intended to provide impact of:
improved self-awareness, coping tools and
resilience to better manage personal
mental wellbeing. Supported by tailored
community signposting.
60 sessions offered

At least 1647 accessed Newsletter or Facebook information

& at least 52,308 accessed Website

intended to provide impact of:
improved mental health knowledge, connection or learning opportunities, coping tools,
or access to advice, advocacy, or support & services in the community.

26 people accessed The Forum's mentored 'Capacity Building Programme' Pathway

intended to provide impact of:
improved opportunities, skills, knowledge and confidence in coproduction practice,
while simultaneously being exposed to opportunities and tools for personal development.
40 1:1 mentorship sessions & 53 Group sessions offered

9 people accessed 'Discovery5'

MH & Wellbeing Coaching

intending to provide impact of:
identification and progress towards
personal wellness or life goals
57 Sessions offered

At least 21 People engaged in supported

'Coproduction in SHSCT MH Services'

intended to provide personal impact of:
improved personal sense of contribution,
confidence, and mental wellbeing from directly
sharing lived experience & expertise.

At least 573 accessed

'Public Awareness Events & Talks'

intended to provide impact of:
improved mental health knowledge, coping
tools, or access to support the community

43 people accessed

**'Flights of Hope' archive project
contribution opportunity**

intended to have impact of:
increased resilience, confidence, and
capacity for self-care, through sharing
part of own personal story with others
who may be struggling with their mental
wellbeing in some way.

349 booklets of these stories shared

with intended impact of bringing Hope,
Inspiration and Encouragement.

97 people accessed

'Take5 Ambassador' info sessions

intended to provide impact of:
improved self-awareness and ability to better
self-manage personal wellbeing using the public
health model of 'Take5'

6 Forum members designed

the new 'Drop-In MHF Info Clinics'

Launching in 23/24 and reported
impact of new skills, increased
confidence, sense of contribution,
and improved mental health

1 person providing

'Teaching input with QUB & SWC'

reporting improved personal
mental health through the
sharing of lived experience on topic of
mental health & wellbeing with
students of HSC related courses

**41 Future Professionals learning about
effective client approaches and benefit
of Recovery-focused practice.**

12 people accessed representation role at

User & Carer Service Improvement Group

intended to provide:
direct coproduction opportunities, strengthened
personal mental health and sense of contribution
through mentored and supported lived-
experience contribution.
This is unique regionally, and is embedded in
SHSCT MH Division's planning and quality
improvement of it's services

58 people

**Now have increased
knowledge, confidence and
skills to potentially save lives
of those in suicidal crisis,**

having attended the
Mental Health Forum's unique
'Survivor-Led Suicide Awareness
Training'

**All of this supported by at least 593 hours of service user & carer volunteering within
MHF 'Community Volunteer Programme' and 'Core CBP Team.
with personal wellbeing impact for volunteers, as well as significant community benefit.**



Information,
Signposting &
advice to the
General Public
about MH services
and supports

- Helping Individuals find or access supports and services

The Forum's service user and carer members continue to play a leading role in it's outreach into local communities.

Health fairs, Events, and other opportunities allowed us to reach people with mental health and wellbeing information and to provide tailored signposting.



At least **708** People benefited from signposting to crisis support services during their involvement with the Forum in 22/23

In 2023, our Awareness team expanded and our members have created a regular Drop-In InfoClinic in the Lurgan. area

Mental Health Forum

DROP-IN INFO CLINIC

- MHF information & resources
- Opportunities for involvement
- Peer-Led Support & Services
- Community Signposting

Learn more at
www.thementalhealthforum.co.uk
or find us on SHSCT MH Staff SharePoint

All our services are led by our service user & carer members

To learn more or to get involved
Call us on 078 7626 1033
elainefogarty42@gmail.com



MHF stand at SRC Fresher's Fair 2023

New Drop-In Clinic launched 2023

Current dates for the Drop-In Clinics can be found on the homepage of the Forum website.



Take5 Interactive Resource



1839 Newsletter shares in 22/23 to MHF mailing list members, with extrapolated additional **6300** via partnership arrangements with other agency mailing lists.



Talk2me... Peer-Led Professional Counselling Service

Peer-led Peer-delivered Professional Counselling Service

Referral pathway: Self, Primary Care MDT, and Social Prescribers

Cost: FREE at point of access

Criteria: 18+, live in SHSCT area, and low presentations of MH issues/challenges
Open to the public, service users, and carers.

775

Sessions offered 1 Apr 22 - 30 Sep 23

overwhelmed? anxious? struggling? low self esteem?

Perhaps our **FREE COUNSELLING SERVICE** could help

- ✓ FREE and open to 18+
- ✓ Person-Centred 1:1 Counselling & Resilience-Building
- ✓ Available Face to face or by zoom/telephone
- ✓ Based in Newry and South Armagh but open to all across the Southern Trust area

To learn more or to self-refer:
T: 07876 261033
E: elainefogarty42@gmail.com

MENTAL HEALTH FORUM

Discovery5... Peer-Led Professional Coaching Service

Peer-Led Professional Mental Health & Wellbeing Coaching

Referral pathway: Self, Social Prescribers

Cost: FREE at point of access

Criteria: 18+, live in SHSCT area, and completion of a short informal assessment
Open to the Public, service users, and carers.

49

In pilot phase from Jul22

Client sessions offered 1 Jul 22 - 30 Sep 23

Mental Health & Wellbeing Coaching with Mental Health Forum

Now available* face to face in Newry or via zoom

- Feeling stuck and wondering what your 'first steps' might be towards that thing you'd like to do or achieve ?
- Want to explore practical ways to feel more fulfilled and in control of your own wellbeing?
- Want to explore ways through a current challenge?
- Have an interest or skill you'd like to develop ?
- Feeling overwhelmed with options and opinions?



"Coaching is a collaborative and thought-provoking conversation that inspires people to find and use their strengths, so they can move towards reaching their personal goals and potential"

*Subject to criteria and possible waiting list



Tel: Elaine 078 7626 1033 to learn more
Ballybot House, 28 Corn Market, Newry, BT35 8BG

Charity No. NIC104166



PeerChat... Peer-Support by appointment

Peer-Led service offering a very flexible range of short term peer-support options

Referral pathway: Self, Social Prescribers

Cost: FREE at point of access

Criteria: 18+, live in SHSCT area, and living with Mental Health Challenges

Open to the public, service users, and carers.

94



Client sessions offered 1 Apr 22 - 30 Sep 23

**Tailored Mental Health
Peer Support**
by appointment

Is your mental health worrying you?
Would it help to:

- Talk with someone who 'gets it'
- Learn new ways to manage anxiety
- Explore wellbeing & coping tools
- Request some 'connection calls'
- Complete your 1:1 WRAP
- Find support or connection opportunities in your local area

Ask about our
**One-off appointments or
Series of 4-6 weekly sessions.**
Face to face in Newry or by phone or zoom

Contact us today:
T: 07876 261033
E: elainefogarty42@gmail.com

Free peer delivered service for those over 18 and living in SHSCT area.
Subject to criteria & potential waiting list

CBP... Capacity Building Programme for service users and carers

Peer-led Involvement & peer-supported learning/ personal development.

Referral pathway: Self

Cost: FREE at point of access

Criteria: 18+, live in SHSCT area, and experience as SU/Carer with MH Services

Open to service users, and carers (past or present) Structured/informal options.

53



1:1 mentoring sessions offered 1 Apr 22 – 30 Sep 23

79

Group mentoring sessions same period

**CAPACITY BUILDING
PROGRAMME** with
**MENTAL HEALTH
FORUM**

**Building Skills and
developing Confidence
for people with Lived
Experience and Carers**

- ✓ Direct your passion and experience into shaping mental health services.
- ✓ Benefit from peer mentoring & support.
- ✓ Choose from a range of involvement opportunities.
- ✓ Make a difference, learn, and grow.
- ✓ Involvement options include Email-Based from home.
- ✓ Open to 18+ in Southern Trust area, who have lived experience of Mental Health services as either carer or service user.

Getting involved is good
for your mental health
and it can all start with
just 2 hours a week!

Chat with Elaine today:
T: 07876 261033
E: elainefogarty42@gmail.com

HSC Southern Health and Social Care Trust
Quality Care - for you, with you

The Mental Health Forum (INC104100) Based at Ballynahinch House, 28 Cornmarket, Newry, Co. Down BT25 8BG. E: info@mentalhealthforum.co.uk





What is UCSIG, and why does it matter?

Expression of Interest pathway: Self

Cost: FREE at point of access. Some meeting travel expenses reimbursed.

Criteria: 18+, live in SHSCT area, experience as SU or Carer with MH Services (past or present), willing to engage with support and mentoring in the MHF peer-led Capacity Building Programme., willing to contribute to coproduction activity.

Lived Experience involvement open to both service users, and carers

As part of the Forum's work, one of our service user members chairs UCSIG

This is a partnership structure unique to SHSCT and was established with the Forum when the Trust itself was born back in 2007. There is a public-facing element to Forum activity as with all contracted agencies, however we *also have a unique inwardly-embedded function. UCSIG's independent voice and expertise is part of the collaborative leadership approach that strengthens Southern Trust Mental Health Division. The Forum coordinates and supports UCSIG, and it works best when All staff in the Mental Health Division are familiar with us, and All teams have communication lines open with us.*

UCSIG membership includes: service users, carers, advocates, representatives from contracted community organisations, and Trust staff. Together, we sit at the heart of a regionally unique coproduction model that supports work of the teams, their clients, and new improvement initiatives. We meet monthly, and have a regular interface with the collective leadership team in mental health and we have direct communication lines cross-directorate. As appropriate, to speak to specific topics, we can also call for the attendance of specific staff across all areas and bands within our SHSCT mental health. The agenda discusses and contributes to mental health developments, strategy, and key drivers locally and regionally, and links through its reps to multiple workstreams. We intertwine seamlessly with the core work of the Forum and with link with multiple stakeholders to facilitate effective communication exchange and cascade. Coproduction opportunities are created or managed through this joint model and have close liaison with the SHSCT Service User Consultant and feedback loops to SHSCT PPI* structures.

Local Examples of MHF members contributing their Lived Experience

SHSCT UCSIG & Divisional Management and Service User Consultant Interfaces

SHSCT Patient Client Experience Steering Group membership

Newry Wellbeing Action Partnership

Towards Zero Suicide Workstreams

Contribution to and approval of various internal policy, strategy and procedure documents for SHSCT, as well as public-facing resources

Membership of various QI project teams

SHSCT staff access to LE-Led training / direct Q&A

Regional Examples of MHF members contributing their Lived Experience

Southern Protect Life Implementation Group

Department of Health Engagement Events re: MH Strategy for N. Ireland

10,000voice Surveys on multiple topics

Working Group Discussions re: further development of the multi-disciplinary team model in GP services

Development of various resources and documents for regional use/learning

Contributions to work of Lifeline

Direct input to student learning spaces in QUB and SWC HSC-related courses





Capacity Building Programme for service users & Carers



Our Forum Capacity Building Programme has People & Relationships at its core and is responsive and evolving.

This programme has multiple options for involvement and time commitment; it's highly tailored experience even has scope to take personal time away from direct involvement if needed for work/life/wellness balance. We have designed it this way because we understand what it is like to manage and balance challenges with mental health.

Designed and run by people with their own lived experience, our approach is a mix of learning about the wider world of mental health services, developing knowledge and skills for good coproduction practice, active involvement and experience of coproduction activity, and mentored sessions for personal development.

Enquires welcome from any adult in Southern Trust area who has used statutory or community mental health services, or been a carer of someone who has.

The coproduction and consultation role of the Forum as the official independent voice in SHSCT MH Services, is supported by those building their skills in the Capacity Building Programme and involvement with the User & Carer Service Improvement Group or other Working Groups and Project Discussions included in their portfolio of learning. Our feedback tells us that this offers a sense of contribution or fulfilment, a sense of structure and social connection, or improved communication skills, confidence. We are also told that members enjoy the personal development and wider learning opportunities that are woven in.



Kevin Heaney
Senior Peer Trainer and
Facilitator



Pauline Reid
Public Awareness Coordinator
& Editor with 'Flights of Hope'
Project



Christopher West
Peer Trainer



Eoghan Heron
Digital Platforms Coordinator



Trudy Beattie
Senior Public Awareness Rep



"I am quite new to this Capacity Building Programme and I am enjoying it. Lots of new things to learn and discuss at the weekly zoom."

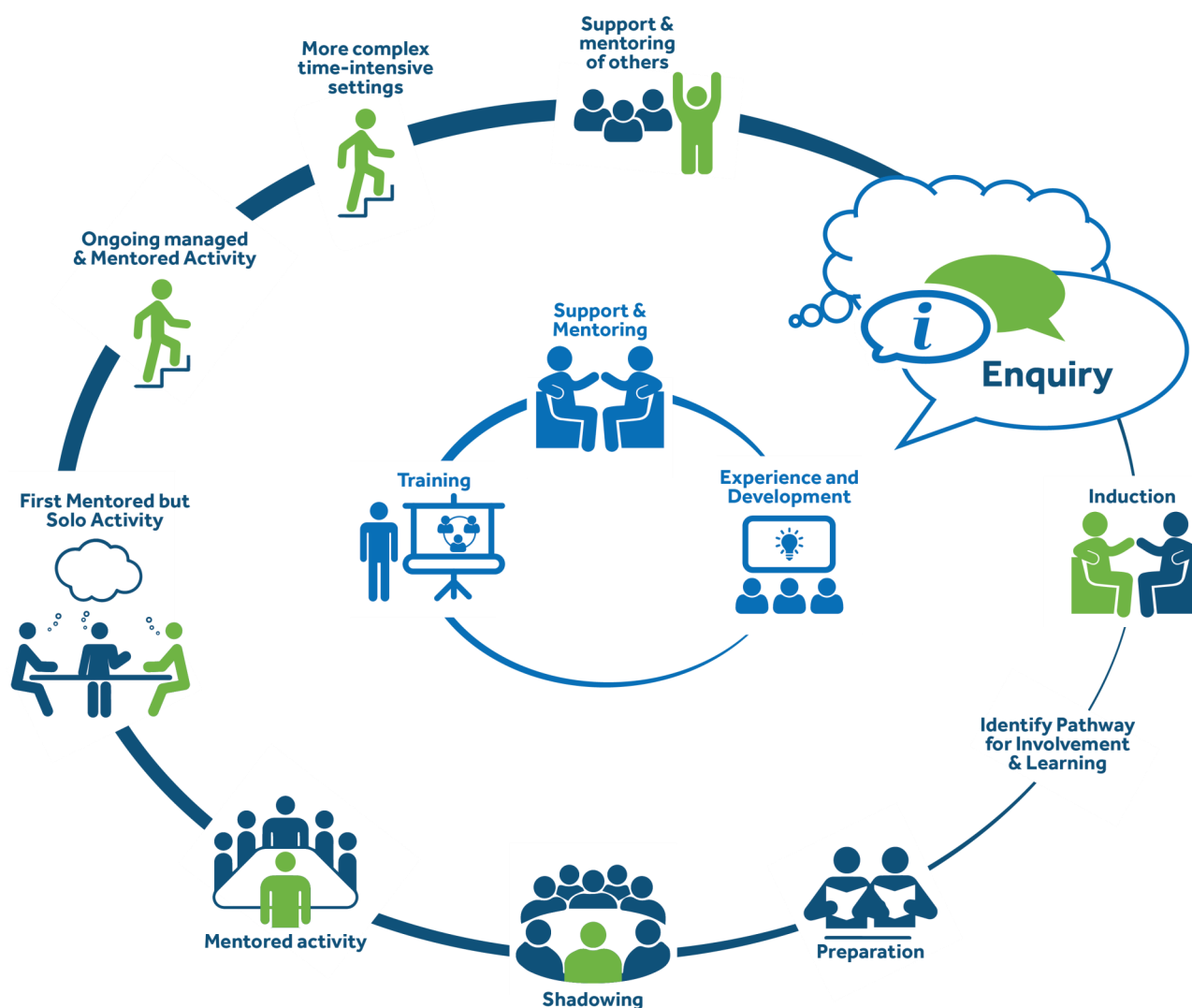
"I'm in this now for the long-term.. I like the variety of the consultation and coproduction stuff we do in CBP, and I've gotten involved more deeply now with some roles and projects that are part of the Forum's core work."

"I'm doing things now that even a year ago I wouldn't have thought I could do."

"This programme and the work we get involved in give me a space to be me. Yes, I'm using my lived experience, but people don't see me as just that illness. They don't see me as my job title either - I get to just do [-] things as [-]. Everyone should be able to step back like that and get to know themselves a bit better"

"We need to get more people into this programme., even if just for stage one. I wasn't sure in the beginning what I was getting into but it is helping me in lots of different ways."

"Lovely bunch of people, [-], and ways to learn and help others..."



Volunteer Programme

Opportunities to contribute and to build skills and confidence

Proudly working with those 16yrs+ from across SHSCT community

Across both our Community Volunteer Programme and the time volunteered to fulfil Specific Capacity Building Programme Roles, we have a group of very dedicated and passionate people. Their skills have supported our digital platforms, public awareness raising, counselling service, office administration, public training course, the Flights of Hope project, resource development, and the capacity building programme itself. Thankyou All.



Information, Signposting & advice to the General Public about MH services and supports

Suicide Awareness Workshops delivered by people who have survived suicidal crisis



In 22/23 our members continued to upskill and seek out opportunities to apply their lived experience to the nuanced area of workshop delivery of suicide awareness in the Southern Trust area.

Our Survivor-Led model is unique and we continue to receive very positive reviews about the impact of having learning spaces created and sustained by people who had actually been in a personal suicidal crisis. The Café– style environment creates a safe and comfortable space for group delivery of the Zero Suicide Training Module* and it's added workshop element.

Our feedback tells us that people's main 'takeaways' are things like:

"The essential skills and confidence are as easy to achieve as the ones for learning CPR or recognising and making safe responses to suspected stroke, using a defibrillator, or knowing what to do if someone was choking - every one can play a role in creating safer communities and the training isn't just for doctors and nurses."

"Talking about suicide doesn't cause it to happen - It's ok to ask."

"Conversations with direct language are usually more effective."

"The 'See, Say, Signpost' steps are easy to remember and apply even if a little nervous"

"Being present and providing a compassionate and patient space really helps"

"It's not about having perfect words to say, it's about being authentic and responsive to cues."



FLIGHTS OF HOPE

Stories of Hope and Inspiration with the Mental Health Forum

in partnership with Southern Protect Life Implementation Group



In 2023 the service user and carers in our 'Flights of Hope' project team continued to promote the online archive of positive hopeful stories and inspiration housed on our Mental Health Forum website. (www.thementalhealthforum.co.uk)

As people with lived experience, we believe in the power of connection - it's so important to help people see that they don't have to be alone in times of difficulty. It's important to us that people can get help at the earliest stage... before things get to the point of needing mental health professionals to step in. We want to normalise conversations of encouragement and support and we know how much it means to see that others have made it through similar hard times. In the 22/23 year we have 43 people contributing either stories or speech bubbles and we want to thank them all for helping to launch this project with such impact.

1000 hard copy booklets have been distributed in hardcopy and the website carries a FREE pdf download version. Searching 'The Mental Health Forum' on YouTube will also allow people to listen to an audiobook version of the booklet.

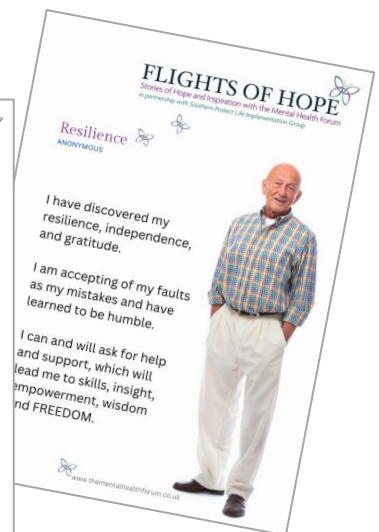
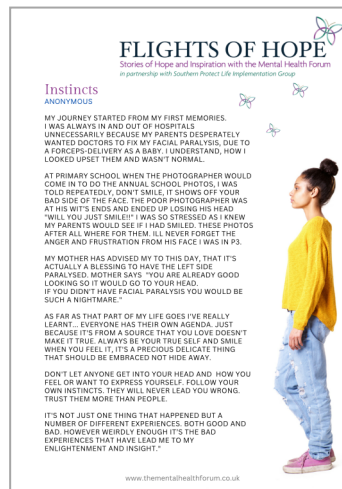
Anyone can submit a short-phrase 'speech bubble' and it can be done totally anonymous or carry just the person's first name. This includes the general public and HSC and C&V workers... the focus is on mental wellbeing and not mental illness, and so everyone has something they can contribute.

This past year our project team built the infrastructure and in 2024 we look forward to growing this community of sharing.

We will also be introducing audio and video contribution options and running short peer-led workshops to support people who want to express their wellness or recovery journey in a short story or a poem.

In partnership with Southern Trust Protect Life Implementation Group, the Forum will continue to build this resource.

The Flights of Hope Project Team



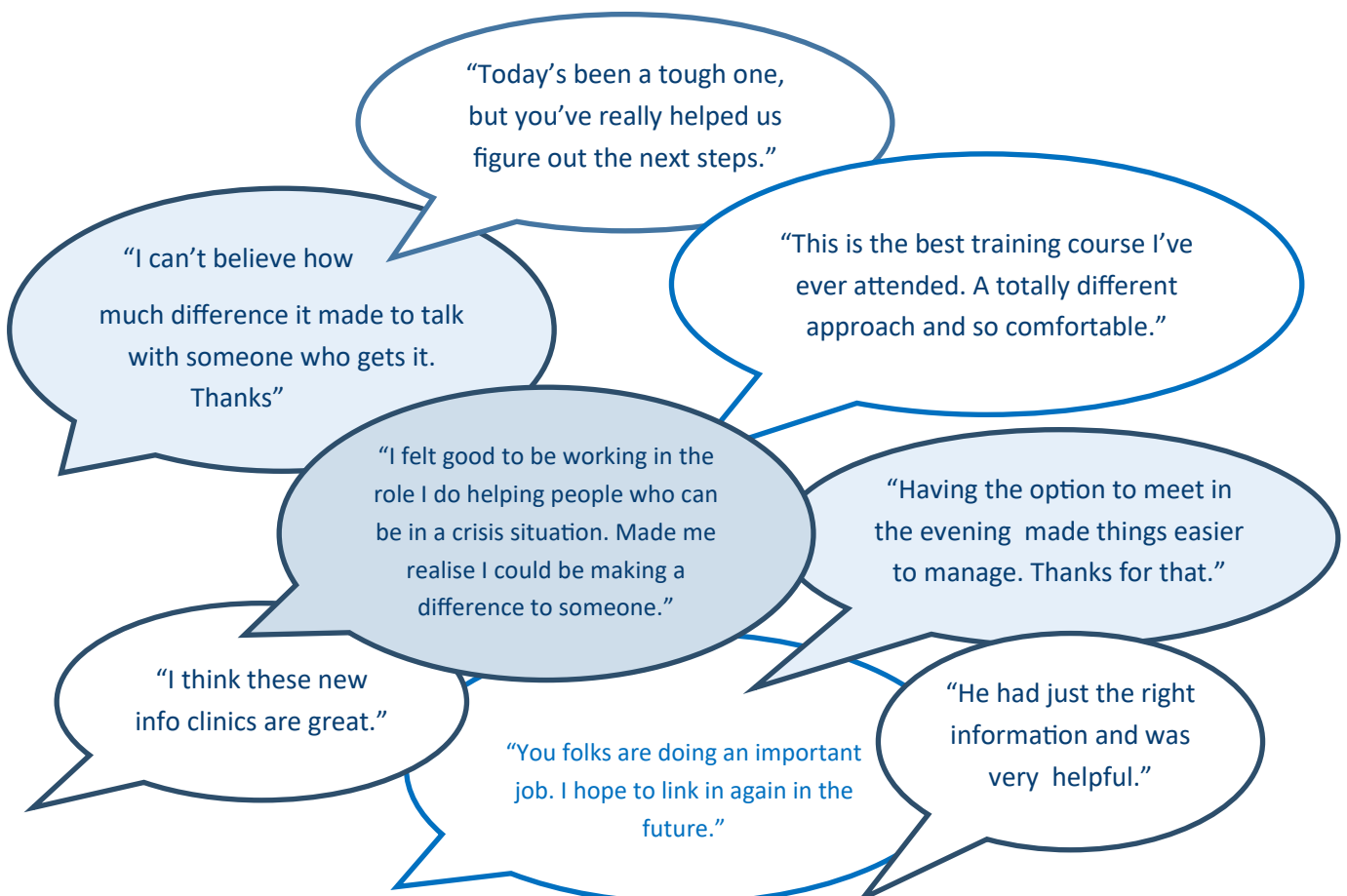
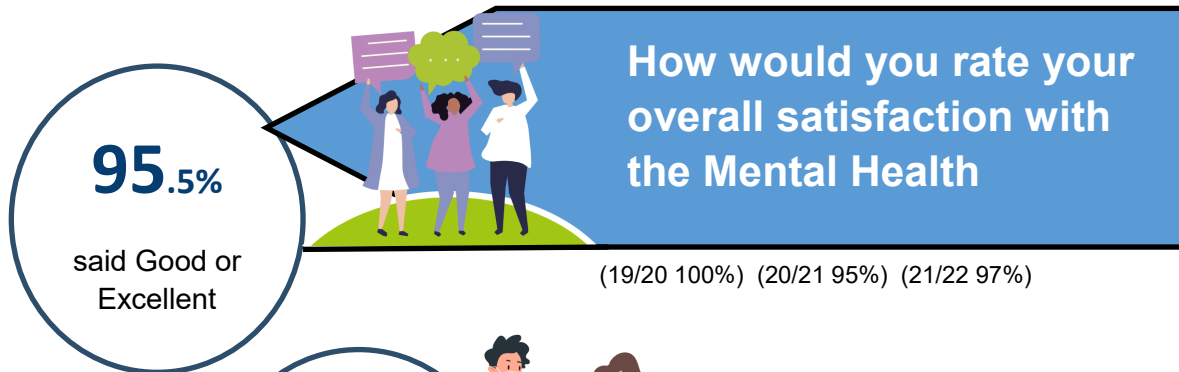
"Real people sharing real stories helps people not to feel alone and overwhelmed. I can do that, so I can."

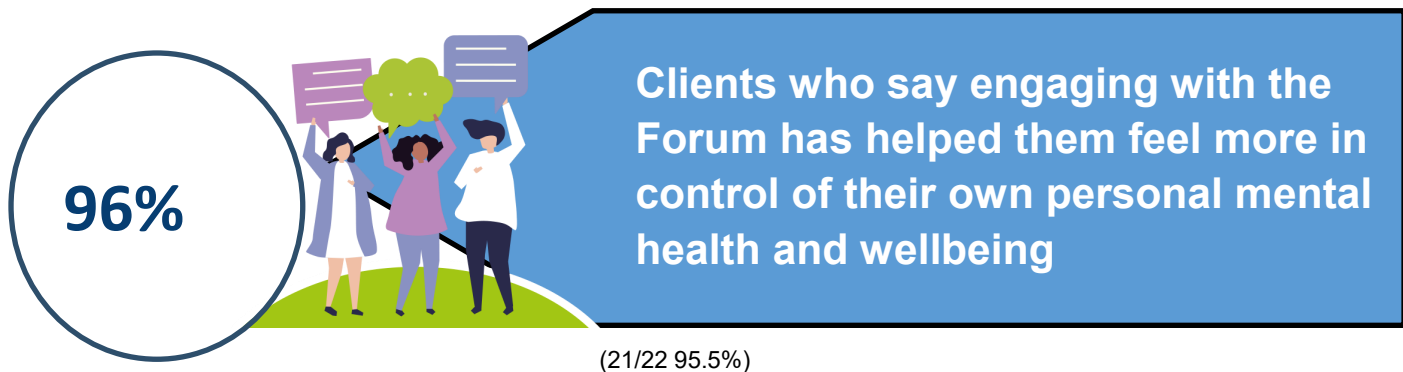
"I got involved with the Flights of Hope project because I believed it was important to share stories about hope and recovery journeys. I wanted to help others going through similar in their lives"





How we've made a difference for clients in 22/23

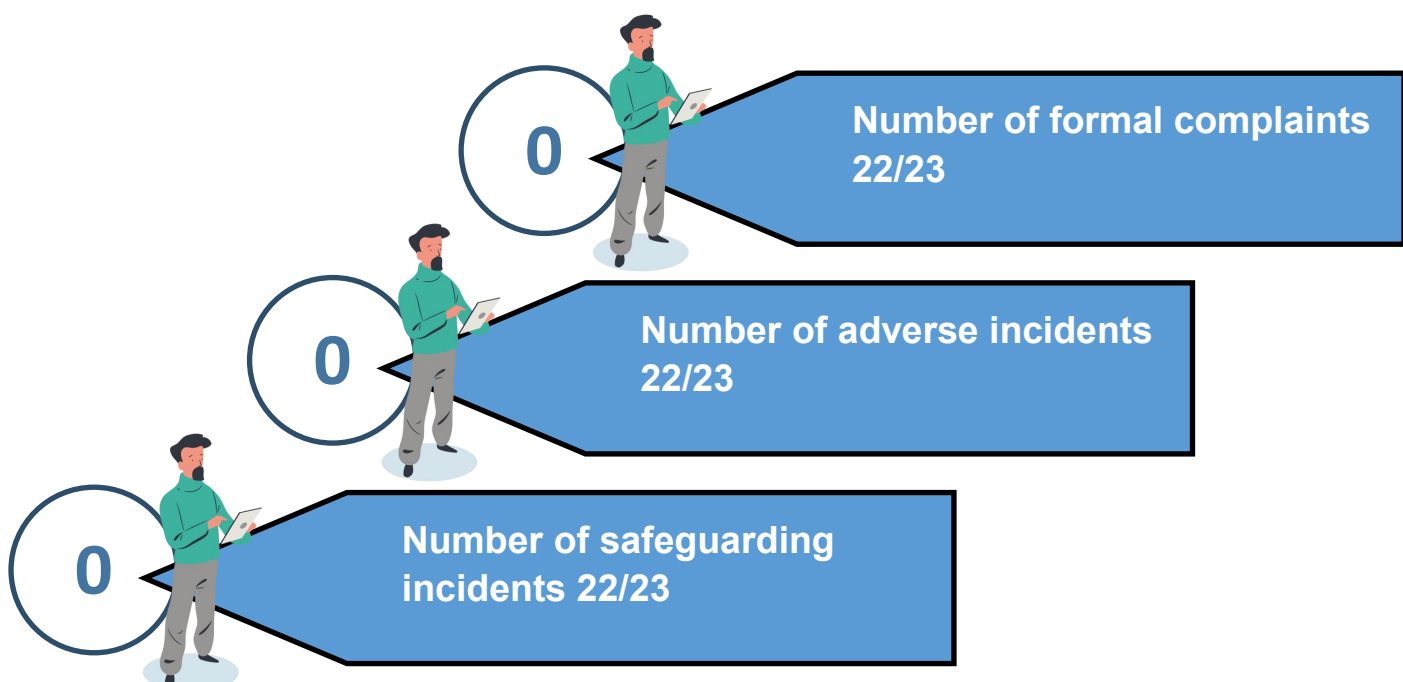
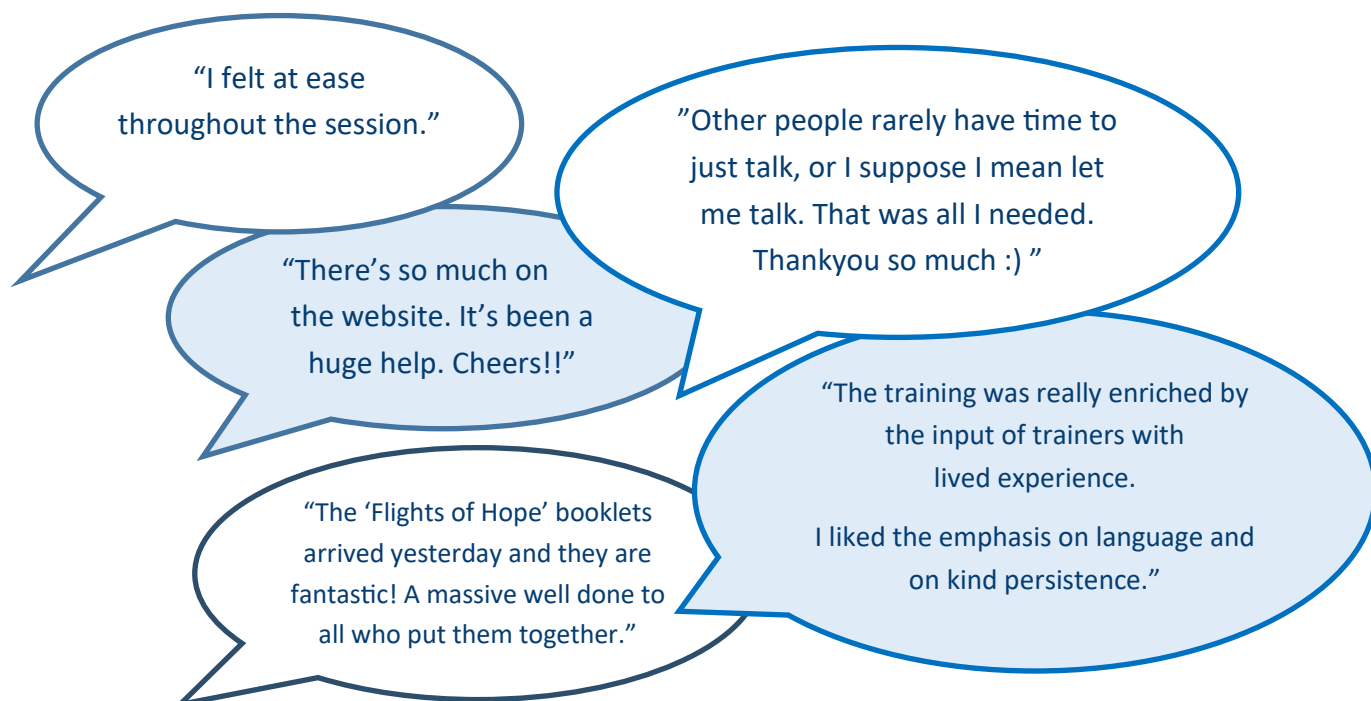




Forum Website Visits during 22/23 year **52,308**

Facebook Page Reach during 22/23 year **9,822**

Facebook Page Followers as of end 22/23 year **729**





The Forum is 30 years old this year

Random Photo Memories



NEWRY AND MOURNE
MENTAL HEALTH FORUM

A PARTNERSHIP
FOR
MENTAL HEALTH



Financial Statement 2022/2023

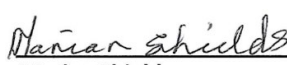
THE MENTAL HEALTH FORUM

FINANCIAL STATEMENT 1ST APRIL 2022 TO 31ST MARCH 2023

<u>RECEIPTS</u>	Restricted	Unrestricted	Total
Southern Health & Social Care Trust	81455.00	0.00	81,455.00
Community Foundation	32,000.00	0.00	32,000.00
Donations	0.00	155.00	155.00
Chest Heart & Stroke NI	0.00	111.90	111.90
Confederation Of Community Groups	0.00	150.00	150.00
	£113,455.00	£416.90	£113,871.90
<u>PAYMENTS</u>			
Salaries & Inland Revenue	56,410.30	0.00	56,410.30
Bank Charges	194.47	0.00	194.47
Office Rent & Service	3,874.80	0.00	3,874.80
Insurance	852.11	0.00	852.11
Payroll Service	180.00	0.00	180.00
Travel	8,868.00	0.00	8,868.00
Telephone	1,406.78	0.00	1,406.78
Membership & Subscriptions	1,000.31	0.00	1,000.31
Equipment	692.68	0.00	692.68
Stationery	989.54	0.00	989.54
Counselling Service	210.00	0.00	210.00
Postage	128.36	0.00	128.36
Promotion & Publicity	2,807.97	0.00	2,807.97
Training & Development	407.74	0.00	407.74
Hospitality	510.98	0.00	510.98
Websute/Digital Costs	641.89	0.00	641.89
Health & Safety	70.80	0.00	70.80
Coaching Service	219.61	0.00	219.61
Gifts	639.00	0.00	639.00
Provisions	18.12	0.00	18.12
Management Fee	615.00	0.00	615.00
Expenses	50.00	0.00	50.00
Counselling Service	19,175.84	0.00	19,175.84
	£99,964.30	£0.00	£99,964.30
Excess of Receipts over Payments	£13,490.70	£416.90	£13,907.60
ACCUMULATED FUND			
Balance as at 1st April 2022	5345.89	-1296.03	4049.86
Surplus/Deficit for the Year	13490.70	416.90	13907.60
Balance as at 31st March 2023	£18,836.59	-£879.13	£17,957.46
REPRESENTED BY			
Bank Current Accounts	£18,836.59	-£879.13	£17,957.46

Other than our Bank Account, we have no other Assets or Liabilities

In my opinion, from the records and books I received, the above Financial Statement gives a true and fair view of the state of The Mental Health Forum's financial position for the year ended 31st March, 2023.


Marian Shields
Independent Examiner
17th July 2023



The Mental Health Forum would like to thank its funders



and the local community for supporting our work
with donations, expertise, and volunteer contribution.

MH - Mental Health

SHSCT - Southern Health and Social Care Trust

HSC - Health and Social Care

MDT - Multi-disciplinary teams

QI - Quality Improvement

QUB - Queens University, Belfast

CBP - The Forum's unique peer-led capacity building programme (open to 18+ in SHSCT area who have accessed Trust or Community MH related services)

PPI - Personal & Public Involvement

(The Legal responsibility placed on all SHC Trusts to involve those who use their services in development and quality improvement of those services.)

UCSIG - User and Carer Service Improvement Group. (Facilitated by and integrated into The Mental Health Forum's role. See page 11)

WRAP - Wellness Recovery Action Plan A tool for self-awareness, self-care, and resilience when challenged by either illness or life circumstances

