

# MINDFUL

Registered Charity No: 1154189

## ANNUAL REPORT 2020

### Aims and purposes

Mindful's aim is the support of people aged over 65 with mental health problems and people of any age with memory problems and their carers.

### Objectives and Activities

Mindful continues to run activities and raise funds to support individuals and their carers; helps with information dissemination; funding of education training and therapeutic activities; raising awareness of mental health issues and providing a forum for feedback and views on mental health services provision. Mindful continues to run and fund a fortnightly Mindful Café at St Martin's Grange in Gillingham, a monthly Mindful Café at The Hub in Stalbridge and the fortnightly Mindful Marching On group for men at St Martins Grange in Gillingham.

### Achievements

- **Financial Support.**

There were no applications for financial support to Mindful during 2019.

- **Activities**

**Our Mindful Café at St Martin's Grange in Gillingham** continues to run on a fortnightly basis, although numbers attending during 2019 have continued to be lower than in previous years. Donations from attendees at the Café throughout the year have raised further funds for Mindful.

During the year a variety of activities were enjoyed by café visitors, which included the Ukelele Band, Sammy & Charles singing duo, Bridget Vallance and Dennis, Peter Fineman on keyboard, Alpaca adventure, Sue Marks Tai Chi, Rosie from Musica, Kelly providing hand massage, Sarah Jane Arts & Crafts, Topsy Rabbit Kindergarten and Rhiannon Drumming and Singing. All have been very well received. Other activities included a visit from the Dorset Fire & Rescue Safe and Well advisor.

Shreen Harmony organised singing of Christmas Carols at the Gillingham Mindful Café in December, which was greatly enjoyed by all those present.

**Our monthly Mindful Café in Stalbridge** continues to run once a month and is well attended by local residents. Tara brings her friendly dog Scoobie which our café visitors enjoy and residents from the local Old Rectory residential care home also attend our café most months.

In 2019 we introduced some activities to our Stalbridge café, which included Peter on keyboard, Tai Chi, the Ukulele band and Kelly providing hand massage.

**Our Mindful Marching On group for men in Gillingham** continues to run fortnightly, where the men enjoying playing Xbox games, including ten pin bowling.

We have an average of around 10 attendees per meeting with two Trustees and two volunteers supporting the sessions during the year.

We have held two sessions at the Royal British Legion and two meetings at the Gillingham Social Club in Hardings Lane. At the RBL the group played skittles and at the Social Club, darts, skittles and Xbox ten pin bowling have all been enjoyed by the men.

In addition, during the summer months the group has been able to play boules on the grass outside at St Martins Grange

In August the group was invited to play boules at the home of Graham Hazledean, one of our group participants. It was a lovely day, with some wonderful cakes and refreshments provided by the wives of some of the men.

- **Group outings**

In September we all enjoyed a late summer outing to Cranborne Manor Gardens, with a delicious lunch. Approximately 36 people attended, which included some trustees and volunteers.

In December we returned to the Coppleridge Inn at Motcombe for our Christmas Lunch. The meal was excellent and we were well entertained by Peter and Mike.

- **Publicity and promotion**

Several articles about Mindful activities have been published in The Blackmore Vale magazine and other local publications throughout the year.

Posters have been displayed in a range of surgeries, shops, offices and public places in and around Gillingham. These have been updated about our proposed move to Rawson Court.

A 6 ft free standing banner has been and continues to be displayed at various public events and in retail stores and surgeries.

A Mindful Facebook page was set up in July 19 and has slowly gained exposure locally. At the year end the page had 74 'likes' which gave us a 'reach' of around 1500 people per month. Posts of upcoming cafes have been popular and widely shared, with a 'reach' of up to 1800 people.

A list of local organisations and charities interested in Mindful and involved in complementary activities has been created and they regularly receive updates by email.

- **Members & Donations**

Mindful would like to thank all the Members and the wider community for their donations in terms of time and money. This has enabled Mindful to become firmly established within the community.

In particular, the Trustees would like to thank:

Gillingham Town Council for their grant of £500 towards our activities and Christmas lunch

Southern Cooperative Funeral Care in Shaftesbury for their support and use of their meeting room

Shreen Harmony

Donations from community members

St Martin's Grange for use of their Community Room

The Hub in Stalbridge for use of their Community Room

Dementia Friendly Gillingham group

The Trustees are extremely grateful for such generosity.

### **Forthcoming year**

Trustees have attended a number of public events over the past 12 months in an effort to raise the profile of Mindful and work to promote our charity has increased significantly this year. Both Mindful Cafes have been widely advertised and appear on websites run by the Alzheimer's Society and Dorset County Council Social Care.

This promotional work will continue and there are advanced plans to launch a website for Mindful during 2020, along with a new logo and other exciting developments. This will in turn raise awareness of mental illness and dementia.

Both Mindful Cafés will continue to run in 2020 and our café in Gillingham will be moving to a new, more central location at Rawson Court in the High Street. A variety of activities are being planned for the year ahead, which we hope will include a summer outing.

Mindful Marching On men's activity group will continue to run every fortnight in 2020 and the group has plans to move permanently to the Gillingham Social Club, which will enable the men to enjoy playing skittles and darts more regularly. Further activities and alternative games, to include indoor Kurling, are being planned for the year ahead.

Financially Mindful is healthy and funds are available to help to support projects and activities. Members ideas for projects or activities are always welcome, however further fund raising activities will need to be organised to maintain funds. If Members have any ideas for fundraising they will be gratefully received.

### **Structure and Management**

The method of appointment of Trustees is set out in the amended Trust Deed dated 17<sup>th</sup> September 2013. There are currently eight Trustees who have been responsible for making decisions on all matters pertaining to Mindful and on how the funds are to be spent. The Trustees met four times during the year and with an average level of attendance of 90%. The current Trustees will now retire and new Trustees to serve for the next year will be appointed at this AGM. Current Trustees are allowed to stand again for re-election. There is no maximum number of Trustees.

The Board of Trustees is planning to move back to bi-monthly meetings in 2020 to enable us to action the many changes and new developments that we are planning for this forthcoming year.

In March 2020, John Juddery, one of our long standing trustees, sadly passed away. John was a very active and committed member of our Board and will be greatly missed.

