

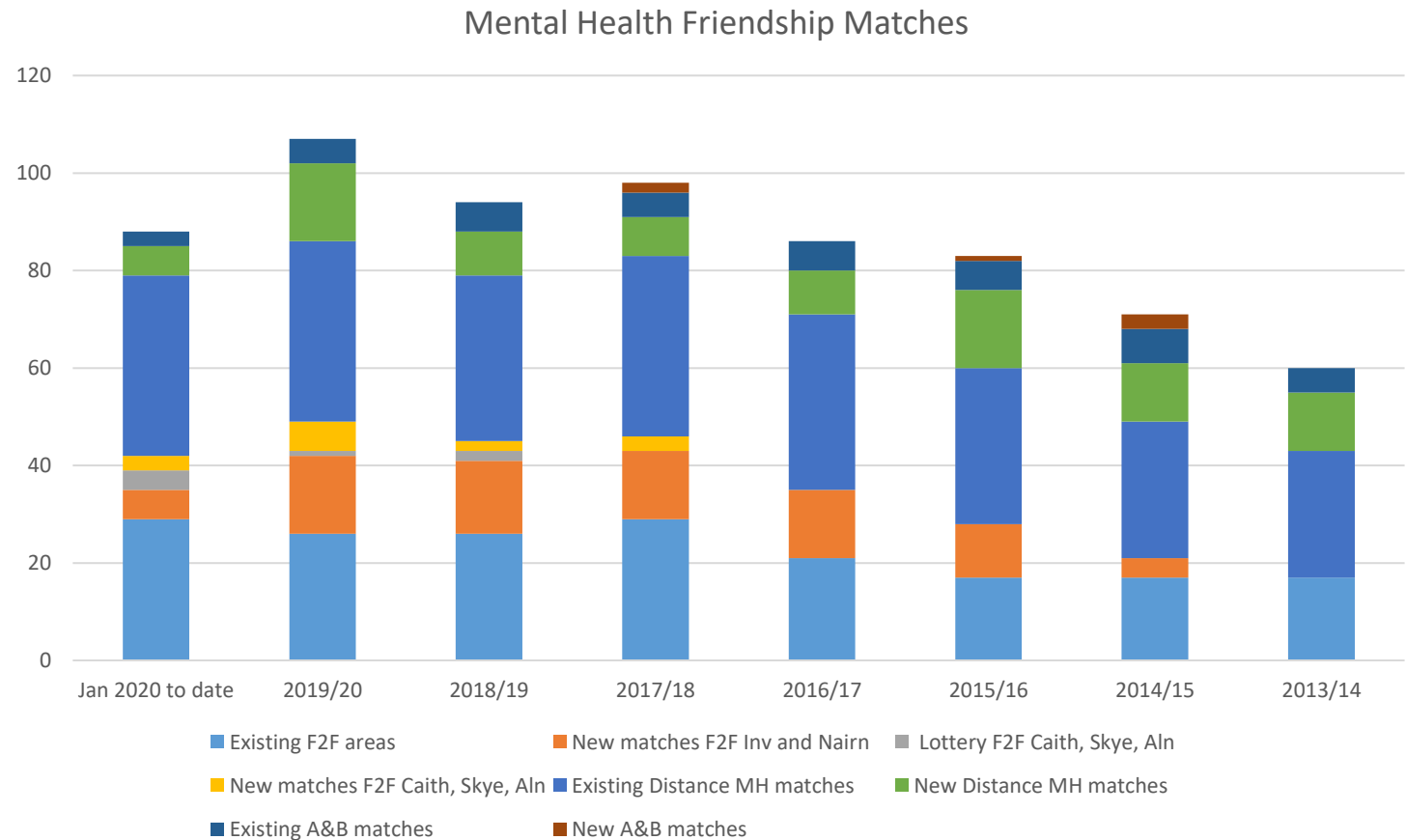


## **Executive Director's Report to the AGM – September 2020**

**Susan White**

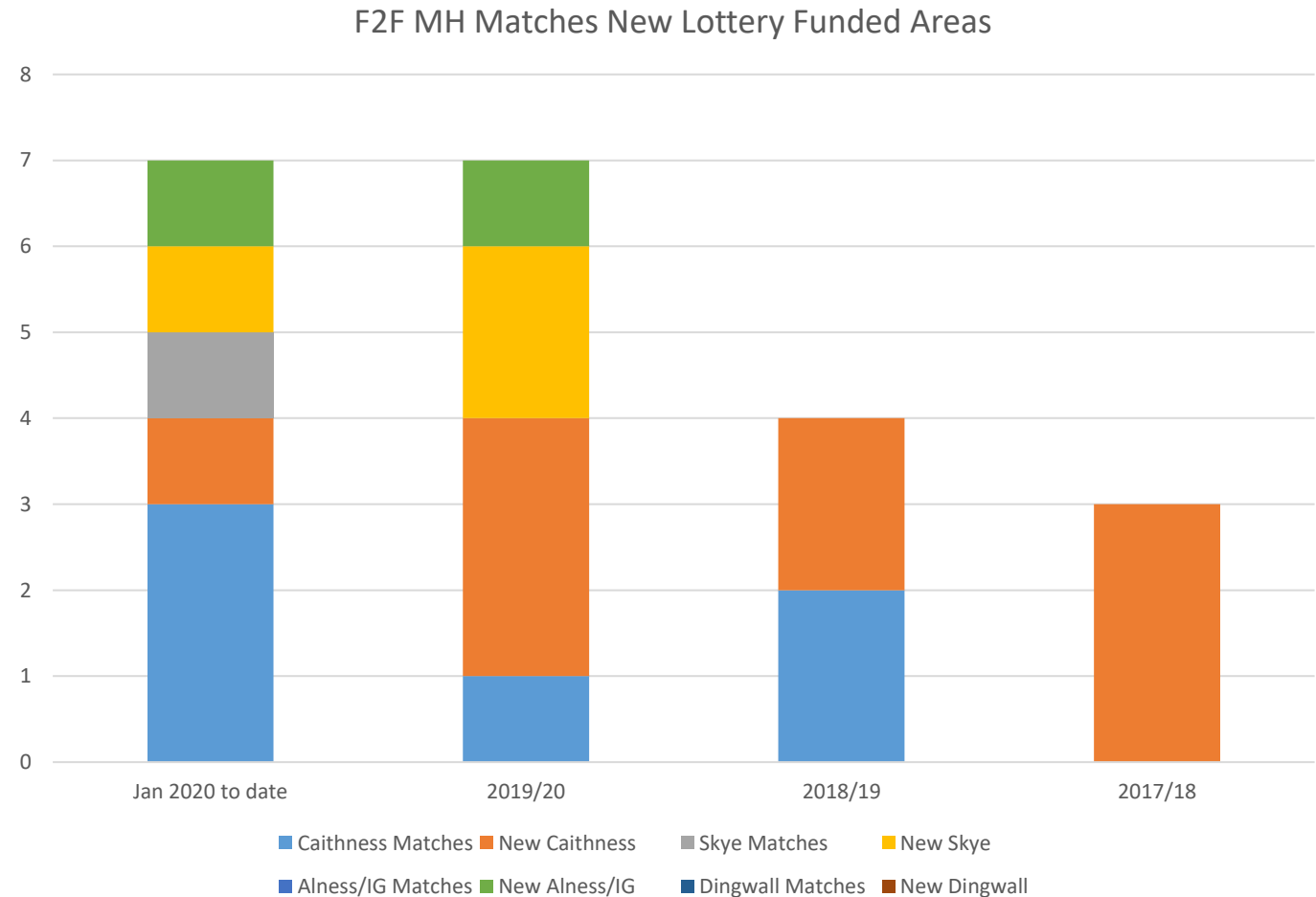
# Key 2019/20 Befriending Objectives from Annual Plan

- To increase the number of mental health friendships from 90 +/- 10% by the end of the financial year
- There were 89 mental health service matches in April 2019, and 43 new matches by end March 2020 (132 in total)



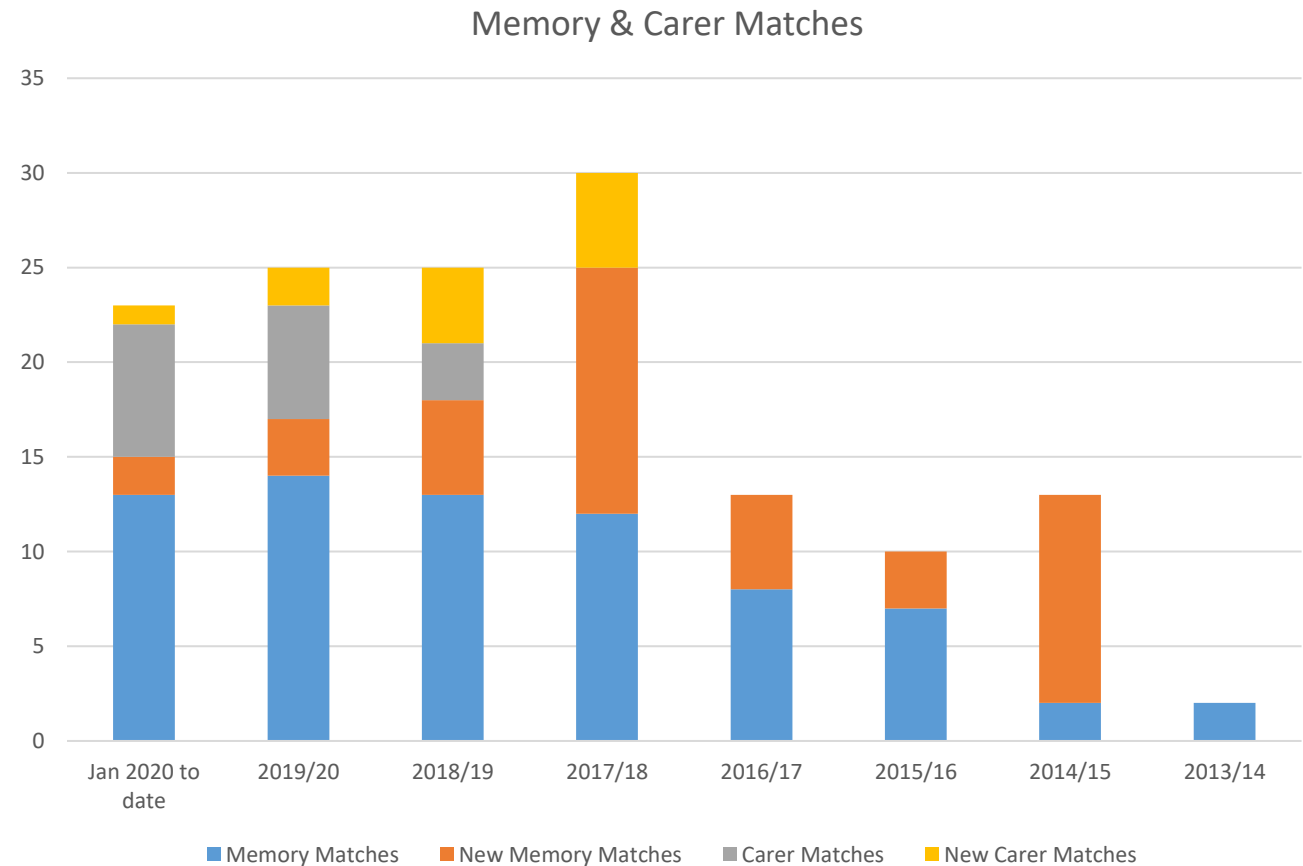
# Key 2019/20 Befriending Objectives from Annual Plan

- To expand our mental health services into the Alness and Invergordon area with the aim of establishing up to 3 friendships in the first year (face to face)
- 2 new face to face matches in Alness area last year, and expansion into Dingwall area is planned for 2020



# Key 2019/20 Befriending Objectives from Annual Plan

- Our intent, depending on funding, is to maintain the number of dementia friendships at 20 +/- 10%, with at least 40% of these being Carer Matches
- NHS funding is still not secured, but grant funding for 12 months from Robertson Trust & Life Changes Trust was obtained late in 2019



# Key 2019/20 Befriending Objectives from Annual Plan

- Increase participation in befriending group activities from the 2017/18 baseline (27)
- BHL Film Group (24)
- Scottish Mental Health Arts Festival Music Event 2019 (35-40 people)
- BHL Carer Support Group (on hold due to Covid) (5)
- BHL Carer Steering Group (now via Zoom) (4)





# Groups were not all work and no play!

David's 70<sup>th</sup> Birthday Celebrations



Volunteer and Friend  
Get Together Wick



# Key 2019/20 Befriending Objectives from Annual Plan

- Increase the number of friends involved in group activities either through signposting, collaboration or our own group activities
- Velocity Bespoked programme (6)
- Velocity Yoga Outreach (6 during lockdown)
- Creativity at Home project & group (10 +)
- Signposting/referrals to walking groups



# Key 2019/20 Befriending Objectives from Annual Plan

- Continue to highlight mental health issues, to influencers and the general public, through our own communications activities and by supporting wider mental health activities, events and initiatives
- Skye Bridge Walk (SMHAF)





# Key 2019/20 Befriending Objectives from Annual Plan

- Continue to highlight mental health issues, to influencers and the general public, through our own communications activities and by supporting wider mental health activities, events and initiatives
- Loch Ness Knit Fest 2019



# Key 2019/20 Befriending Objectives from Annual Plan

- Continue to highlight mental health issues, to influencers and the general public, through our own communications activities and by supporting wider mental health activities, events and initiatives
- Culbokie Community Market



# Key 2019/20 Befriending Objectives from Annual Plan

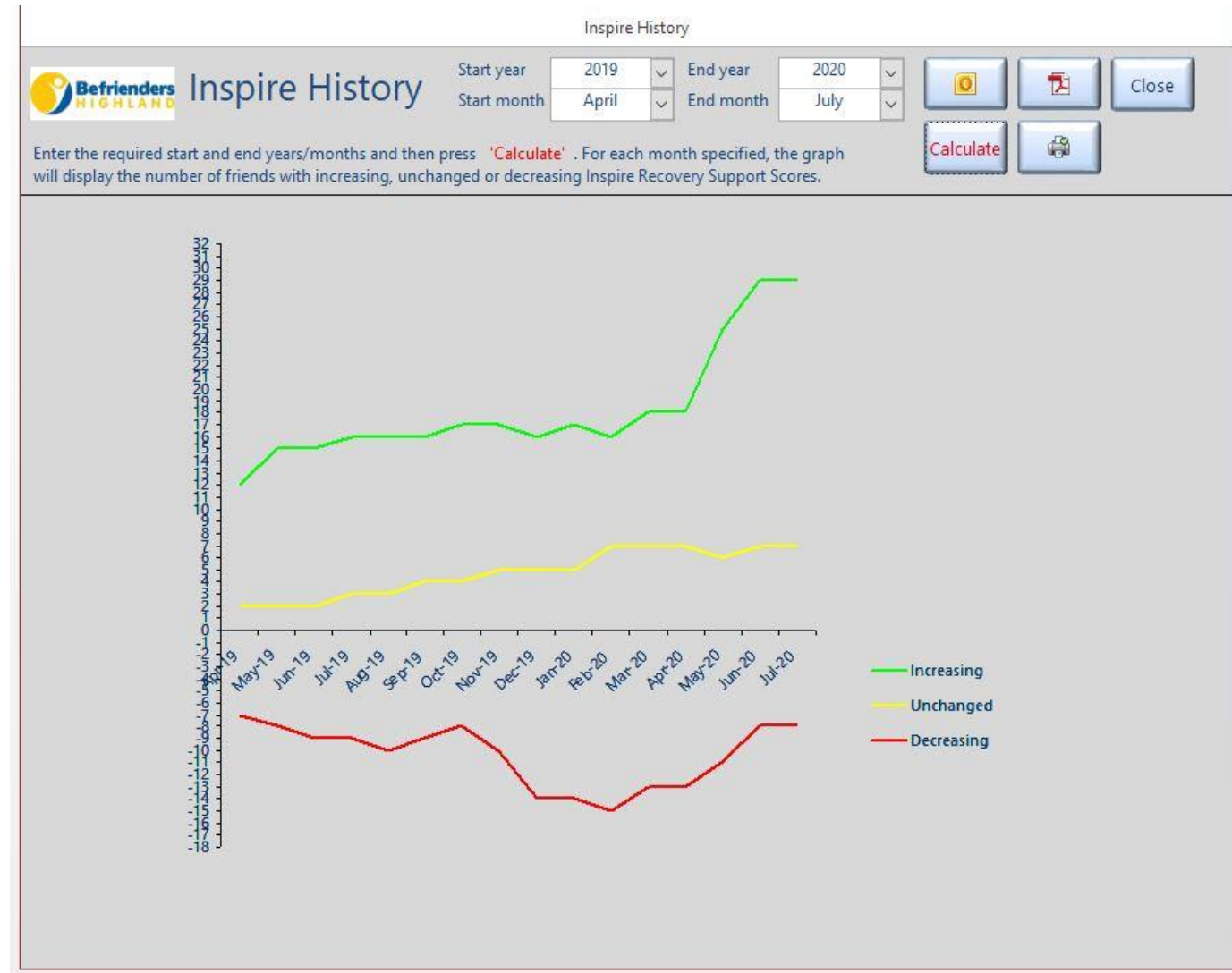
- Continue to highlight mental health issues, to influencers and the general public, through our own communications activities and by supporting wider mental health activities, events and initiatives
- Inverness Carolthon 2019  
Eastgate Shopping Centre





# Key 2019/20 Supporting Objectives from Annual Plan

- Continue to demonstrate the value of the recovery model to funders and our membership
- NHS Highland funding for mental health services secured to March 2021
- Additional short term Covid funding awarded from Lottery Community Fund





# Key 2019/20 Supporting Objectives from Annual Plan

- Contract an individual to develop and implement a fundraising strategy ✓
- Recruit additional Board Members – [Helena Macleod, Jo Page](#) ✓
- Implement contingency plans if NHS Highland funding ceases or is reduced ✓
- Implement any actions from the Memory loss/Carers Service review. [New funding sourced for Memory & Carers funding for 2019 – 20 and further funding bids submitted and outcome pending](#)
- Satisfy reporting and compliance requirements of grant funding ✓
- Develop and review our policies and processes with the intent to complete that review by March 2020 × - **not achieved. Unless essential, policy updates deferred due to workload with pandemic.**

# Key 2019/20 Supporting Objectives from Annual Plan

- Pre-Covid party during Volunteers Week 2019
- Receiving our Volunteer Friendly Certificate from Jane Tattum, of In This Together



# Key 2019/20 Supporting Objectives from Annual Plan

- Retain our Quality in Befriending Excellence Award
- Achieved in November 2019, thanks to the hard work of Alison collating and uploading all the information
- Inspection visit from Angus of Befriending Networks



# Key 2019/20 Supporting Objectives from Annual Plan

- Secure the Carer Positive Award by the end of the year
- Office celebration and certificate presentation by Sue McLintock on 14<sup>th</sup> November 2019





# A Huge Thank You from Susan

- To the amazing team of staff, Alan, Alison, Carol, Sarah, Catherine, Malcolm and new recruit Ruth! **You** made all this possible.
- To all our volunteers and friends who make what we do so fulfilling and worthwhile
- To our Board of Directors and Convenor, who provide so much support, expertise and guidance
- To everyone for being so adaptable during Covid restrictions, and keeping safe by not meeting up in person, and using alternative ways to keep in touch

We are all looking forward to keeping the best bits of the new normal and getting back to the very best bits of the old normal as soon as it's safe to do so!