

Annual Report April 2010 - March 2011

The Bridge Collective CIC.

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This Report

We compiled a draft of this report at the AGM on May 5th 2011. It covers the period from April 1st 2010 to March 31st 2011. We used material from newsletters and other Bridge Collective documents from that period, submissions from Bridge groups and individuals that were sent in advance, and contributions generated in the meeting. Additional material was received after the agm and incorporated into a second draft.

This final version was approved at the Directors' Meeting on 16th November 2011

Mission Statement

Adopted 10th February 2010.

To be a company whose members are creating: A democratic community where people who have experiences, beliefs, and feelings that have sometimes been labelled as mental illness are welcomed and can talk about these experiences freely, safely and without judgement; a place to participate in friendship, support, learning, teaching, discussion, being active, and making a valid contribution both within the collective and the wider community.

Activities at the Bridge

The following regular groups and activities within the Bridge have been continuing throughout the year:

Women's Art Group; Greenwood; Discussion Group; Hearing Voices Group; DSEN; Experts by Experience; Social Anxiety Group; Rainbow Mind; Underground Sound;

Thursday Open Day; Newsletter; Wholefoods; PA Network; Company Secretary Team; Fundraising team; office work team/communications team; cleaning and health and safety team; Directors' Meeting; Group Supervision

The Bipolar and Better Believe It groups were meeting at the beginning of the year but have both been taking a break. The Better Believe It group has now joined with the Hearing Voices Group.

Some of the other activities that have taken place during the year:

Jon Perry Research; Time for Life talk; Witness Service talk; EFT; Hairdressing; Lockbar and Escot Camps; Mac training day.

People at the Bridge

Bridge Collective members

There were 30 paid up members on 31st March 2011 compared with 32 on 31st March 2010.

Directors

Directors on 1st April 2010: Andrew Barkla, Bev Slade, Bridie Kelly, Mike Parker, Nicola Osman-Barter, Richard Hewis

Directors on 31st March 2011: all the above and Fleur Hardman

Company Secretary

Bridie Kelly was Secretary throughout the period.

Keyholders

13 people were in the role of Keyholder during the year.

Number of people participating in the Bridge Collective

We do not have a reliable way to measure this. We estimate the number to be about 150, not including recipients of Experts by Experience training or people who access our website.

People who have joined us or left us this year – thanks to all for your involvement.

Ben policeman on placement

Ben psychology student on placement

Rich youth and community work trainee on placement –”Inspirational”

Kate Art therapy student on placement

Paula retired from DSEN facilitation

Sue Linsley, Jon Perry from Plymouth University have continued to work closely and regularly with Experts by Experience

Outgoing Rainbowmind hosts – Anna and Jonathon

Lena new keyholder for Rainbowmind

Animals – new canine friends

Padded Wireless

Rob – guitar at Escot camp

New people joining Experts by Experience and doing training

Chris Holland – storytelling at Escot

Ben – left Underground Sound. David – started at Underground Sound

Mandy Davey – Safe Space group

Questions we asked people at the Bridge: When did you turn up? Why did you turn up? Why did you keep turning up?

“1. as often as poss. 2. for a cuppa. 3.you tell me!”

“I met Sarah who told me about the Bridge and asked me to come along. I got involved with Experts by Experience and Underground Sound”

“First came along on AGM day! (5/5/11). I came along to find out what goes on and whether I can get involved in anything. Will come again because I have had an interesting and enjoyable day.”

“I have enjoyed coming into the monthly discussion groups. I have also made use of the computer facilities to access the internet. I like the chance to go out into country locations at Greenwood events, especially the two annual camps.”

Help we've received

Training from Lis - fundraising

Donations from individuals

Self Heal Trust

Councillors (DC) - money for drum kit

CAB - working on funding bid

CEU/CVS/Devon Consortium - Monitoring and Evaluation training

Access advice from Charlotte

Consultation and communication within the Bridge

Communication team

Website improved - many groups now have their own pages and email addresses

Bridge Calendar is online

Outcomes and achievements for the company

Got our funding. (DCC)

New employees, new paid posts

Building work

Earned income through private hire of Bridge (David's band practicing here)

updating safeguarding procedures

updating recruitment procedures

Creating a company secretary manual - providing opportunity for people to learn Company Secretary role.

Outcomes and achievements in groups

Drumkit funding

WAGS exhibition at the Phoenix

Experts by Experience keeping going unfunded with voluntary project facilitators

Starting supervision group

Paula left DSEN, Graham, Nicola, and Andrew carrying on DSEN

WAGS - new funding, keep going unfunded voluntary

Underground Sound - Recording tunes

Expert by Experience worked with: Exeter University psychology department; Plymouth University mental health nurses and student clinical psychologists; Student doctors at the peninsula medical school; Victim support witness service; research on the effect of training by people with lived experience on student mental health nurses - with Plymouth and Bournemouth Universities; Liaison Psychiatry, Exeter

Harvest at allotment improving each year.

Outcomes and achievements for people within the Bridge

Grown in confidence. Finish my sentences more often.

Bev did chairing course.

Challenges we have faced

Lots of work to do to keep afloat as a company - not enough time to do it
Facing an uncertain future

Challenges and hopes for the future

Getting out and about.

Who we are and what we do

going to conferences

attending community events

Bee hotels made out of hollow tubes. Butterfly hibernating boxes

Funding applications going through successfully

Reiki

Would be good to get in touch with: the police; GPs; paramedics; + training for certain post (?)

Garden/ outdoor space. Workshop

Ability to respond spontaneously to opportunities for activities

Networking and communication outside the Bridge

St Petrocks - working towards Wild Art Week

Doom and Bloom conference