

Our services



Recovery groups

We run recovery groups for people with mental health problems across Oxfordshire. Activities are decided by group members and may include woodwork, gardening, IT, cooking, customer service, ceramics, design, printing, art and creative crafts.



Coaching

We provide one-to-one coaching support to help people with mental health problems find employment, get back to work after sickness or start volunteering.



Training

We train managers, health professionals and members of the public to provide mental health first aid for people experiencing mental distress.

To refer yourself or someone else, call 0845 250 0518, email support@restore.org.uk or visit www.restore.org.uk

Thank you!

...to all our funders, friends and supporters.
We could not do our vital work without your support.

...to our members, volunteers, trustees and staff
for your commitment and dedication.

restore
working for mental health

www.restore.org.uk

Restore is a Registered Charity, 274222 and Company, 1324318

Photographs by: Mark Tunnicliffe, Alan Bairstow, and Chris Fulton.

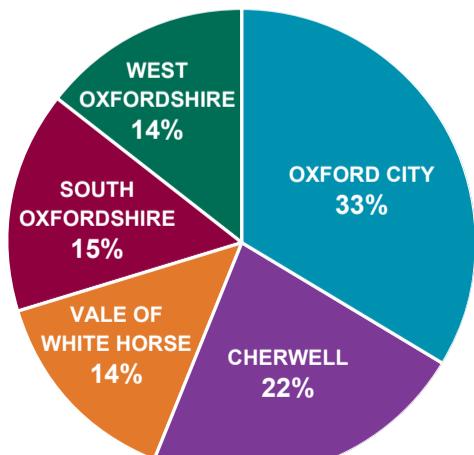
Thank you to our contributors. Some names have been changed and representational pictures used to preserve privacy.

Our year in brief • 2012-13

Restore supports people with mental health problems across Oxfordshire to recover, develop and get work. This year:

- We worked with **823** people.
- We provided **106,717** hours of recovery support.
- **We supported 74 people to get paid work**, 24 people to keep their jobs and 95 people to start volunteering. Overall **21%** of people using our services have been supported into paid work or volunteering.
- We trained **328** people in mental health first aid this year, bringing the total number of people trained to **1,147**.
- We benefited from more than **12,000** hours of volunteer support.
- **20%** of our clients came from a black/minority ethnic community.
- **43%** of the people using our services are under 40.
- Total incoming resources were **£1,254,391** (2012: £1,234,325) and resources expended were **£1,255,346** (2012: £1,226,504). After a small gain on Investment Assets of £3,041 the surplus for the year was **£2,086**.

■ Our services are spread across Oxfordshire:



restore

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Annual Review 2012-13



www.restore.org.uk

James's story

When James lost his job of 21 years he was devastated and became physically and mentally ill. Restore supported him through this difficult time.

"Now I have two part-time jobs. Without places like Restore I dread to think what would happen."

"I was unemployed for the best part of a year and it was a real struggle. Restore helped me a lot. I started coming to the café and worked behind the counter and in the kitchen and met some nice, interesting people. It kept my mind occupied and gave me additional work experience. One of Restore's coaches gave me support, including help to apply for jobs online. I had a few knock-backs but she encouraged me to keep going. Now I have two part-time jobs. Without places like Restore, I dread to think what would happen."



See inside for more stories...



Ruth's story

Ruth couldn't see a future for herself, but employment coaching helped her get back on her feet.

"For me, Restore is about recovery – about feeling able to really live life again."

"My coach at Restore helped me consider my options and develop a CV, which was huge for me. I'd never had paid employment and thought I had nothing to offer. I managed to appreciate the skills I have, and I got the job I'd been working towards. Unfortunately I didn't keep the job, for various reasons, but my coach helped me stay positive. Now I'm volunteering and am about to start working for Support, Time and Recovery Service. Restore's support has made a massive difference to me, and I felt very uneasy about it ending. Then I realised I didn't need Restore anymore! For me, Restore is about recovery – about feeling able to really live life again."

Max's story

Max was out of work, drinking heavily and completely isolated. Gardening and friendship enabled him to turn his life around.

"I was expecting group work but I wasn't expecting all the additional activities that brought my personality back. Even simple things like cutting the grass and weeding helped me regain my confidence. I learnt the importance of structure. Going to Restore gave me a purpose and something to look forward to. It was like a home away from home – that sort of close-knit atmosphere. If you had problems you could talk to someone. Now I've completely stopped drinking and I'm a lot more content with myself. I got help from the coach and I was lucky to find a job as quickly as I did, as an industrial cleaner. I've got somewhere to live that's stable and where there aren't other people drinking. I've even started playing guitar again. I've got my drive and motivation back, and I'm doing a job I like doing. Restore is a really positive stepping stone for getting on with your life."



Temitope's story

When Temitope first came to Restore she was anxious and insecure. Working with others, she's managed to overcome her fears.

"I would like to say a big thank you to all the staff and members, who made me feel welcome and accepted."

"I can now make healthy meals for myself, socialise with people and communicate better. I hope to do an NVQ so I can get a paid job. Without Restore, I may not have had the motivation to pursue my goals. So I would like to say a big thank you to the staff and members, who didn't judge me but made me feel welcome and accepted. I would definitely recommend Restore to anybody suffering from mental health problems as it helps people challenge their fears, and discover what they want in life."

Ethan's story

Restore helped Ethan rebuild his confidence – and his life. Now he's ready to move on.

"It's great to see the public coming in to use our shop, and to show them that people with mental health issues aren't to be feared."

"I had a wonderful time at Restore, learning a lot about myself and how to start life again out of hospital. Restore has helped me so much with my confidence and self-esteem. It's great to see the public coming in to use our shop, and to show them that people with mental health issues aren't to be feared. The Elder Stubbs kitchen has changed my life. The opportunity to do a trial shift at Jamie Oliver's restaurant is something I would never have had if it wasn't for Restore. I also want to thank staff for getting me a place on the college cooking course. I hope Restore goes from strength to strength and keeps on helping people to find their way in life."

