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restore
working for mental health

www.restore.org.uk

Restore is a Registered Charity, Number 274222.

Edited and designed by goodthinking, www.goodthinkingcommunications.net

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Photographs: Chris Fulton, www.simplicityphotography.co.uk / Rupert Masefield

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Annual Review 2007 – 2008



About us

Restore is an Oxfordshire charity that supports people with mental health issues to do the things that they want to do. We provide training, encouragement, a supportive environment, one-to-one support and the chance to achieve.

We believe that everyone has talents and abilities, and the capacity to make a valuable contribution to the community. We believe that people with mental health issues have the right to work and the right to the support they need to become and remain employed. We believe that the stigma associated with mental health problems damages the whole community and we work to challenge this discrimination.

Thank you to our case study contributors. Restore thanks all the people who contributed their stories for us to share with you in this Annual Review. Some names have been changed by contributor request.

“The caring, understanding and professional attitude of Restore has helped me, and I feel more positive about the future.”

restore

working for mental health

Annual Review 2007 – 2008

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Mural at The Beehive, painted by Paul Davies ►





Over the last year, we saw a 27 per cent increase in numbers of people using our services and a 66 per cent increase in individual support



Introduction

One of Restore's strengths is the willingness of clients, trustees, staff and volunteers to embrace change and development. We assess the outcomes of our work, increasing services that succeed and drawing to a close the ones that are less successful. A culture of critical evaluation and flexibility is vital to the work we do.

As we look back on Restore's financial year 2007 – 08, we see positive change and success. The development of our Garden Café on Manzil Way, the growth of primary care focused mental health employment support, and changes to our therapeutic rehabilitation work are all part of our commitment to making the best use of resources for the benefit of people with mental health issues in Oxfordshire.

The funding and service delivery environment continues to be challenging. It is difficult



to raise funding for mental health work. A combination of factors including the growth of competitive tendering, the reduction in EU funding and the difficulty in generating inward investment for Oxfordshire means that gaining funding to support our services becomes more difficult every year.

We are fortunate to have highly skilled staff who are able to write funding applications that effectively describe our work. We are also fortunate to have the ongoing support of our core statutory sector funders:

“ Our aim is to become no longer necessary to each person we work with.”

Oxfordshire Primary Care Trust and Oxfordshire County Council. Working in partnership with other organisations is an important and integral part of our work, and we benefit from our partners' skills and experience. The number of our partnerships grew during the year. We are grateful to our local partners including Mental Health Matters, Oxfordshire Mind, Oxfordshire and Buckinghamshire Mental Health NHS Foundation Trust and East Oxford Action for their support and constructive attitude to working together for people in Oxfordshire. Our regional work has also prospered and we continue to develop regional partnerships that support small, locally focused charities.

In 2007 – 2008, we provided 13,130 training days in our three therapeutic work rehabilitation

services. Over the year, we supported 90 people to start paid or voluntary work, and we enabled 116 people to gain useful qualifications. We experienced a 27 per cent increase in numbers of people using our services and a 66 per cent increase in individual support.

Our aim is to become no longer necessary to each person we work with. Roughly half of the people using our services leave each year, reflecting the positive work we do in enabling people to develop new skills and move on. The fact that we continue to attract high numbers of clients is a reflection of the importance and value of our work.

This has been a particularly successful year and we are grateful to everyone involved for making it so, including the people who use our services, trustees, volunteers, staff, supporters and funders.

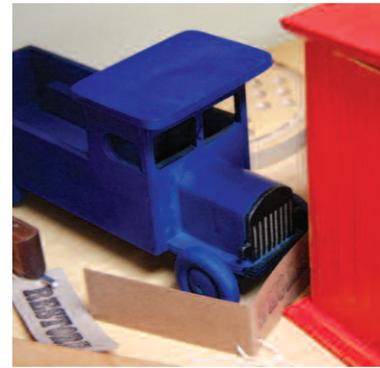
Thank you.

Alison

Alison Blight,
Chair

Benedict

Benedict Leigh,
Chief Executive





The Beehive

Restore's longest-running service offers people with mental health issues a therapeutic work environment that is supportive, creative, purposeful and fun. People have opportunities to socialise and learn new skills in horticulture, print, woodwork and, most recently, catering (since March 2008). We place strong emphasis on design and creativity.

2007 – 08 was another challenging year, notable for a series of achievements including the completion of major projects such as the the Straw Bale Workshop and the Garden Café. Major building works and refurbishments, and staff changes were managed to ensure The Beehive's capacity to continue providing a therapeutic work environment that is challenging and rewarding to its clients.

Major construction projects

Clients welcomed the opportunity to take on ambitious projects. The final touches to the Straw Bale Workshop were made during April 2007 and it was completed in May, in time to host the launch of Artweeks and provide exhibition space. Shortly afterwards, The Beehive gardeners made themselves at home in their new workspace. Later in the year, the eco-building was assessed by the



building inspector and, apart from requiring minor modifications, received his stamp of approval. Our Workshop has attracted many visitors and stands as testament to the tremendous achievement of The Beehive team. We were delighted when the Workshop was shortlisted for the Do-It-Yourself category in the 2007 Observer Ethical Awards.

Our other major project of the year was the new Garden Café. The old workshop was emptied in readiness for fitting it out. Some structural work was undertaken, essential equipment acquired and a dedicated working group (made up of clients and staff) worked together to move the project forward. The project was completed at the end of March 2008 and the Garden Café opened for business in the first week of April.



Andrew, Lisa and Ainslie outside the completed strawbale workshop

Our annual Open Day in July 2007 coincided with East Oxford Carnival and was marked by encouraging levels of client and trustee involvement. Tours of the Straw Bale Workshop, flourishing plant and tea sales, and keen public interest in the Garden Café project reinforced The Beehive's presence at the Carnival, the largest community event in Oxford.

The last major event of 2007, The Beehive Christmas Fair, was combined with a public viewing of the Straw Bale Workshop as part of the Oxfordshire Open Eco-Homes event. The day was well attended, and sales of Restore cards and wooden products raised more than £1,000.

The new year was marked by more refurbishments and decorating, and we were very sorry to bid farewell to Project Manager Ainslie Aspery in January. Ainslie was with the organisation for over 13 years; he was replaced by former Print Supervisor, Julia Molden, who is leading the Beehive team through the changes and challenges of 2008.

What I like about The Beehive *by Lisa*

I first joined The Beehive in August 2007. After six weeks of experimenting I had to choose what group I wanted to be in from Gardens, Woodwork or Print. I chose to be in Print because I like doing the arty type things like cutting, sticking and painting.

I was only in Print for a couple of months but in that time I made decoupage which is Dandy or Beano comics cut up and stuck onto a Stool, Toy box, Caddy etc. I also made business cards, badges, printing the cards out on the computer, painting trains and lacquering them. I thoroughly enjoyed my time in Print and I do miss being there.

“It has helped my mental health, my confidence, my self-esteem.”

I am now working in the new Garden Café, which I enjoy very much. What I do in there is to make the coffees for the customers, clean the Café ready for the next day and train the supervisors on the coffee machine. I am also working in the kitchen making the sandwiches, cakes etc. I do the washing up in the dishwasher, which I like very much. Before you can work in the Café you have to do a Level 2 food hygiene course, which I passed.

At Restore I have learnt a lot. It has helped my mental health, my confidence, my self-esteem. I also learnt practical customer skills, meeting new people and how to run a café. I am hopefully going to a first aid course soon at Restore to help me in case someone has an accident.

I hope to carry on at Restore / The Beehive and working in the Café because I would not know what to do without them. The Supervisors, Workers and everyone else are brilliant to work with and to talk with when you have a problem.



In 2007 – 08, The Beehive was used by 127 clients and provided more than 32,000 hours of group support.





Elder Stubbs

Now in its twenty-first year, our therapeutic work rehabilitation service offers people with mental health issues the opportunity to develop skills in horticulture, cooking, woodwork, marketing and other crafts. We provide a therapeutic work environment that is structured, purposeful and creative. Working as a team, we encourage people to try new things and build their confidence.

During 2007 – 08, we were well supported by existing and new volunteers, who are greatly valued for their vital help in the garden. We introduced several improvements, including our polytunnel, which enables us to grow a wider range of vegetables such as salad leaves, tomatoes, peppers and aubergines.

In addition to preparing lunch each day, the kitchen group continued to produce high volumes of jams and preserves for sale. We also increased our woodwork activities to five days per week. This has enabled more people to develop practical woodworking skills and is an invaluable resource for the project, particularly during winter months when gardening activities are limited. Group members are involved in designing and making the products. Customers showed a lot of interest in our recycled wood

benches and we also received commissions for a range of other products.



Working together for sales success

Our popular onsite shop is open to the public each Thursday. Sales of produce and products continued to grow throughout the year. Big sellers were the recycled benches, Christmas wreaths and our own apple juice. We also offer a vegetable bag delivery service, by bicycle, to local customers. Central to the success of sales is the participation of group members in running the shop and the vegetable bag sales. The strong support of customers is an indication that the community values our produce and products.



We deliver vegetable bags by bicycle

Elder Stubbs is the site of the Elder Stubbs Festival, a large community event that takes place every August. Staff, clients, allotment holders and volunteers work with the Elder Stubbs Charity to ensure the Festival's success. Despite poor weather, in 2007 more than 2,000 people turned out to enjoy the Festival.

The Festival is a wonderful opportunity to celebrate our work and raise money. It also enables Restore to raise awareness of mental health issues and provide positive images of mental health, including having as many local groups and projects represented as possible. About 50 stallholders exhibited at the Festival, sharing information about local groups and organisations, selling homemade goods and delicious dishes from around the world, and running activities.

Future plans

Looking forward, we are considering ways to increase access and reach out to groups within the local population who are currently underrepresented as users of our services.

Why come to Elder Stubbs?

I have been a service user for seven months and started in the autumn when the last fruits were being picked – the pumpkins were white instead of orange.

I went on a willow-cutting trip where I saw your commitment to us. Tools ready, food ready and enough staff to share in what is a skilled thing to do!

Christmas is a busy time and a few special moments – from new food and drink to music and song.

Yes, the new year became as focused as any workplace with talks of planning and buying up potatoes, seed orders and sharing of tasks.

“Life here is different, it is full of creativity and solid commitment to the tasks that lie ahead.”

So why come to Elder Stubbs and be in the middle of the garden, plots and apple trees working as if it is work and not just a day centre?

Life here is different, it is full of creativity and solid commitment to the tasks that lie ahead. With peace on our side and away from a busy life, I continue to commit myself to this project for the time and support it gives to me in return.

Elder Stubbs – thanks for de-cluttering my life and the new knowledge I have gained about the natural, green, slow way. The vegetables grow and become food for thought.

by Marianne



In 2007 – 08, 51 people benefited from Elder Stubbs Garden Group's services and we provided 15,830 hours of group support.





In 2007 – 08, 77 people made use of our Fleet Meadow service and we provided nearly 17,000 hours of group support.



Fleet Meadow

As Restore’s newest therapeutic service, our office and workshops are run from a temporary building while we seek funding to erect a more permanent base. We aim to give people who experience mental health issues the chance to recover confidence, rebuild self worth and gain new skills. We provide a friendly, supportive environment where people can continue along their paths to recovery.

The need for a mental health service in Didcot was demonstrated by a steady growth in clients during 2007 – 08. Our July 2007 open day was a great success, with live theatre and music prevailing over the bad weather to entertain the crowds.

People come to our service for two or more days a week, and we offer a range of activities to choose from including woodwork, pottery and organic gardening. During the year, the woodwork workshop made two ‘friendship benches’ for a school in Oxford and we hear that they are very popular with the pupils. We were also busy making different models of bird tables, bird houses and garden planters, in addition to repairing and making furniture. Meanwhile, in the ceramics workshop, the first birdbaths came out

of the kiln along with an attractive range of mugs, plates and mobiles.

Our site includes previously unused land, on which we grow vegetables. The new beds prepared during winter 2007 rewarded us in the spring. We were also kept busy making a particularly high raised bed for use by clients who have difficulty bending down to tend ground-level beds.

As with Restore’s other services, our products and garden produce are sold locally, with any profits being fed back into the service. This benefits the service and the local community.

Community garden plans

Once project funding is confirmed we aim to develop a community garden, which is being planned by staff and clients together. We have conducted



Service users gardening at Fleet Meadow

a community consultation with local residents about what they might want from the garden and whether they would like to be involved on a voluntary basis in its development.

In August 2007, we organised a trip to Bridewell Organic Gardens. This was the source of much inspiration for our community garden. In October, we visited the Royal Botanic Gardens, Kew. The sun shone on our group and we had a good day out. The weather was less kind the following March, when we visited land managed by Northmoor Trust. The Trust promotes conservation through exemplary land management, education and land science. We had another enjoyable day, although the picnic plans proved overly optimistic.

How did I get here?

This time last year I was working as a hospital doctor, enjoying the work I did and my life outside of work. Without my realising it, things had been changing – taking time off work, not meeting or speaking to my friends and family as frequently, changes in sleep and eating patterns. This accumulated until I saw my GP in a crisis and was started on an anti-depressant. My depression worsened and I started having thoughts of killing myself.

“ I value that my history and my mental illness is not the focus of why I am here... ”

I now have my GP and OBMHT [Oxfordshire and Buckinghamshire Mental Health Partnership Trust] supporting and caring for me. I find it difficult not to work but I’m not well enough; that was the reason for my referral to Restore, to fill my time with something practical, and to help reacquire the mental and physical health to allow me to resume employment.

Restore provides a safe and calm place in which I can learn and practice new skills.

I value that my history and my mental illness is not the focus of why I am here, only the reason I was referred in the first place.

Even though the activities I do at Restore are dramatically different from my employment, the values of having a structured day and goals to work to are similar. There are days when weeding the garden provides distraction from my more negative thoughts and days when I can concentrate and be creative in making a piece of pottery. There is banter and quietness; an underlying acceptance of who you are; someone to talk to when the days seem bleak.

Restore has renewed my sense of achievement, given me a place to belong, and provides a reason to live one more day.

by Jenny



LEaP (Learning, Employment and Potential)

Isolation, stigma, discrimination and lack of employment create and maintain poor mental health. Employment, activity, and opportunities tackle both its causes and its effects. We use an Individual Placement and Support (IPS) approach to deliver services in a variety of community settings across Oxfordshire. This support enables people to change and develop, and reduces mental health problems.

Our support enables people with mental health issues to overcome many of the barriers they experience. Our focus is on helping people to secure open employment in line with their aspirations, skills and experience via a working alliance between client and coach.

Our support is client centred, individually tailored, and usually consists of one-to-one sessions. We enable people to identify their career interests, and then support them in pursuing them. This includes encouraging people to take positive risks in their lives and to overcome obstacles in order to achieve their goals. We run a weekly job club, which supports people with job search and application processes, and provides interview coaching. We recognise that a range of provision is needed and

therefore we also support people into learning opportunities, work placements and voluntary work according to their preferences.

Impressive record of achievement

During the year 2007 – 08, we sustained an impressive track record of effective project delivery against challenging targets while delivering a series of successful bids to secure funding for new work. We secured new project contracts and our team grew significantly in order to fulfil project-specific remits.

Thanks to the team's hard work, Stepladders and Action4Skills – two projects funded by the Learning and Skills Council – exceeded contractual targets in the provision of vocational support and guidance. The numbers

of clients who engaged in further education, gained qualifications or started work demonstrate the effectiveness of our support, and also show the determination of clients to overcome barriers and achieve their goals.

We also started a project to embed an employment and training specialist within a statutory community mental health team in Oxford, enabling intensive work-related support for patients of secondary mental health services and closer working with clinical colleagues. For the second year running, LEaP worked in partnership with Oxford Brookes and Coventry Universities to support their Occupational Therapist (OT) student placement programme.

Innovative pilot service

We established a new employment and training support service across North Oxfordshire, funded by Oxfordshire Primary Care Trust (PCT).* Our goal is to provide mental health employment and training support within GP surgeries across Oxfordshire. We work with GPs and their patients, with an emphasis on preventative interventions such as job retention or career change support for people experiencing work-related difficulties that are impacting on their mental health.

* The Oxfordshire PCT has funded the expansion of this service to the rest of the county as an extended one-year pilot.

Tariq's story

I'm in my thirties, live in Oxfordshire and have had a history of anxiety over many years. I was really suffering and was in and out of work, finding it difficult to keep a job. Then my psychiatric nurse suggested that I should try LEaP. At first I had a tour of the buildings and garden, and a discussion about what things I would be good at. I decided to go on a computer course just twice a week (2 hour sessions) and I found the tutor to be very understanding about mental health.

“ I now feel more confident and would jump at the chance of actually working... ”

After feeling better I decided to ask for volunteer work and luckily LEaP had space for a receptionist. This work gave me confidence as I greeted a lot of people and directed them to the right place. I now feel more confident and would jump at the chance of actually working and not being on benefits. I believe that the pills I am on are helping me but also the caring, understanding and professional attitude of Restore has helped and I feel more positive about the future.

Sue's story

I went to Restore while suffering from psychosis-induced depression. The supportive structure at The Beehive and LEaP meant I had a reason to get up in the morning, but staff & other clients put no pressure on me. LEaP gave me the encouragement I needed while job hunting – interview practice, CV writing skills, the staff were very patient and gave me lots of one-to-one support. I have now been in my new job for 3 months working with 16 – 18 year olds on an E2E [Entry to Employment] programme.

In 2007 – 08, LEaP worked with 369 people, providing 397 course places and 1,188 individual support sessions. We enabled 44 people to start work (paid or voluntary) and 115 clients gained vocational qualifications.



624

Number of people Restore worked with in 2007-2008.

Impact

We saw a significant increase in service use compared with the previous financial year. The majority of this growth occurred in one-to-one employment support services.

Restore worked with 624 people, providing 13,130 training days 1,859 individual support sessions, and 172 course places. We supported people onto 256 courses in mainstream settings and enabled 116 people to gain useful qualifications. We supported 90 people to start paid or voluntary work.

There was a 27 per cent increase in numbers of people using our services this year and a 66 per cent increase in individual support. We increased the number of people we support to start paid work by 74 per cent and the number of people supported to start voluntary work by 33 per cent. This is in the context of a total funding increase of just over 15 per cent.

Employment and Training

Action4Skills, one of our most successful Learning and Skills Council -funded projects, ended in 2007 – 2008. The project ran for 18 months and provided learning brokerage – supporting people into a variety of training and educational provision.

We worked alongside 224 people and supported 122 (more than half) into either further education or employment.

Outreach

In 2007 – 08, we ran employment support sessions from 13 GP surgeries (16 per cent of Oxfordshire's GP surgeries). We also provided individual information, advice, guidance and support sessions in 111 community settings.

We recently began to use an internationally validated quality of life scale to measure the impact of our services in order to evaluate how we were performing. In 2007 – 2008, 37 per cent of our clients showed significant improvement in their personal wellbeing. This figure conceals significant variation between services, which we are investigating. Early results indicate that clients' personal wellbeing improves the longer they work with Restore. We are committed to improving the ways we collate and assess outcomes.

13,130

Number of training days in 2007-2008.

1,859

Number of individual support sessions in 2007-2008.

172

Number of course places in 2007-2008.

Equality of access

In 2007 – 08, we continued to support more men (60 per cent) than women. LEaP, the service that depends least on referrals from community mental health teams, had a more even balance of male and female clients. Ten per cent more women used our service during the last financial year. We are exploring ways of addressing the gender disparity.

Our ethnic balance (rolling three-year average) compares favourably with census data but fares less well against the 2006 Oxfordshire inpatients data. We continue to work with local partners in developing access to our services for ethnic minorities.

The majority (55 per cent) of our clients are in the 30 – 49 age band. LEaP attracts a significantly younger group of people, with 46 per cent aged under 40.

Project summary, 2007 – 2008



Geoff's story

“The service helped me by giving me some structure to my week, gain confidence and learn some new skills in a supportive environment.”

I first came to learn of the Restore Charity through my CPN [community psychiatric nurse] when I was going through a difficult time. I decided to refer myself to the Restore service at Fleet Meadow, Didcot. The staff at Fleet Meadow were very welcoming and understanding. The service helped me by giving me some structure to my week, gain confidence and learn some new skills in a supportive environment. I was also encouraged to use Restore's LEaP service where I took a career planning as well as a confidence-building course. I have now returned to full time employment.



Planting at Fleet Meadow

Finances

Financial summary

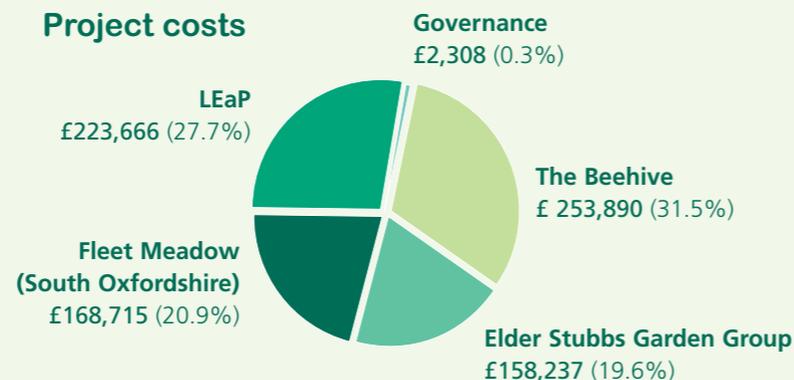
Total incoming resources increased significantly to £824,000, up from £727,000 in the previous year. Total resources expended were £810,000, up from £703,000 in the previous year.

Principal funding sources during the year were Oxfordshire Primary Care Trust, Oxfordshire County Council, and the Learning and Skills Council. Their generous support and input are vital to our continuing growth and success. The in-kind value of services provided by Oxfordshire Primary Care Trust, worth £65,000, has been recognised as both income and expenditure in these financial statements.

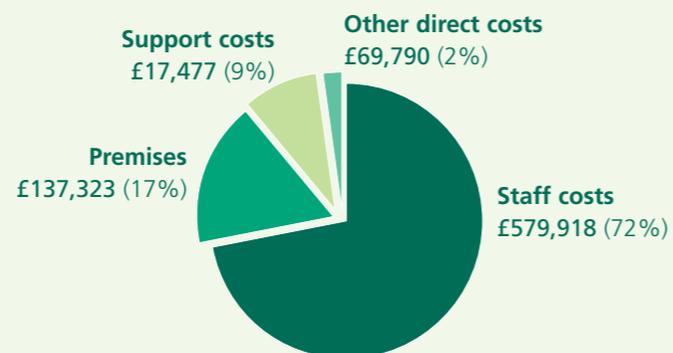
A combination of successful fundraising, prudent financial management and the timing of donations has created a surplus on the year's activity. After a small gain on Investment Assets, worth £3,000, a total surplus for the year of £17,000 (compared to £24,000 in the previous year) was transferred to reserves. We must continue to fundraise, seek full cost recovery when applying for grant funding and remain vigilant in the constant battle to prevent costs increasing.

How was the money spent?

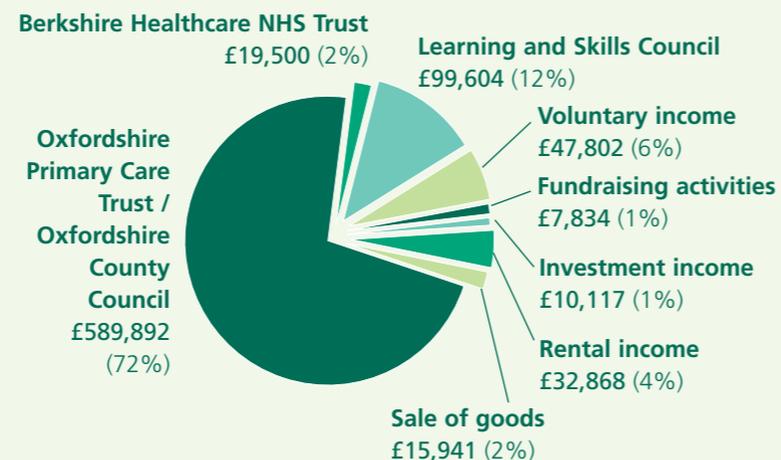
Project costs



Other costs



Where did the money come from?



Statement of financial activities for the year ended 31 March 2008

Our complete financial statements, upon which our auditors have given an unqualified opinion, is available at www.restore.org.uk. Alternatively, please contact us to request a copy.

	2008				2007
	Unrestricted £	Restricted £	Designated £	Total £	£
INCOMING RESOURCES					
Incoming resources from generated funds					
Voluntary income	8,402	39,400	–	47,802	50,669
Activities for generating funds	7,834	–	–	7,834	7,912
Investment income	10,117	–	–	10,117	7,154
Rental Income	32,868	–	–	32,868	16,234
Incoming resources from charitable activities					–
Grants receivable	708,995	–	–	708,995	630,106
Sale of goods	15,941	–	–	15,941	14,815
Total Incoming Resources	784,157	39,400	–	823,557	726,890
RESOURCES EXPENDED					
Costs of generating funds					
Costs of generating voluntary income	2,758	–	–	2,758	3,850
Charitable activities:					
Beehive	246,529	7,361	–	253,890	271,391
Elder Stubbs	131,444	26,793	–	158,237	161,540
South Oxfordshire	158,715	10,000	–	168,715	142,548
LEaP	200,631	23,035	–	223,666	121,940
	737,319	67,189	–	804,508	697,419
Governance costs	2,308	–	–	2,308	1,355
Total Resources Expended	742,385	67,189	–	809,574	702,624
NET INCOMING (OUTGOING) RESOURCES					
Gain on investment assets	2,959	–	–	2,959	264
NET MOVEMENT IN FUNDS					
	44,731	-27,789	–	16,942	24,530
FUNDS AT 1 APRIL 2007	141,851	316,423	95,000	553,274	528,744
FUNDS AT 31 MARCH 2008	186,582	288,634	95,000	570,216	553,274

Thank you

We would like to thank all our funders and supporters who make our work possible. Individual supporters or 'friends' of the organisation are too numerous to list here but are vital not only for their financial assistance, but also for their support in making our services part of the community.

Service users

The hard work, skills and commitment of our service users is what makes Restore a successful organisation. They are the most important part of the Restore team and we are grateful for the 65,000 hours of work they put in this year.

Volunteers

Restore is fortunate to benefit from the expertise and dedication of over 80 volunteers. They provided more than 2,500 hours of volunteer work. Our volunteers support us in a variety of ways, including working alongside people using our services on the therapeutic work rehabilitation projects, helping write funding applications, assisting with the Elder Stubbs Festival, the Beehive and Fleet Meadow open days, raising money, jumping out of aeroplanes and staffing reception at the Michael Young Building.

Our funders in 2007 – 2008:

Association of Public Health
Back Room Poets
Berkshire Healthcare NHS Trust
Bookbinders
Co-operative Wholesale Society
Elder Stubbs Charity
Fairacres Road Allotment Association
Learning and Skills Council
Oxford Christadelphia Ecclesia
Oxford City Council
Oxfordshire and Buckinghamshire
Mental Healthcare Trust
Oxfordshire County Council
Oxfordshire Primary Care Trust
Response
Somerset Partnership NHS and Social
Care Trust
St Michaels and All Saints Church
(Feoffees)
St Nicholas Church, Marston
The Civic Society
The Hubert Blake Charitable Trust

Trustees

Mike Alexander (Company Secretary)
Peter Agulnik
Marian Allsopp
Alison Blight (Chair)
Keith Blois
Mandy Coleman
Bob Minty
Liz Peretz (Vice-Chair)

Staff

Ainsley Aspery
Charlotte Attlee
Andrew Benfield
David Bingham
Keith Birnie
Roddy Chamberlain
Andrew Crawford
Robin Dace
Jed Dale
Joan Egner
Clare Ferguson
Peter Greenfield
Ian Grist
Olivier Guilliot
Victoria Haynes
Julia Hill
Jackie Hruby
Sue Hughes
Gemma Humphrey
Benedict Leigh
Roger Lewins
Susannah Lloyd-Shogbesan
Tara Lynch
Wendy Markham
Maggie Mellersh
Julia Molden
Esme Phillips
Mick Quinn
Daniel Rutland
Phoebe Shaft
Nick Smith
Aline Stanway
Jayne Thomas
Mary Turner
Elaine Ullett
Ruth Walker
Pat Wood

“Coming to Elder Stubbs is a step to getting back to work. It helps bring back my positivity. If I wasn't coming here, I'd still be locking myself away in my flat.”

