



restore
working for mental health

RESTORE

Annual Review
2019



A message from the CEO and Chair of Trustees

There are daily struggles within charities like Restore – coping with the challenges of finding sufficient resources to meet the needs of people whose lives have been blighted by mental ill-health, pouring over spreadsheets of figures that never quite add up in the way we want them to, endless meetings to discuss monitoring, evaluation, IT, whether we can afford a new boiler, the latest staffing crisis, the whims of Government decision-making that are completely out of our control...but we **CHOOSE** to be doing this! And that is because the rewards hugely outweigh any downsides.

Restore is an invigorating, rewarding, and creative environment that is truly a pleasure to be part of. It's all about the people. We are constantly rewarded by stories from the Members of our Recovery Groups, coaching clients and students in the Recovery College - hearing how Restore has helped them reach a much better place in their lives. As one member told us: *“You gave me purpose and meaning during a time when I had absolutely none”*. Now, if that isn't a great reason to come to work, we don't know what is!

This year has been very enjoyable. Through the work of our Recovery Groups, Coaching Team, Training Team and the Oxfordshire Recovery College, we have helped change the lives of over 2,000 people for the better. We've enjoyed some simply splendid events too - what could be more exciting than getting to meet a Hollywood Star like Jeremy Irons? Not only did he help us raise lots of money at our Auction of Promises in February, but he spent time in our groups, getting to know the value of the work we do. He has since agreed to become a Patron of Restore. What a true star he is!

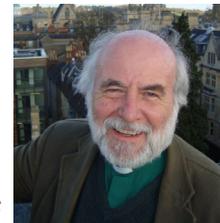
We were also overjoyed to be awarded the BRITA Green Award at the Oxfordshire Business Awards during the year and, as a part of the Oxfordshire Mental Health Partnership, to win a prestigious national NHS Award.

Plans going forward include going greener, as part of the One Planet Initiative. We are also keen to reach out into more diverse communities, and to explore ways we can interact with younger people on the cusp of adulthood. Watch this space!

We couldn't do any of this without you...our supporters, members, volunteers, staff, trustees...you're a very important part of the Restore picture. **Thank you for being you!**



Lesley
Lesley Dewhurst
Chief Executive



Bob
Robert Wilkes
Chair of Trustees

The Auction of Promises



The excitement was palpable in Maplethorpe Hall, St Hugh's College as 200 guests eagerly awaited the strike of Restore Patron Jeremy Irons' gavel to kick off a very special Auction of Promises on Thursday 28th February.

Guests tucked into canapés from Patron and celebrity chef Sophie Grigson, listened to live music from Massimo Nicolosi, and bid on 59 lots which were kindly donated by friends of Restore, all in the spirit of the evening. Amongst the lots were a week for two in Tuscany, a tour at Pinewood Studios, Big Feastival tickets, tickets to see England at Six Nations, and artwork from local artist Virginia Bushell.

The evening was a phenomenal success raising a phenomenal **£23,527** for Restore. With grateful thanks to Jeremy, Sophie, staff, volunteers, and donors, and to all of the generous guests who came along to share the evening with us.



"Restore is badly needed. We're lucky to have it in Oxfordshire. I'm so proud of all the people who make it possible. A great deed in a difficult world. Thank you for what you do."

Restore Patron & star of stage and screen Jeremy Irons





Fleet Meadow



3 of our Members started in paid employment, 59 began training, & 1 member began volunteering this year



The year has been an exciting one for Fleet Meadow with a steady flow of new referrals, and Members who have positively moved on to greater independence.

The Recovery Group concentrated on enhancing its recovery model, ensuring we delivered on our promise to open up new opportunities for Members' independence. A brave decision was made to stop our mini-bus provision to encourage our Members to develop new skills in accessing public transport, using their own power and social networks.

Fleet Meadow launched new ways to capture our Members' achievements, based on the five "Ways to Wellbeing". Reviews became more goal-focused to ensure Members were better placed to feel confident to move on.

We pushed ahead with innovative peer-support to enable Members to set up a social networking coffee morning at a local arts centre. A new partnership was formed with Sport in Mind providing free weekly table tennis badminton and yoga. Members were very excited by this, and there has been a big take up with positive impacts on their wellbeing. A self-esteem course attended by eight Members led to reported increases in confidence in starting to think about volunteering or work.

Our creative programme has flourished. Members' wood and pottery products have been sold at local events including Bunk Fest, Didcot Christmas Street Fair, as well as through our shop. We produced a Fleet Meadow Calendar, and one of our Members re-designed our logo. Some of our Members entered their artwork into an exhibition at the Cornerstone in Didcot, developing our relationship with the local community. We had a Family and Friends Garden Party for Members with games and a barbecue, and everyone enjoyed a trip to Winchester Christmas Fair.

The Project's horticultural activities have done well with above average harvests of vegetables and fruit being made available to the local community. The upkeep of the allotments has received a number of external plaudits and there are plans to open the Gardens to the public for Oxfordshire Art week. Members will exhibit their art in these green surroundings for the local community to enjoy. Additional funding was secured through the Oxford Mental Health Partnership (OMHP) to assist the Adult Mental Health Team (AMHT) with the transformation of the Ridgeway Garden.



The Orchard



It has been a great year at The Orchard. Although we have had some staff changes and said farewell to 31 Members, our 40 new Members have integrated very well to the Group. They have been involved with many different events, training programmes, and therapeutic work activities.

With thanks to Sanctuary Housing, and Banbury and Bicester College, Members participated in 13 courses, including; Creative Writing, First Aid, Tai Chi, Food Hygiene, Customer Service, and Music and Song-writing.

In all 76 Members attended. We hope that the song-writing course turns into a CD which will be on sale soon, so stay tuned!

Event highlights included World Book Day, when we were given 100 books to distribute to our Members. For the third year running, we joined in Oxfordshire Art weeks, displaying our art to the public; our summer event at The Orchard was excellent and raised £573; our loyal partners The Co-op did a sponsored walk for World Mental Health Day 2018 which was featured in the *Banbury Guardian*; and we held a community information event at Hanwell Fields Community Centre. Many of these events were featured in the local press, which is fantastic to help with awareness of Restore in Banbury and further afield.

The total raised through our events was an incredible £1,791.17 – thank you to everyone involved!

Volunteers are such an important part of our work, and in the year we welcomed five to The Orchard. Corporate volunteers from Lloyds Bank painted our main room and offices; Nicholson's Garden Centre commissioned over £600 worth of products, including bird houses and bat boxes; TSB Bank funded fish and chips for everyone as a Christmas lunch; Banbury and Bicester College provided tutors for all of our courses, and Sanctuary Housing gave us funding to cover course costs. Banbury Council commissioned us to produce the awards for the Volunteer of the Year ceremony. The Co-op made us their Charity of the Year and we've coordinated a number of events together to raise over £3,000 for Restore.

We received a number of valuable donations in the year, including almost £900 from The Co-op from sales of carrier bags, and £550 from St George's Church. In all, we received £5,839 from generous donors.



Nominated for Cherwell Business Awards,
Katie – Volunteer of the Year runner-up
Julie – Good Neighbour runner-up



The Beehive



The Beehive have had a very busy year. We worked closely with the volunteering team to secure two volunteers per day to effectively support our Members. We have encouraged corporate volunteers to participate in our activities to get a more realistic idea of what we offer. Members are always touched that “others think of them and wish to help them out”.

We have endeavoured to focus on items Members get fulfilment from making, and that encourage them to participate in activities. This focussed therapeutic approach has, in turn, improved the quality of our items. As a result of products sold in the Garden Café, we have taken commissions for furniture restoration, recycled pallet Christmas tree projects, and greetings cards.

A priority for us has been to re-landscape the garden to make the area accessible for Members with limited mobility. Both greenhouses were brought back to life and raised flower and nursery beds were installed for Members to tend to horticultural activities. We will use the raised beds to grow strawberries and raspberries, and as a winter nursery for our plug plants prior to planting them out the following spring.

One of this year's highlights was a commission to create wooden plates for the Auction of Promises for chef Sophie Grigson to serve some of her fantastic food. We also built a library for St Mary & St John's Church for members of the local community to enjoy. At Art weeks we displayed our Members' work; confirming their many talents, abilities and aspirations.

Volunteers Sue Brown and David Tyson were given Outstanding Service awards by the Lord Mayor in a ceremony at the Town Hall in Oxford. We are lucky to get so many great contributions from our volunteers. Many people from all ages and walks of life come to The Beehive to provide help and support to our Members.

We have welcomed 46 new Members. One of our Members moved on to a volunteering position at Fleet Meadow and continues to work on their recovery



The Garden Café

2018-19 for the Garden Café Recovery Group was a year of challenges, success and developments. We welcomed 13 new Members and said farewell to 10 Members. One Member successfully completed Restore's Transition Training to pursue volunteering within Restore. Meanwhile, others developed their skills in food preparation, cooking, and customer service through their work in the Café. Some Members attended Oxfordshire Recovery College courses which they found beneficial, and we all enjoyed a summer day trip to Burford Wildlife Park.

The Café raised funds for a new coffee machine, and were gifted a display refrigerator which became a salad bar. This enabled us to offer more affordable healthy lunch options, and increase our revenue as the salads are proving very popular. We were awarded 5 Stars on the door for another consecutive year. This emphasises the commitment and priority the Café holds in providing a safe and healthy environment for Members, staff, volunteers, and customers.

Our catering contract with Oxfordshire Cooperative Training Scheme continues and we provide lunch for their trainees. As well as buying fresh produce we continue to benefit from the Oxford Food Bank, thus reducing our costs which we can pass on to our customers. We were delighted to become a customer of SOFEA/Fareshare this year too; receiving 50kg of surplus food each week, which was destined to landfill, helping to reduce our carbon footprint and encourage creative cooking.

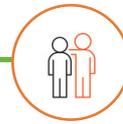
The Cowley Road Carnival sales raised £1,400 - a real encouragement for the team. We teamed up with The Beehive to host the first daytime Winter Fair. This was particularly successful for Members who sold their own produce; helping to build their self-esteem and confidence. Our events attracted members of the local community who otherwise might not have known about us, invaluable for our outreach.

The Café attracted the interest of a Parent/Carer and toddler group which was initiated by a member of the public. This has provided a supportive, safe and friendly space for families to meet and enjoy a social morning together. The Runners Group continue to meet here on a weekly basis and form a core group of friendly, social customers.



According to Trip Advisor the Garden Café is rated #18 out of 117 Oxford Cafes





Amazingly we had 8 in-patients engage with the Employment Coach this year



The closure of Carpenter's café in January presented initial significant challenges for our Littlemore Recovery Group, but the customer footfall settled down to a consistent and manageable level. We made operational changes to our shop and café, including new menu items and a 'grab and go' option, to better meet the needs of customers, and to provide a safe and supportive therapeutic service for our Members.

We made a series of service improvements to help us meet the needs of the patients on the Littlemore site, and to ensure our service is good value for money and achieves positive work outcomes. We adapted the process of monthly reviews with Members, whereby they are encouraged to create goals based on the Occupational Therapy Model of Creativity. We continue to improve and enhance our provision based on this model whilst balancing our service requirements from the Partnership, from whom we secured additional funding this year, complementing the work of the forensic service, and maintaining our Restore identity.

Members have begun a learning pack with prompts during each shift to reflect on goals they have set themselves, and how they might achieve them. These are based on our improved referral and assessment form which focusses on areas for development and goal-setting around work-related skills and improving coping strategies in a work-like environment. These reflect the Recovery Model, the Model of Creativity, and Vocational Rehabilitation.

New Members are encouraged to work through a four-week induction pack, after which they receive a certificate. We have begun trialling vocational training schemes for our shop, café, and kitchen, in the hope that we can develop training pathways that support the needs of all Members. One of our staff members has become a qualified Food Hygiene Trainer with the view to training Members and forensic patients prior to attending Restore.

We are open to flexibility with these initiatives, and are keen to work more closely with the forensic team to explore ways to work collaboratively. We are still keen to build up our referrals to help our improving service flourish. Part of this is providing a quality service to meet current needs of patients, including support to take on opportunities in the community confidently and without worry of judgement or stigmatisation. One of our Employment Coaches visits monthly to offer additional one-to-one support as Members look to build their confidence to move away from in-patient settings.



Elder Stubbs

In order to ensure that our Members, volunteers, and staff were engaged and able to productively contribute to the running of the Recovery Group we had an Ideas Day in February. We held discussions to plan for the coming year and looked at therapeutic work, production and sales, workshops, and outings. There were some excellent ideas proposed, some of which we have been able to put into practice.

Across our allotments we grow a select range of vegetables to sell to local gastro pubs and restaurants. This year's partners include; Flo's in the Park; Silvie; Tiddley Pommies, who have juiced our apples; Cultivate, who have bought and sold on our produce; and a number of others who have bought our flowers, veg and fruit when in season and are enthusiastic supporters of Restore. We have concentrated on vegetables that can be sold in fewer pickings. This year we successfully grew rainbow chard, candy striped beetroot, borlotti beans and 8-10 pumpkin varieties. We sold everything we grew. There are over 20 heritage apple varieties in the orchards, and we grow over 25 different kinds of flowers, including; hyacinths and tulips to start the sales off in early spring; followed by cornflowers and gladioli; then dahlias, chrysanthemums and sunflowers, plus many more annuals.

In addition to the usual planting, woodworking, and crafting, we have been trying to get out more as a group. This year Members have enjoyed outings to The Botanic Gardens, Magdalen College and Deer Park, Bridewell Organic Garden and Harcourt Arboretum.

We welcomed 2,500 people for the rainforest-themed Elder Stubbs Festival, and our Winter Warmer in December was a lovely occasion for us to showcase our produce, listen to live music and enjoy a bonfire.



40 Members
have moved
on from Elder
Stubbs, and we've
welcomed 38 new
Members



"At a time when I had no other social support Restore was a real lifeline and the only thing I left the house for other than work. It gave me the chance to be outside enjoying nature with people who were going through a similarly difficult time. I'm so pleased to say that things are so much better for me now. I'm getting married and starting a family, and working in surgery three days a week, which is going really well.

It feels strange to think back to a time when I felt I had nothing to live for and there was no hope of life getting better. Life isn't perfect and there's always a chance that I will find myself back there again, but for now, I have control over my life and there are more happy times than bad ones. That's definitely good enough for me."

From a former Member who left Elder Stubbs in 2019

The need for our services



In Oxfordshire the number of working age adults diagnosed with a mental health condition is rising above the national average.

Our founders recognised that a vital part of recovery from ill-health was taking steps into employment, being part of a community, and regaining a sense of purpose; empowering them to take control of their mental health.

We have grown organically over 41 years as the need for our services has increased, and now have six sites in the County, as well as our partners Root & Branch, and Bridewell. We are part of the Oxfordshire Mental Health Partnership, and host the Oxfordshire Recovery College. Our Recovery Groups are in some of the most disadvantaged areas in the county, where prevalence for mental ill-health is significantly higher.

We recognise that structure and purpose plays a vital part in recovery from mental ill-health. We provide this each year supporting around 844 Members to develop or learn new skills through therapeutic activities in our Recovery Groups; through training and employment coaching to support them to retain paid employment, and empower them to seek voluntary or paid roles, or go back to education. Restore is a safe and stable environment with professionals who understand and can support Members with their mental health.

Our ambitions don't stop there. We deliver Mental Health First Aid Training across the county and wider afield, as well as bespoke training to help Oxfordshire's employers. This helps all of us live and work in communities which embrace positive mental health as part of general wellbeing.

With your support we aspire to meet the needs of our communities.

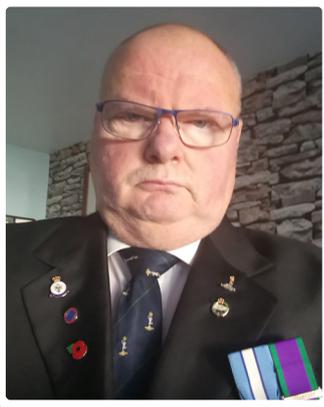


“The more the public are involved in Restore, the closer becomes the reality of true integration in a system of community care”

Dr Peter Agulnik, Co-Founder of Restore



Russel's story



Ex-serving military personnel deployed in a combat role were found to have higher rates of PTSD at 17.1%

My name is Russel and I am currently a member here at Restore. In England, 1 in 6 people report experiencing a common mental health problem (such as anxiety and depression) in any given week. I first started feeling low and struggling around 1999, years on and it regularly feels like I'm still stuck in that darkness.

Social media, TV and films romanticise the battles that people with mental health problems face, and feed the misconception that people hit a sudden turning point in their recovery and it's all uphill from there. Well that's wrong; at least it was for me. I reached breaking point after years of lying to those around me and becoming so isolated that I could barely leave my home.

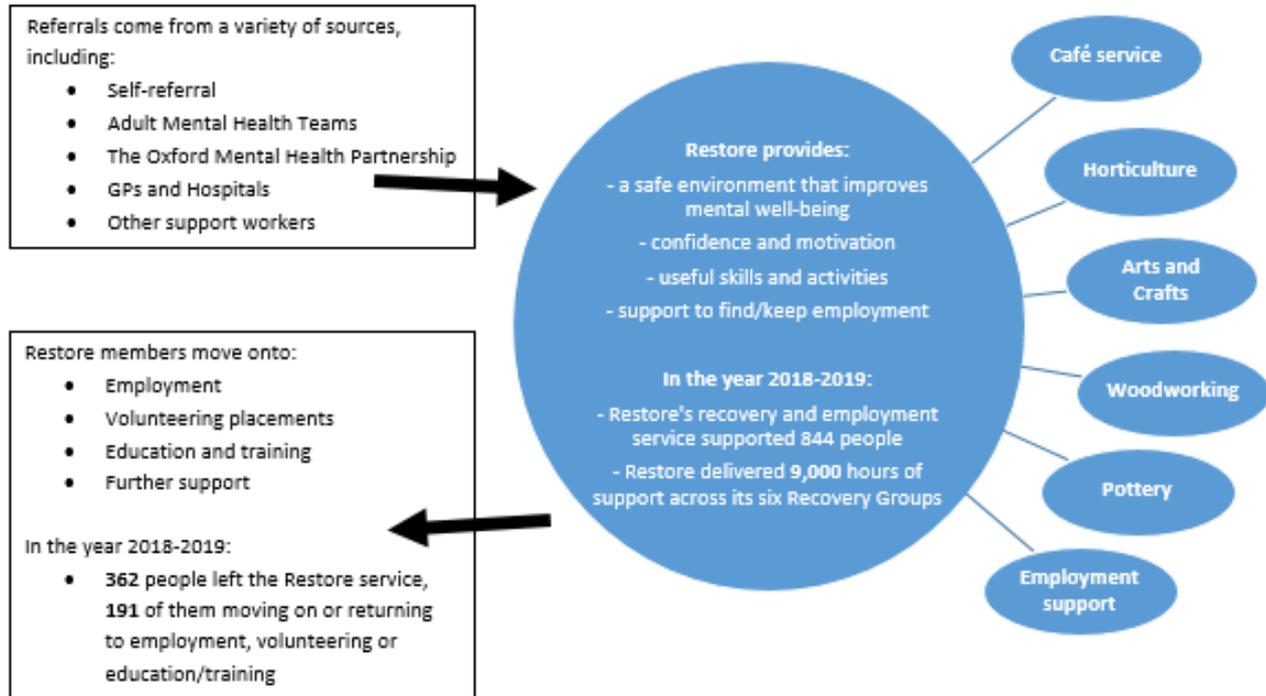
My background is in the Military and the Police. I served in the Falklands, and during the Troubles in Northern Ireland, and was then a police officer in London. 22 years of work took its toll. My diagnosis is complex, and I have more than one mental health disorder. This makes it difficult to get the correct access to the mental health system.

From the day I started at The Beehive in August 2018 my life has improved. Yes, there have been a few bumps in the road on the way and there will be further obstacles to cross in the future.

Restore have taught me that it is okay to not be okay, and that I am not alone. Restore have given me back my self-esteem and taught me to take little steps. I may never be rid of all my demons, but I now have greater control over them, thanks to techniques I have learned from attending Restore.

To end on a positive note, I am now taking steps through the Recovery College to become a Tutor by experience and eventually I would like to be an advocate for men's mental health including working with ex-forces and anyone with PTSD.

The journey through Restore's Recovery Groups



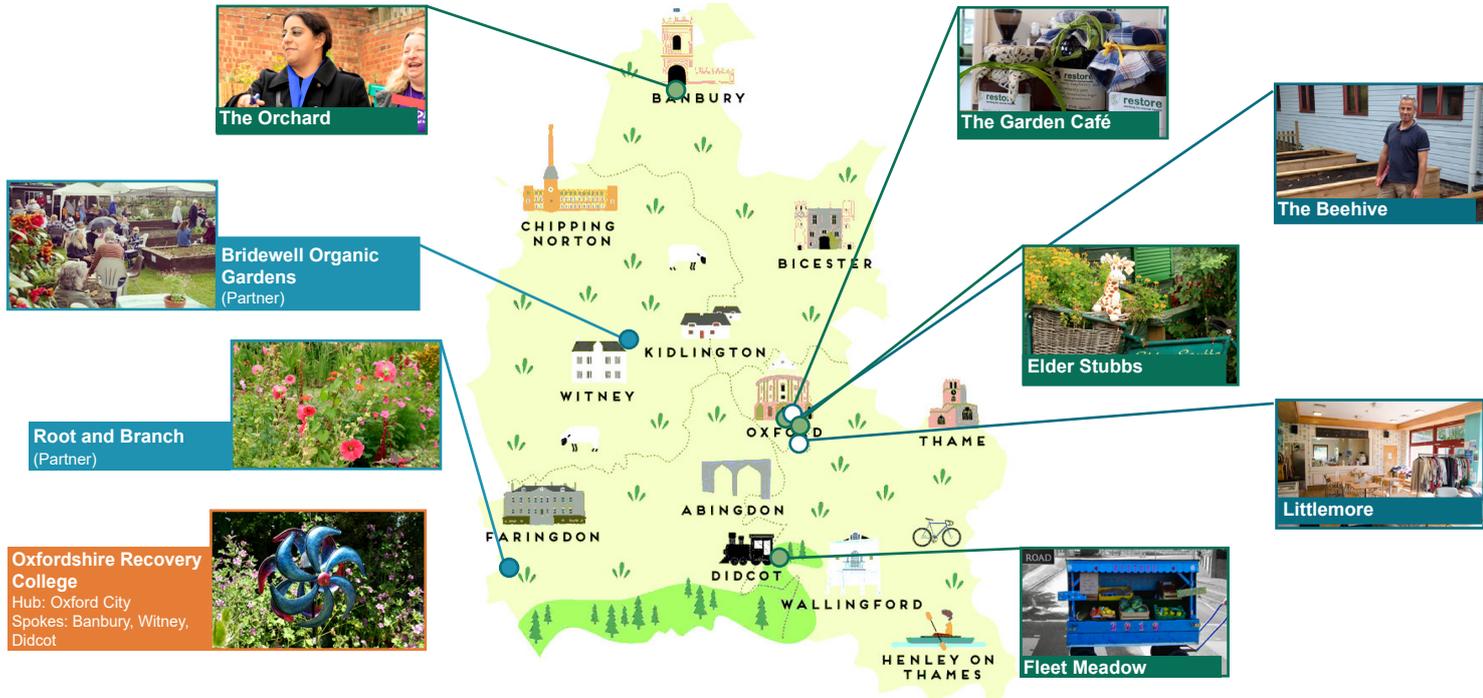
Number of Members in 2018-2019: 844

Number of people who left the service during this time: 362

Of which entered employment, volunteering and training or education: 107

A further 70 Members were already in paid employment upon coming to Restore

Our Services: Where you can find us



Restore has six Recovery Groups across Oxfordshire. The Recovery Groups, together with our sub-contractors Root and Branch, and Bridewell Organic Gardens, offer a unique therapeutic work environment that is supportive, creative, purposeful and fun. They provide opportunities to socialise and learn new skills in horticulture, printing, cooking, marketing, woodworking and other crafts.

The Oxfordshire Recovery College has offices at Elder Stubbs and delivers courses at the Straw Bale on Manzil Way, there are also spokes in Banbury, Witney, and Didcot

Coaching



This year we helped
61 Members into employment
50 into training or volunteering

Restore exists to support people to take control of their recovery, be involved with their community, and to find purpose. For many people with mental ill-health finding or maintaining employment can be an overwhelming thought. All Members of Restore are encouraged to work with the Coaching Team once they feel ready to think about leaving the service. Personal coaching is tailored to each individual and is considerate of their experience and their mental health journey.

An initial coaching session is used to help people to think about and define a clear goal for themselves and to begin to look at how this could be achieved. We explore what barriers get in that person's way and what resources they can call on to overcome these - their skills, networks, previous experience etc.

The kind of questions we ask are usually open ones which invite exploration - How, what, who, where and when questions - Why is avoided as it can provoke resistance and anxiety. We ask that Members attend regularly, commit to taking action (which they plan during sessions with their Coach) and then reflect on their successes and difficulties in order to apply this learning to future activity. Coaching is an action model, not just a place to talk.

We can provide information and support clients to create CVs, job search, understand job adverts and how to apply, write good cover letters, and prepare for interviews. We do give tips and suggestions but we never tell anyone what to do - the decisions are theirs. We also signpost to other services if people want to acquire particular skills or experiences (such as literacy and numeracy needs).

Once a Member commences work or volunteering we can continue to support them whilst they settle in, get in to the work routine e.g. Well-being at Work, including creating a Well-Being Action Plan. We also provide Job Retention coaching which is to support people who have run into difficulties at work and need support to negotiate their way through this. We work with the client and the employer in most of these cases, unless the client expressly asks us not to.

Finally, we are increasing our Employer Engagement, both in job searching and in work support, in order to promote jobs. However, we never say that we will 'find' a job for our clients - we support people to find one themselves.

As well as our Coaching Services we have Employment Advisors embedded in our Adult Mental Health Teams and operate an advice and information service to the OMHP in-patient wards on a weekly basis, called the Opportunities Project, which is currently unfunded.



Oxfordshire Recovery College

Restore is the lead partner for the Oxfordshire Recovery College which offers an educational approach to recovery from mental ill-health through courses on a range of subjects from understanding diagnoses, to ways people have approached recovery. Courses are open to Members, friends, family and carers, as well as mental health professionals.

Since our inception in 2015 the Oxfordshire Recovery College has reached over 1,400 students. In the past year we enrolled 224 new students, and 529 students were actively attending courses with us. This is an impressive increase of about 25% more active students than in 17/18.

This year, in addition to welcoming our new Head, Stephanie Byrne, we delivered almost 200 courses, corresponding to well over 1,000 student interactions. We currently have 22 different courses available. Over the year 18/19 we created and introduced seven new courses including popular courses on Understanding Eating Disorders and Understanding Anxiety, and our first three-part course in Creative Writing. We deliver courses regularly in Oxford, Didcot, Banbury and Witney. We also have a Forensic Spoke offering our courses to students at the Oxford Clinic in Littlemore.

We are proud that over 90% of our student's report being generally happy and find courses are helpful. Students have individual learning plans created with our Welfare Tutors, in order that we can meet individual needs, and monitor whether our courses impact on wellbeing. Since July 2018 three sets of interns from the University of Oxford have conducted analysis on our anonymised data, their data analysis reports showed that our courses increase students' sense of wellbeing, and our students feel better about themselves and more interested in others.

42 new Tutors trained with us, many of whom started their journey as students. 27 new tutors have gone on to design or deliver courses. Many of our tutors are volunteers (in addition to the ten paid roles we can offer). We have a fantastic pool of volunteers – as well as Tutors, we have volunteers who work with the Core Team in the office, represent us at events, deliver prospectuses and support us interviewing new staff and making decisions at every level.

We are now delivering our courses from the Straw Bale at Manzil Way, and have moved our offices to Elder Stubbs. Students and volunteers painted a beautiful mural in the space to complement the green setting of the allotments there.



www.oxfordshirerecoverycollege.org.uk

WE ARE BETTER
TOGETHER
The Oxfordshire Mental Health Partnership

W's story - Recovery College

W finished with the Complex Needs service 6 years ago and is currently unemployed. W struggles with her own mental health, but is working towards recovery and attends various groups at Mind and Restore, as well as the Oxfordshire Recovery College. W has attended a number of courses at Oxfordshire Recovery College, having been recommended to the College by a friend in January 2019.

When asked about what she enjoyed most about the course, W explained that she really liked the structure of Introduction to Personality Disorders, in that it did not simply approach the subject from a medical perspective; *“it was refreshing to talk about, and realise things about my diagnosis that aren't always medically approached”*. She found the courses at the Recovery College really helpful, due to the safe, relaxed and structured environment and found it *“extremely helpful to be around like-minded people.”*

W described the Introduction to Recovery course as a game-changer. She said that she came away with a different perspective of her diagnosis, *“I learnt how to work with my diagnosis and my own mind, rather than against it...I did not feel I had to disguise it and feel ashamed”*. She said that she was able to take her understanding of her own diagnosis to the next level.

When asked how she intended to use any new skills that she had learnt, W explained that the Recovery College helped her find something that she could *“work towards... finding out for myself what works for me, I came away with a lot of food for thought. It's surprising how quickly courses can make you look at things from a different, positive perspective.”*

When asked about the Tutors and the support that they provided, W said she enjoyed *“engaging with people who get it... some of the small things that Tutors have said to me have helped me to twist things from a negative into a positive. [Tutors have] helped me to feel relaxed on courses, and created a structured and welcoming environment where I can share experiences and ideas, without feeling judged. I feel valued, it is really nice to feel a part of something.”*



“I've learnt how to work with my diagnosis and my own mind”

Mental Health First Aid & Training

Sickness days associated with mental ill-health cost the UK economy £1.4 billion annually. More companies are prioritising employee health in an effort to lower the number of days lost to mental ill-health. As a society there's much we can do to alleviate the impact of mental ill-health, not least by educating ourselves.

At Restore we understand that early intervention is critical to prevent people with mental ill-health from requiring intensive treatments. We offer a range of bespoke courses, including our accredited Mental Health First Aid (MHFA) training, Working with Mental Health training, and Awareness training, all of which cover a range of mental health conditions and give you practical advice on how best to help someone in a crisis.

Through these courses you will increase your knowledge and confidence in identifying early signs of mental ill-health, learn skills necessary to support others, and find out how to signpost people to relevant professional help.

We regularly deliver courses to individuals and businesses around the country. Training can be tailored for your organisation based on your structure, location, and individual needs. If you'd like your Managers to better understand how to support their teams, to promote inclusivity by having many employees undertake a course, or want to improve productivity within your workplace, get in touch to discuss mental health training options: mhfatrainers@restore.org.uk

“Excellent course that has given me a much better understanding of mental health issues and how they affect people in the workplace”

“I can honestly say in my 30 years' service this has been the best training I have had, everyone needs to do this”



In the last twelve months 52 different organisations attended MHFA Training delivered by Restore.

Our MHFA Trainers delivered training to 857 people in 2018/19, including 404 individuals who gained the 2-day MHFA certificate.

Support your community by training with Restore:
www.restore.org.uk/training/

Volunteer with us



Volunteering is integral to the work of Restore. We could not achieve what we do without them. Successful volunteering is a two-way process. Not only does Restore benefit from volunteers, so do those who generously give their time to us. Participating volunteers can gain new skills, knowledge and experiences.

Diversity, difference, choice, and volunteerism are positive values that we celebrate. It is for this reason that valuing volunteers is at the core of how we operate at Restore. We are here to provide a service for the people of Oxfordshire who are experiencing mental health problems.

We offer excellent training and development opportunities, relevant work experience for those wanting to enter the Health and Social Care Sector, references and appropriate and effective support.

A total of 150 volunteers averaged 86 working hours last year. We welcomed 60 new volunteers to Restore, as well as numerous Corporate volunteers who helped us to prepare for events, to repair and paint rooms across all six sites, and with gardening in all weathers. In fact, four of our volunteers enjoyed working here so much they became staff!

Angus Davidge
won
Volunteer of the Year
at the
Oxfordshire
Charity and Volunteer
Awards 2018



"I really appreciate how Restore's values feed through to how Members and volunteers are treated. It feels like an egalitarian culture."

"There's a great sense of community with Restore that is lovely to be part of!"

From our Volunteer Satisfaction survey:

97% of volunteers feel they are contributing to Restore's aims and values

94% feel a sense of achievement and satisfaction

94% would recommend volunteering at Restore



Feel inspired? Find out how you can become a Restore Volunteer: volunteer@restore.org.uk



Sam's story



My name is Sam and I am a volunteer at Restore.

I learned about Restore a few years ago. I was volunteering at Turning Point on Rectory Road and was helping to clear up at the Icolyne Smith Soup Kitchen at the Asian Cultural Centre, on my way home I spotted the offices at Manzil Way. It occurred to me – since there were no vacancies in Administration at Turning Point – that I should venture inside to find out more about Restore, and see if they had any volunteering opportunities.

As well as helping at different events throughout the year I volunteer one day each week as a Receptionist and Administrator in Support Services. Through the job I'm able to network with other agencies, learn bookkeeping and Sage, and to fulfil my aim to benefit other individuals or groups in the local community, passing things forward as I too have been supported in the past.

I enjoy everything about Restore! The teamwork, learning new skills, improving my self-esteem, seeing how much trust people have in each other, passing kindness and knowledge on, making new friendships, and contributing to my CV. My unseen disability does not define me, my hard work does!

If someone is thinking about volunteering at Restore my advice is simply to DO IT! Use your life's experiences wisely, no matter what your background is you will be able to help our local community, pass on your knowledge, wisdom and skills, and help Members.

Volunteering at Restore has been the best life decision I have made. I love empowering others, showing kindness to them, working hard to help make a positive and lasting difference, and having such lovely workmates.

**12,900 hours
were given by
volunteers in
2018/19**

Money matters



We are enormously grateful to our supporters, this ensures that we can continue to help our Members on their recovery from mental ill-health and regain their sense of purpose.

We were delighted to be the Charity Partners for Boswells'; Diamond Light Source; Rotary Club of Oxford Isis; Oxford Clinical Neurosciences Group, John Radcliffe Hospital; Mid-Counties Co-operative, Banbury; Oxford University Research Services; and Friars Court.

We ran, cycled, danced, and crafted through a number of events, helping to raise **£240,620** in 2018/19.

- In July we took part in *The People's Fair at Florence Park*
- We attended an *International Women's Day event at the Asian Cultural Centre*
- The *Elder Stubbs Festival* raised £9,500
- The *Co-op Group stores at Didcot and Benson* raised an incredible £4,312
- *Eid Festival in August 2018*
- We spoke about *Men and Mental Health* at the *University of Oxford*
- *Cowley Road Carnival* raised a wonderful £2,500
- We shared the *OMHP stall at Pride*, and hosted our own *Pride event in the garden at Manzil Way*
- *Drayton Park Golf Day* raised an impressive £5,000
- *East Oxford Health Centre tenants* donated over £280 raised at their *NHS 70th birthday event*
- The *Moonrakers' Concert* on 9 February 2019 brought in £1,060
- *Laurapalooza Music Festival* raised around £2,700





www.restore.org.uk/fundraising

2018-2019
• Total incoming resources £1,764,412 (2017-18: £1,613,919)
• Outgoing expenditure £1,578,476 (2017-18: £1,542,985)
• Net movement in funds for the year £185,936
• Surplus on unrestricted funds for the year £67,357 after transfers of £130,000 to designated funds

About us

Established as a charity in 1977, Restore supports people with mental ill-health across six Recovery Groups, two partners, Mental Health First Aid Training, and a Recovery College.

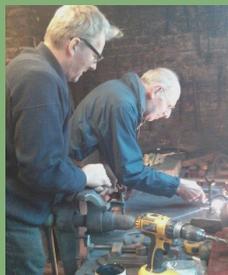
Our work is based around five key values:

- **Empowerment**
- **Recovery**
- **Respect**
- **Support**
- **Hope**

These values and our members are at the heart of everything we do.

We provide a friendly and welcoming space for members to take control of their recovery, develop skills, and lead lives they find meaningful.

Through our groups, training, and employment coaching, we deliver real change in people's lives, and every day we see another affirmation of our firm belief that given the right opportunities and the right support, lives can be changed for the better.



Trustees in 2018/19

President & Co-Founder

Peter Agulnik

Chair

Rev. Robert Wilkes

Vice-Chair

Sam Mostyn

Trisha Andrew

Godfrey Cole

Stuart Haigh

Mary Robertson

David Thurston

Akiko Watinabe

Louise Wheeler

Patrons

Mel Giedroyc

Sophie Grigson

Jeremy Irons

Emily Maguire

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WE ARE BETTER

TOGETHER

The Oxfordshire Mental Health Partnership

Charity No: 274222

Company No: 1324318

VAT No: 410832979

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