



restore
working for mental health



Supporting individuals to live with increased freedom from the constraints of mental ill health, through therapeutic activity, coaching and learning.

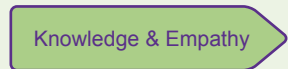
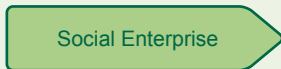
restore.org.uk

About Restore

Supporting mental health recovery through:



Community connections built with:



Restore helps individuals to develop new skills, build confidence and connect with others in the community. Restore supports people to recover and 'holds' them should they dip.

Adults commit to group activities through which connections are built with other members and the community. Coaching and training work in tandem.

Restore saves lives and works to increase sustainable recovery and decrease risk of relapse, saving significant NHS and community resources.

Restore improves knowledge of and empathy towards mental ill health across communities and workplaces, through training, outreach and volunteering.

The last year can be summed up in three words: **Renewal, Change, Innovation.**

Renewal: Work that had been put to one side due to the pandemic has been picked up, dusted off and given a new lease of life.

Recovery groups have developed different ways of interacting with their communities, helping members to find ways of giving back and envisioning a life beyond their time at

Restore. Some projects that had been put to one side have been completed and new ones have been started.



Change: As the world unlocked, so people moved on from Restore.

Members who had previously felt stuck were supported to move into employment, volunteering or connecting with the world outside of Restore. New staff have helped us look at systems and structures differently, with an opportunity to do some physical and mental spring cleaning. New members and students have been welcomed and more are coming through our doors.

Innovation: Our new digital recovery group - Compass - is now up and running, helping us to support people who face physical, mental or logistical barriers to joining in-person recovery groups. We are also proud of a suite of new courses produced by the Oxfordshire Recovery College and a host of new projects developed by our recovery groups.

There are far too many individuals and organisations to thank personally, but we would like to pay tribute to Robert Wilkes who has finally left Restore as a Trustee after passing the baton as the Chair of Trustees to Sam last year. The contribution he has made to Restore has been enormous. We would also like to pay tribute to our staff, supporters, volunteers, members, students and our partners in the Oxfordshire Mental Health Partnership.

With very best wishes,

Lesley Dewhurst (CEO) and Sam Mostyn (Chair of Trustees)

Activity



Therapeutic groups,
developing skills and
confidence.

Recovery Through Activity

Developing skills, confidence and resilience through meaningful activities. Supporting those experiencing severe mental ill health to identify tools to enable recovery and prevent relapse. Restore's seven recovery groups are located in Oxford, Littlemore, Banbury and Didcot, as well as online.

The Orchard, Banbury

Offering members cooking, woodworking, arts and crafts. This year saw decoration & redesign; 8 week course for budget healthy cooking; pop-up shop in Shopping Centre; and runner-up in Cherwell Business Awards.



Littlemore, Oxford

Based at Littlemore Mental Health Centre enabling socialising and building catering and customer-facing skills in a shop and cafe. This year the team started growing produce, home composting, even turning the cafe into a mini greenhouse during a heatwave.



Fleet Meadow, Didcot

Members learn skills in horticulture, woodworking and crafts at two-acre site with orchard and vegetable beds. This year saw visits to other local charities, encouraging volunteering and community participation. Giving, not receiving.



6,200
recovery session
attendances

Compass, Online

A co-produced new virtual recovery group for people facing physical, mental or logistical barriers to joining in-person recovery groups.



Garden Cafe, Oxford

Members help to run ethical café, serving the public and developing skills in hospitality, catering and retail. This year saw development of many new recipes and products, more great reviews and inspiring visits to other local enterprises.



The Beehive, Oxford

Specialising in horticulture, woodwork and crafts. This year saw the Power of Paint art project with a public exhibition to showcase work. Local community links grew with the landscaping of a local GP surgery garden.



Elder Stubbs, Oxford

Flowers, vegetables, an orchard and woodland enables members to develop skills in horticulture, cooking and crafts, with produce sold to local businesses. This year saw a new polytunnel and the Elder Stubbs Fayre returned delighting the local community.



92%

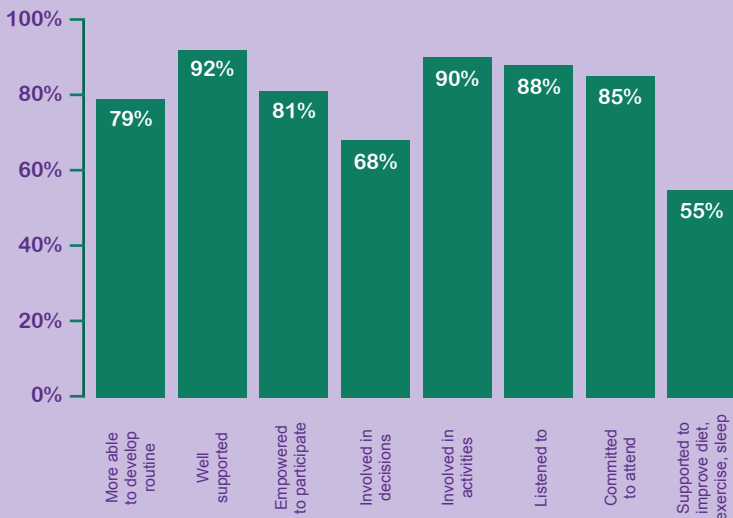
of members said
they felt well
supported

Thame

Henley on
Thames

Member Evaluation

% of Individuals in Recovery & Coaching
who 'Agree' or 'Strongly Agree'



“To a very large extent, Restore has given me purpose, helping me to see there is a reason for going on, for continuing the struggle. Forcing me to face and overcome fears... it is a safe place where I am valued and wanted.”

Member, Recovery Group

“...Restore staff are helpful in so many positive ways. Suffering from anxiety and the negative effects of my illness, I have been taught to take one step at a time. I feel I am managing my illness by taking on working tasks I would not have dreamt of – things that were out of my comfort zone”

Member, Recovery Group

“Every day in a recovery group there will be someone who will need to talk to staff about self harm, suicidal thoughts, sexual abuse or domestic abuse”

Recovery Coordinator, Restore

“Sometimes it’s difficult to get out of bed because of low mood. But I remind myself of the bigger goal I want to achieve and it helps me to honour my commitment to Restore... I find it therapeutic, and it gives me a sense of worth knowing that I’m contributing my skills to the community.”

Member, Recovery Group

“At Restore I have found support and encouragement. They have made me feel that I do have a value in life. The companionship and contact with others has helped ease the loneliness inherent in suffering from depression and anxiety. The guidance...has been invaluable. Without it, I would be in a much darker place...”

Member, Recovery Group

“Just getting to Restore was an enormous challenge. I was scared to leave the house. Outside is terrifying. I was shaking so much that first day. I could not stop crying. As I crept into the building someone was at my side immediately. They sat me down and got me a cup of tea. It took me a long time before I could stop shaking enough to drink the tea – in fact they made a second as the first went cold. But I was safe.”

Member, Recovery Group

“After leaving work, I felt that I would never be able to work again but now I’m working part-time. It took me a while to find my niche, but I was able to try lots of different things and everyone was so understanding, friendly and helpful.”

Member, Recovery Group

“Restore has its own unique way to help people with mental health issues on their own recovery journey. Most of the time you don’t even notice your recovery happening. Spending time in a safe environment and having a structured day is the key opening the door to a new future.”

Member, Recovery Group

Coaching



Support towards
work, volunteering
and study.

Coaching Toward Employment

Working with people to identify potential future employment, training and volunteering. Support individuals' progress towards their goals in both a tailored and practical way.

Coaching works both together and independently with therapeutic recovery group activities. Tailored for each individual, it includes practical preparation such as creating a CV and creating a bespoke wellbeing plan for the future.

400 individuals a year receive coaching from specialists who support them.

29% of members who receive coaching are supported into employment and a further 40% into volunteering or further training.

29%

of coached
members supported
into employment



40%

supported into
volunteering or
further training

In the last year, Restore has increased coaching team capacity - in particular Individual Placement & Support - allowing the support of more individuals experiencing severe mental health conditions into employment.

Also, at Warneford and Littlemore Hospitals weekly visits have recommenced to four acute in-patient wards with the restart of The Opportunities Project, offering patients information and guidance on a plethora of local services available post-discharge.

Learning



Courses and training for individuals, businesses and the community.

Learning: for Members,

Restore is an expert provider of training and courses at Oxfordshire Recovery College, for individuals, community groups, and wo

**Oxfordshire
Recovery
College**

Oxfordshire Recovery College

Expert provider of education to support recovery.
Free tailored courses for the whole community to learn about and manage mental health.
Co-designed and co-delivered by “experts by experience” and “experts by training”.

New this year:

- **Eight new courses:**
 - Men, Mental Health and Society
 - Gender, Sexuality and Mental Health
 - Relationships and Mental Health
 - Eat Well, Be Active, Stay Motivated
 - Wellbeing at Work
 - Thinking About A New Role
 - Food Memoir Writing
 - Let's Talk Loneliness.
- **Student Common Rooms:** twice a term, responding to student requests for informal space to share feedback and ideas for resilience.
- **Outreach** meetings introducing services to local organisations including:
 - Oxford Gatehouse
 - Aspire
 - Active Oxfordshire
 - Sport in Mind
 - Oxfordshire Learning Network
 - Adult Mental Health Teams
- **Warneford Hospital:** new three-part course designed and delivered for inpatients.
- **Bullingdon Prison:** wellbeing course delivered for over 150 prison staff.
- **The Library of Life:** video stories on overcoming difficult situations and journeys towards recovery. Coproduced with Forensic Recovery College.
- **Under 25s:** workshops co-delivered at Oxfordshire Youth in Mind conference with over 500 delegates, with Oxfordshire Youth's Mental Health Ambassadors. Work at Wykham Park Academy in Banbury with 60 Year 12s for their Aspirations Employability Diploma.

2,000
course
attendances

Business & Community

and education. Supporting recovery through
Improving knowledge of mental health for
workplaces through professional training.

Training for Workplaces

Mental Health First Aid training,
including professional accreditation,
hosted at Restore, online or at third
party locations such as offices.

This year Restore continues to promote the understanding of mental health and wellbeing, to reduce stigma and provide practical tools to support mental health in the workplace.

MHFA training is accredited by Mental Health First Aid England and the MHFA global community has trained over a million people in 26 countries. Restore are expert providers in Oxfordshire and have trained 1,000 people in the last year.

Please see below for the examples of training available:

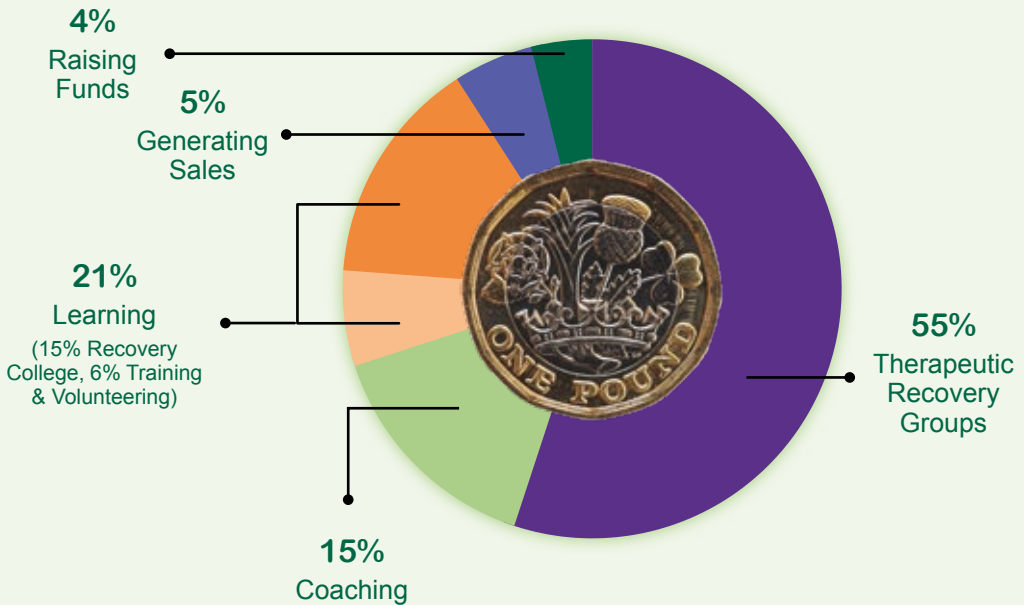
| | |
|---------------------------------------|-----------------------------|
| Bespoke Training | 3 hours |
| Mental Health Awareness | 3 hours |
| Mental Health First Aid (MHFA) | 2 days / 4 half days |
| MHFA Refresher | 4 hours |
| MHFA One Day Champion | 1 day |
| MHFA Half Day Aware | Half day |



1,000
individuals
trained last
year

How Restore invests

Did you know:
Of every £1 spent, 91p goes towards
services that support better mental health
(+ 9p is spent to generate the next £1)



Financial Report, year ending 2022

| | FY 2022 | FY 2021 |
|-------------------------|------------|------------|
| Income | £1,956,843 | £2,019,329 |
| Expenditure | £1,915,255 | £1,763,016 |
| Loss on investments | £4,662 | £3,794 |
| Net movements of funds | £36,926 | £252,519 |
| Unrestricted free funds | £590,690 | £554,284 |
| Reserves | £1,305,649 | £1,269,011 |

Note on reserves: at appropriate level to cover normal running costs for 7.5 months

Restore benefits thousands of people each year, directly and indirectly. 6,200 attendances at recovery group sessions with 490 individuals benefiting. 400 individuals received coaching from specialists. Over 2,000 course attendees at Oxfordshire Recovery College. More than 1,000 Mental Health First Aiders trained.

Members report (79%) that the activity has made them more able to develop routine. 29% of coachees are supported into employment, a further 40% into volunteering or further training.

| Activity | |
|---------------|--|
| 490 | People in recovery groups per year |
| 6,200 | Individual recovery support sessions a year |
| 79% | Members felt more able to develop a routine |
| 92% | Members said they were well-supported |
| Coaching | |
| 400 | People are coached each year |
| 29% | Coachees supported into employment |
| 40% | Coachees supported into volunteering or further training |
| Learning | |
| 3,000 | Course attendees in total |
| 285 | Courses delivered at Oxfordshire Recovery College |
| 2,000 | Attendees of Oxfordshire Recovery College courses per year |
| 1,000 | Mental Health First Aiders professionally trained |
| Community | |
| 58 | People actively volunteering |
| 7,680 | Hours of volunteering |
| 40,000 | Online engagements signposting information and support |

Thank You

Together, with help from its supporters, Restore makes a big impact, with minimal overheads and a small team of specialist staff.

Donors, Fundraisers and Volunteers, who are individuals, corporates, community groups, trusts and foundations, make it possible.

Thanks also to Patrons: Jeremy Irons, Sophie Grigson and Emily Maguire; the Oxfordshire Mental Health Partnership; partners at Bridewell Organic Gardens and Root & Branch.



Recovery Groups & Coaching

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Training, Mental Health First Aid

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Courses, Oxfordshire Recovery College

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Volunteering

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Fundraising, Events & Corporate

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