

Annual Review



**restore**  
working for mental health



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

[restore.org.uk](http://restore.org.uk)

# ABOUT RESTORE

## Supporting mental health recovery through:



## Community connections built with:



## Restore supports adults experiencing mental ill health to gain skills, build confidence and develop connections with others.

Therapeutic recovery groups and coaching helps members to move towards their own recovery goals, such as employment, volunteering or training.

Restore also delivers professional workplace mental health training, and is home to Oxfordshire Recovery College, providing free courses to the community.

# NEW BEGINNINGS: REFLECTION, COLLABORATION AND GROWTH

Restore had a bittersweet year – saying a fond farewell to Lesley Dewhurst on her retirement half-way through the year and then welcoming our new CEO, Libby Peppiatt.



Sam Mostyn



Libby Peppiatt

New beginnings often bring with them a period of observation and **reflection**. Like other mental health services across the county, over the past year we have continued to see the impact of the pandemic play out in increased mental health need in our communities and also in complexity of need, including physical health problems. To respond to this, we've needed to reflect on our provision and think creatively about ways to flex and adapt our therapeutic activities to be inclusive and manageable for everyone.

We've also had a laser-focus on **collaboration**. Restore has continued to exercise its valuable position within the Oxfordshire Mental Health Partnership. We've continued to work collaboratively as a group whilst the new health and social care architecture embeds itself, prioritising discussions around how we as partners might better share expertise, skills and experience, and how we might better collaborate to deliver person-centred care for communities across Oxfordshire.

This all links to our future desire to ensure Restore has a strong voice when decisions are made about ways to improve mental health outcomes - from balancing clinical and social models of support, to reducing health inequalities and focussing on the well-being, development and satisfaction of our staff teams.

Of course, collaboration comes in many forms and we've continued to work well with corporate supporters. This year we were delighted to be announced as the Dorchester Festival's charity partner for 2024.

And lastly, **growth** has and will continue to be a core focus for many of our activities, from flexing our service offering to better meet changing needs, to significantly growing our training delivery, supporting the mental health literacy of workplaces and communities, raising the voice of lived experience, and helping to break down the stigma about mental health. Keep watching this space.

None of this would be achievable without the tireless energy, dedication and expertise of those working in and around our projects. Thank you so much to our wonderful staff and volunteers, who together make Restore what it is - a friendly and supportive environment that helps so many people towards recovery and better mental health.

Libby Peppiatt (CEO) and Sam Mostyn (Chair of Trustees)



# THERAPEUTIC RECOVERY GROUPS

Across Oxfordshire and online, Restore welcomes adults experiencing mental ill health. Recovery groups offer structured programmes where individuals can gain skills, build confidence and develop connections with others. Activities include crafts, cooking, gardening, woodwork and hospitality.



## The Orchard, Banbury

Move-on rates increased in the last year. Members have been involved in a working farm, a local flowerpot treasure hunt, a healthy eating and budgeting initiative with Sanctuary Housing, plus woodwork, cooking and crafts.



## Littlemore, Oxford

Members at Littlemore Mental Health Centre have developed skills and confidence, running a shop, learning cookery skills and taking part in a winter gathering event for hospital patients and staff.



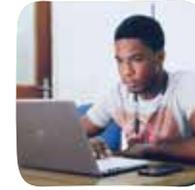
## Fleet Meadow, Didcot

Horticulture, woodwork, cookery and crafts have helped members towards recovery. The year saw inspiring visits to a Donkey Sanctuary; Earth Trust; Berks, Bucks and Oxon Wildlife Trust; and, a Winter Lights gathering at the project.



## Compass, Online

The co-produced, virtual recovery group - for members facing physical, logistical or mental barriers preventing face-to-face access - ran three cohorts with particular benefits reported by those experiencing issues such as agoraphobia and anxiety.



## Garden Cafe, Oxford

A Cowley Road oasis: great customer feedback, good levels of opening and many community groups utilising the space. A year of member graduations, a top hygiene award, and visits to other community cafes for learning.



## The Beehive, Oxford

A year of high graduation rates, members attending courses and beginning volunteering. Catering for increasingly complex needs, inc. mobility. Members maintained beautiful gardens; displayed and sold plants & arts to the community, and delivered a winter fayre.



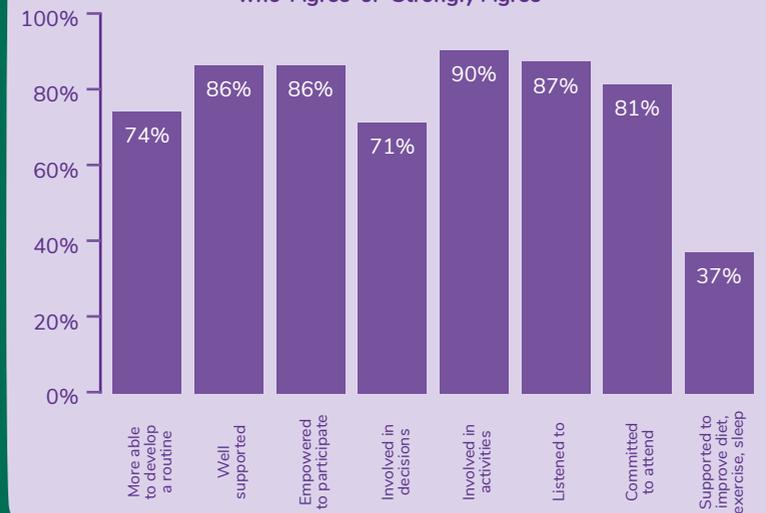
## Elder Stubbs, Oxford

Therapeutic horticulture in East Oxford. Members have grown & sold produce to the community; welcomed locals to a winter fayre; hosted short story and poetry events, as well as meditation sessions.



## Member Evaluation

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



# QUOTES FROM MEMBERS

“The staff have been incredibly supportive, understanding and helpful”

“My voice matters here, and I feel like an actual person instead of a problem or a generic list of symptoms”

“The quality of service has been above and beyond. ... My time at Restore has been a game changer and I would strongly recommend it”

“An integral part of my recovery journey. The most important benefit that I got there was hope”

“I enjoyed working as part of a team in a supportive and friendly environment. I learnt to be more confident, and it was easier to ask for help when I needed it”

“I have felt very supported”

“Restore are brilliant... attending gives me a massive sense of purpose and helps me to have structure and really helps my wellbeing”

“A very healing environment; I cannot express enough just how healing it has been for me to be so connected to nature, to create things and learn practical ways to deal with your pain”

“The support has been so fantastic and I couldn't ask for more”

## ONE-TO-ONE SUPPORT

### Coaching



Support towards work, volunteering and study.

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

Coaching supports individuals to define their goals and work towards them: around one-third will progress to work, and others will continue into training and volunteering.



Last year, the coaching team provided 7,500 hours of one-to-one support, with 41% of coachees moving into work or retaining work.

Individuals sought support with well-being at work and Restore supported a number of initiatives including employment fairs, work placements with local employers, and worked with employment support practitioners to share information and best practice. The team also engaged with Disability Advisors at Job Centre Plus' to create links between service users and available support.

The workstream called IPS (Individual Placement and Support), which was co-founded by Restore, has transitioned to Oxford Health for ongoing management. IPS has grown from one staff member to over 20, embedded across Oxfordshire's Adult Mental Health teams. Restore is proud of the effective partnership and looks forward to ongoing collaboration.

The Opportunities Project has continued, visiting acute wards at the Warneford and Littlemore Hospitals. Over 100 patients were visited to raise awareness of Restore's services, offer support, and to signpost local groups and activities.

# LEARNING

Restore is an expert provider of training and education. Restore supports recovery through courses at Oxfordshire Recovery College; and improves knowledge of mental health for individuals, community groups, and workplaces through professional mental health training.



## EDUCATION FOR RECOVERY

Oxfordshire Recovery College (ORC) offers free tailored courses for the community to learn about all aspects of mental health, to increase hope, opportunity, and sense of control. Co-designed and co-delivered by 'experts through experience' and 'experts through training'.



In the last academic year at the College there were 2,000 course attendances and 20 new tutors were trained.

**90%** of attendees reported finding courses **extremely or very useful** in managing their mental health.

Analysis has shown that students attending ORC courses make progress towards their individual goals and develop greater confidence in themselves and a wider range of coping skills.

A new course in **Digital Storytelling** was launched. 12 students created recovery videos for the celebrated Library of Life, and all showed their videos at a public event at the Story Museum in Oxford during Mental Health Awareness Week. Most had never spoken about their mental health in public before.



The College also launched a new course on managing mental health specifically for **under 25s**. Other new courses included **Understanding Trauma** and **Skills for Recovery: Acceptance, Purpose and Resilience**, both of which help people learn grounding techniques and move forward on their individual journeys with increased hope for the future.



*"This course has helped me to gain control on my stress and emotional thoughts and helped me to move further with tips."*

*"I felt encouraged that people with the same diagnosis as me are succeeding and working and doing ok in life, and taking a pro-active positive approach."*

## PROFESSIONAL MENTAL HEALTH TRAINING

Accredited and bespoke training for individuals, groups and organisations, including Mental Health First Aid (MHFA).

Restore's training promotes better understanding of mental health, reducing stigma, supporting workplaces, providing practical tools and resources.



Last year, Restore trained nearly 600 new Mental Health First Aiders, and delivered other mental health and workplace well-being training to hundreds of individuals across Oxfordshire.

Restore offered outreach via formal and informal training for businesses, colleges, individuals and community groups. The offering has been expanded to include short lunch time courses, and sessions focussed on specific topics such as men's mental health, anxiety and stress.

MHFA - full accreditation	Two days / four half days
MHFA Managers / Champions	One day
MHFA Aware & MHFA Refresher	Half day
Restore Courses / Short Courses <ul style="list-style-type: none"> <li>• Mental Health Awareness</li> <li>• Stress</li> <li>• Anxiety &amp; Panic</li> <li>• Men's Mental Health</li> <li>• Team Away Day / Half Day</li> </ul>	From one hour to one day
Restore Bespoke - tailored to organisational needs	Bespoke

# FINANCES

Out of every £1 raised, 91p powers services supporting better mental health, and 9p helps to raise the next £1



## Financial report year ending 31st March 2023

	FY 2022-23	FY 2021-22
Income	£1,985,644	£1,956,850
Expenditure	£2,017,751	£1,915,256
Net gains/(losses) on investments	(£11,907)	(£4,662)
Net movements in funds	(£44,014)	£36,932
Unrestricted undesignated funds	£588,211	£620,655
Total Reserves	£1,288,475	£1,332,489

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

# IMPACT

Thousands of individuals have benefitted from Restore's work during the year. Around 500 people have attended recovery groups, and a third of members have been coached one-to-one, with more than a third of coachees moving into work.

There have been just under 3,000 attendances of courses across the Oxfordshire Recovery College (ORC) and Restore's Training team, with several hundred new accredited Mental Health First Aiders being trained in our community.

When surveyed, 86% of active 'members' reported feeling well supported and empowered. Over the course of the year, monitoring showed a net increase of 27% in member's quality of life (ReQol-10 - Recovery Quality of Life), with key improvements and positivity around metrics such as feeling confident, being able to do everyday tasks and feeling happy.

## ACTIVITY

510	Members active
5,600	Individual recovery sessions
74%	Members felt more able to develop a routine
86%	Members felt well supported
+27%	Net (all members) change in quality of life monitoring

## COACHING

151	Individuals coached
41%	Coachees supported into work

## LEARNING

284	Courses delivered at the Oxfordshire Recovery College
1,929	Course attendances
682	Individuals trained in MHFA and other mental health awareness
92%	Would recommend Restore's training to a colleague or friend

## COMMUNITY

94	People volunteering
10,000	Hours of volunteering

Thank you for  
**10,000**  
hours volunteered

# THANK YOU

Together, Restore and its supporters have helped hundreds of people directly, trained thousands, and benefitted thousands more in the community.

Thanks to all who have made a difference. From volunteers who make Restore tick, to those partaking in events, such as Strictly Brackley and the Oxford Half Marathon. Organisations that have supported include: Bunkers Hill Plant Nursery, Blenheim Palace, Tamarindo, StreetDrone, Newbury Building Society, the Oxford Bus Company, Sanctuary Housing, All Saints Sisters of the Poor, University of Oxford, Banbury Litho, Keble College, Kellogg College, Didcot Town FC, Montala, John Lewis, Oxford City Council and The Arts Society Oxford.

Appreciation is shared to supporters across the community, from those who make or have made donations, to all who volunteer their time, energy and talents. From public speaking, to sponsored Halloween gardens, to plant sales and the sharing of proceeds from exhibitions and publications; the impact has been remarkable.

Gratitude is also extended to Restore's patrons Jeremy Irons, Sophie Grigson and Emily Maguire; recovery partners at Root & Branch and Bridewell Gardens; and, partners in the Oxfordshire Mental Health Partnership.



**Get Support**



**Get Involved**



**Give Support**

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