

**Camden
Mental
Health
Consortium**

'MAKING A DIFFERENCE'

ANNUAL REPORT 2007 - 2008

Registered Company Number: 5427327

Charity Registration Number: 1109647

MISSION STATEMENT

The Consortium is a voluntary organisation, which operates in the London Borough of Camden.

It is run by its members who are users, former users and survivors of mental health services in Camden. Its purpose is to enhance the quality of life of its members by promoting social contact and support, enabling them to take control of their own lives.

We promote equal opportunities and positively value individual differences and choice.

We combat negative prejudice and stereotypes of users of mental health services.

We seek to influence professionals and public opinion, to challenge poor practice, and to improve the quality and variety of mental health and related services.

To achieve our goals we work with other voluntary bodies, statutory and individual allies.

Camden **M**ental **H**ealth **C**onsortium

The Consortium is established to advance the relief of persons who use or have used the mental health services in the London Borough of Camden by providing services and support which assist such persons to obtain their full legal rights and privileges as citizens.

Legal Status

Camden Mental Health Consortium (CMHC) is a Company Limited by Guarantee in England and a Registered Charity. Although it was incorporated in 2005, it did not become an active company until 1st April 2007 at which point it took over the assets and liabilities of the unincorporated CMHC Charity and the Trustees assumed the role of Directors. Members guarantee to pay £1 in the event of the Company being wound up.

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Address

**Hampstead Town Hall
213 Haverstock Hill
LONDON
NW3 4QP**

Tel: 020 7419 4196 Fax: 020 7419 4197

E-mail: cmhc@hotmail.co.uk

Governing Document

The Governing Document of Camden Mental Health Consortium is its Memorandum & Articles of Association as amended by Ordinary Resolution on 2nd August 2007.

It is the duty of the Trustees to carry out the general policy of the Consortium and, subject to any conditions imposed from time to time by the Consortium, to provide for the administration and control of its affairs.

Directors / Trustees

The Directors of Camden Mental Health Consortium are its Trustees. During the year 1st April 2007 to 31st March 2008, they were:

Andrew Blair (appointed August 2007)

Sean Cashin (appointed August 2007)

Patrick Dalton (Chair)

John Cameron-Nixon (Company Secretary)

**Professor Gertrude Fatt (Co-opted August 2007.
Died March 2008)**

Martha Kifle

Jennifer Shaw (resigned July 2007)

Paul White (resigned September 2007)

Richard Scott-Norton (appointed August 2007)

Anna Young (appointed August 2007)

Malti Zaveri

John Cameron-Nixon has acted as Company Secretary throughout the period.

Paid Staff

Rena Toufexis - Administrator

Part-time Staff

Jane Laporte - Book-keeper

CBUG Members

Soha Alireza, Thomas Andrews, Romano Cesare
Robin Gandy, David Hayes, Alasdair Lees, Graham Marshall
Kirsty-Therese McCarthy, Robert Ryder, Cheryl Sams
Shirley Scott-Norton, Anne Thompson, Noel Walker

Bankers

Lloyds-TSB plc,
25 Gresham Street
London
EC2V 7HN

Camden Mental Health Consortium maintains a current account and a deposit account.

Accountants

A Reporting Accountants Report is prepared annually in accordance with the requirements of The Charity Commission.

Gotham Erskine
Friendly House
52.58 Tabernacle Street
London
EC2A 4NJ

TRUSTEES' REPORT

On the 1st April 2007 the assets and liabilities of the unincorporated CMHC Charity (Number: 1054528) were transferred to the CMHC Company Limited by Guarantee. This required CMHC to close the old bank accounts and open new ones and make the necessary changes with all those we pay money to and receive money from. It also meant that CMHC received a new Charity Registration Number. The stationery had to be changed to reflect the new status.

The grant income for CMHC comes mainly from Camden Social Services and Camden Primary Care Trust and the contract has been on a two-year basis with an annual total of just over £60 300. This contract runs to the 31st March 2009. The rent for our offices at Hampstead Town Hall is also met directly by Camden Social Services. In this year we also received grant income from the City Parochial Foundation and from the St Andrew Holborn Charity.

This was a difficult year for CMHC. It lost a number of its Directors and recruited others although there were four who served throughout the whole period. Professor Gertrude Fatte (often better known by her professional name, Gertrude Falk) was co-opted to the Board in August 2007 and worked hard on a number of projects during her tenure of office. Sadly, she died in March 2008 when she lost her battle against cancer.

CMHC suffered another significant loss during this year. Tessa Anderson was the woman who almost single-handedly resurrected CMHC in 1996 when it became a charity and she went on to Chair it for two years. Tessa died in December 2007. She had devoted much time and work to the cause of service users.

The work of the Trustees goes on largely unseen although they make the major decisions about the expenditure and policy of the organisation. They usually meet on a monthly basis and are serviced by the Administrator. The formal meetings are often only part of the work that they carry out on behalf of CMHC. The Chair in particular bears a heavy burden and often attends several meetings a week with service providers, the Care Trust or the Commissioners. In this year the Chair had a large input into the development of the Crisis Flat at the proposed new North Camden Recovery Centre on the Daleham House site.

The last few years have seen the closure of some services and changes in other under the provisions of the Care Trust's controversial 'Cost Improvement Programme'. Inpatient beds have been closed; Community Mental Health Teams have been restructured; and the services generally seem to have shrunk. This is because the Camden and Islington Mental Health and Social Care Trust has had to make cuts in order to manage its budget and prepare itself to become a Foundation Trust. CMHC was deeply involved in the work around applying for FT status and was instrumental with its Islington counterpart iBUG in ensuring that there would be a service-user constituency within the new structure and that service-user Governor would be elected.

CBUG (Camden Borough User Group) has continued its work. Throughout this financial year there was no officer to work with it and the Members have to be congratulated on the work that they have done. Many of them attend Committees and help to give a service-user input. Some are Members of the Care Trust's important Implementation Group. The CBUG membership has increased and this has meant that there have been more people to take on work and attend committees and meetings. The development of the Patients' Council at The Huntley Centre has been a significant achievement and CBUG will go on to develop a similar forum at the Grove Centre.

During this year CBUG worked with iBUG to arrange the first user-run Mental Health Fair. This was very successful. CMHC hopes that this will be a regular yearly collaboration between CBUG and iBUG and that it will be the beginning of further joint work to promote the interests of service users across Camden and Islington.

CBUG Members devote a lot of time to their various tasks and to the monthly job of printing, stapling and stuffing envelopes with The Camden Bugle. The Bugle is the principal means of communication with service users and others interested in the mental-health services. It has undergone a redesign and enlargement and now more than 1500 copies are printed and distributed each month. It is sent to Hospital Wards, Recovery Centres, Day Centres and all the other places where service users go. Its purpose is to inform people of what is going on in the mental health world, give them news of meetings and seminars and most importantly to let them know that they are not alone and that there are others who know what it feels like to be mentally ill.

The monthly North & South Camden User Forums continue to provide an opportunity for service users to come together and discuss particular topics with a speaker. Attendances remain patchy and this seems to be a reflection of peoples' interests, the weather or the television schedules and all attempts to explain why one was well attended whilst another similar one had few people present seem to defy reason. There are some subjects like 'Benefits' or 'Housing' which are guaranteed to bring people out and perhaps this is because they are areas where there is never enough advice and support available.

The Annual Service User's Conference in November 2007 looked at the future of CMHC and user involvement and a number of interesting and challenging ideas were put forward. Service users want to feel that this is an area that they own and are very suspicious of the top-down approach which is too-often applied.

This organisation is the people in it and even though with the incorporation Members were obliged to rejoin, it has managed to keep the number of members fairly stable at just under 200. The amendments to the articles of association in August 2007 allowed for Associate Membership and a number of people have joined in this category. It is a sad fact that there are so few of the people who use the services in CMHC but this may be the fault of the organisation for not offering them what they want or need.

The staff of any organisation are the key to its success and CMHC is very lucky in its Administrator, Rena Toufexis. Always a kind word and prepared to go the extra mile, CMHC was lucky in finding her and has benefitted enormously from having her as its first point of contact for so many people.

CMHC must thank its Directors and CBUG and individual members for their efforts throughout the year. It is grateful to all those in the voluntary and statutory sectors who regularly work with us. The Commissioners are to be particularly thanked for supporting the organisation through some difficult times. CMHC is here and intends to remain here as the voice of Camden's mental-health service users. It has ambitious plans for the future to ensure that it has a larger membership and therefore greater influence over the services that are provided. It wants too to strive to ensure that service users are involved on equal terms and have the same access to support and information as the others around the discussion table.

Camden Mental Health Consortium

would like to thank:

The London Borough of Camden

Camden Primary Care Trust

Islington Primary Care Trust

City Parochial Foundation

St Andrew's Holborn Charity

for their continuing generous contributions
to our work over this year

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Camden Mental Health Consortium Receives Financial Support from
the London Borough of Camden