

**Camden  
Mental  
Health  
Consortium**

**'MAKING A DIFFERENCE'**

# **ANNUAL REPORT 2008 - 2009**

**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.

# **C**amden **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 1<sup>st</sup> 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 7413 8976**

**e-mail: [mail@cmhc.org.uk](mailto:mail@cmhc.org.uk)**

**website: [www.cmhc.org.uk](http://www.cmhc.org.uk)**

## **Governing Document**

The Governing Document of Camden Mental Health Consortium is its Memorandum & Articles of Association as amended by Ordinary Resolution on 2<sup>nd</sup> August 2007 and on 22<sup>nd</sup> October 2008.

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 2008 to 31<sup>st</sup> March 2009, they were:

**Cllr. Penny Abraham (appointed October 2008)**  
**Andrew Blair (appointed August 2007)**  
**Cllr Pat. Callaghan (co-opted October 2008)**  
**Sean Cashin (appointed August 2007)**  
**John Cameron-Nixon (reappointed October 2008)**  
**Martha Kifle (appointed August 2007)**  
**Angela Raja-Chowdhury (appointed October 2008)**  
**Richard Scott-Norton (removed September 2008)**  
**Heather Thompson (appointed October 2008)**  
**Anna Young (appointed August 2008)**  
**Malti Zaveri (retired October 2008)**

John Cameron-Nixon has acted as Company Secretary until 24<sup>th</sup> October 2008 when Scott Stevens took over the role.

Penny Abraham and Angela Raja-Chowdhury were elected by the Board as Co-Chairs on 24<sup>th</sup> October 2008.

## **Paid Staff**

Rena Toufexis - Administrator (Part-time)

Claire Reidy - Project Officer (Part-time)  
(April to September 2008)

## **Ad-hoc Staff**

Jane Laporte - Book-keeper

## **CBUG Members**

Soha Alireza, Thomas Andrews, Romano Cesare  
David Hayes, Carol-Ann Kelly, Nozmul Mahmud  
Graham Marshall, Kirsty-Therese McCarthy, Robert Ryder  
Cheryl Sams, Shirley Scott-Norton, Patrick Shanahan  
Jimmy Thomson, 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**

This year was divided into two halves by the AGM, on 22<sup>nd</sup> October 2008, when three new Trustees were added to the Board; and Malti Zaveri, a long-standing Trustee stood down. Full details are given at other places in this Report. Trustees would wish to register their thanks to Patrick Dalton, who worked hard as chair until his resignation in April 2008, and to Richard Scott-Norton who was acting chair for some months. We are also grateful to Claire Reidy for her paid work as co-ordinator between April and October 2008.

Camden Commissioners attended an Extraordinary General Meeting during the Summer of 2008, and – as a result – offered organisational support from the Tavistock Consultancy, which they funded. This was eventually taken up at the turn of the year, and proved extremely helpful. We would like to record our thanks to Jina Barratt for her sensitive and supportive work with us.

Our work with the Tavistock took place around the time we were “given notice” by the Commissioners that the User Involvement Service was to be put out to tender. This was a significant blow to the organisation, when Trustees had been working so hard to put the service in order. We appealed to the Camden Health Scrutiny Committee, by deputation, and were delighted that they recommended CMHC be given an extra six months to stabilise, before having to make a bid for the service. The Executive Member for Health and Social Care, Cllr Martin Davies, agreed that this should occur, and we were given an extension of service until 30 September 2009.

We were fortunate to have the assistance of Scott Stevens, who has acted as Chief Executive and Company Secretary during the second half of this period (from October 08). He has helped us put in place the various policies and procedures which needed updating, and has kept an eye on the finances. We are very grateful for his commitment in working without pay at this crucial time.

We are privileged to have Professor Suman Fernando join us as an Adviser to the Board on Black and Ethnic Minority Issues.

Rena Toufexis, our Administrator and sole member of staff is loyal and conscientious and without her the office would not function. We owe her a tremendous debt of gratitude, for “keeping the show on the road”. She is efficient and very popular with service users and always has a friendly word for whoever turns up in the office. There are few people who could cope so well with the frequent changes experienced during the year, but Rena is one of them.


The Camden Borough User Group (CBUG) has continued its important work during this period. The Group now comprises 12 members, who run monthly Patients’ Councils at the Grove Centre and the Huntley Centre, and undertake other tasks where service users’ input is needed such as facilitating the Highgate Day Centre consultation. They undertook a short course in BSL during the year, enabling them to work with deaf or hard of hearing service users.

The new co-chairs, Penny Abraham and Angela Raja-Chowdhury, who were elected in October, have attended the monthly CBUG meetings, in order to maximise the links between the trustees and CBUG members, which both groups see as important. The Board has met monthly and always received an update on CBUG’s work.

In November, the members of CBUG played a major role in the Annual Service Users’ Conference, which was on the topic of ‘Your Race, Your Culture, Your Mental Health’ – how the backgrounds of all participants, doctors, nurses, patients enter the therapeutic mix. The CBUG members led the discussion groups with confidence and sensitivity, and the whole event was considered a great success by those who attended.

The North and South Camden User Forums have continued throughout the year. Numbers attending are variable, but they remain popular as a place to come and discuss important issues.

Thanks go all the Trustees/Directors who have served CMHC in this year. Times are tough, but we remain steadfast in our task of reaching out to people with mental health problems.



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

**Camden Mental Health Consortium**

would like to thank:

The London Borough of Camden

Camden Primary Care Trust/NHS Camden

City Parochial Foundation

The Mercers' Company

St Andrew's Holborn Charity

Swan Mountain Trust

for their generous contributions  
to our work over this year