

Skye and Lochalsh Mental Health Association

Leasachadh Slainte Inntinn An Eilean Sgiathanich' Loch Ailse



Annual Report

2021/22

END OF YEAR REPORT FOR YEAR APRIL 2021 -
MARCH 2022

Look back at the year.

It's been a year of farewells, new beginnings, re-evaluation and revival this year.

We said our goodbyes to Alex Jones last September after 18 years of service to the Association. A time of re-evaluation followed where the board and I took stock and planned our way forward.

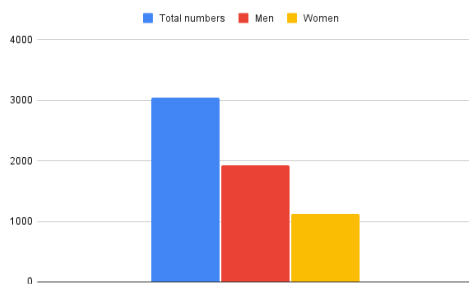
We had already employed Katherine Nicolson and Fiona MacLeod in August just as Alex was leaving. Both were well known to our service users already. Katherine from her previous work with Highland Council, particularly when she worked within the housing and property services department and Fiona from her time at Portree Medical Centre and when she worked as admin for the Community Psychiatric Nurses.

We were lucky to be able to commission Jane Isaacson to do some service development and fundraising for us. Jane successfully applied for the Mental Health and Wellbeing fund, which was used to re-open the weekend service in December. This led us to employing Orsi Gila as a weekend project worker which allowed us to open on a Saturday and Sunday again.

In March our project worker, Dafne Lopez Mora, went off on maternity leave, and soon after gave birth to a beautiful baby boy called Jaume. Orsi then took on Dafne's maternity leave post.

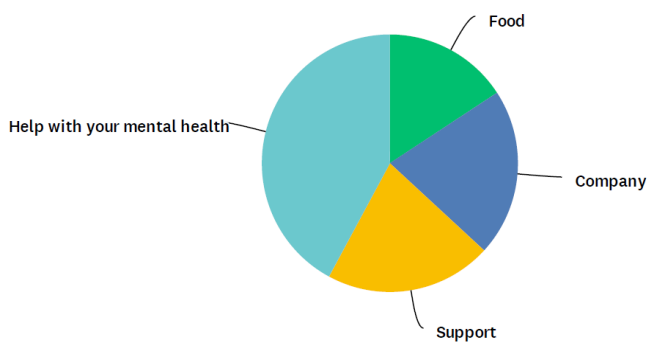
We have been extremely fortunate to have managed to get a regular volunteer in James Cryer, who has been with us now since January of 2022. James has fitted in really well with both the staff and members at Am Fasgadh.

Covid has never been far away all year, but we have been so lucky that we have only been completely closed for 4 days during this reporting period. Testament to the carefulness of our staff and members both at Am Fasgadh and at home. We continue to test everyone twice weekly, and have a strict hygiene regime, this enables us the confidence to run some of our activities. These include the "Listening Room" run by Hector MacInnes who is the artist in residence with the Highland Culture Collective. He has been running workshops with the members creating a podcast.



Am Fasgadh number of daily sign ins from 1st April 2021 to 31st March 2022

We have had an average of 11 members come to Am Fasgadh each day, of which 7 were men and 4 were women.



In a recent survey of our members we asked our members what their main reason for attending Am Fasnadh was. Over 42% said that it was for help with their mental health.



We asked our members if they felt less isolated because of attending the drop-in? Almost 95% said yes they did feel less isolated because of attending the drop-in.

Here are some comments from our members

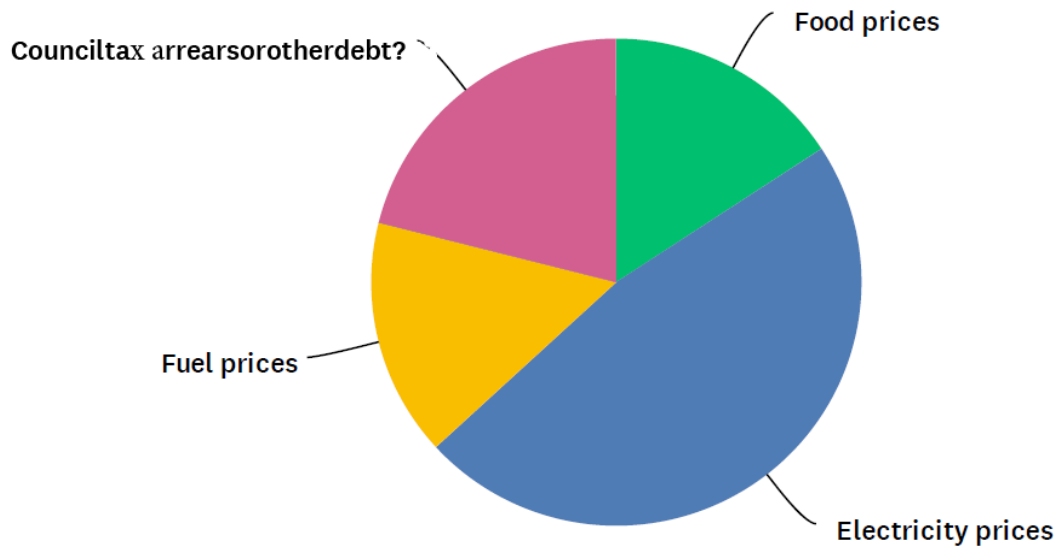
“The staff are very welcoming and can deal with any paperwork you may have difficulty opening.”

“ I enjoy coming to Am Fasnadh to meet and engage with staff and other members. Also to get help with finances and with letters or other problems I have such as ill health and to get support as I am on my own” .

“Coming to my house when I can’t get out, meals at Am Fasnadh are especially appreciated and there is good company. Outings very much enjoyed”“I would like to say, since going back to Am fasnadh, after many years away from it, I have met many new faces and some old ones. The atmosphere is warm and welcoming. There is a great Staff Team and, Sandra is a credit in leading the Team. After a recent personal issue, I have had the support from all the Staff, for which I am very grateful. Keep up the good work”.

“I am so glad Am Fasnadh is helpful, also kind. It’s good to socialise and speak to people. Always good to come in for breakfast. It’s important to come here and lots to talk about”. “Ithink Am Fasnadh very much, it’s good here they understand, others need it here as well. I am so glad we can trust Am Fasnadh with whatever you think or say. Am Fasnadh is always good.”

Thinking of the difficult times ahead, we asked our members what was worrying them most about the future.



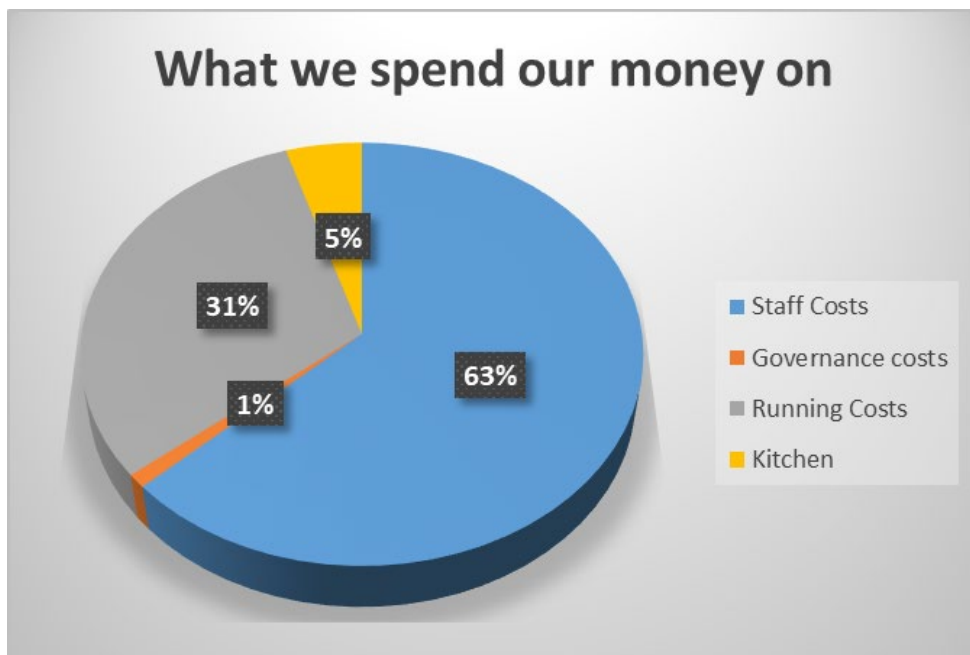
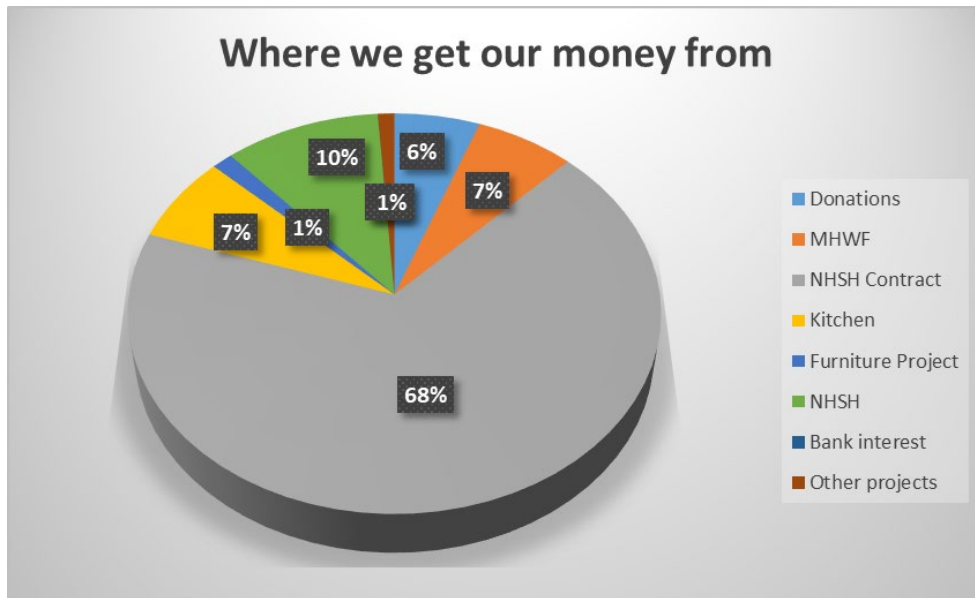
Just over 47% of our members are worried about Electricity price rises, 21% are worried about debts and 16% are worried about food price rises.

Most of our members said that they felt the many changes in Consultant Psychiatrists has had a detrimental effect on their mental health, which made them feel that Am Fasgadh was even more important to them. Those who were seeing a Community Psychiatric Nurse said they had a positive experience.

We have been working hard with our members to make sure that they are on the correct benefits and the best possible deals for their utilities. We are also lucky enough to be part of the Co-op Foodshare which enables us to pass on food that is perfectly good to our members rather than going to landfill. We have also sent any surplus we have had to the Uig Kindness Cabin where it is available to anyone in the community.

Financials

Here is a snapshot of where we get our funding and what we do with it.



Skye and Lochalsh Mental Health Association

Statement of Financial Activities for the Year Ended 31 March 2022 (Including Income and Expenditure Account and Statement of Total Recognised Gains and Losses)

	Note	Unrestricted £	Restricted £	Total 2022 £	Total 2021 £
Income and Endowments from:					
Donations and legacies	3	12,023	36,000	48,023	88,301
Charitable activities	4	163,380	-	163,380	163,283
Investment income	5	33	-	33	-
Total Income		175,436	36,000	211,436	251,584
Expenditure on:					
Charitable activities	6	(186,362)	(22,283)	(208,645)	(207,926)
Total Expenditure		(186,362)	(22,283)	(208,645)	(207,926)
Net (expenditure)/income		(10,926)	13,717	2,791	43,658
Net movement in funds		(10,926)	13,717	2,791	43,658
Reconciliation of funds					
Total funds brought forward		94,622	23,886	118,508	74,850
Total funds carried forward	16	83,696	37,603	121,299	118,508

All of the charity's activities derive from continuing operations during the above two periods.

The funds breakdown for 2021 is shown in note 16.

A copy of the full signed version of our annual accounts for 2021/22 are available to view on our website - www.slmha.co.uk/our-publications

Every year we have people and companies to thank for their support, this year being no exception, so our thanks go to The Co-op community foodshare, Dion Skye, Skye and Lochalsh Food Bank, Portree and Braes Community Trust, Plockton Carol Singers, Portree High School, Plockton High School, Studio Plockton Pop-up Shop and all the individuals and family members that have donated money, sweets, biscuits, time, furniture etc etc.



Our Furniture Project continues to grow. We must thank the Reverend Ron White from Kingusse who volunteered with us for most of the year driving the furniture van for pickups and deliveries all over Skye and Lochalsh. Unfortunately his time in Skye is now over but we are always happy to welcome volunteers that are keen to help with lifting and shifting or can drive the van.

Due to the rise in fuel costs and the rise in the cost of a Highland Council bulky uplift we have had to put our uplift charge up to £20, but this is for as many items as you want unlike the council which is £25 for 3 items, so it's still worth keeping items from landfill to pass them on.

We have our 2 units to store furniture in and we sell the surplus through our facebook page @FasgadhFurniture and Skye Free Ads.

We hope to be able to further develop the furniture project further in the near future.

In the meantime you can find out more about what is happening with the Association and the furniture project and any new developments by going to our website www.slmha.co.uk our facebook page AmFasgadhPortree , our instagram page am_fasgadh or on Twitter @AmFasgadh

Members review of 21/22

The year started off still in the grip of covid so we spent our time in Am Fasnadh at 2 metres distance from each other. This meant that we had to change the activities that were running so instead of trips out and close group activities we had activities that we could do from our seats like bingo, colouring in, word search etc.

We were all very sad to see Alex Jones leave for Edinburgh, we saw him off with a lovely party at Am Fasnadh. We were delighted to welcome our new members of staff Katherine, Fiona and Orsi. It has made a real difference to us all to have the weekend service back up and running especially as it started at Christmas time which can be a particularly difficult time for us. Speaking of Christmas, we had our annual get together at Am Fasnadh in stages again this year due to social distancing, but it was still great! Am Fasnadh was open all through the Christmas and new year holidays and we had a wonderful traditional Christmas dinner that was enjoyed by 20 members. New Year's dinner was, what has become an Am Fasnadh tradition, a chinese buffet which was thoroughly enjoyed too. It's lovely to be able to spend this time with people rather than alone at home.

We started 2022 with a Healthy New Me program of activities, we have been doing daily exercise classes from YouTube and going for walks. So far of those who are taking part everyone has lost weight and trimmed their waists etc. We hope to continue this on for as long as people want to do it. We were all delighted to see our lovely sofas back in the living room, and the return of some activities. Some of us have been attending "The Listening Room" with Hector MacInnes and are working on a project with him, creating our own Podcast which we hope to be able to share with everyone when it's ready. We have also been around the north end on a wee tour, we visited the Museum of Island Life and all the other landmarks too.

We managed to get some money towards the Ukraine appeal and we raised over £1000 in all. This was made up of purchased goods, money sent via the government website and money raised to send with Stephen Scott when he borrowed the furniture van to take aid directly to the Ukraine. It was good for us to be able to help in whatever small way we could.

We are always happy and encouraged to meet the Youth Philanthropy Initiative pupils from the Local High Schools who usually come each year to do their project on Am Fasnadh or An Drochaid. We enjoy answering the young people's questions.

We have a members meeting each month where we can give our views and be part of the decision making and future planning of the association. A member of staff facilitates these meetings for us and all members are welcome to attend as each voice is important and valued.