



restore
working for mental health

DO

GIVE

DONATE

COACH

SUPPORT

EMPOWER

RESTORE

We're reaching a tipping point in the history of mental health in this country. We need your help!

It used to be that people felt afraid of prejudice and the fear of judgement stopped them from getting help. Now people feel they can be open about their mental health.

That's amazing news because mental health challenges affect one in four people in the UK in any one year. Nobody should have to struggle in silence but statutory services continue to face large funding cuts. Restore has been helping for forty years and we're ready to do more.

We're turning this challenge into an opportunity, growing services and seeking partnerships. Dreamt up on a car journey, Restore's been on a journey ever since, founding recovery groups to support more people. We're still growing, this time to meet a big rise in demand as more people are open about mental health and statutory funding falls. We're innovating and we're also sharing forty years of knowledge and experience with partners, new and old.

Birthdays aren't just about blowing out candles on a cake, although we're doing plenty of that! They're about reflecting on what you've achieved, what you're doing right now and why, and what you're going to do next. That's why we're delighted to introduce this new chapter in our history.

As ever, we are grateful to our staff and trustees, volunteers, partners, and supporters. To this list we add the reason we've been here for forty years – our members.

Lesley Marr.

**Lesley Dewhurst
& Mark Adams**

Joint Chief Executive

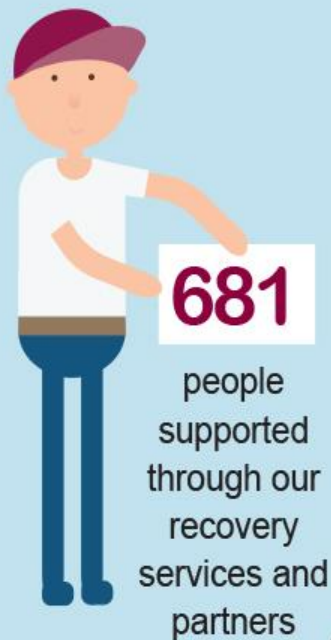


Anne

Anne James
Chair of Trustees



What we've achieved over the past year



People attending courses at Oxfordshire Recovery College:



288
workers graduated from our Mental Health First Aid courses.



215
people supported to start a paid job, training, or volunteering



176
volunteers, each giving on average...



89
hours of their time over the year



121

Cooking, gardening, and more

We are proud to have supported **681** people through our recovery services in the last year



Restore was founded forty years ago to ensure people with mental ill health are able to take control –and stay in control—over their lives.

Recovery isn't about getting rid of problems or controlling the symptoms of mental ill health. Putting recovery into action means supporting people to gain insights into their strengths, consider positive changes they want to make, and achieve the goals they set.



We run six recovery groups across Oxfordshire and work with Bridewell Organic Gardens and Root and Branch. Our members volunteer for activities such as woodwork, gardening, cooking, customer service, ceramics, design, art and crafts.

Future Plans

We know what we do works. We just want to do more of it. Time and again, we hear the same thing from people living outside of Oxfordshire: *if only there was a Restore in my local area...* Our ambition for 2027, when we'll turn fifty, is to put a Restore in more people's communities in Oxfordshire and beyond.



Coaching for mental health recovery

People with mental ill health want to work and it's proven that being part of a workforce speeds up and sustains their recovery. But, if you've had a mental condition, it can be difficult to find or keep a job.

Coaching is an important way of bringing out the best in people with mental ill health, so that they feel able to see opportunities, maybe for the very first time. They can take a fresh perspective on personal challenges and begin moving in a different direction at a pace that feels right to them.

We've seen coaching open up opportunities for personal reflection. As people become more aware of strengths and ways to achieve goals they set with their coach, they begin to change the story they tell about themselves to one of optimism and empowerment.

Future Plans

We know that the best results come from longer-term relationships, with members learning new skills and gaining new experiences that help them to find and stay in a job. By the time we turn fifty in 2027, we want to be in a position to coach more people and enable them to stay in or find paid work.



We coached
578 people last
year. 121 of those
stayed in or found
paid work, or
started
volunteering



People power works!

176
volunteers
worked an average
of 89 hours
each last
year

Since 1977 our volunteers have gone all out to help people change their lives and end mental health stigma. We have a variety of roles because we know when volunteers support our recovery work they also build skills and experiences which lots of employers are looking for...

- **Volunteer coach:** you'll provide one-to-one employment support to help members set their goals and plan how to achieve them.
- **Café volunteer:** you'll support members to empower themselves in our thriving cafes. This could be working with members to set goals, plan menus, serve customers, or bake cakes.
- **Events and fundraising volunteer:** you'll be working as a team at events, helping in the office, entering sponsored challenges, or coming up with ideas!
- **Recovery group volunteer:** you'll support members on their journey to recovery. This could involve gardening, woodworking, jewellery-making, or painting alongside members in a team.
- **Opportunity Project volunteer:** you'll hold a weekly two-hour drop-in in a psychiatric ward, giving guidance to inpatients about keeping their jobs, and signposting useful organisations.





Be part of a movement that won't live with stigma. Join our vibrant network of fundraisers who raise money for our recovery groups, training, and coaching – you'll get to directly change people's lives and kick-start more conversations about mental health, which helps to shed stigma.

You'll put the fun into fundraising – volunteers skydive, compete in sponsored endurance trials, run half-marathons, bake cakes, hold concerts, and so much more for mental health recovery. You'll join a friendly team at the heart of your community. If you'd got a fundraising suggestion and would like to gain experience and skills in a supportive environment, get in touch!



Our Recovery College and working in partnership

Partnership is a vital component of success and we're embracing this locally with our work to establish the Oxfordshire Mental Health Partnership with five other local mental health organisations.

Oxfordshire Recovery College is the direct result of that partnership and Restore is proud to deliver it. We take a creative but practical approach, providing courses to students that are co-run by people with experiences of mental ill health and professionals.

Prevention and empowerment are more impactful than crisis intervention, so the College provides free recovery-focused courses to hundreds of students, helping them to gain insights into their strengths and achieve their goals. Students are in control and choose their courses alongside a tutor.

We've positively impacted the lives of over 700 people in the two years since we set up the College and we know from our evaluations just how highly they and those closest to them regard our courses.

Future Plans

By the time we celebrate our half-century in 2027, we want to have embedded the College in the community and become a more widely used place of learning.



“The approach is simple and fair and allows you to choose what course works best for you at that moment in time.”



Mental Health First Aid

Aiding more Oxfordshire employers with Mental Health First Aid training

Your workplace will have a defibrillator and somebody will know how to use it. But, does your workplace also have a mental health first aid trainer?

Good health is good business, and good health means good mental health. Stressed workers taking time off from work cost employers dearly. In fact, workers in the UK take 46 million days of sick leave due to mental ill health every year. Restore's Mental Health First Aid at Work training is a 'CPR for the mind', educating people about what to do and say to anybody experiencing a challenge.

Last year
288 workers
qualified
from our
MHFA
courses.



Future Plans

When we're blowing out fifty candles on our birthday cake in 2027 we hope to have a trained mental health first aider in every workplace, just as there are first aiders for physical emergencies.



Can you help?

We've been here for forty years, working towards the same big goal – a society where people with mental ill health feel empowered to lead the lives they want.

Our members are at the heart of our work and we want to support the growing number of people living with mental ill-health locally. Mental health challenges affect one in four people in the UK in any one year and they're facing lengthening waiting lists. Through our coaching, recovery support, and education, we're uniquely well-placed to support people to stay in work or find a paid job. We have a strong track record of delivering significant positive changes for thousands of members over our lifetime and we're determined to help more by growing our services and more partnership work.



We need your support

Can you help us take the next steps required to meet the growing need in Oxfordshire?
Can you support us to innovate as we deliver *more* services to *more* people in *more* places?
Can you help us to share our forty years of knowledge and experiences with partners, new and old, so that we can reach the largest number of people with mental ill health? Can you work with us to set goals then work with us to deliver them?

We want to do more of what we do so well, but we also want to transform our services. We want to build **relationships** with funders. We want donors who will see and live the benefits of their funding, so that together we can achieve the best outcomes for the largest number of people.

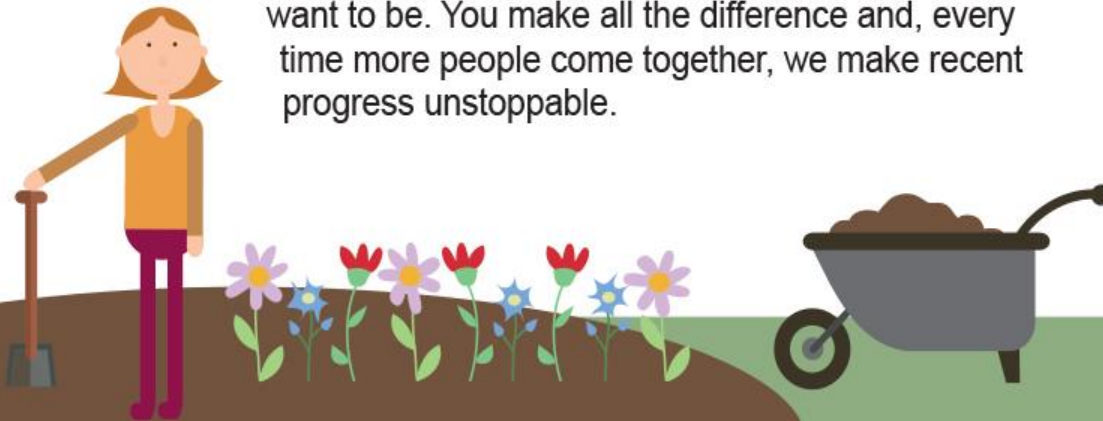


Money Matters

We're famous for our British stiff upper lip, but pushing things down can bottle up mental health problems. It's time to talk.

We want to live in a world where people aren't afraid to talk about mental health and everything we do seeks to kick the bad habit of burying heads in the sand. We want to live in a world where mental health is taken as seriously as physical health in Oxfordshire, and we want to help achieve this victory for people by the time we celebrate our half-century in 2027.

Restore is proud to lead the campaign to loosen millions of stiff upper lips in Oxfordshire. We've been innovating for 40 years and want to speed up all the progress we're starting to see. All of this change starts with you. Your donations, volunteering, and kind gifts in Wills have helped us to survive for 40 years, supporting people with mental ill-health to become whatever they want to be. You make all the difference and, every time more people come together, we make recent progress unstoppable.



2016-2017

- **Total incoming resources:**
£1,662,596
(2015-16: £1,649,576)
- **Resources expended:**
£1,799,509
(2015-16: £1,666,545)
- **Net movement in funds for the year:**
£130,354

About us

Established as a charity in 1977, Restore supports people with mental ill health across six recovery groups, two partners, Mental Health First Aid training, and a Recovery College.

Our work is based around five key values:

- Empowerment
- Recovery
- Respect
- Support
- Hope

These values and our members are at the heart of everything we do.

We provide a friendly and welcoming space for members to take control of their recovery, develop skills, and lead lives they find meaningful.

Through our groups, training, and employment coaching, we deliver real change in people's lives, and every day we see another affirmation of our firm belief that given the right opportunities and the right support, lives can be changed for the better.



Trustees in 2016/17:

Anne James (*Chair*)

Mark Adams

Trisha Andrews

Godfrey Cole

Stuart Haigh

Louise Lewis

Bob Minty

Sam Mostyn

Mary Robertson

David Thurston

Akiko Watanabe

Louise Wheeler

Bob Wilkes

**President
and co-founder:**
Peter Agulnik

Patrons:
Mel Giedroyc
Sophie Grigson,
Emily Maguire
Tim Farmer

Young Patron:
Harry Mostyn



restore
working for mental health

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WE ARE BETTER
TOGETHER

The Oxfordshire Mental Health Partnership