



For better
mental health

THE MISSION AND WORK OF CITY AND HACKNEY MIND

Section I: Our Mission, Aims and Objectives

Introduction

Mental health problems can affect anyone, rich or poor, young or old, shattering the lives of those affected and the lives of the people close to them. One in four of us will experience a mental health problem at some point in our lives. The painful feelings and distressing events can easily start to erode our confidence, damage our relationships and undermine our ability to cope.

As the leading independent mental health organisation in the City and Hackney, we offer high quality services to local residents seeking mental health advice and support. Our aim is to promote positive mental health and to enable people with mental health issues to live successfully and independently in the community.

Our Vision

Our vision is of a society that promotes and protects good mental health for all, and that treats people with experience of mental distress fairly, positively, and with respect. The needs and experiences of people with mental distress drive our work and we make sure their voice is heard by those who influence change. Our independence gives us the freedom to stand up and speak out on the real issues that affect daily lives. We provide information and support, campaign to improve policy and attitudes and, in partnership with other agencies, develop local services. We do all this to make it possible for people who experience mental distress to live full lives, and play their full part in society.

Our Mission

Our mission is to advance the views, needs and ambitions of people with mental health problems and to challenge discrimination and promoting inclusion. We will influence policy and promote equal rights through campaigning and education and develop innovative quality services which reflect expressed need and diversity.

Our Aim

To enable people with mental health needs to live as independent and full lives as possible without fear of discrimination.

Our Philosophy

- We believe that people experiencing mental health difficulties have the right to participate in full and valued lives within society.
- We believe in promoting self-determination and independence
- We aim to encourage a better understanding of mental health difficulties and their various causes including the role of such factors as poor housing, social conditions, poverty, racism, sexism and heterosexism.
- We believe in promoting respect for diversity.
- We believe in working through co-operation rather than competition to achieve our aims.

Our Objectives

- To challenge all forms of discrimination, including those based on gender, race, disability, sexual orientation, age, class, HIV/AIDS status, psychiatric diagnosis and involvement with or by psychiatric services.
- To promote positive mental health and improve knowledge of mental health issues in the community
- To promote good practice in mental health services and to be recognised within the community as a centre of excellence in the promotion and provision of such services.
- To encourage and promote the participation of service users and ex-users in the planning, implementation and review of mental health services.
- To develop alternative models of service based on individual needs.
- To challenge the fear, intolerance and stigma associated with mental health difficulties and to campaign for additional resources to be committed to community care services.

- To identify and highlight where there are gaps in services and to seek to ensure that services are developed to address those gaps.
- To work in partnership with other organisations and individuals in planning and delivery of mental health services.
- To provide a range of services that are user focussed, are of high quality and accessible and are constantly being evaluated for their effectiveness.
- To promote good employment practice throughout the organisation and to be recognised as an employer of choice within the community.
- To promote equal opportunities in service provision and employment.

Values

Underlying this mission and the objectives are the values that are held within City and Hackney Mind in common with all Mind Associations:

Informed

People with experience of mental distress drive all we do.

Diversity

We respect everyone's experience and ensure inclusion is at the heart of our work.

Partnership

We are committed to working with our networks and all who will help us achieve our mission.

Integrity

Our independence ensures our integrity - we are never compromised.

Determined

We will never give up challenging discrimination and campaigning for better mental health.

Section II: Present Operations

Background

City and Hackney Mind is both the leading provider of voluntary sector mental health services in the City and Hackney, and one of the largest Local Mind Associations. Next year (2006) City and Hackney Mind celebrates its 25th Anniversary.

We have 60 employees and over 40 volunteers who work across six premises to provide the following services:-

Counselling, Befriending & the Prescribed Drugs Department

- The Counselling Programme
- A Bi-lingual Counselling service
- The Befriending Scheme
- The Prescribed Drugs Project
- Volunteer Counsellors and Psychotherapists
- Support Groups

Education & Employment Department

- Literacy and Numeracy Training Programme
- Integrated IT and Basic Skills Training Programmes
- Generic Employment Service
- Employment Rehabilitation Service
- Work Placements/Job Trials
- Voluntary Work Placements

Advocacy & Advice Department

- Advice and Information Project
- Forensic Advocacy John Howard Centre
- Community Advocacy
- Volunteer Peer Advocacy Project
- Welfare Right Advice Service
- Legal Advice Surgery
- Appropriate Adults Scheme

Housing & Community Services

- Day Care Drop in for excluded groups – Homerton Friends Lodge
- Supported Housing Service– Alexandra House and Whiston Road
- Registered Care Home

Other Services

Vietnamese Mental Health Drop In Service