

The Cellar Trust



The difference
we're making



www.thecellartrust.org

Hello



“

The Cellar Trust has been supporting the people of Bradford, Airedale, Wharfedale and Craven for over 30 years. We're making a real difference in the lives of the people we work with. As well as reflecting on a year of fantastic achievements, we're excited to share with you our plans for 2019 and beyond, and the experiences of some of the people we've been able to help. As always, we're exceptionally grateful for the support we receive from our funders, fundraisers, Friends, commissioners and the people who use our services. I'd also like to thank my wonderful colleagues including our Board, volunteers, and staff without whom The Cellar Trust wouldn't be where it is today.

Thank you! ”

Kim Shutler-Jones

Chief Executive Officer

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Our achievements



In total we worked with
3,500
people in the past year



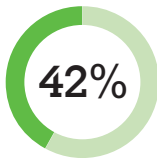
Nearly
300 individuals were supported through our Pathways to Employment service.



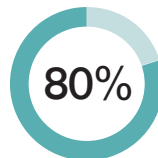
Over 800 individuals received support through our crisis service, Haven; an increase of 30% on the previous year. There were 2,500 attendances, up 23%.



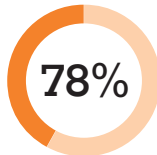
of service users reached a point in their recovery at which they were able to progress into our employment service.



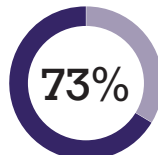
People using Haven averaged a 42% reduction in distress following attendance.



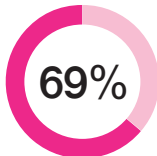
of Pathways to Employment service users participated in our education programme.



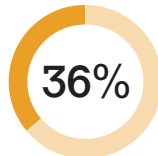
of people using Haven said the coping skills they were introduced to made them feel more confident of managing future difficulties.



of people in our employment service undertook a work placement, or voluntary work.



We delivered 78 peer support sessions in the last year. There were over 330 attendances with nearly 90 individuals participating, an increase of 69% on the previous year.



of people in our employment service went into employment or mainstream education/training.



We delivered Stress Busters to over
1,000 people, providing group sessions to help recognise and develop strategies for dealing with stress.



Our My Wellbeing College peer support workers undertook 1,400 assessments, helping people to identify the right service to support their recovery.

Our strategic plan



Vision

Our vision is to deliver joined-up, high quality mental health support for people when they need it.



Mission

Our mission is to give people struggling with their mental health the support they need, so that they can live positively and independently, and build their own brighter future.

Our Values



Respect



Partnership



Hope



Dedication



Continuous Improvement

Our strategic goals are the key areas we will focus on

Developing and expanding our support for people on their journey into employment

We will deliver a holistic and integrated approach to pre-employment and employment support which meets the diverse needs of individuals, wherever they are on their pathway.

2018-2021

Investing in and championing new and better ways of delivering support for people in distress

We will build on our work to meet the different needs of people, particularly those who need more specialist support. We will work with partners to deliver joined-up support, focusing on the role of lived expertise, in a way which enables people to regain hope and manage their own mental health.

Establishing a new Being Well programme

By establishing a new wellbeing focus we will provide more flexible support and resources which people can access when they need it. We will partner with other organisations to support people to bridge the gap between primary and secondary mental health support, as well as preventing deterioration and promoting positive mental wellbeing.

Ensure a thriving and sustainable organisation

We are a values-driven organisation, committed to ensuring we are well governed and well lead, where our people thrive in a positive working environment and deliver exceptional work. We will focus on continued sustainability, ensure that our organisational infrastructure keeps pace with our growth, and enables us to deliver efficient, effective, high quality services.

Our strategic principles will collectively underpin our goals

We will make it easier to access our support

We know that services can be hard to navigate when you are in distress and we want to make this easier. We will focus on reaching more and different people across our diverse communities with a range of options which meet their different needs. We will also prioritise work to target health inequalities in areas of high deprivation.

We will champion lived expertise and peer support

We will embed peer support across all our services, as well as continuing to influence wider mental health.

We will influence wider mental health service design and delivery

We are proud of our approach to integrated and partnership working and we know that this creates positive and sustainable change. We will build on this work and use our expertise to influence and enhance the design and delivery of mental health services across the district and regionally.

What our service users say

“My confidence and motivation and self-worth are sky high as I finally have a job after 11 years, which I thought would never happen, due to my mental health. I’m really glad I started going to The Cellar Trust. The people I met there have all helped me on my journey and I’m grateful to them all.”

“I wasn’t expecting to say much at my first Haven appointment, I wanted them to hate me and tell me that I was wasting their time. But nothing that I told them shocked them. They didn’t judge me on what I was wearing, what I did, where I came from, they didn’t tell me everything would be ok, they were just listening to me. There was so much kindness, empathy and understanding. The worker understood, she made me laugh and I felt so safe.”

“I now feel a lot better in myself as now I know I am capable of a ‘normal’ life and that all the years of emotional and psychological struggle, learning to cope and manage my mental health have been so worth it to get me to where I am today. I’m feeling blessed and happy at this point in my life, so thank you to everybody who helped get me here. I feel so proud of myself.”

“Before I got help from The Cellar Trust I was isolated and lost, I’ve really blossomed and am putting 100% into making something of my life. It’s amazing what The Cellar Trust can do for people. Thank you.”

Thank you to our supporters

A M Fenton Trust

Archer Trust

Baildon Belles

Bernard Sunley Charitable Foundation

Betty's

Bingley Rotary Club

Bradford District Care NHS Foundation Trust

Campus PR Ltd

Cap n Collar

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NHS Airedale, Wharfedale & Craven Clinical Commissioning Group

NHS Bradford City Clinical Commissioning Group

NHS Bradford Districts Clinical Commissioning Group

Queensbury Queens

Sainsbury's

Saltaire Inspired

Saltaire Striders

Sir George Martin Trust

Sovereign Health Care Community Programme

Stronger Communities Inspire Fund

Tesco Bags of Help

Tong Garden Centre

Wolfson Foundation

Yardfest

Yorkshire Classic Motorcycle Club

Zurich Community Fund

£191,000

We secured over £191,000 through non-statutory fundraising in 2017/18

Thank you!

Become a Friend

If you want to be a part of our work why not become a Friend? By making a regular donation you'll be helping make sure we can be there for people facing mental health challenges, giving them the chance of a better life. It's also a great way of keeping in touch and getting more involved if you want to. For more information about becoming a Friend visit:

www.thecellartrust.org/friends



Contact us

If you're interested in learning more about what we do or working with us, contact us at

✉ mail@thecellartrust.org

☎ 01274 586474

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The Cellar Trust

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