



- 1 Margaret Castle - Chairman
- 2 Carol Price - Treasurer
- 3 Tony Britt - Trustee
- 4 Dr Hannah Condry - Trustee
- 5 Sue Kelly - Trustee
- 6 Sandra Kelly - Trustee
- 7 Kevin Rogers - Trustee
- 8 Martin Cox - Out of hours Caretaker
- 9 Ian Lawry - CEO
- 10 Michelle Evans - Operations Manager
- 11 Mike Wheatley - Finance Manager
- 12 Joyce Clarke - Administrator
- 13 Sara Ruggeri - Administrator
- 14 Lynda Townsend - Administrator
- 15 Mike Brown - Caretaker
- 16 Rhian Loughlin - Head of Services
- 17 David Martin - Health & Wellbeing support Worker
- 18 Sarah Winch - Arts Manager
- 19 Beamie DeMonick - Food & Health Development
- 20 Amala Bodhi - CHC Manager
- 21 Mandy Cox - Health & Wellbeing support Worker
- 22 Lorraine Millard - Young People's Health
- 23 Maureen Doddy - Cycle Loan
- 24 Diane Spencer - Receptionist
- 25 Jakub Jablonowski - Polish Health Worker
- 26 Eileen Ball - Trustee
- 27 Luisa Marotta - Out of hours Receptionist
- 28 Dan Hayden - Trustee
- 29 Ania Balcerek - Polish Health Worker
- 30 Salma Khalid - Receptionist
- 31 Mohammed Elsharif - NHS Advisor
- 32 Angela Smyth - Out of hours Receptionist
- 33 Dr Peter Brindle - Trustee
- 34 Jonathan Amphlett - BCC Advisor
- 35 Stacy Pringle - Out of hours receptionist

Summary of Income and Expenditure Account

	Unrestricted	Restricted	2011 Total Funds	2010 Total Funds
Total Incoming Resources	359,409	307,060	666,469	774,408
Total Resources Expended	267,133	398,079	665,212	802,839
Net Incoming Resources for the year	15,884	(14,627)	1,257	(28,431)
Net Movement in Funds	15,884	(14,627)	1,257	(28,431)
Total Funds Brought Forward	79,732	75,164	154,896	183,327
Total Funds Carried Forward	£95,616	£60,537	£156,153	£154,896

None of the company's activities were acquired or discontinued during the year and there were no recognised gains or losses for the year other than those included in the income and expenditure account.

Balance Sheet

Current Assets	2011	2010
Debtors	52,129	37,204
Cash at Bank and in Hand	132,706	158,863
Total	184,835	196,067
Creditors; amounts falling due within one year	(28,682)	(41,171)
Total Assets less Total Liabilities	£156,153	£154,896
Total Assets less Total Liabilities		
Restricted Reserves	60,537	75,164
Unrestricted Reserves	95,616	79,732
	£156,153	£154,896

Funders and partners

Wellspring would like to thank the following organisations for their support



A number of the case studies have had the names changed to protect the identity of our clients.

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Company no: 6040773



Charity no: 1134593



Annual Review 2010-2011



Healthy Living Centre

'Live well together'



Chairman's Annual Review 2010-2011

The last year has seen a down turn in the economy which has predictably led to the increased needs of the clients we support. To weather this storm, and ensure long term sustainability, difficult decisions have been made; so due to reduced funding Wellspring regrettably finds itself working with less staff resources.

The investments we have made into our monitoring and evaluation systems have paid dividends enabling us to demonstrate the impact our dedicated staff have had working with their clients, and consequently saving the NHS and local authority in time and resources, leading to further funding and commissioning opportunities.

Part of Wellspring's success lies in continuing to have a robust governing board of local residents. This has been maintained and built on with the recruitment of two new trustees bringing new skills and experiences.

We have strengthened existing partnerships and established new ones. Working with some of the best organisations in the city, e.g. Womankind and Meriton, helps us address the health inequalities of the area in the most appropriate way possible, which is fundamental to what we do.

I am sure you will find reading the case studies inspiring, and hope they compel you to want to get involved with Wellspring's work either as a volunteer, funder, or corporate partner.

M. Castle

'Part of Wellspring's success lies in continuing to have a robust governing board of local residents.'

Luke's Case Study

Luke was suffering from anxiety, had anger issues and had been taking anti-depressants for the last 6 months. He had few friends and rarely went out. His sleep patterns were irregular and he suffered from panic attacks.

As a result of seeing David from Branching Out, Luke has received debt advice, employment advice, had 4 job interviews, attended Men's REIKI Support Group, and received acupuncture from Wellspring's Complementary Health Clinic. He now regularly goes to the gym, has stopped taking anti-depressants, his sleep patterns have returned to normal and feels closer to friends and family. He also regularly uses the relaxation techniques he learnt at the Men's REIKI Support Group to help him manage his anger and anxiety.

"Branching Out has helped me tremendously - I would recommend it. Meeting on a 1:1 basis has been very helpful and it has given me the tools to help me progress in my life and I now have a positive outlook".



35%

of our clients were Black or Minority Ethnic

Beata's Case Study

When Beata approached the Polish Project at Wellspring, she suffered from anxiety and depression after being bullied at work. Having received specialist legal advice from the Avon and Bristol Law Centre, and with the help of Wellspring workers, she successfully challenged her employer in the Employment Tribunal. In addition, she was also referred for counselling sessions at Wellspring with a therapist from the Polish Psychologists' Association.

The lack of language skills was identified amongst root causes of Beata's predicament, therefore she was referred for English classes. A year on, she continues learning English in a publicly funded college. As her mental wellbeing started improving, Beata took part in the Know Your Community Day cooking demonstration and received a lot of enthusiastic feedback. Shortly after, she started volunteering with Wellspring Kitchen on regular basis, under Bearnie's supervision. Beata continues this work and currently looks into opportunities to develop Wellspring Kitchen into a sustainable business.



Our services

Wellspring has a strong and proven reputation for responsive and innovative resident-led health and wellbeing initiatives. Wellspring acts as a broker between NHS services and the community e.g. providing financial and strategic support to a new Somali mental health organisation.

Wellspring's Services:

- Complementary Health Clinics – osteopathy, physiotherapy, massage, chiropractic treatments and acupuncture

- Cooking Courses delivered in our beautiful kitchen
- Wellbeing Programme: Branching Out – 1:1 support service for people with poor mental health
- Time Out – peer-support groups for people with depression and anxiety
- Young People's Health
- Arts and Health – Arts on Prescription, Dreamtime Arts for mothers with pre-school children, pottery, singing, textiles, painting and drawing
- Support to Stop Smoking
- Polish Health Engagement
- Somali Health Engagement

Ali's Case Study

Ali has been diagnosed with psychosis and was detained in hospital for 6 months under section 3 of the Mental Health Act. He has no immediate family in the UK and is currently staying with friends. He has stopped engaging with the doctors and nurses as he worries he will be sectioned again and feels that very few people understand his issues, background and the cultural context and norms which affect him and his mental health.

Recently, Ali has begun to meet with Hassan Muse, from Wellspring's Somali Men's Mental Health Project, as part of a group of men that regularly meet on Wednesday afternoons at cafés in the Stapleton Road area of Easton. Here he chats to other Somali men who have also experienced mental health problems and been sectioned under the Mental Health Act. Hassan is supporting him to find his own accommodation, to complete benefits claims and to re-engage with the local G.P.



Theresa's Case Study

Theresa first made contact with Wellspring HLC after being referred by her G.P. to Branching Out. Theresa was suffering from depression and anxiety. She felt very isolated and found it difficult to leave the house. Through Branching Out, Theresa was introduced to Wellspring's art activities and began a pottery course.

She says she began to "feel safe with the people at Wellspring" and so was able to stay for the length of the course and began to make friends with other participants. Theresa regularly attends the Women's Time Out group, Artshine and the Knit and Natter group.

Theresa has gone on to deliver art workshops for other groups, including one for young people. Most recently, she organised a jumble sale and raffle, which made £270 for Wellspring's services. She is now working towards going back into employment and is in the process of applying to study Access to Art and Design at the City of Bristol College.



Josephine's Case Study

I was referred to Mandy by my GP at Lawrence Hill Health Centre back in January 2011.

My energy levels were extremely low and my stress level very high which had impacted on my ability to perform well in my workplace. I lost my job because of this.

I didn't know where to turn, who to talk to or what to do next. Mandy supported me through Branching Out one to one sessions. It made me feel better in myself knowing she was there at the end of the phone if I needed an extra bit of support in between our sessions.

She encouraged me to take part in the Time Out For Women group and the Knit and Natter group, which enable me to have some 'me time' during this very stressful period.

Mandy helped me to complete benefits claim forms, liaised with my GP, and accompanied me to a Job Centre medical assessment at Flowers Hill. Without this support I really don't know what I would have done.



Terry's Case Study

Terry Lloyd was a Branching Out client who received reflexology treatments by Lyndsey – a Bristol City College student completing her complementary health degree – as part of Wellspring's Student Clinic.

Terry had been involved in the Reiki Support Group, with David Martin, and had found his experience within that group immensely powerful and had wanted to broaden his experience of complementary health. He found the treatments to be "incredibly life changing" and he "experienced a deep de-stress of his body, mind and spirit".

Terry also said, "it gave me a calmer, clearer outlook on my life past, present and future. Helping me let go of things, sometimes before I even had the treatment because I knew I was about to relax!" As a result Terry feels more confident and about himself and his ability to achieve greater success in his life.

Over the 10-week programme Wellspring's Student Clinic saw 26 people and provided 58 treatments.



Wellbeing programme

Provided one-to-one support for 132 people, delivered 1,584 sessions of one-to-one support, delivered 102 peer-support group sessions in total.

102

people attended arts activities helping to improve self confidence and feeling more part of the community

100

people were helped to quit smoking reducing their risk of developing illness

Wellbeing programme impact on the lives of local residents who experience poor mental health:

86% ranked their mental health as 'improved'

91% stated an improvement in their depression

89% stated an improvement in their anxiety

976

used Wellspring services from 2010-2011

63%

of our clients came from our immediate area