

## **MINUTES**

Inclusion Barnet Annual General Meeting (AGM)

Wednesday 23<sup>rd</sup> January 2019

2-4:30pm

7 Bristol Ave, Colindale, London, NW9 4BR

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### **Welcome**

Michael Nolan (Acting Chair) offered apologies for Paul Baldwin (Chair) and welcomed attendees to Inclusion Barnet's forth AGM.

He outlined the achievements of the previous year.

2017 - Inclusion Barnet took over control of two Libraries; South Friern and East Barnet.

Merger with Barnet Voice was very welcome. Rebecca Sare was hardworking and effective with this project. There was a very good report concerning Peer Support & Research Project. People's Choice Team was very active in highlighting and successfully training 300 police in Safe Places Scheme, Hate Crime & Disability Awareness.

## **Introduction**

Caroline Collier (CEO) gave an update on the year's events and explained a little of what we are doing now.

Our Library contract is working very well there have been 50,000 visitors to the Libraries this is thanks to Nick Black and his team. We are proving user lead services for people with Physical Disabilities and Learning Difficulties is working well. Trying to do more in an inclusive way allowing more people to volunteer. We believe this demonstrates what a Deaf & Disability Organisation can do. We run Libraries to be part of the community, to deliver services and support in the community using what we have learnt in other areas.

From facing big challenges at the end of 2015, we have comeback and the future looks bright.

Thanks to all our members.

We now have Touchpoint up and running, the Big Lottery is funding this and we have more funding from Trust for London.

The Enablement project is moving forward - welcome to Nitish who has just joined us as lead for BEH Mental Health Trust to work together making sure the services works in a more accessible way.

People's Choice has ended at the end of 2018. They have done a great job publishing issues around Hate Crime and Safe Spaces Scheme.

In the current climate where funding is hard to get, the Board and Staff have been amazing in keeping things going. Many thanks to everyone.

### **Update on Touchpoint Service (Amanpreet Ahluwalia)**

We have been running for 3 ½ months now working our way through it to meet the needs of disabled people in Barnet. The effect of austerity in Barnet means services are not meeting their daily needs unless they are in crisis. We are working with people to offer help and support before they reach crisis.

Every year, we are under contract to work with 100 people, and set up 20 befriending pairs.

The service has been running for 3 months roughly and we have: Worked with 34 people, recruited 20 volunteers, trained 5 volunteers and set up 2 befriending pairs.

Touchpoint is aimed at people who do not qualify for services elsewhere. Added to this is the emotional service we provide to try to understand what they need. People tell us we are doing things no- one else is doing.

In general, we work with people and find ways to offer solutions when they are feeling overwhelmed and do not know how the system works. We offer managed support setting goals, linking people with the right services. We look at where people want to be and put together an action plan identifying goals and help people to achieve them.

We offer Peer Support to help people achieve things in their wider life. We talked to people about areas in life, which, are important to them and match with volunteer friends to help achieve longer-term goals.

Our service is for people who are actively working towards achieving their goals.

The process follows 4 steps

1. Referral – can be referred by other agency or self referral
2. Assessment
3. Support
4. Regular check ins

This is a new service and we have spent time building it up. Anything that can help people with self-esteem and confidence is very important. If they are coming to us, they have often lost their trust and/or confidence. We currently have funding for 3 years only, so can only provide this until August 2021.

#### **Update on Barnet Voice (Sara-Nicole Gardner)**

The project commenced in August. When the project was in the planning stage, the training was designed and links were built with BEHMHT. We recruited a team of volunteers, who were carefully selected; DBS checked and were provided with 12 hours of training, focusing on aspects of the role such as using lived experience effectively and appropriately in context, how to

sensitively and perceptively listen to the needs of people staying in inpatient wards, and signposting them to the most appropriate services. These include Barnet Voice for Mental Health Services, which, offer Peer Support for Mental Health patients, reduce social isolation, and build confidence in individuals, and Wellbeing Hub services such as the Navigator service, the Wellbeing Drop-in Workshops, and Community Barnet's Wellbeing Webinar service.

The objectives are to provide Support for transition into the community, provide signposting to relevant services, provide peer support in the community and offer hope to people on their being discharged.

At this time, we have 10 volunteers who have all had 12 hours of training for Peer Support, Safeguarding and Outreach. We are going forward with; Drop in sessions, Informal conversations, Directed discussion, getting to know people, becoming more comfortable with peers, sharing about their experiences so we can support access to the right services as well as Signposting and keeping in touch.

Weekly sessions take place in each of two wards at Edgware Community Hospital on Thursday afternoons (1pm-3pm) and Friday mornings (9:30am-11:30am), any patients who are approaching expected discharge are brought to the attention of the volunteers.

**Update on Trust Wide Enablement Partnership (Rebecca Sare)**

Enablement is an approach to delivering Mental Health Services, which, focuses on empowering people to take as much control of their own Mental Health as they can. There are 4 Principles of Enablement: working with the whole person; always aiming to do with people what they want; focusing on what people can do; supporting people to develop skills. The aim is to work towards a cultural change through Peer Support, Co-production and Lived Experience. The cultural change is to break down the barriers of 'Them and Us.' We aim to increase the number of Peer workers offering training, support and information for peers.

Co-production means to identify the current barriers for teams at BEH to develop clear systems of co-production, champion the importance of co-production and Creative Co-production Forum.

Lived experience in the workforce may suggest other difficulties for example, should staff disclose their lived experience to colleagues? Should staff disclose their lived experience to people using their services? What might the benefits of disclosure be, and what are the risks?

## **VOTING**

- **Motion** – a proposal was put forward to approve the minutes from last year's AGM.

**Result** – Members voted as follows 9 in favour; 0 votes against; 6 abstentions.

- **Motion** – Caroline gave a brief report on last year's financial situation that resulted in a turnover of £490,599. Unrestricted funds of £103,951. Restricted funds £33, 062

**Result** – Members voted as follows 9 in favour; 0 votes against; and 6 abstentions.

- **Motion** – A proposal was put forward to approve the annual accounts and report.

**Result** - Members voted as follows 10 in favour 0 votes against; and 5 abstentions.

- **Motion** – A proposal was put forward to re-elect trustees, Paul Hawkins, Sunethra Goonewardene, Geraldine Yenwo and Nailia Jiminez.

**Result** – 10 members voted in favour; 0 voted against; and 5 abstentions.

- **Motion** – A motion was put forward to re-appoint Grant Harrod Lerman Davis LLP as our auditor for next year.

**Result** – 10 members voted in favour; 0 voted against; and there were 5 abstentions.

### **Increasing our impact**

We are aiming for more attendance at various events, members with news of upcoming events to pass on information.

Attendance at Open days to get our name out to the local community, and arrange visits to Middlesex University discussing Peer Support and the Buddy System.

We will communicate with the community by placing leaflets in GP Surgeries; on pin boards in Hospital Wards, Universities and Libraries.

It would be useful to tell a story about lived experience, and use case studies in presentations where possible.

### **Letter to Council**

We have written a letter to Councillor Cornelious about the budget proposal to end the policy of ‘community by default’ for disabled adults. This letter has been signed by Mr Paul Baldwin in his capacity as Chair and will be sent by post to Councillor Cornelious today.

### **Closing Remarks**

Michael Nolan gave thanks to members for attending and for feedback. He commented, “We may be a small organisation but we are very ambitious.”

Michael then expressed thanks to Aman, Rebecca and Sara-Nicole for the presentations; to Caroline Collier for her continued hard work and to the members and friends who have helped Inclusion Barnet throughout the last year.