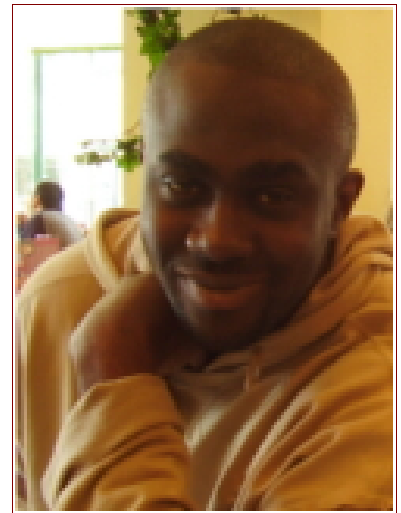




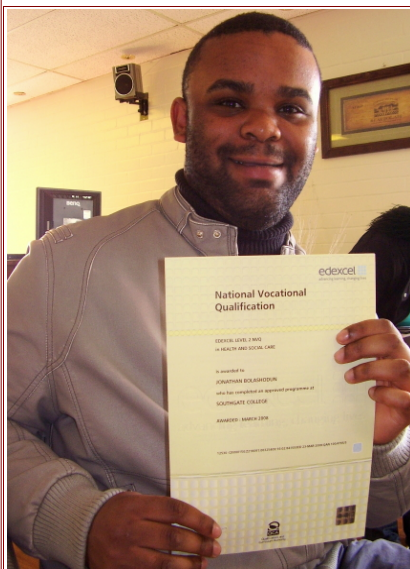
Social and vocational rehabilitation  
for people disabled by mental illness

# Annual Report 2007-08



*“I built up my confidence by socialising with other members, doing the shopping and cooking.”*

Jonathan – Clubhouse Member and NVQ Level 2 Award holder



*“Clubhouse gives me encouragement to believe that I can do things for myself. It's a very caring environment and now I have some normality and stability in my life. It's helped me to see the light at the end of the tunnel.”*

Raheem – Clubhouse Member and Charity Trustee



*“In April 2007 30% of members reported that Clubhouse was helping them to achieve their goals.*

*“By March 2008, this figure had increased to 56%.”*

Data taken from member satisfaction surveys

# Recovery from Mental Health Problems



**Vicki Stewart**  
Acting Chair

I am pleased to be able to say that 2007-2008 has been a positive year.

The Board of Trustees has welcomed four new trustees, two of whom are Enfield Clubhouse members. I look forward to more members joining them in the future.

The new trustees have brought valuable skills and experience to the Management Committee and we now have a Chartered Accountant as Treasurer.

Extra funding has been secured which has enabled us to employ another member of staff and increase our weekly operational days from two to three.

**Table 1: % Attendance as a function of Occupancy\* and Capacity\*\***

\* Occupancy is number of members expected to attend

\*\* Capacity is number of places available



Our in-house Catering Service is going from strength to strength. The members involved in the preparation and delivery of the food experience a sense of achievement as well as being paid for their work.

The success of the Clubhouse depends on the staff, volunteers, members and trustees working together as team and I thank them all for their dedication and hard work in the past year.

Sadly, but without regret, I am leaving the Board of Trustees this year. I have been associated with the Clubhouse since its inception and it has been a long and, at times, a difficult journey.

I am confident that the Clubhouse is in good hands and that it will continue to provide a vital service of support for people with mental health problems to recover their lives.

**If you would like to find out more information, get help or to volunteer, please contact us**

Enfield Clubhouse is the operating name of **The Enfield Clubhouse Limited**  
**41 Ridge Avenue, Winchmore Hill, London, N21 2RJ**  
**020 8360 6660 | info@enfieldclubhouse.org.uk | www.enfieldclubhouse.org.uk**  
 Registered Charity No. 1103930  
 The Enfield Clubhouse Limited is registered in England and Wales as a  
 Company Limited by Guarantee No. 4568108

People in work have better health than those without work, and people in good jobs have the best health of all.

Long-term health problems can lead to long term unemployment. And long-term unemployment leads to poor health, in particular, poor mental health.

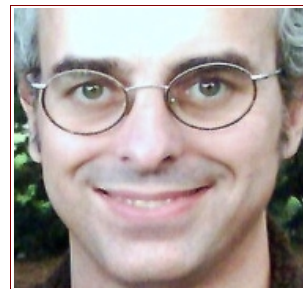
*Extracts from a speech by the Rt Hon Alan Johnson MP, Secretary of State for Health, 9 June 2008: Health Inequalities*

Those who are long-term unemployed are 35 times more likely to commit suicide than those in work.

Nine out of ten people claiming incapacity benefit want and expect to return to work.

Seven out of those nine are more likely to die than return to work.

**David Marsden**  
Director



## Life Support for Social Inclusion

Earlier this year we were fortunate to work with a very talented and enthusiastic volunteer, a graphic design student at Middlesex University. As part of her work experience placement she used her learning and skills to help us to produce a marketing leaflet for our new Catering Service.

Almost as an afterthought, she also produced a five minute promotional video featuring Clubhouse members. The video is available on our website and on YouTube. Right at the start of the video, John, a member, says:

*“I've had a lot less suicidal thoughts since I've been coming to Clubhouse.”*

Fellow member, Patrick, describes Clubhouse as “a lifeline”.

Bearing in mind the statements from the Health Secretary, above, it's clear that helping Enfield Clubhouse members to return to meaningful work is likely to be essential to their well-being. We're in the business of saving lives.

**During 2007-08, Clubhouse staff supported seven members into paid work with our new Catering Service and others into voluntary work in the local community.**

In the coming year, we want to establish our Supported and Transitional Employment Programmes – helping members to get temporary paid work experience placements and permanent employment in the open jobs market.

We also want to support members improve their IT skills and develop their social support networks to enable them to lead fuller and more active lives with family, friends and carers.

# Aims and Achievements

Enfield Clubhouse helps people to recover from the disabling effects of mental illness through supported work, learning and leisure activities.

Membership is available to anyone with a history of mental health problems who wants to use the service, subject to a risk assessment and appropriate funding being available to pay for the place. Funding is currently available for Enfield residents on the Enhanced Care Programme Approach (CPA) and for those eligible for Direct Payments.

**Membership is for life, so that people can benefit from the Clubhouse's support when they need it, in work and out.**

<u>Community support</u>	<u>Number of members</u>	<u>Percent</u>
<i>Paid Work*</i>	7	24%
<i>Voluntary Work</i>	7	24%
<i>Education &amp; Training</i>	9	31%

\* Includes part-time work under Permitted Work rules

*“You've got to be gentle with yourself and not beat yourself up if you want to recover from mental illness. But you've also got to be tough with yourself and get out of bed! I'm doing a work placement at John Grooms' garden centre and I'm enjoying that.”*

John - Clubhouse Member, Recovery Expert and Community Volunteer



John with his support worker Gungel at the FAITH Plant Centre



*“It's been good doing some paid work with the Catering Service. When you've prepared the food and see it all come together, you feel really pleased about it. It was a good feeling after not working for such a long time to feel that you can actually do something.”*

**Tina - Clubhouse Member and Catering Assistant with Enfield Clubhouse's Catering Service**

*“I have been attending Clubhouse for over a year now and it has helped me gain some independence in my life. We had a barbecue. The weather was superb and the food was first class. I really did enjoy myself.”*

**Graham - Clubhouse Member and Social Outings Organiser**



**Clubhouse BBQ Chefs, Andy and Chris**

## Equal Opportunities

### Age Ranges

14 % under 25  
 35 % 26 to 40  
 41 % 41 to 55  
 10 % over 56

### Ethnicity

14 % Black  
 70 % White British  
 8 % White Other  
 8 % Mixed Race

### Gender

24 % Female  
 76 % Male

Most Clubhouse members have a diagnosis of schizophrenia, bi-polar disorder or some other psychosis. Some are diagnosed with anxiety disorders and/or depression.

Most have not worked for more than three years. There is a wide range of educational achievements up to and including university degree level.

## Financial Statement

	2007-08 (£)	2006-07 (£)
<b>Income</b>	110,510	117,344
<b>Expenditure</b>	111,676	127,655
<b>Net (Deficit) Surplus</b>	(1,166)	(10,311)
<b>Surplus (Deficit) Brought Forward</b>	17,067	27,378
<b>Surplus (Deficit) Carried Forward</b>	15,901	17,067

Full financial details are available in our Annual Accounts.

Although we again show a deficit this year, it is much smaller than in the two previous years.

In fact, if it hadn't been for the late invoicing and payment for agency staff used in 2006-07, we would have shown a small surplus.

## Risks

The Clubhouse has relied heavily on its reserves to cope with unforeseen costs in refurbishing and repairing the premises to a safe and healthy standard fit for members and staff to undertake activities.

Over the next three years, the Clubhouse needs to rebuild and extend its reserves to cover operating costs for three to six months.

Presently, the Clubhouse risks being unable to continue operations should one of its main sources of income cease.

## Board of Trustees

- Vicki Stewart, Acting Chair
- Cheryl Paine, Secretary
- Agnieszka Kijek, Treasurer (resigned)
- Marie Xenophontos (resigned)
- Panos Mavron, FCA (appointed), Treasurer
- Andy Frost (appointed)
- Eric Misselke, JP (appointed)
- Raheem Hunter (appointed)

## Staff

- David Marsden, Director
- Laura Pennington, Senior Co-ordinator (post made redundant from November 2007)
- Debbie Curren, Assistant Co-ordinator (left July 2007)
- Gonsel Fevzi, Project Support Worker (appointed June 2007)
- Val Gorbould, Temporary Project Support Worker (appointed July 2007, left November 2007)
- Mike Hall, Project Support Worker (appointed February 2008, left May 2008)
- Dave Butcher, Project Support Worker (re-appointed April 2008)
- Vedaste Ndizeye, Project Support Worker (appointed April 2008)

## Volunteers

We thank all our volunteers including Sally, Margarita, Stephen, Richard and Atul.

## Accountants

### The Greene Partnership

5th Floor, Durkan House, 155 East Barnet Road  
 New Barnet, Hertfordshire, EN4 8QZ  
 020 8275 8484  
[www.greenepart.co.uk](http://www.greenepart.co.uk)

## Roles & Responsibilities

The Memorandum & Articles of Association require that Trustees are elected by the membership at the Annual General Meeting. Trustees also present a list of nominations to the offices of Chair, Vice Chairs and Treasurer for election by the members.

Clubhouse members are able to stand as Trustees, make nominations and to vote at Clubhouse meetings.

The Trustees are responsible to the Charity Commission and to Companies' House for the administration and financial management of Enfield Clubhouse.

The Board is the employer of all Enfield Clubhouse's staff and has ultimate responsibility under Charity and Company Law, Employment, Health & Safety and other relevant legislation.

Induction and relevant training is made available to all Trustees on their responsibilities. The Board, the decision making body, is supported by professional advisors.

We continue to successfully manage our activities and operate our projects within our resources. Responsibility for day-to-day management is delegated to the Director who is accountable to the Board.

## Bankers

### Lloyds TSB

1 Silver Street  
 Enfield  
 Middlesex, EN1  
 3EE

0845 3000 000

[www.lloydstsb.com](http://www.lloydstsb.com)

### CAF Bank

25 Kings Hill Avenue  
 Kings Hill  
 West Malling

Kent, ME19 4TA

[www.cafonline.org](http://www.cafonline.org)

# We thank our funders and supporters

The Big Lottery Fund has supported our start up, ongoing rent and a large part of our salary costs for three years, ending June 2008.



**LOTTERY FUNDED**

Data Connection helped to save the Clubhouse from going out of business in 2006 and committed to a three year support programme to help us rebuild and grow.



For 2008 and beyond, we have secured new funding from the City Parochial Foundation to help us develop our service to help our members return to work and learn new IT skills, with additional support from the Mrs Smith and Mount Trust and Awards For All.



**LOTTERY FUNDED**

**Mrs Smith & Mount Trust**

The Gannett Foundation funded our garden improvement project in May 2007 with a one-off grant to buy tools and equipment to transform our garden.



Enfield Council continues to support our core service delivery through a Service Level Agreement and purchasing of individual places through Direct Payments.



The Skinners' Company Lady Neville Foundation is supporting us to purchase new kitchen equipment to develop our Catering Service.



We're also pleased to be one of the Southgate Rotary Club's charities for 2008-09.

