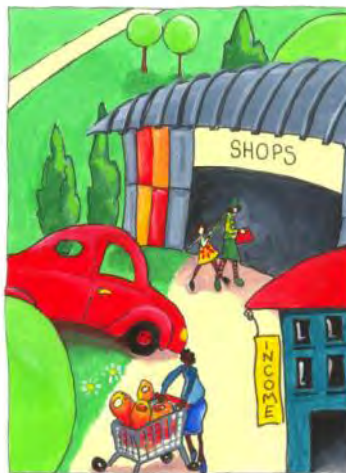


Haven Social Inclusion Report For Our Funders



August 2011

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Introduction by Chief Exec

In late 2006, as a response to the unique needs of people who have attracted a personality disorder diagnosis, The Haven began to consider issues around social inclusion. From its inception The Haven had espoused a recovery ethos and its clients struggled initially with the challenging symptoms, and crisis situations, that this diagnosis can cause. After two years of operation, however, a number of clients had achieved sufficient stability to begin to look outwards and assess opportunities in life. People with this diagnosis suffer significant social exclusion and the concept of personality disorder can attract stigma and discrimination. Short-termism for this diagnosis can also result in loss of progress due to the fragility of the recovery process for those who have usually had a very difficult start in life.

The Haven's solution to the above was to create a new category and concept at the project called Transitional Recovery which enabled clients to maintain the healthy attachment they had created at The Haven, often for the first time in their lives. Start-up funding was obtained from HM Cabinet Office Social Exclusion Task Force for two years. A Social Inclusion Unit was opened at The Haven in 2007, with a dedicated Co-ordinator, Inez, and a part-time Assistant, Tracey. Plans were formulated to encompass all domains of social inclusion; income; benefits; housing; leisure; tackling stigma and discrimination; carers, families and children; education; voluntary work and paid employment. Transitional Recovery 'took wing' and the Social Inclusion Unit's many achievements are included in reports on The Haven website, 'Reports Page', www.thehavenproject.org.uk

Whilst we attempted to negotiate continuation funding locally, The Cabinet Office provided a third year's funding. However, in a difficult financial climate nationally, and despite the Unit's success, in January 2010 local funders told us they felt unable to provide funding to continue Social Inclusion endeavours at The Haven. A funding campaign was launched by clients, staff and directors and we have attached our quarterly newsletters for the past year, in the appendices, to show the wonderful fundraising progress. On page 19 we have shown the budget and expenditure for the last financial year. When we encountered the funding difficulties we re-

set our £60,000 annual budget at £50,000 and economies were instituted with a little help from The Haven, as parent project, with subsidies for overheads. Inez and Tracey are still very much with us and we have also co-opted Claire, our project worker for day, who now works as a Social Inclusion Advisor on Fridays, supporting income, housing and outreach. The following report illustrates lots of other news and achievements from our clients over the past year. We are also aiming to include a short film of one of our Bushcraft Days on our website, 'Photos and Films Page', to show the kind of outward bound activities that have become a hallmark of The Haven approach to Social Inclusion and which have developed confidence and provided so much enjoyment.

All these activities have remained firmly in place because of the support of all those organisations and individuals who have contributed to Haven Social Inclusion Funding since January 2010. Therefore this report also represents a heartfelt thank you to all of those who have provided grants, donations and pledges, listed on page 19. Thank you so much for your continued vital support.



Inez Davies
Social Inclusion Co-ordinator



Tracey Davidson
Social Inclusion Assistant



Claire Beacham
Social Inclusion Advisor



Dr Heather Castillo
Chief Executive

Co-ordinator's Report

The continuation of the Social Inclusion Unit has had a profound effect on The Haven's Therapeutic Community. It has brought hope to many and a great sense of achievement in relation to individuals' aspirations. The difference to people's lives is often immeasurable but we will try to give you a flavour of the impact in the various Social Inclusion life domains. These being:

- Tackling Stigma and Discrimination with community engagement,
- Income and Benefits, Housing and Leisure
- Carers, Families and Children
- Education, Voluntary work and Employment

All pledges have enabled us to retain and partly fund our Unit's posts of Social Inclusion Co-ordinator, Social Inclusion Assistant, Social Inclusion Advisor and Educational Tutor for literacy and numeracy.

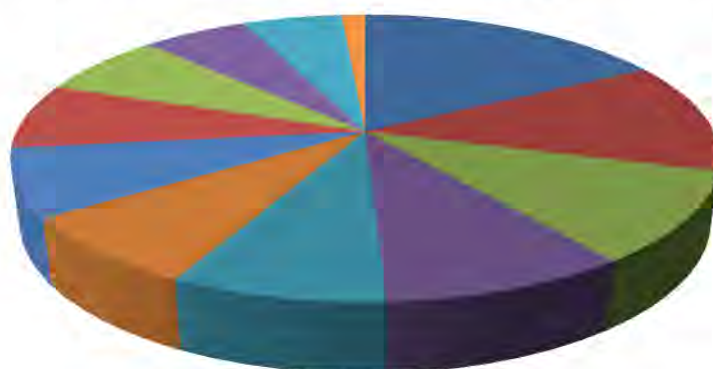
We initially started the year with 71 clients registered through Social Inclusion at point of funding. Over the ensuing year, 11 clients withdrew either through de registration as they felt that they had progressed and/or that they no longer required Social Inclusion aspects of

our service. Some continued to gain support from our main Haven services, whether through 24hr crisis intervention, therapeutic 1:1 work, groups or short stays for respite. For some, the very notion of facing barriers has proved too painful at this moment. Additionally, 3 clients moved out of area.

Over the year we have introduced and registered a further 11 clients to many aspects of the Social Inclusion Unit bringing our total back up to 71. In addition to this, a further 17 have received assistance and ongoing support with issues around benefits, housing, debt, children and families. The total number of clients working through our little unit has reached 88, meaning that we have worked with a further 28 clients over the year – our target was for an additional 30 clients over the year.

Our Pie Chart shows the range of impact and numbers of members involved in the various domains. You will see that many clients have had positive experiences in more than one area. The Pie reflects progression and support into new areas that clients have travelled throughout the year and the difference that the Unit has had on people's aspirations assisting them to develop lives worth living.

Social Inclusion and Transitional Recovery 71 Haven clients



■ Attendance at Group - 53

■ Planning Education - 32

■ In voluntary work - 26

■ Tackling stigma and discrimination - 24

■ Improved leisure activities - 22

■ On courses - 17

■ Finished courses - 39

■ Improved housing - 30

■ Improved children/families - 25

■ Employment/permitted work - 23

■ Planning voluntary work - 18

■ Improved transport/mobility - 4

(Continued....) The structure of support has been broad ranging. Many clients have, and continue to receive one to one advice and guidance; an opportunity to explore past skills; plan futures; and be offered a safe space to dream and raise aspirations.

Approximately 12 clients have attended and received ongoing support for literacy and numeracy, usually attending weekly sessions. As well as one to one guidance sessions, many have had individualised support with simple computer skills e.g. setting up email and Face Book accounts to connect with family and online shopping that has opened up new empowering doors. Often these sessions have proved to be rewarding bridge building exercises, which increases confidence for clients to access new learning opportunities at local colleges or to attend our Transitional Recovery Group.

An integral part of Social Inclusion is outreach work and assists clients with outward facing activities to access new opportunities whether these are educational, leisure or work – work can be voluntary, paid, permitted, part time or full time. Additionally, outreach continues to take the form of accompanying clients to appointments if they feel that they need a type of advocacy or moral support. Over the year, there has been outreach for help with travelling on public transport when members have lost confidence, independent living, bill paying,

support at home, social services children panels and many more.

Clients have gained a range of support varying from person to person; some attending our weekly Transitional Recovery Group, working on confidence building, personal development, skills analysis, CV preparation, exploring goals and peer inspiration. We share goals that have been achieved and personal plans for the future. The group has been able to develop outward facing skills, including team building, communication, group work and a sense of achievement through Bushcraft on a local farm. Together we make fires by flint and iron, erecting tents, knot work, identifying flora and fauna and most of all being with others and having the freedom to talk and laugh and to simply feel part of something. Inclusion is paramount and the group have learned the art of gently encouraging those who shy away, drop small hints about living life in a new way and learning better ways to cope with difficult feelings. The group talk round the open fire, support each other and look forward to the next session. The plan is to fish, try some archery and hopefully cook a meal, nettle soup has been mentioned!!

These activities would never have happened if it wasn't for the ongoing commitment and financial support of many organisations and individuals. Our Therapeutic Community are truly grateful for your incredible contributions.

Mersea Island Youth Camp



Bridge Building

Mersea Island Youth Camp



I can do it!

Richard's take on Transitional Recovery...

I was asked what transitional recovery means to me the other week.

LolI passed and laid it on someone else to give their interpretation - I concur with the reply - it's for people that feel enough is enough and feel ready to move forward and change their lives.

Transitional recovery is a positive move forward over a period of time, a choice between staying stagnant with your life or moving forward to aide your own recovery. Last month we had guests at The Haven in the form of John and Frances from Waveney (which is somewhere near Yarmouth) who stayed for the day. They are in the process of setting up another unit similar to The Haven to treat personality disorder. They have the premises but lack the insight and knowledge of the community-led therapy we receive from our dedicated team we have been blessed with here at The Haven. John and Frances' biggest drawback is staff and funding - they currently have a staff of 12 which will, I'm told, be cut to 4. It's safe to say that another unit such as The Haven can only be considered as very good news for the greater benefit of treatment for personality disorder to have not just one but 2 homes of safety, a place they can call home just as we do. I noticed throughout the day how our guests felt quickly at ease engaging staff and clients. They were

overwhelmed by the confidence and knowledge expressed by the clients, about where they are with their illness and how we see and use The Haven. Unlike us, they are NHS led but hey, I can only hope, as a community, we have given them some hope to take back. This can only be seen as a positive move forward to extending treatment in a positive way and I'm all for that as I'm sure you are.

Regardless of what life has thrown you we are no longer victims, we are thrivers for a better life and are moving forward at our own pace however slow it may seem!

Transitional recovery is all about moving forward, creating a life that suits your own needs, using the positiveness and confidence from the other group members. We all have a hidden talent and with help from clients and staff things we had long forgotten or knowledge we didn't know we had, can be built on and developed to aide in the transition of your own recovery. This is what transitional recovery means to me. It was a good group last week full of people that show true determination and the will to prove, not only to themselves but to all, that they are moving forward and can control their illness to have a real life full of hope confidence and fun.....

By Richard A



Camouflage at
A Bushcraft Day



History Day at the Museum

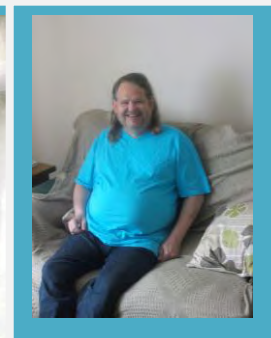
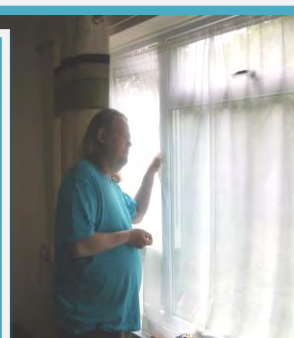
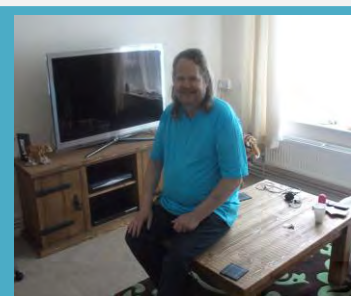
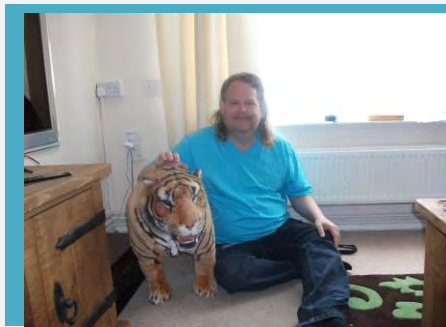
Tackling Stigma and Discrimination

At the heart of The Social Inclusion is the task of reducing stigma and discrimination and trying to touch other geographical areas. Our networking has gained more momentum through Social Networks e.g. Facebook and our website progress. Members update and respond to our Facebook page and fundraising has been paramount, where clients have taken the initiative to promote The Haven. There have been a number of developments - from attending conferences and networks, to having clients invited as guest speakers in both an educational setting and in a health setting.

EJ has been institutionalised for over 35 years of her life and was held in a secure unit from the age of 15 years. The seriousness of her offence has always been questionable along with her psychiatric assessment. She appealed for many years to be discharged and was finally granted this in 2010. We have

watched EJ on her incredible journey of personal development, gaining a variety of voluntary jobs and moving into supported living after years of incarceration. EJ was recently asked to speak at Anglia Ruskin University. EJ spoke eloquently and as you can imagine, emotionally, to social work students at two of their symposiums, recollecting hospital experiences, the trauma endured and finally hopes and dreams for a better future. She gave a very moving account which no book or lecture could possibly convey. The students were overwhelmed, gained so much knowledge and were able to truly empathise with struggles throughout her life story. This opportunity has raised awareness in young, up and coming professionals developing their skills in the caring profession and has hopefully offered them a foundation with which to build upon.

(See EJ's story "Free at Last" in Newsletter 59 at <http://www.thehavenproject.org.uk/News/News59.pdf>)



(Continued...) EJ's story isn't just one of stigma and discrimination but has a housing flavour also. EJ just recently left supported accommodation and moved into her own one bed roomed flat and has worked through some serious independent living milestones, buying carpets, curtains, not sharing a key! *(See pictures bottom left.)* We are still working together to develop new skills around taking care of herself and her home, but it is a joy to see her blossom.

'Jenny' had a difficult start in life and was a prolific self harmer. Today 'Jenny' has been the inspiration for the very existence of our social inclusion unit. She was instrumental in its start up and its ongoing development. Over this year, 'Jenny' has made such an incredible impact speaking at conferences to professionals in health and social care, community nurses, G.Ps, Accident & Emergency staff and more recently trained as a trainer through Nottingham University, Personality Disorder Institute – Knowledge and Understanding Framework (KUF). 'Jenny' has worked extremely hard to facilitate professional and service user personality disorder awareness training with fellow trainers from a professional background. 'Jenny' has covered a geographical breadth in terms of impacting a large audience; North and South of Essex, Suffolk, Norfolk and Waveney. These are far

reaching areas for East Anglia and in fact for the East of England. This has also provided a platform to share the riches of our services, imparting how our organisation supports people with a personality disorder diagnosis and is an opportunity to inspire others. 'Jenny' has also been training service users, who in turn may consider becoming trainers themselves and cascading the awareness training. 'Jenny' has been motivated to explore new opportunities to work either through self employment and/or within the caring profession. 'Jenny' fundraises to the extreme, muffin baking, lucky dips, table top sales and is a fantastic champion for The Haven and The Social Inclusion Unit.

(See recent Radio Fun Day newspaper clipping with members of The Haven Community facilitating the fundraising in, Newsletter 61 at <http://www.thehavenproject.org.k/News/News61.pdf> See news about the KUF in Newsletter 60 at <http://www.thehavenproject.org.k/News/News60.pdf>)



Voluntary Work

'Jackie' embarked on permitted work last year to coordinate the initial stages of KUF Training throughout East of England. Education has always played a huge part in 'Jackie's' life especially linking through family. 'Jackie' is infectious when it comes to encouraging those who are terrified of learning. This year has been a busy year for 'Jackie' and she has developed many skills and has a flair influencing the design and development of educational briefings for Colleges and training providers, namely through NIACE (National Institute for Adults Continuing Education). Give 'Jackie' a stage and she

can, and does, take an audience on an incredible journey from sharing her Maths demons to becoming a Learning Champion. 'Jackie' took a dip a few months back but has bounced back and recently been accepted to become a volunteer with Greenpath Ventures, an organisation supporting vulnerable people to experience outdoor pursuits. This is an area where 'Jackie' can really come into her own, be herself and impart her knowledge especially around encouraging others to become involved. The placement is in its early stages and things are looking brighter.

GREENPATH VENTURES

Registered Charity 1124202



Bushcraft 2010



Bushcraft 2011

'Sylvie' is a young lady who has been a member of The Haven for several years, initially utilising crisis, respite and therapeutic interventions. This work helped 'Sylvie' develop new ways of coping with anxiety and depression that involved developing healthy strategies to manage difficult emotions. 'Sylvie' slowly got involved with The Social Inclusion Unit for some additional support to explore new opportunities around her interests. 'Sylvie' loves animals and had

begun a little family of rabbits at home. Over the year 'Sylvie' has managed not only new ways to cope but placed a rather negative voluntary work experience at an animal sanctuary firmly behind her and another was found. Together, we worked on her CV and sent letters to many veterinary practices in the local area for placements which were held on file. One false start to apply to our local zoo was quickly overcome in the next volunteer intake.



We practiced interview questions and completed a dummy run on the bus to find the right routes. 'Sylvie' was successful at interview and now has 3 weeks under her belt volunteering one day a week. It has been hard getting into a routine and she finds it tiring but is so enthusiastic that she has already asked about perhaps another day when she feels up to it. 'Sylvie' has aspirations to

be involved in acting and perhaps a local drama group which involves singing and has been trying to connect with various theatres. 'Sylvie' has been working with her GP to get her medication balanced which has helped with her motivation. We believe 'Sylvie' has realised that it is not a failure to take medication again and that many people do. Things are looking good and 'Sylvie' is smiling again!





'Beverley', a farmer, a wife, a mother and dog owner has been developing her photography skills and, with her interest in nature and wildlife, secured a voluntary position as a photographer with a wildlife organisation. 'Beverley' has been recording events for local newsletters and is successfully selling her own photographs on The Haven website and privately. This has had a knock on effect at home and also in other areas of her life, where she has trained her dog to become a pat dog who visits The Haven every week for some positive strokes!! It has been a tricky experience trying to shift 'Beverley's' ingrained beliefs about herself and we have used a team approach to develop her confidence and self belief. She still doubts her ability and puts herself down, but we continue to offer her lots of reassurance and encouragement every step of the way. Some of her utterly beautiful photographs are available on the website.



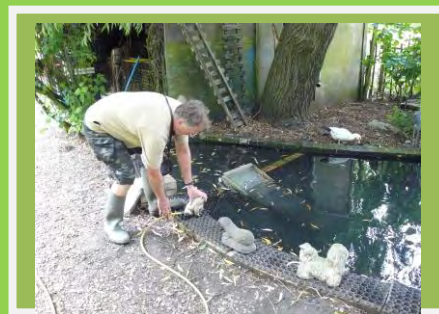
'Nathan' has had a very strict upbringing and had difficult experiences at school; he only recently was assessed as being dyslexic. He suffered abuse as a child and as an adult had physical health issues that affected his commitment to work and education. 'Nathan' worked for many years in a chosen career and embarked on a related degree which was cut short due to illness. 'Nathan' had also experienced setting up a business. Sadly, his business folded but it left 'Nathan' with a new impetus to pursue some form of work. 'Nathan' has worked hard on a fantastic CV, one that he feels proud of and can see 'all of himself' in. He has become excited about making a new future. We spent some time exploring possible options, looking at his interests, his likes, his role preferences and together explored many voluntary options. Applications were sought and completed, phone calls were made, references were raised and 'Nathan' had an interview for a role in a local charity. The role is ideally matched to his business acumen, his passion about making a difference and advocating on behalf of others....We had some lengthy meeting times pouring over interview preparations. Supportive texts were sent wishing good luck and now 'Nathan' has joined the charity. It doesn't stop here though! 'Nathan' is so motivated to find employment that we are exploring a plan of action over the next few months to direct some energy into some potential employment pathways.



'Mike', a single Dad who had a major mental health related breakdown whilst working in London, uses fitness and cycling as a method of managing paranoia and overwhelming thoughts. He has been tirelessly volunteering at various charitable organisations to keep occupied as he fears that employment would create too much stress and tip his finely tuned mental wellbeing balance. Formerly volunteering at Bikes for Africa and at a Cat Rescue, he has found a place to rest his bicycle clips at a local animal rescue/re-homing sanctuary. 'Mike' cycles for an hour and a half to get there and has purposeful days, caring for dogs, pigs, donkeys, geese, cats, birds, guinea pigs.....secretly we think 'Mike' runs it now! At our

point of writing this, 'Mike' has withdrawn from his placement which reveals a real barrier that many of The Havens' clients experience; waves of difficulty in maintaining relationships and difficulty managing overwhelming feelings and thoughts. 'Mike' is reluctant to return and does not wish any mediation to take place which would be a positive way forward but 'Mike' has to want us to assist. So, we will let the dust settle for a bit and revisit his hopes to plan and explore alternative opportunities.

NEWSFLASH..... 'Mike' received a call from the owner to discuss a way forward. So... 'Mike' has returned and see him below proudly working at SESAW – committed or what?



Education

'Steve' has been through some ups and downs emotionally having had a rough, abusive teenage life, struggling with petty crime and forging positive relationships. 'Steve' is really motivated by mental health and raising awareness in this area. Having experienced times of depression and with a personality disorder diagnosis, he is always crusading on behalf of The Haven and empowering others. After some extensive work on his CV and personal development, 'Steve' embarked on Advocacy work with MIND and worked closely with service users who were in acute psychiatric wards. This also gave him the learning bug and he embarked on brushing up on his literacy and numeracy skills at a local Adult Education College... "Newsflash 'STEVE' HAS PASSED LEVEL 2" along with training in Mental Health First Aid. He has become inspirational at our Transitional Recovery Group and is hoping to learn more about becoming a trainer or speaker either on mental health issues or personality disorder. 'Steve' is always the encourager, keen to include others and reassure his peers. He is also a wildlife

guru who loves our bush craft events. Recently we had some visitors from another region and he explained about Transitional Recovery and was a star helping people through some difficult sessions work around personal gifts.

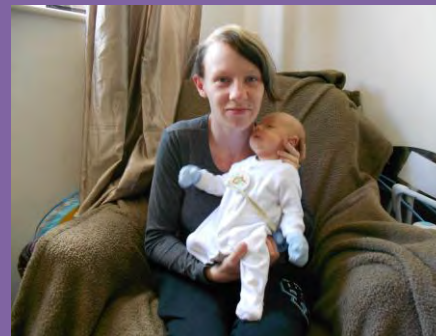
'Sandra', a single Mum who works part time, has had a very busy year. After a gruelling preparatory year with Access Planning at college, sitting GCSEs in English and juggling a part time job, 'Sandra' embarked on her long term ambition to start a degree. 'Sandra' had experienced some difficult times at college and at home and has extreme paranoia along with finding it hard to maintain healthy attachments and relationships with others. Support formed around her needs prior to starting University and she was accompanied at meetings with Equality and Diversity staff eager to make adjustments that would assist her experience at University. Furnished with an array of gadgets for concentration and strategies for managing time, 'Sandra' has successfully completed her first year at Anglia Ruskin University.



Carers, Families and Children

'Gill' is a young mum who was estranged from her young son a few years ago and who recently completed a mechanics course. The team worked hard with 'Gill', slowly helping her to maintain engagement with The Haven and work through her second pregnancy. In May, 'Gill' gave birth to her second beautiful son, 'Ben'. Social Services have been involved and The Haven is helping with outreach work to explore positive parenting skills and work with other agencies to make a difference to 'Gill's' young life and to

keep her newborn baby with her and his Father. We are keen to stop cyclical situations occurring with new generations and this very work is yielding dividends for members of our community whether it is around maintaining healthy family relationships or working through difficult situations with family and carers. Parenting classes at The Haven continue to run intermittently, creating a safe place to explore good parenting, positive attachments, and ways to develop healthy relationships.



Employment

Cham is conquering the world it seems, initially embarking on voluntary work to permitted work with MIND, advocacy training to KUF trainer, and finally working for a local care organisation. We worked hard on her CV finely tuning her attributes having come from a medical background and sales. Just recently, we loved sending her a text wishing her luck in her new job! Her new job in care will compliment her work as a part time KUF trainer.

'Mikey' and his Volvo



'Mikey' is a young man who self harmed through alcohol and cutting and was determined to come off all benefits and get a job. We worked closely with Job Centre Plus, going along to meetings, exploring what financial support may be available to return to work and forged ahead with a new CV and exploring areas of interest. Together, we explored 'Mikey's' interests, skills, hobbies and dislikes. His hard work started with a few very short confidence building courses at local Adult Community College. It became obvious that he was inspired by young

people and supporting others to realise their potential. The area of care was examined but there was always a dark cloud over 'Mikey' because of his criminal conviction. This may have meant that he was unable to work with young people or the vulnerable because the Criminal Record Bureau (CRB) would disclose previous convictions. Voluntary work was top of his list to start with and we found a local Primary School with an empathic Head Teacher who took 'Mikey' on as a Teacher Support. This inspired 'Mikey' to start a Cache Level 2 course at college,



studying child development; early years. As things progressed, 'Mikey's' confidence improved and he felt ready to take some risks with our support. Additional dustings to his CV got the ball rolling to apply for vacancies. After many weeks worrying about CRB and occupational health meetings, 'Mikey' successfully embarked in a full time career caring for adults with learning disabilities through a local voluntary organisation. At times it has been hard as 'Mikey' finds it difficult to say no to covering shifts but he is learning new ways of managing tricky demands. He

Continued....) has just told me that he is getting pay rise at the end of the month; just bought a new car a silver Volvo; has embarked on a Diploma in Health and Social Care; is ... very excited!!

'Marie', a health care worker, has had some time off work with difficult emotional issues as well as some physical health problems. On several occasions this year, the Social Inclusion Unit has helped members of The Haven Community stay in work or explore alternative positions within their work environment. Marie is not sure whether she will be able to return to her post fully in the future. She successfully achieved a residential detox from years of alcohol abuse and celebrated a year's sobriety last month (*See more about Marie's story in "Alcoholism and me" Newsletter 60 at <http://www.thehavenproject.org.uk/News/News60.pdf>*).

'Marie' suffered the loss of her elderly parent coupled with the disclosure of her own childhood abuse and of the perpetrator. We support her with difficult emotions, helping her dream about what a different future may look like, exploring gently opportunities if she is medically retired or alternative posts within the NHS.



This is the story of a young child destined to be a violent and dangerous criminal but it certainly did not start out that way...

Mindless Emotions



DOUGLAS PAGE

Doug has worked hard on personal changes in his behaviours and how these affect others. He has moved what he felt were insurmountable obstacles around housing and work. He threw and kicked himself into Karate and now teaches classes locally. He gained support with housing issues and embarked on a critique from our Educational Tutor on his writings. Doug has recently published his first book, an autobiography that concentrates on his teenage years and life of petty crime before turning his life around. Details of Doug's book can be found on our website. (*See about Doug's book "Haven Writers" in Newsletter 61 at <http://www.thehavenproject.org.uk/News/News61.pdf>*)

Leisure and Recreation

Sarah has worked incredibly hard on broadening her social horizons with support to explore personal options. Initially building confidence with Maths and weekly sessions with The Social Inclusion Educational Tutor David, Sarah felt ready to embrace some gentle exercise and enrolled in Pilates classes at a local group. Sarah got the fitness bug and signed up with a Health Trainer and lost an incredible amount of weight and improved her general health. Sarah has found yoga and developed many friendships around her new interest. Her journey has been colourful and her humour is constantly in the foreground when we are out team building!

Sarah in tutoring with David



TRANSITIONAL RECOVERY THE NEW ME!

I have attended The Haven Project since it moved to these premises 6 years ago. Initially I attended Life Skills to acquire coping strategies for my condition and mixed in numerous groups. At that point I was coming in during 'crisis' hours and not managing very well for a number of reasons. This resulted in numerous annual admissions to Acute Mental Health hospitals under section, which could be for four months at a time. It's now a year since I have started attending Transitional Recovery and I wanted to show you from a client's perspective the benefits. My definition of this group is 'a place which emphasises and encourages positive mental attitude, whilst doing as much as you wish on and off site, as well as an extensive journey of learning.' The group has helped me in many ways, and here's how:

CONFIDENCE: I have built my overall confidence drastically. I am now confident at speaking

during events such as Open Days at The Haven, as well as attending and helping out as a physical presence at various conferences. I am not afraid to speak up and express my views, unlike before where I would simply say nothing.

CONCENTRATION: Previously my concentration was short term and I would quickly become frustrated and mentally tired. However I now feel I can focus for much longer periods due to increased confidence and engaging tasks in the group. I now study and read in my own time to keep my concentration levels consistent.

FITNESS AND HEALTH: I have recently completed seeing a health trainer and have managed to achieve all fitness goals set. My eating habits are currently the best they have ever been, thanks to information and help from the group. I am now so much more active, doing things like yoga, and use this to help my conditions. For example, if I feel agitated I will go for a long walk to calm myself and channel negative feelings into positive. This has all helped me lose a significant amount of weight and aid my knee recovery.

STRUCTURED ROUTINE: This is crucial to recovery in my view because it gives a focus away from the negatives. Having a set time and tasks allows me to forget and avoid the obsessional compulsive behaviour within my home. Engaging with others takes your mind away from this negativity and your priorities definitely change. You realise that it is more important to stay well and active and that some minor things you used to worry about are less relevant.

ACTIVE BRAIN: This allows a reduction of OCD. I have also attended educational tutoring, doing Maths, to engage my mind with tasks that make you think. I wanted to get my brain back to the level it was when I was working.

ALL ROUND POSITIVE VIBE: I now feel like a new person, thanks to a combination of the reasons explained above. I want to be an encouragement and positive influence to people, in the way that others have been an inspiration in my life. I previously felt I had no identity. However, the 'real me' has finally emerged at last after many years and I am

continuing to grow as a person

Thank You Funders

The Tudor Trust
The European Social Fund
Strategic Health Authority
Colchester Lions
National Mind
Waitrose
Castle Methodist Church
Colchester Cruse
The Claudius Lodge
Hertfordshire Mind
May Day Self Help Group

Friends of The Haven

A heartfelt thank you to all those clients, staff, directors, family, friends and other individuals who have given and continue to give donations, pledge to "Friends of The Haven", and who have raised funds in so many creative ways. There are simply too many generous people to mention individually.

A big thank you to Colchester Gazette for all their support and articles about our campaign.

Similarly, thank you to BBC Look East for helping us to launch the campaign.

The Year To Come

Our plan over the next year is to do more of the same in terms of the Social Inclusion domains and to build on the sharing of good practices developed at The Haven.

With some members of the Haven Community, there are motivational peaks and troughs, confidence crises and sometimes issues around maintaining relationships and living in the moment. Social Inclusion has helped inject some inspiration, raise aspirations and share the belief that things can positively change. Sometimes it is a battle for our clients to find the balance or to maintain their self belief and often a get together will inject some hope. Our statistics do not show people starting and stopping various activities, joining and rejoining as it would be difficult to keep track. Overall activity continues to be shown in our pie chart and stories.

It is clear that much more work is required to spread the word of The Haven and blast the negative myths and stereotypes surrounding personality disorder. The KUF will be an integral part of training service users to become teachers of Personality Disorder Awareness and also to raise awareness of Personality Disorder with professionals. A timetable of training events to be held at The Haven is being made available through our networks and filling fast! We are hoping that more publicity will be gained through our local and national newspapers. Our Transitional Group have agreed that several members will elaborate on their personal stories with a view to having them published in national magazines. Our aim is to reach the masses and encourage others to develop similar therapeutic communities or elements of The Haven services where they live if they do not fall within The Haven catchment area.

Capital Expenditure and Profit and Loss Report for 2010/11 - Social Inclusion

Social Inclusion

	Budget	April	May	June	July	August	Sept	October	Nov	Dec	Jan	Feb	March	Total	Remaining	% Spent
Refurbishment														0.00	0.00	
Fixture & Fittings	300.00													0.00	300.00	0.00%
Furnishings														0.00	0.00	
White Goods														0.00	0.00	
Professional Fees														0.00	0.00	
Total	300.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	300.00	0.00%
Profit Loss Expd	Budget	April	May	June	July	August	Sept	October	Nov	Dec	Jan	Feb	March	Total		%
Activities	250.00	45.00			6.00			3.00					155.00	277.00	-27.00	110.8%
Seasonal Work	6350.00	496.00	456.00	530.00	496.00	456.00	570.00	456.00	456.00	456.00	444.00	618.00	570.00	6004.00	346.00	94.6%
Permitted Earnings	200.00				150.00			40.00						190.00	10.00	95.0%
Audit														0.00	0.00	
Communications	200.00			40.00					30.00	30.00			50.00	180.00	20.00	90.0%
Subscriptions	50.00													0.00	50.00	0.0%
IT														0.00	0.00	
Insurance	100.00												100.00	100.00	0.00	100.0%
General Office	300.00			38.00	150.00			10.00					80.00	278.00	22.00	92.7%
Salary	36100.00	2890.00	2890.00	2910.00	2889.00	2890.00	2931.00	2931.00	2931.00	2931.00	2931.00	2931.00	4044.00	36099.00	1.00	100.0%
Property	1600.00												1600.00	1600.00	0.00	100.0%
Recruitment	50.00						42.00							42.00	8.00	84.0%
Research														0.00	0.00	
Training/Supervision	600.00	35.00		70.00		35.00	35.00	35.00	35.00	35.00	70.00	35.00	224.00	609.00	-9.00	101.5%
Staff/Cient Travel	3900.00	48.00	108.00	91.00	505.00	313.00	460.00	454.00	327.00	327.00	318.00	524.00	485.00	3960.00	-60.00	101.5%
Bank Charges														0.00	0.00	
Volunteer Expense														0.00	0.00	
Total	49700.00	3514.00	3454.00	3679.00	4196.00	3694.00	4068.00	3929.00	3779.00	3779.00	3820.00	4119.00	7308.00	49339.00	361.00	99.3%
Bank Interest														0.00		
Donation														0.00		
Total	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00%
Profit Loss Total	49700.00	3514.00	3454.00	3679.00	4196.00	3694.00	4068.00	3929.00	3779.00	3779.00	3820.00	4119.00	7308.00	49339.00	361.00	99.3%
Total Expenditure	50000.00	3514.00	3454.00	3679.00	4196.00	3694.00	4068.00	3929.00	3779.00	3779.00	3820.00	4119.00	7308.00	49339.00	661.00	98.7%