

Together As One Annual Report 2013 - 2014

TAO Committee:

- Chair – David May
- Secretary – Carol Ajegbo
- Treasurer – Ron Millar
- Pop-up Shop Coordinator - Gunna Finnsdottir
- Membership Secretary -Ann Wallis
- Volunteer Coordinator - Noelle Poole
- Catering Coordinator -Yvonne Fyfe
- Amanda Winterburn

A Synopsis of the Past Year

TAO objectives remain unchanged – we aim to provide a safe place for mental health service users in LBRUT to come along to on a regular basis to socialise and enjoy all activities that can be provided. This is to counter the social isolation and consequent depression and despair easily felt by people who usually are unable to work and are often discriminated against by much of society. TAO's intention is also to provide for anyone else in the local community who suffers from social isolation.

In the period April 2013 – March 2014 TAO maintained its program of providing a two full days a week drop-in service. During the year membership continued to grow and it is now not unusual to have over 40 people at a session.

Catering: Yvonne Fyfe continues to be our wonderful coordinator, not only the catering but also now organising trips out! We are very grateful to her, as well as to all her volunteer helpers, for providing a hot meal for all sessions throughout the year – sincere thanks to Avtar Sahi, Colette O'Sullivan, Mary Martin, Gunna Finnsdottir, Magnus Black, Stefan Delgado, David May, Bonnie Lloyd, Amanda Winterburn.

Especial thanks also to Noelle and Amanda for providing delicious refreshments at our various functions.

Art Group: On Mondays the Art Group is flourishing and is, as always, very popular and we are greatly indebted to Amanda Shears and Amanda Gale for their steadfast commitment to the group.

Many thanks also to the Treehouse Project for their very generous donation for art in TAO.

Drama: This year we were fortunate to find a talented volunteer in the name of Maggie Hope who challenged and extended the group's acting capabilities and encouraged them to write their own scripts. It all resulted in March in a magnificent production called 'Being Human' which played to a packed 'theatre' and was a great success! Many thanks to Maggie for all her hard work and commitment on this. Thanks also to the actors – Ann, David, Ron, Yvonne, Kathleen, Brian and Amanda – for entertaining us!

We are also very grateful to John Holmes, Peter Holmes, David Lock and Stephan Lock for all their help and expertise with the lighting and sound which made a big difference to our production.

Therapy: On Mondays we had a wonderful volunteer, Rachel Cooke, who gave an entire day of her time to offer therapy to members of the group who would like it. Sadly Rachel had to leave as her mother was unwell but she kindly introduced us to Shirley who also works a full Monday for us - not surprisingly she is very popular and is always booked out!

Advocacy: Alasdair Sladen from RUILS has visited TAO regularly to provide advocacy to group members. Many thanks to Alasdair and to RUILS for this invaluable support.

Computers: Broadband has been in situ at the Pavilion for just over 2 years and is available to all. We feel this is important as most of the group cannot afford to be connected at home even if we can supply them with a computer. Now they can bring their computer in to the Pavilion and have, as Chris Whittingham used to say, "a window to the world".

Trips: This year we have had two trips to Kew Gardens, a bowling trip, a trip to Windsor and a trip to Orleans House Gallery. The group have really enjoyed these days out. Many thanks to Yvonne for coordinating these!
In addition 40 people enjoyed Christmas dinner at the Winning Post – thank you very much to Ann for organising this.

The Princes Trust: The Princes Trust kindly provided TAO members with a BBQ in the summer and followed up with a delicious meal in the Autumn. They raised all the funds required themselves and donated funds left over to TAO. TAO are very grateful for their continuing support.

Cinema visits: Each month throughout the year two TAO group members have enjoyed a film, courtesy of the Odeon Cinema, Richmond. Many thanks to the Odeon for adopting TAO as one of its charities.

Fairs: In the past year we have, as usual, run stalls at Richmond Fair, Hands Fair and St Margaret's Fair. These have been very hard work but have brought in a lot of revenue as well as advertising the group to the local community. Many thanks to Gunna Finnsdottir, Linda Meekie and Carol Ajegbo in particular for coordinating these.

We would like to thank all of our other brave volunteers who helped us with the fetes – Andrew Cleminson, Patsy Harper, Richard Welton, Louise Ajegbo, Daphne Williams, Ken Mulligan, Katherine Mulligan, David May, Yvonne Fyfe, Bonnie Lloyd, Peter Wines.

As a Committee we have decided not to run any stalls this year but will review this in the future.

Website: Our website continues to impress our friends and sponsors! Thank you very much to Eric Baker who is very generous with his time on this. Thanks also to Eric for attending various events to take photos for us, another of his talents!

United Reformed Church: As ever, we very much like to maintain our links with the URC who have always been very supportive of TAO, and this year TAO had a stall at the URC Christmas Fair. More specifically we would like to thank Margaret Pearce for her invaluable support with the finances, and Brian King for all his encouragement and support.

Twickenham Cricket Club: TCC have been very supportive to TAO and have continued to be really good to work with - community spirited and with generous hearts. Many thanks to Dan Hough, Phil Parker, Andy Sibley, Tony Bendelow and all the TCC Committee for all their help.

Pop-Up Shop: Our pop-up shop in Twickenham King Street ran for over a year and thanks to a brilliant TAO team brought in unprecedented funds for TAO so that we now feel financially secure for at least the next couple of years. Many, many thanks to Gunna who worked so hard coordinating it all, and also to her team who have enabled this to keep going: Elizabeth Beilby, Avtar Sahi, Patsy Harper, Barbara de Grunewald, Louise Ajegbo, David May.

Also special thanks to the Richmond Furniture Scheme who have been our partners in this endeavour from the start. The sale of their furniture has been a key factor in the success of the shop and we are very grateful to RFS for this opportunity.

TAO Finance Report

Because of the funds that we have earned from the shop and the fairs we have again not sought any grants this year.

During this financial year we raised £12,679 from the shop and £2,096 from running stalls at Richmond Fair, Hands Fair and St Margaret's Fair.

The cooked food provided at the sessions approximately breaks even; if necessary a small subsidy is made from general funds to maintain the quality of the food we provide.

Please see accounts attached. TAO accounts run from April 1st through to the end of March each year.

Looking forward to the coming year, in 2014 we plan at some stage to seek a new pop-up shop.

Our heartfelt thanks also to:

Rupa Patel, property manager of Day Lewis Pharmacies
The Patel family from our local corner shop
Volunteering Richmond/Groundwork London (who succeeded R.C.V.S.) for their help, particularly with volunteer recruitment. Also thanks to Noelle for her work coordinating our volunteers.
Richmond Aid for their consultancy and advice
Jo Gregory
Kath Raven
John Holmes, MBE
LBRuT Mayor Meena Bond
The TAO Committee – David, Carol, Ron, Gunna, Ann, Amanda, Noelle, Yvonne.
And all the other people in the Community who have helped us.

How You can Help

If you feel you can help financially then please see our website at:

http://www.togetherasone.co.uk/support_us.html

(or type in 'tao twick' to Google and select the 'Support Us' page)

Or simply donate to TAO - account no. 31706276 sort code 40-38-18

Or contact Carol on carolajegbo@hotmail.co.uk or Ron on 0750 4824 657

If you would like to volunteer in any way, regularly or occasionally, then please just let us know - we would be delighted!