

## Together As One Annual Report 2014 – 2015

### TAO Committee:

- Chair – David May
- Secretary and Volunteer Coordinator– Carol Ajegbo
- Treasurer – Ron Millar
- Pop-up Shop Coordinator and Art Group - Gunna Finnsdottir
- Membership Secretary -Ann Wallis
- Pavilion Coordinator -Yvonne Fyfe
- Deputy Pavilion Coordinator – Elizabeth Beilby

### 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 2014 – March 2015 TAO maintained its program of providing a two full days a week drop-in service. During the year attendance remained at around 25 to 50 people at each session.

In addition a third day has been funded by our new partners R.U.I.L.S. who also help to coordinate on this day and provide activities run by R.U.I.L.S staff. Because of this we are now open on Mondays, Wednesdays and Fridays – a very welcome upgrade to our service and appreciated by all! Many thanks to Cathy Maker and all at RUILS.

**Visitors:** In March we were delighted to welcome Vince Cable to our celebrations of 5 years open! As ever Dr Cable was very supportive of what we are doing.

**Catering:** Sincere thanks are due to all our volunteer cooks for providing good quality hot meal for all sessions throughout the year: Rashid, Steve, Elizabeth, Avtar, Mary, Gunna, Magnus, David, Bonnie, Robert, Cliff, Jenni.

As we now have several talented cooks on board, Christmas dinner this year was in-house at the Pavilion. Rashid and Yvonne did a brilliant job on the day and Steve had already cooked us some fabulous Christmas puddings! Ably assisted by Elizabeth, Judah and Jenni.

And of course Yvonne Fyfe continues to be our wonderful coordinator, not only the catering but also coordinating trips out and other activities. We are greatly indebted to Yvonne for her sensitive and efficient management.

**Activities:** The Art Group is our longest running group and is, as always, very popular and we are greatly indebted to Amanda Shears and Amanda Gale for all their help over the past 5 years. The Art Group is now being run by Gunna each Monday.

RUILS have also introduced a craft group and organised 2 music workshops, all of which have been popular. With many thanks to Latitia for organising these activities.

Sadly there was no drama this year but we are always on the look-out for a director to produce our next play. Meanwhile Judah has been running some informal drama workshops.

Other activities have included creative writing, bingo, a quiz and a talk about the National Archives.

**Therapy:** Shirley has worked a full Monday for us for most of the year - not surprisingly she is very popular and was always booked out. Unfortunately she has had to take some time out but we are very much hoping she will return!

**Advocacy:** An advocacy group called Good4You kindly visited TAO for a few sessions and organised freedom passes for all which was very much appreciated.

Danni from RUILS has also visited TAO on several occasions to provide advocacy to group members. Many thanks to Danni for this invaluable support.

**Computers:** Broadband has been in situ at the Pavilion for just over 3 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. We continue to encourage our members to improve their I.T. skills as much of contemporary living demands it!

**Trips:** This year we have had two trips to Kew Gardens, two bowling trips, a trip to Windsor and a trip to Orleans House Gallery. The group have really enjoyed these days out.

**The Princes Trust:** The Princes Trust kindly provided TAO members with a BBQ in the summer. 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.

We also now have a cinema group, run by Ann, which organises a group film visit once a month. This is subsidised by TAO.

**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. We would like to thank Margaret Pearce very much for her invaluable support with the finances over the past 5 years.

Margaret will be retiring this year and we are very grateful to Richard Welton who has very kindly agreed to step into her shoes.

**Twickenham Cricket Club:** TCC have, as always, been very supportive to TAO and have continued to be really good to work with. The group feel very content and settled in the Pavilion. Many thanks to Dan Hough, Phil Parker, Andy Sibley, Tony Bendelow and all the TCC Committee for all their help.

**Pop-Up Shop:** Our previous experience of running a pop-up shop brought in unprecedented funds for TAO so that we now feel financially secure for the next couple of years. We are now looking for another empty shop but the economic recovery means there are fewer shops available.

**Awareness raising:** Although not strictly part of our remit we have made a couple of visits to St Margaret's University to raise awareness of mental health (organised by Ann). Carol and Nicole also did a recruitment drive at the University.

## **TAO Finance Report**

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

During this financial year:

Income was approximately **£21,000**. This includes the 2013/14 profit from the Pop-up shop. (approx, £11,000)

Donations were **just over £5,000**.

Give as you Live (Everyclick) yielded **£58.05** and the Charities Trust **£6.00**

Expenditure was approximately **£11,786**

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.

Detailed accounts will be reviewed over the next couple of months. TAO accounts run from April 1<sup>st</sup> through to the end of March each year.

## **Our heartfelt thanks also to:**

Margaret Pearce

Cathy Maker and all at RUILS

Twickenham Cricket Club

The Patel family from our local corner shop

Volunteering Richmond/Groundwork London (who succeeded R.C.V.S.)

Do-It Org

Richmond Aid for their consultancy and advice

Kath Raven

John Holmes, MBE

All our volunteers: Colette, Amelia, Sofia, Yusuf, Camilla, Katherine, Tyrone, Judah, Myra Townshend, Nicole Stapelberg, Annette Leonard,

Edward Loosemore

And all the other people in the Community who have helped us.

Kew Gardens

Odeon Cinemas  
The TAO Committee – David, Carol, Ron, Gunna, Ann, Yvonne,  
Elizabeth

## How You can Help

If you feel you can help us please see our website  
at: [http://www.togetherasone.co.uk/support\\_us.html](http://www.togetherasone.co.uk/support_us.html)  
(or type in 'tao twick' to Google and select the 'Support Us' page)

## Give as you Live



Give as you Live is an online shopping tool which allows our supporters to shop online whilst raising funds for the charity. This is because thousands of stores including Amazon, Tesco, John Lewis, Expedia, Lastminute.com, ASOS and Topshop have signed up to donate a percentage of the shopper's purchase to their chosen charity at no extra cost to them or the charity. A percentage of each purchase is donated to the charity from the retailer; the percentage donated varies for each retailer but on average it is 2.5 to 5%.

**This won't cost you a penny ever and we would be really grateful if you could take a few minutes to sign up to this. If we had enough people signed up we could be self-supporting!**

Alternatively (or additionally!) if you can help financially please see the website as above or simply donate to TAO - account no. 31706276 sort code 40-38-18

Or contact Carol on [carolajegbo@hotmail.co.uk](mailto: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!