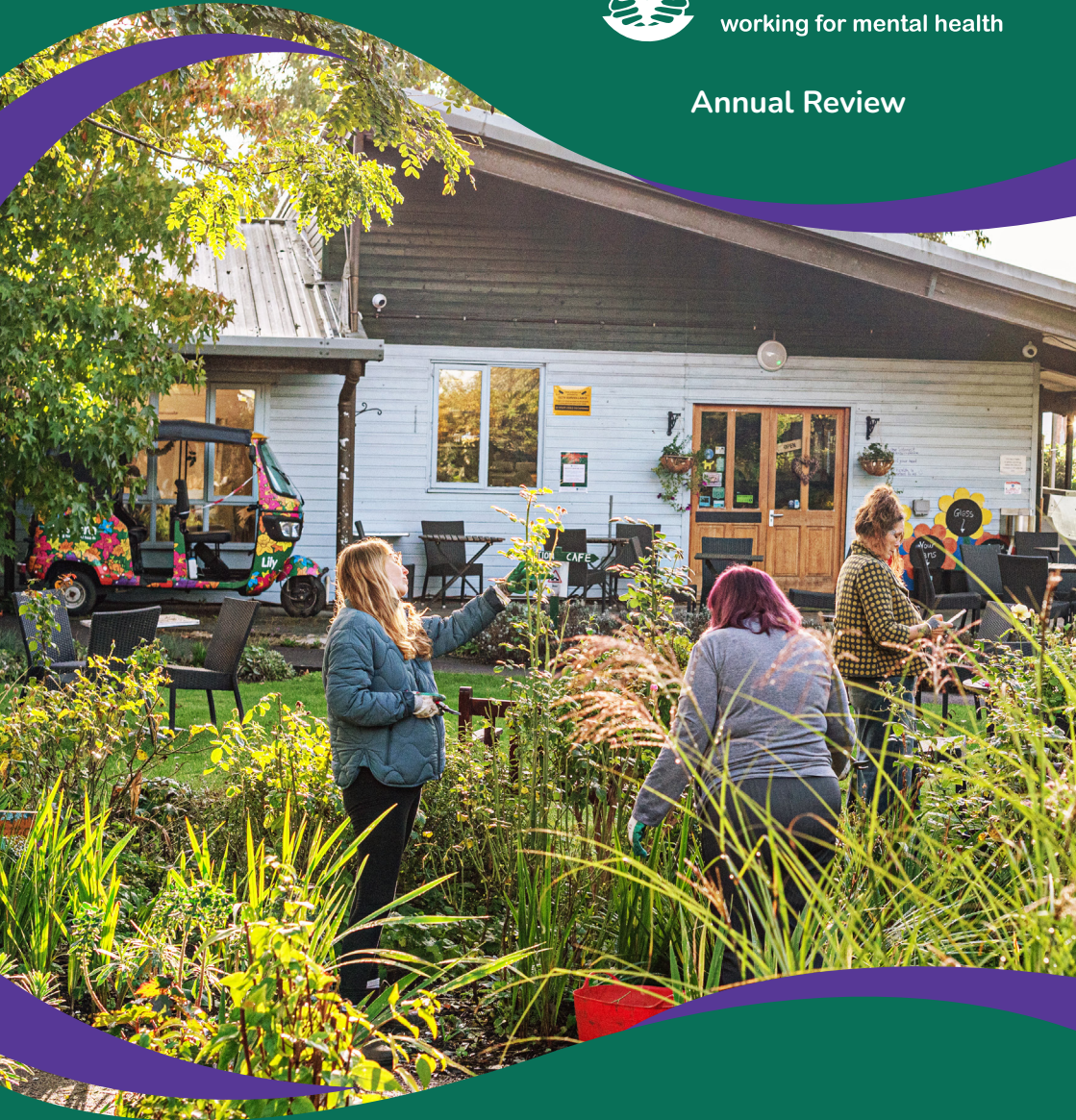




**restore**  
working for mental health

## Annual Review



**Supporting individuals to live with increased  
freedom from the constraints of mental ill health  
- through activity, coaching and learning.**

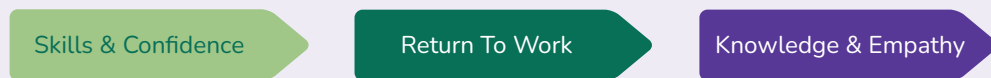
[restore.org.uk](http://restore.org.uk)

# ABOUT RESTORE

## Supporting mental health recovery through:



## Community connections built with:



## Restore supports adults experiencing mental ill health to gain skills, build confidence and develop connections with others.

Therapeutic recovery groups and coaching helps members to move towards their own recovery goals, such as employment, volunteering or training.

Restore also delivers professional workplace mental health training, and is home to Oxfordshire Recovery College, providing free courses to the community.

# CONNECTION AND ASPIRATION

**Connection:** 2023-24 was a period of connection and aspiration, and the themes continued into the new year too: Restore became the charity partner for the Dorchester Festival, a 10 day high profile event attended by around 5,000 people. The opportunity enabled Restore colleagues and volunteers to have hundreds of conversations about mental health, engaging communities in sessions including mindful photography and art for wellbeing, alongside showcasing the brilliant Library of Life, an incredibly impactful filmed testimony to the importance of sharing lived experience, and a collaboration between the Oxfordshire Recovery College and the Forensic Recovery College.



Libby Peppiatt



Sam Mostyn

Connection also led to action and at this year's Oxford Half Marathon an incredible 110 runners participated to raise funds for Restore, our amazing corporate supporters, North South Wines, participated in a 24 hour spin cycle challenge in aid of our work, whilst other valued supporters even zumba'd in aid of mental health.

Last but not least we gained a new patron, former England cricketer, Monty Panesar, who helped us start the conversation about mental health through participating in a charity football match with Restore supporter Didcot Town FC, and a cricket themed event 'Chat and Bat with Monty' at Sixes Social in Oxford's Westgate with our community supporter Oxenford Cricket Club.

As a founding partner of the Oxfordshire Mental Health Partnership we've continued to work closely with partners taking a person centred, multi-agency approach to ensure that with these close, positive working relationships we achieve the best outcomes for Restore members.

**Aspiration:** Of course none of the important work we do as an organisation would be possible without the dedication, energy and commitment of our staff and volunteer teams. That's why this year we started to build the foundations for an increased focus on workplace wellbeing, and set in motion plans for the development of a new wellbeing strategy, alongside the development of an ambitious Restore-wide Community of Practice, to enable our expert staff teams across our six service sites to better connect, share effective practice, and identify priorities for development. Watch this space...

**Libby Peppiatt (CEO) and Sam Mostyn (Chair of Trustees)**





# THERAPEUTIC RECOVERY GROUPS

Across Oxfordshire, Restore welcomes adults experiencing mental ill health. Recovery groups offer structured programmes where individuals can gain skills, build confidence and develop connections with others. Activities include crafts, cooking, gardening, woodwork and hospitality.



## The Orchard

Members have been participating in a working farm, wellness walks and a community garden. There has been increased partnership working with local organisations and agencies in Banbury, including the Adult Mental Health Team and the local food larder.



## Littlemore

The cafe is open regularly for hospital staff and patients. There have been successful discharges from hospital and move-ons from the group. The group provided cakes for a number of events, including Cowley Road Carnival and Dorchester Festival.



## Fleet Meadow

Ceramics have been re-introduced as an activity. A composting workshop was hosted. Members have developed the pond as a beautiful and relaxing space. Visiting a local farm resulted in members taking up volunteering opportunities there.



## Elder Stubbs

Members have been involved in horticulture, maintaining a large allotment area for vegetables and flowers, plus two orchards, a large polytunnel and areas that encourage natural diversity. Members have also made preserves, hand printed greetings cards and woodwork items for sale, and developed cooking skills. New developments have included re-digging a pond, starting a forest garden plot and welcoming new chickens.



## Garden Café

A refreshments outlet and stage venue for Cowley Road Carnival - an event for the local community to enjoy food and music. Member numbers have increased and attendees continue to gain skills in customer service, barista work and food preparation.



## The Beehive

The group continued to engage in a diverse range of activities, including tending to the Restore gardens, arts and crafts. Recovery staff have continued to foster partnerships with other organisations. Members created a mosaic artwork to further enrich the Garden Café garden.

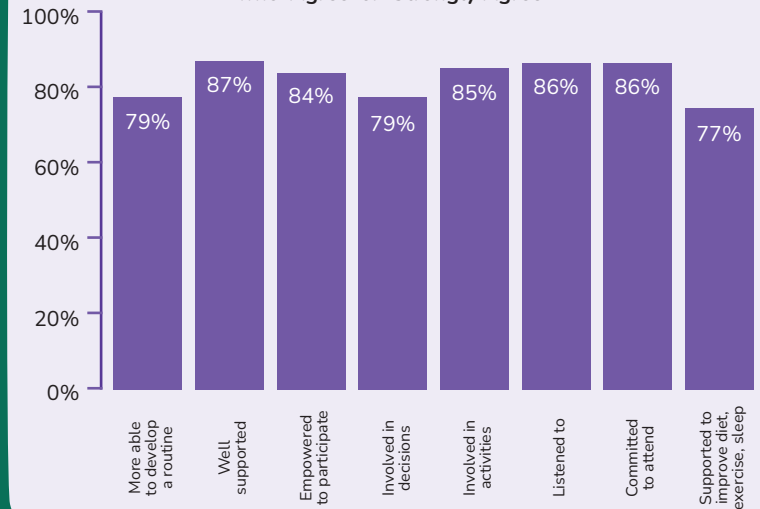


## Partners

Sites in West Oxfordshire and Vale of White Horse, Bridewell gardens and Root & Branch, have welcomed 100 members in the year, who have been supported towards recovery in beautiful walled gardens, working on horticulture, craft, cookery and even blacksmithing.

## Member Evaluation

% of Individuals in Recovery & Coaching who 'Agree' or 'Strongly Agree'



## QUOTES FROM MEMBERS

“Restore offers a safe space where there is support available but there’s also no judgement, which means that I can be me and don’t have to wear a mask which can be very tiring.”

“Restore has changed my life. Without it I was housebound and had terrible anxiety and panic attacks. I would like to thank all the staff at Restore for helping me. There is a great atmosphere there.”

“I have gained so much confidence! I have discovered that I am a good cook - I love it! I even do the barista coffee and serve on the till taking the orders - I never thought that I would be able to do that.”

“It has helped me to rewire my brain after a breakdown, it has helped me to be around other people again.”

“I enjoyed working as part of a team in a supportive and friendly environment. The skills and knowledge I gained during this time encouraged me to volunteer in a community café and to enrol on community courses.”

“It’s having people to talk to, getting you out of your own head, having a laugh again when you didn’t think you would, makes you happier.”

## ONE-TO-ONE SUPPORT

### Coaching



Support towards work, volunteering and study.

Coaching works both together and independently with recovery group activities. Tailored for each individual, it includes practical support such as creating a CV and a bespoke well-being plan for the future.

Coaching supports individuals to define their goals and work towards them.



Coaching provides one-to-one support for members to find new work (paid and voluntary), retain existing work and look for opportunities to engage in meaningful activities in their community.

Around 40% will progress into work, training or volunteering.

The team have cultivated relationships with community partners, including the new NHS Keystone Hubs, HMP Bullingdon, an Oxford College and former colleagues in the NHS IPS Service.



# LEARNING

Restore is an expert provider of training and education. Restore supports recovery through courses at Oxfordshire Recovery College; and improves knowledge of mental health for individuals, community groups, and workplaces through professional mental health training.



Learning

Courses and training for individuals, businesses and the community.

## EDUCATION FOR RECOVERY

Oxfordshire Recovery College offers free courses on a wide range of topics in mental health and well-being to adults across Oxfordshire.



During courses, students share tips and strategies with each other, and learn that whatever challenges they are facing, others have struggled too and found a way forward.

All courses are co-produced and co-delivered by tutors who have lived experience of the topic.

In the last financial year the Recovery College delivered over 300 courses and recorded almost 3,000 attendances. 85% of students reported finding courses very or extremely useful in managing their mental health and wellbeing.



Analysis showed that students of the Oxfordshire Recovery College make progress towards their own individual goals, gain new confidence in themselves, and have more hope for the future.

New courses written and launched in 2023/24 included Understanding Bipolar, Menopause and Mental Health, and Loss, Grief and Wellbeing. The college offers a popular three-week course in Neurodivergence and Wellbeing which students can attend either in person or online and we regularly offer opportunities to learn more about art, creative writing, journaling and mindfulness and how these can benefit mental health.

Our course prospectus and enrolment form can be found on our website, along with our Library of Life - a collection of video stories about overcoming challenges, which we hope will inspire and encourage others to keep going in tough times.



*"Sometimes it feels like there's something wrong with me and like nobody will ever understand, but this course taught me that thinking patterns and the way we think about things are unique to us and not our fault. I will take away the fact that I'm not broken and I have more control over my actions than I previously believed. I can take steps forward"*

## PROFESSIONAL MENTAL HEALTH TRAINING

Accredited and bespoke training for individuals, groups and organisations, including Mental Health First Aid (MHFA).

Restore's training promotes better understanding of mental health, reducing stigma, supporting workplaces, providing practical tools and resources.



Last year, Restore trained over 850 people, around 300 Mental Health First Aiders and hundreds more in workplace well-being and other training across Oxfordshire.

Restore offered formal and informal training to businesses, colleges, individuals and community groups.

More online options and new sessions focussed on topics such as training for managers, stress and anxiety. Other new products included: Suicide Prevention Awareness, quarterly Chaired MHFA meetings and Mental Health Awareness.

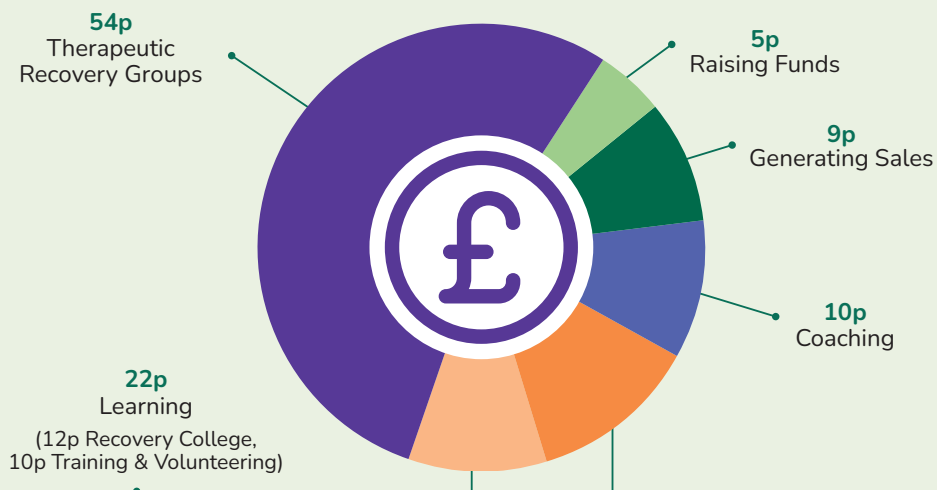
New partnerships were formed with Citizens Advice Bureau, Oxford Nanopore Technologies, North South Wines and Thames Valley Police.

MHFA - full accreditation	Two days / four half days
MHFA Aware & MHFA Refresher	Half day
Restore Explore / Short Courses <ul style="list-style-type: none"> <li>• Mental Health Awareness</li> <li>• Stress</li> <li>• Depression, Anxiety &amp; Panic</li> <li>• Men's Mental Health</li> <li>• Team Away Day / Half Day</li> <li>• Mental Health for Managers</li> <li>• Suicide Awareness</li> <li>• Suicide First Aid</li> </ul>	From one hour to one day
Restore Bespoke - tailored to organisational needs	Bespoke



# FINANCES

Out of every £1 raised, 86p powers services supporting better mental health, and the other 14p helps to raise the next £1.



## Financial report year ending 31st March 2024

	FY 2023-24	FY 2022-23
Income	£ 1,986,264	£ 1,985,644
Expenditure	£ 2,068,752	£ 2,017,751
Net gains/(losses) on investments	£ (4,178)	£ (11,907)
Net movements in funds	£ (86,666)	£ (44,014)
Unrestricted undesignated funds	£ 501,809	£ 588,211
Total Reserves	£ 1,201,809	£ 1,288,475

Note: reserves sufficient to cover seven months normal running costs

# IMPACT

In 2023–24, Restore and partners supported 462 people in recovery services such as groups and coaching. 161 of these individuals were new members to Restore, and together with partners, a total of 7,504 member attendances of recovery groups and coaching sessions were facilitated.

Among Restore's active membership during the period, 65% concluded their engagement with our services and 20% of all Restore members (39% of coached members) transitioned into a vocation (work, volunteering, or training).

In addition, in the financial year, there were 2,945 attendances at Oxfordshire Recovery College with over 300 courses delivered, half online and half in-person in Oxford, Witney, Didcot, and Banbury.

Restore also delivered mental health training, including Mental Health First Aid (MHFA) and workplace training, to 867 participants.

87% of members reported feeling well-supported. 85% of Recovery College students said they found courses very or extremely helpful in managing their mental health and/or well-being. Over 97% of Restore's training attendees said they felt more confident and able to support others.

## ACTIVITY

462	Members active
7,504	Individual recovery sessions
79%	Members felt more able to develop a routine
87%	Members felt well supported
84%	Members felt empowered to participate

## COACHING

176	Individuals coached
39%	Coachees supported into work

## LEARNING

300	Courses delivered at the Oxfordshire Recovery College
2,945	Recovery College course attendances
867	Individuals trained in MHFA and other mental health awareness
94%	Would recommend Restore's training to a colleague or friend

## COMMUNITY

113	People volunteering
8,647	Hours of volunteering

Thank you for  
**8,600+**  
hours volunteered

# THANK YOU

Together, Restore and its supporters have helped hundreds of people with their mental health recovery, trained thousands, and benefited thousands more in the community.

Thanks go to all who have made a difference and who help to make Restore tick:

To supporters across the community, who have donated time, money, energy and talents. The impact has been remarkable.

To those partaking in events, such as 'Score for Restore', the Oxford Half Marathon, the Three Peaks, Dorchester Festival, Restore Zumbathon, and 'Chat & Bat with Monty'.

To organisations who have supported and worked with Restore, including: All Saints Sisters of the Poor, Banbury Litho, Banbury Town Council, Batchworth Trust, Brightspace Events, Bunkers Hill Plant Nursery, Citizens Advice Bureau, Clover Trust, Conrad Energy, Cooper Charitable Trust, Cumber Family Charitable Trust, David Laing Foundation, Didcot Girls School, Didcot Town Council, Didcot Town FC, Garfield Weston, Haddenham Healthcare, Hedley Foundation, Iyengar Yoga, Laing Family Trusts, Lord Faringdon Charitable Trust, MacTaggart Third Fund, Montala, North South Wines, Northwick Trust, Oxford Cricket Club, Oxford Community Foundation, Oxford Nanopore Technologies, Oxford Round Table, Pure Offices, Peter Meyer Charitable Trust, REAL Ethical Fund, Redevco Foundation, Sixes Social, St. Birinus School, St. Michael's and All Saints Charities, The Arts Society Oxford, Truck Festival, Tamarindo, Thames Valley Police, Tingewick and the University of Oxford.

Gratitude is also extended to Restore's patrons Monty Panesar, Emily Maguire, Jeremy Irons and Sophie Grigson; recovery partners at Root & Branch and Bridewell Gardens; and, partners in the Oxfordshire Mental Health Partnership.



Get Support



Get Involved



Give Support

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