



**Opening doors**  
We want everyone with severe mental illness to get the healthcare and support they deserve



**Going green**  
We care about the environment. We're making Rethink a greener organisation



**We care, we count**  
We want all carers of people with mental illness to get the support they need

**For more information visit [www.rethink.org](http://www.rethink.org)**

# Working together for a better world

## Working to combat stigma and discrimination

### Time to Change

Over a year ago Rethink formed a partnership to deliver a ground-breaking anti-discrimination programme. We have been awarded £18 million from the Big Lottery Fund and Comic Relief to run Time to Change from October 2007 to 2011. Based on consultation, international best practice and partnership working, Time to Change will reach 30 million adults and change perceptions of mental health forever.

## Influencing the Mental Health Act

The new Mental Health Act came under scrutiny for the first time in 25 years. This presented a chance to improve the lives of thousands of people. In 2007, Rethink chaired the campaigns group of the Mental Health Alliance and helped to win important new safeguards including the right to an advocate for everyone detained for over 72 hours, the right to specialist children's mental health services and the right to refuse Electro-Convulsive Therapy for people with decision-making capacity.

## Working with the Muslim community

The Aap Ki Awaz project works with the Pakistani community to promote good mental health and access to appropriate services. Our research found that the negative coverage of Muslims adversely affected people's mental health. We found that while 29%

## We are dedicated to creating a world without prejudice and discrimination

of the general public didn't want to live next door to someone with mental health problems, this figure rose to 47% if the person was Muslim. We made sure these shocking results were publicised and taken up with the Government.

## Raising positive awareness

All our services work towards raising awareness of mental illness, and a good example is our South Essex befriending service, Good Companions. This year it delivered over 30 mental health awareness sessions to members of the community.



### Giving the right advice

Our National Advice Service received almost 7,500 enquiries last year, many concerning poor quality of care and treatment. One carer got in contact because she was worried about the treatment provided to a relative. We helped organise an investigation, which identified serious deficiencies in her local mental health trust's practices. The Healthcare Commission is

now making regular checks to ensure improvements are made, which will benefit many more families in the area. Please get in touch if you have similar or other concerns.

Phone 0845 456 0455 or email [advice@rethink.org](mailto:advice@rethink.org)

If you want to know more about our excellent work please visit [www.rethink.org/annualreview0708](http://www.rethink.org/annualreview0708)

## Developing our world

We're determined to maintain a strong membership base that is valued and supported throughout Rethink.



Membership gives people the support to cope with severe mental illness, and our members help too. Lucy Canning is a Rethink member and her brother has

mental illness. Her guidance was crucial in setting up a new section on our website dedicated to siblings. Since its launch, Rethink Siblings has attracted lots of attention in the national media and gained lots of new subscribers [www.rethink.org/siblings](http://www.rethink.org/siblings).

### Valuing staff

Our workforce is key to delivering high quality services, so we encourage a culture of continuous development. We carried out a comprehensive training and development review last year and created a new Workforce Development Team ensuring positive changes for the future.

## My better world

**"My son, James – now thirty, was heading for excellent GCSE results when he suddenly became very apathetic and moody.**

**I thought he was going through a 'typical teenage phase', but at 21 James had his first full blown psychotic episode. I didn't know what was happening and it was a tremendous struggle to get him help from local mental health services. Then I found Rethink and the difference this made was amazing. I completed a Rethink-run Carers Education and Training Programme which was brilliant. Finally, I had some useful information and felt I could get my son the help he needed.**

**James is now learning to manage his condition and maintains regular contact with his two young children. Rethink really did help to make our world so much better."**

**Maureen Taylor, media volunteer and user of Rethink's CETP programme**

**If you want to know more about our Carers Education and Training Programme please visit [www.rethink.org](http://www.rethink.org) or call 0845 456 0455.**



## Working to support recovery and social inclusion

### Accessing psychological therapies

The right treatment is vital to any recovery journey. So after submitting evidence to the Treasury, we were thrilled when the Government announced £173 million funding for an Improving Access to Psychological Therapies programme (IAPT). New psychological therapy services will be set up in 11 areas, called 'Pathfinder sites', which will support the case for further similar services. Rethink and The University of York secured the first contract under the IAPT Commissioner-led Pathfinder programme. This service in Stoke has now attracted additional funding and will provide support including guided self-help and cognitive behavioural therapy, to about 7,500 people each year.

### Pathways to work

Another crucial stage of recovery for many people is getting back to work. Rethink provides a range of skills and confidence-building services and we are a contractor of the nationwide programme Pathways to Work. Funded by the Department for Work and Pensions, Pathways offers support to people on Incapacity Benefit wanting to return to work.

## My World

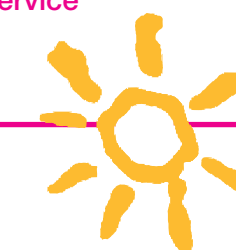
**"When I became unwell I stopped going out of the house, felt low, and put on weight.**

**At first, I found it a bit hard to settle at Rethink's Green Health Social Enterprise, who run woodland services in Shipley Country Park, Derbyshire. But after attending regularly I began to develop new interests, enjoyed the outdoors, and socialised with more people.**



**It allowed me to move on in a non-pressurised way that was different to other courses I had tried. I now make the most out of each day."**

**Rob Newbury, user of Rethink's Green Health service**



**137 support groups – all of them working tirelessly to put mental health on the agenda**

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Donate now to shape a better world

We work tirelessly to improve life for everyone affected by severe mental illness. If we're going to continue to succeed we'll need your help.

Donate today at [www.rethink.org](http://www.rethink.org) or call 0845 456 0455 for more information.

## welcome

from Chair and Chief Executive

The past year has been very exciting. Together the people using our services, our members, volunteers and staff have made great strides in shaping the future of mental health.

We also ensured important changes to the first reform of mental health law in 25 years. And we continued to offer the same high standard of services, helping over 4,000 people each day.



**Robert Banner, OBE**  
Chair of Trustees



**Paul Jenkins, OBE**  
Chief Executive

In July 2007, Rethink – along with Mental Health Media, Mind and the Institute of Psychiatry, King's College London – was awarded £18 million by the Big Lottery Fund and Comic Relief to deliver the ambitious Time to Change anti-stigma programme. In scale and ambition it exceeds anything ever undertaken in England.

We have great expectations for the year to come: fighting stigma and discrimination; leading the debate on recovery and social inclusion and continuing to develop an organisation fit for the future. But to achieve this we need your continued support. Only together can we make a real difference. Thank you.

*Paul Jenkins*

## Summary financial statements

For the year ended 31st March 2008

The financial statements set out here are a summary of information extracted from the Trustees' report and consolidated financial statements. They may not contain sufficient information to allow for a full understanding of the financial position of Rethink.

For further information, the full financial statements, the auditor's report, the financial statements and the Trustees' report, should be consulted.

The annual financial statements were approved on 10th July 2008 and will be delivered to the Charity Commission in due course. The financial statements have been audited by a qualified auditor, KPMG LLP, who gave an audit opinion which was unqualified. The summarised financial statements set out below are the responsibilities of the Trustees.



Robert Banner Chair, Board of Trustees, OBE  
10th July 2008

## Independent auditors' statement to the Trustees of Rethink

We have examined the summarised financial statement set out here which are non-statutory accounts prepared for the purpose of inclusion in the Rethink's Annual Review.

This statement is made, on terms that have been agreed with Rethink, solely to Rethink's trustees, as a body, in order to meet the requirements of Accounting and Reporting by Charities: Statement of Recommended Practice (revised 2005). Our work has been undertaken so that we might state to the charity those matters we have agreed to state to it in such a statement and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than Rethink and the charity's trustees as a body for our work, for this statement, or for the opinions we have formed.

### Respective responsibilities of Trustees and auditors

The Trustees has accepted responsibility for the preparation of the summarised financial statements.

Our responsibility is to report to the Trustees our opinion on the consistency of the summarised financial statements with the statutory Trustees Report and consolidated financial statements on which we reported on 10th July 2008.

We also read the other information contained within the annual report and consider the implications for our report if we become aware of any apparent misstatements or material inconsistencies with the summarised financial statements.

### Basis of opinion

We conducted our work having regard to Bulletin 1999/6 The auditor's statement on the summary financial statement issued by the Auditing Practices Board. Our separate report on the charity's statutory Annual Report and Accounts for the year ended 31st March 2008 describes the basis of our statutory audit opinion on those Accounts.

### Opinion

In our opinion, the summarised financial statements set are consistent with the statutory Trustees Report and consolidated financial statements for the year ended 31 March 2008.



KPMG LLP  
Chartered Accountants  
2 Cornwall Street Birmingham B3 2DL  
10th July 2008

For more detailed information please go to  
[www.rethink.org/annualaccounts](http://www.rethink.org/annualaccounts)

## Statement of Financial Activities For the year ending 31st March 2008

	General & Designated Funds £000	Endowment & Restricted Funds £000	Total 2008 £000	Total 2007 £000
<b>Incoming resources</b>				
Voluntary income	1,409	2	1,411	1,426
Activities for generating funds	699	21	720	660
Investment income	434	0	434	251
Income resources from generating funds	2,542	23	2,565	2,337
Income resources from charitable activities	31,205	11,343	42,548	40,371
<b>Total incoming resources</b>	<b>33,747</b>	<b>11,366</b>	<b>45,113</b>	<b>42,708</b>
<b>Resources expended</b>				
Costs of generating voluntary income	793	2	795	1,196
Cost of activities for generating funds	335	21	356	423
Cost of generating funds	1,128	23	1,151	1,619
Charitable activities to improve lives	30,358	10,633	40,991	41,254
Governance costs	343	0	343	340
Total resources expended	31,829	10,656	42,485	43,213
<b>Net incoming (outgoing) resources</b>	<b>1,918</b>	<b>710</b>	<b>2,628</b>	<b>(505)</b>
Net gains (loss) on investment assets	(23)	0	(23)	2
Net movement in funds	1,895	710	2,605	(503)
Transfers between funds	(9)	9	0	0
Net movement in funds after transfers	1,886	719	2,605	(503)
Fund balances brought forward at 1 April 2007	5,779	3,354	9,133	9,636
<b>Fund balances carried forward at 31 March 2008</b>	<b>7,665</b>	<b>4,073</b>	<b>11,738</b>	<b>9,133</b>

## Consolidated Balance Sheet As at 31st March 2008

	Group	
	2008 £000	2007 £000
<b>Fixed assets</b>		
Tangible assets	2,556	2,938
Investments	79	102
	<b>2,635</b>	<b>3,040</b>
<b>Current assets</b>		
Stocks for resale	31	46
Debtors	2,458	2,048
Short term investments	7,380	3,000
Cash at bank and in hand	3,248	4,005
	<b>13,117</b>	<b>9,099</b>
<b>Creditors: amounts falling due within one year</b>	<b>(4,014)</b>	<b>(3,006)</b>
<b>Net current assets</b>	<b>9,103</b>	<b>6,093</b>
<b>Total assets less current liabilities</b>	<b>11,738</b>	<b>9,133</b>
<b>Creditors: amounts falling due after more than 1 year</b>	<b>0</b>	<b>0</b>
<b>Net assets</b>	<b>11,738</b>	<b>9,133</b>
<b>Represented by:</b>		
General funds	5,444	4,305
Designated funds	2,221	1,474
Restricted funds	3,534	2,815
Endowment fund	539	539
	<b>11,738</b>	<b>9,133</b>

## Analysis of incoming resources by activity 2008



Activity	£000
Housing	14,768
Employment Support	2,766
Day Focused Support	7,375
Carers Support	4,688
Befriending/Help Schemes	5,117
Respite/Nursing Homes	6,810
Public Affairs	2,931
Management and Support	658
<b>Total Income</b>	<b>45,113</b>

## Analysis of expenditure by area 2008



Area	£000
Cost of generating funds	1,151
Housing	13,490
Employment Support	2,432
Day Focused Support	7,138
Carers Support	4,243
Befriending/Help Schemes	4,917
Respite/Nursing Homes	6,720
Public Affairs	2,051
Governance Costs	343
<b>Total</b>	<b>42,485</b>

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Working together to help everyone affected by severe mental illness recover a better quality of life



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Shaping a better world

Redefining the mental health landscape  
Annual Review 2007/08