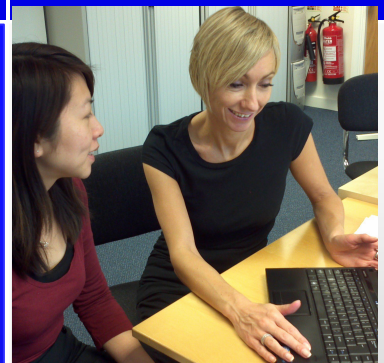
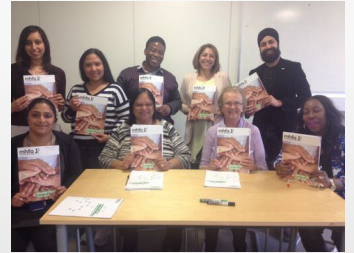


Our Impact This Year

2014-2015



Twiningenterprise
mental wellbeing through work

Twiningenterprise

mental wellbeing through work

A welcome message from
our CEO, Bob Kitchin....




In this report....

Mental wellbeing through:

1. Support into work & in the workplace
2. Creating healthier workplaces
3. Connecting & working together

Support into work and in the workplace



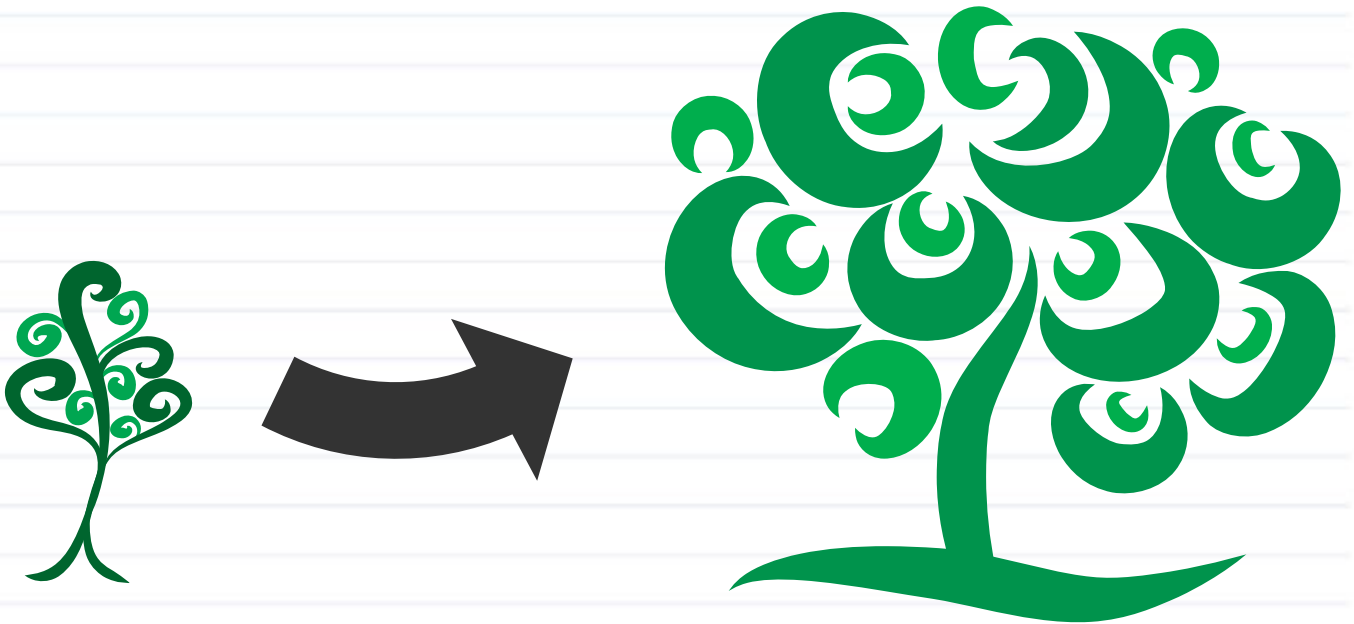
One-to-one sessions
with an Employment
Advisor



Series of
employment
workshops

Accessing support

We've worked with double the number of clients this year.....



Accessing Work

Only 57% of people who have a common mental health problem are in work....



Even fewer people with severe or enduring mental health problems are in employment

20%

So we expanded
these mental health
services....

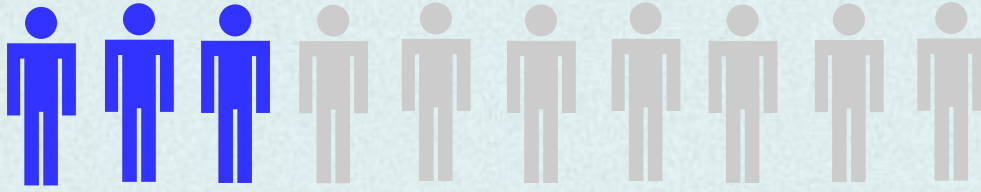
Two new services!



Click on a picture to find out
what our clients said about
the service....



Three in 10 employees will have a mental health problem



So Twining supported more people at work...

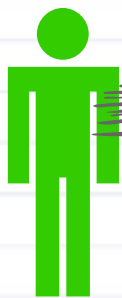


to stay in work, return to work from sickness or find a new job if they wanted.

Increasing Wellbeing...

Poor wellbeing is often linked with unemployment... the right job increases wellbeing.

That's why we support people to get a job:



that fulfils their goals



of their choice



they can sustain



Londoners report lower levels of happiness, life satisfaction and higher anxiety than UK average.

63% of our clients told us their mental wellbeing improved after work support

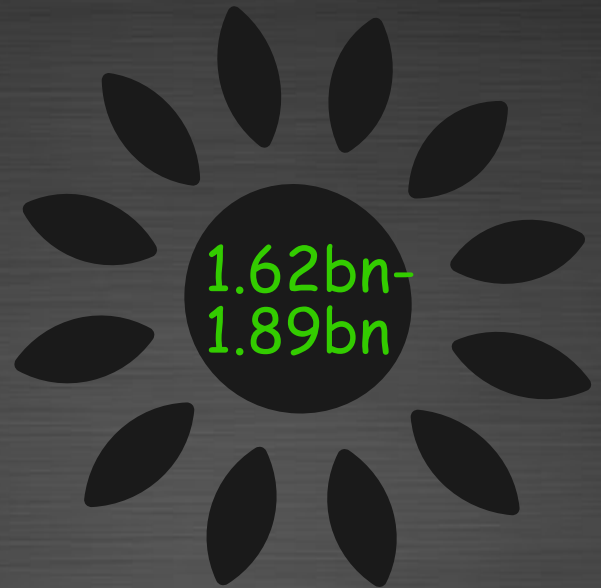


Creating healthier workplaces

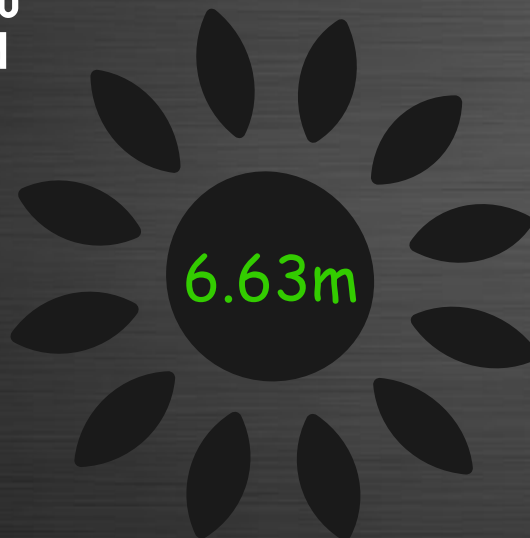
The cost of ignoring mental health at work



More than one third of absence days due to stress, anxiety and depression



Estimated cost of those at work but too ill to be productive



Working days lost each year due to common mental health problems in London

Challenging mental health stigma at work

**Only 40% of employees
said they would be
honest when calling in
sick with anxiety, stress
or depression**

**We trained volunteers
with lived experience
of mental health...**

to visit employees all over London to start conversations about mental health

British Transport Police

**Wiley
(Publishing
Company)**

Transport for London

Job Centre Plus

**Glaxo Smith
Kline**

Talbot Underwriting Services

*"[THREE in 10]
demonstrated how it's
not impossible to speak
to people about their
mental health"*



*"it was good to talk to
colleagues about a topic
I've never spoken about
before"*

**THREE in 10
successes....**



Happy 1st Birthday!

**Event at the Bank
of England**

**Funded by
Time to Change
in its first Year**

Supporting people to spot the signs of mental ill health and know what to do to help someone.

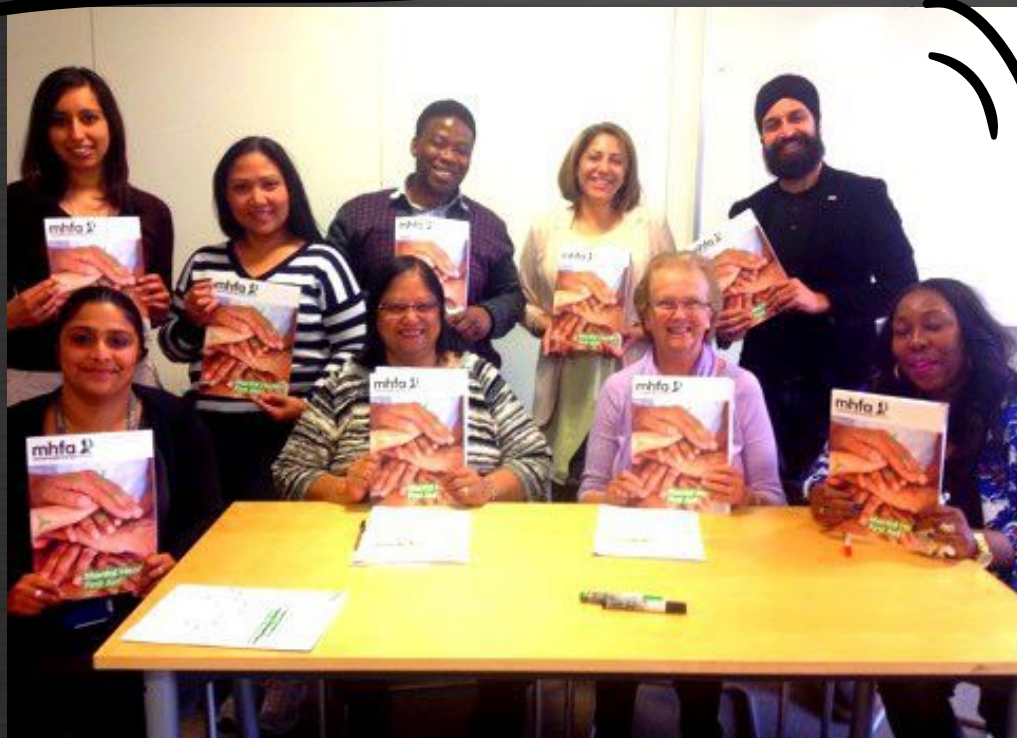
64 Mental Health First Aiders trained



100% rated
the course good
or very good

*"It is a great course
which aids in
de-stigmatising"*

*"It is a course that
everyone should do,
even if they do not work
in a mental health
setting"*



Find out about MHFA
for your workplace



Connecting & Working Together

Working together....



Why we work with a variety of different partners....

Finding residents who need us

Ensuring people have access to different supports in one place

Sharing expertise & capacity



Local Councils

Carers & Day Centres

Housing Association

Employment Organisations

Community Mental Health Teams



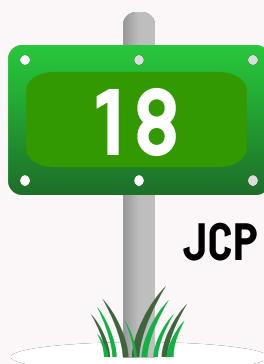
GP Surgeries



IAPT Teams



JCP Offices



....and 11 others including

Wellbeing Centres



Connecting with Londoners!

Where do our clients
live?



bromley harrow greenwich
hounslow
richmond
bexley brent ealing
kingston lewisham
camden
islington
hammersmith barnet

More about our clients....



Male

46%



Female

54%

59%
from BAME
groups

We supported clients with additional needs...

58 were lone parents

43 were parents or carers



71 had numeracy
or literacy needs



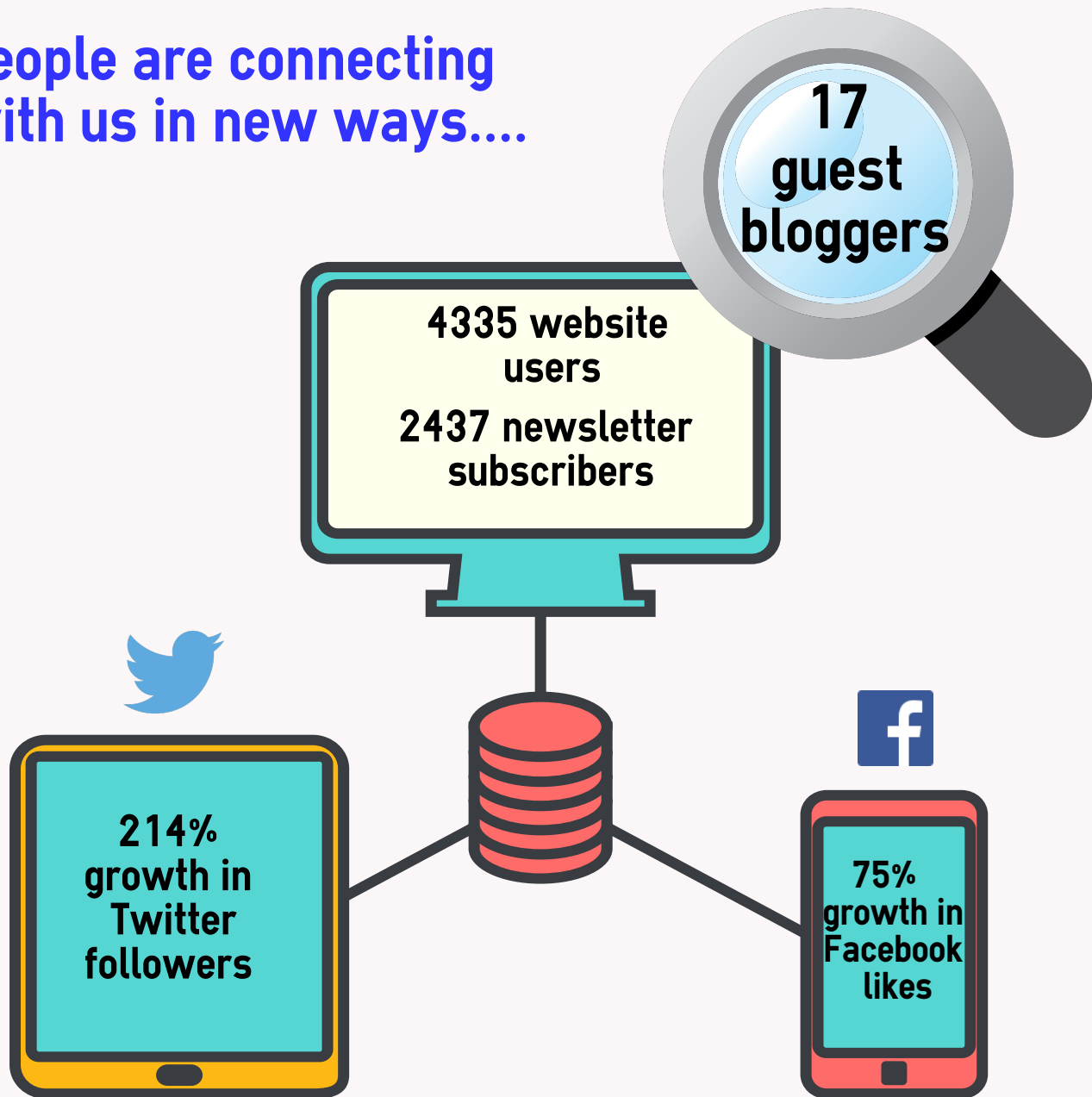
We helped clients find learning & support

It didn't matter what
mental health problem
our clients had – all they
needed was motivation &
support!

**76% had mild to moderate
mental health problems**

**22% had severe & enduring
mental health problems**

**People are connecting
with us in new ways....**



Amplifying the voices and opinions of our clients and the wider mental health community



**"She never gave up on me,
even when, at times, I gave
up on myself."**

**"Being Bipolar no longer
defines me"**

**"It's OK to have a mental
health condition and talk
about it"**

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www.facebook.com/twiningenterprise



Follow us on Twitter
[@Twining_news](https://twitter.com/Twining_news)



Visit our website for work resources,
mental health blogs, real stories &
more...

www.twiningenterprise.org.uk



Sign up to our e-newsletter at
www.twiningenterprise.org.uk/enews_sign-up

Get in touch:
contactus@twiningenterprise.org.uk

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mental wellbeing through work