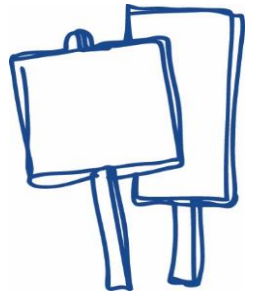


Annual Report 2016-2017



Scarborough,
Whitby and Ryedale



Contents

Introduction from the Chair.....	2
CEO Report.....	3
Services.....	4
Good Finance = Good Health.....	4
Housing related support service.....	4
Early Intervention Service	5
Side by Side	6
The Friday Group.....	9
The Administration Team.....	10
Finance.....	11
Current Staffing & Personnel.....	12
Standing Order Mandate	13



Introduction from the Chair

I am delighted to report that this year we have successfully built a strong foundation for the future security of SWR Mind.

The Board of Trustees have taken on specific roles enabling us to work more closely with the staff and to gain a greater understanding of the day to day pressures and issues, including finance, governance, mental health, training and commercial opportunities. We have held training days and an away day to develop our trustee skills.

Our newly appointed CEO and Operations Manager have made incredible progress to achieve our aims this year of financial stability, clarity of direction, of services and new funding streams.

Last November we held our first staff away day for training, team working and group problem solving. This was attended by all staff and a number of trustees bringing the team closer together.

The appointment of a volunteer co-ordinator has made a significant improvement to the training and diversity of roles held by our amazing volunteers, strengthening our overall range and depth of services.

Our front line staff have experienced some extremely challenging situations this year, which they have managed with resilience and compassion even on the toughest of days.

The tiny office team are our unsung heroes that glue everyone else together and are often the first point of contact for those accessing our services. They are responsible for managing all the day to day office requirements and our volunteer and services administration.

We set out this year to make incremental changes that when aggregated would make a real difference. That difference is made by the people involved including a very strong, balanced and coherent Board of Trustees, a strong and dedicated CEO heading up a small and highly effective team, our amazing volunteers and members.

Mental Health is finally getting political and media recognition, appearing in every Political Party's mandate. In the year to come we intend to leverage this evolving landscape to gain greater local support for the growing number of people who need our services in Scarborough, Whitby and Ryedale.

My final thank you and recognition is for everyone who has supported us this year as without the efforts of all of you we would be unable to provide much needed services and support, thank you for your time and generosity.

- Christine Gilkes, Chair

Uninvited Guest
© Vicky
Published: October 2007

Feel broken down, my body aches
My heart it bleeds from past mistakes
Can't stop the tears, they fall like rain
The words are spinning 'round my brain
So scared and feeling so alone
The coldness fills my every bone
No food, no sleep, can't think at all
Each way I turn, another wall
This darkness haunts my very soul
My world seems dead I've lost control
The only weapon is my pen
Depression has moved in again

Source:
<https://www.familyfriendpoems.com/poem/uninvited-guest>



CEO Report

We have been in our new home at Falsgrave Community Resource Centre since August and I have to thank the centre staff and the Edgehill Residents Association for making us so welcome and making it very easy to settle in.

As always, we've had an incredibly busy year with more requests for support than ever before, more than a 10% increase. We are steadily developing up the organisation and have begun to submit a range of funding bids to relaunch the services that were identified as most needed through our consultations. The process isn't always as fast as the impatient among us would like it to be but we've been focused on getting our priorities and foundations right. We continue to get fantastic support from our partners in the voluntary sector and despite the ongoing challenges we all face, the support from peers has been invaluable. Sadly, one of our most valued partners, Ryedale Homestart, closed their doors after struggling to secure ongoing funding which was a real loss to the support available in Ryedale

For myself, the support from our neighbouring Mind's and colleagues at National Mind has been vital, particularly as we try to navigate big changes in NHS service provisions through STP (Sustainability and Transformation) plans and how as a group of local Mind associations, we could offer a service over a much larger area.

I am really proud to confirm we have been through our Mind Quality Mark assessment and audit, passing with flying colours. This is an assessment across 12 standards, evidenced by a range of indicators which we submit to a review panel. Standards include governance, finance, service quality, safety and planning. The Mark gives us independent feedback and confidence that we are delivering a high quality service and that the organisation is well run, efficient and fit for purpose. We are continuing to engage with opportunities at National Mind around services they have designed, local campaigning and the leadership development programme.

We continue to work hard in promoting involvement with the organisation at various levels, whether this is encouraging service users and volunteers to join the board, steering groups or the fundraising committee. In October 2017 we will begin the challenging task of seeking refunding from the National Lottery for our Side by Side service so we'll be asking for the views of people who have been through the service on ways in which it could develop and improve.

We have had some amazing fundraisers supporting us this year including the Sheffield family who raised over £3000 by running the McCain 10K, Lizi Walker who raised over £1000 from skydiving, Serco who raised £4000 throughout the whole year, Boyes customers who raised £1000. SWC TradeFrames ran a fantastic campaign raising money for SWR Mind and Prostate Cancer by creating and selling a cheeky calendar with a serious message of men's health, raising £3,500 in the process. The large cheques are of course fantastic to receive but what keeps us going are the array of smaller events and donations that come in. We can't mention everyone here but just a few over the last year have come from The Plough Inn at Sleights, Amelia's Chocolates, Malton Job Centre, Filey Probus, Whitby Appollo Players, Pickering Town FC, Yorkshire Building Society, Wolds Shooting Club, Queen Bee Quilters, House of Colour in conjunction with the Talbot Hotel, Ramshill Pub, Malton Asda and Yorkshire Coast Homes staff fund. Thank you to all who contribute, we couldn't do what we do without your support. Most importantly, I must thank our team of staff and volunteers who continue to go above and beyond and have shown an unwavering commitment to the organisation and the people we support.

- Sophie Hall, CEO



LLOYDS BANK FOUNDATION

England & Wales



COMIC
RELIEF



Police and Crime
Commissioner
North Yorkshire



Services

Good Finance = Good Health

Funded by Comic Relief and delivered in partnership with Scarborough and District Citizens Advice Bureau, Good Finance = Good Health supports people in Scarborough and Whitby with mental health problems to maximise income, minimise expenditure, manage debt and improve financial literacy. Good Finance = Good health builds on traditional financial support projects by providing a Mind worker to support people to engage and implement advice from CAB. All too often advice is given but due to the nature of mental health problems (such as anxiety); the individual may find it difficult to carry out this advice.

When referred to the project, many clients need significant input to stabilise circumstances before a clear picture of their financial position can be developed. Often, clients do not know who they owe money to and how much, or what their current income is. Therefore, just keeping food on the table, the lights on/heating going, a roof over their head, or avoiding prosecution are first priorities.

Notable achievements since the project commenced on 01.01.2016:

- ❖ Additional welfare benefits on behalf of clients of £1,326,151
- ❖ A total saving to clients through reduced interest payments or debt write off of £404,680
- ❖ 64% of clients reported they understood their income and expenditure better and felt more confident about managing their money
- ❖ 52% of clients who completed the survey said their mental health had improved

Housing related support service

Sadly, after a competitive tendering process, SWR Mind were not successful in our bid to continue delivering mental health floating support in Scarborough. In September, we bid farewell to our three fantastic housing workers Linda Legg, Lynn Trotter and Clare Howell as they moved on to the new provider Lifeline and a new style of service.

After 12 years of delivering the service, we are immensely proud of the support it provided, particularly to people with long term, complex needs. Since introducing the Wheel as the outcome measure in 2011, 83 service users co-produced their own support

KEEPING IN TOUCH WITH US

We are always pleased to hear feedback, ideas and updates from our members, service users, volunteers and any other interested parties in our work. You can also keep up to date with what we are up to via our newsletter and social media. If you currently do not receive the newsletter, please send an email to info@swrmind.org.uk with 'Newsletter' as the subject and we will add you to the mailing list. Do also give us a shout if you have a story, poem or idea to share!

If you want to stay in touch via social media, you can find us in the following places:



<http://swrmind.org.uk>



www.facebook.com/SWRMind1



<https://twitter.com/swrmind1>



Channel Name SWR Mind



LLOYDS BANK FOUNDATION

England & Wales



COMIC RELIEF



Police and Crime Commissioner North Yorkshire



plans and self-reported against their goals in the 10 domains of life measured by the Wheel. The overall outcomes for that group of service users can be seen below.

Wheel Life Domain Sector	Percentage of service users reporting improvement	Static
Mental Wellbeing	88%	8%
Physical Wellbeing	74%	18%
Feeling Safe and Secure	88%	6%
Housing	92%	6%
Money	76%	12%
Volunteering, Training and Work	68%	28%
Day to Day Activity	74%	24%
Family	68%	28%
Friends	76%	17%
Who I Am	82%	16%

The great outcomes are testament to strong engagement from service users and a housing team dedicated to providing a holistic service that met need and had an authentic commitment to person-centred, user led support.

Early Intervention Service

Clare Howell returned to SWR Mind early in 2017 as an early intervention worker, funded by North Yorkshire County Council and the National Lottery, Clare delivers ten intensive sessions to service users on a weekly, fortnightly or monthly basis, dependent on need. Interventions may include advocacy at benefit assessments and GP appointments, support to complete paperwork or make phone calls, support to attend and engage with specialist mental health services and support to attend adult education or return to work. Funding has been submitted to fully implement the service across the region but at this time it is available in Whitby for 1.5 days a week and Scarborough (including Filey and Hunmanby) for 1 day.

Clare Howell (SWR Mind support worker): "I enjoy my work for Mind and find it very rewarding. I work with a great team of staff who are always encouraging and supportive. An example of some of the work I have done has been supporting a young man who moved into the area from West Yorkshire. I helped him to secure furnishings for his new flat and supported him to access art therapy which helps with his mental health. This young man has two small children who he sees regularly in the school holidays so I have introduced him to many of the local beauty spots which they can access free of charge. He also has a real love of animals so we made contact with the sea life centre to look at volunteering later in the year. Finally, I referred him over to the Side by Side service to be matched with a volunteer, who will continue to provide social and emotional support whilst he grows his social network locally."



Side by Side

Funded by the National Lottery, **Side by Side** provides personalised, one to one support with a Mind worker, volunteer, or both. The service is goal orientated, addressing individual needs and aspirations to tackle issues in life that are causing mental ill health. This could include support to improve confidence, reduce isolation, address financial issues or to find activities outside of the home to engage with. This service is available across Scarborough, Ryedale, Whitby and the Esk Valley. Side by Side is rooted in our core delivery model of providing social, emotional and practical support, information and advocacy. 'The Wheel' is our self-assessment tool used to track progress towards outcomes. It enables individuals to assess their current situation and future expectations in 10 life domains. People score themselves in each domain from 0 (the worst things could be) to 10 (the best things could be) based upon their current situation and then score again where they would like to be in future. The support and Recovery plan is then jointly produced to plot the course from 'where I am' to 'where I want to be'.

Sally Sainsbury – Scarborough

I am writing a review of the year from the perspective of a Side-by-Side Support Worker in Scarborough.

My contact with service users starts with referrals and those referrals come from a wide range of sources, for example, GP's Community Mental Health Team, The Living Well Team, Cross Lane, Citizens Advice Bureau, friends, relatives and individuals on their own behalf.

The Side-by-Side service is recovery focussed and an early piece of work with each new service user is to complete our person centred assessment tool known as The Wheel. From this we can jointly devise an individual Support and Recovery Plan designed to prioritise individual issues. This could be any number of interventions ranging from providing a listening ear, to mediating with an employer or supporting someone to remain engaged with specialist services, such as the community mental health team.

During this year there has been a noticeable increase in the priority issue being around the benefits system. Disability Living

THE WHEEL

Below are the 10 life domains within the wheel and a few examples of what support may look like in each domain.

Mental Wellbeing: 'Listening ear', rainy day planning, gradual exposure, identifying and tackling underlying issues, accompaniment to specialist services with support to maintain engagement

Physical Wellbeing: Researching and identifying physical activities and accompaniment to explore, healthy eating and meal planning, accessing appropriate health and social care (e.g. dentists)

Safe & Secure: Engagement with safer communities, PCSO's etc., liaison with landlord/ housing association, rehearsing safe practice/ reporting incidents, managing risk

Housing: Moving, securing tenancy, applying for social housing, support to facilitate home improvements

Money: Budgeting, prioritising bills and debts, applications for benefits and accompaniment to assessments

Volunteering, training & work: Support to research and apply for volunteering, training or work, accompaniment to open days or short courses, support to access online learning

Day to day activity: Accompanying to local resources, finding meaningful activity, implementing structure

Family: Addressing unhealthy relationships, practising positive communication

Friends: Building friendships and relationships, communication, boundaries

Who I am: Exploring spirituality, setting long term goals, building self esteem and confidence

Allowance has largely been replaced by Personal Independence Payments that come with a new and complex assessment procedure. People are called for appointments for work related interviews and medical assessments more frequently. The Department of Work and Pensions may often take some time to reach decisions and in some cases benefits are suspended in the interim, creating fear about the reality of getting into debt and rent arrears.

However, I would prefer to use my report this year to offer a positive story. It involves a service user who prefers to remain anonymous. When we first met, he lived in a small flat, in an area that will also remain anonymous. He has some considerable physical disabilities and mental health issues exacerbated by the environment he found himself in. The flat was near a secondary school, shops and a large car park and unfortunately, offered a direct route and congregation point for local young people.

When we met, he was living behind closed curtains and locked doors. He was unable to use his front door because the step and porch had been taken over by a small gang of youngsters. This gang were dealing drugs, drinking, shouting, carving and burning graffiti into his windowsills and generally behaving in a way that left him feeling intimidated and fearful. He was also apprehensive about calling the police in case the retribution was worse than the original complaint.

Together, with support from an amazing SWR Mind volunteer called Paul, local PCSO's, Health and Adults Services and Yorkshire Coast Homes we managed to get him moved to a lovely sheltered flat in a small market town. He now has freedom to come and go within a friendly community, neighbours to chat to and a place that he is happy to invite friends and relatives to. We supported him to engage with his local Job Centre, apply for Universal Credit and find the resources to manage his Universal Credit account online.

This is probably the piece of work that I am most proud of during my whole time with SWR Mind.

Colin Campbell – Whitby and Eskdale

This year has been steady but busy. Referrals have been coming in, and most have required longer term and intensive input due to complexity, diagnosis, condition and need. Most are seen weekly, with some fortnightly. Input has included writing support letters, assisting with PIP/ ESA applications, attending medical assessments, advocacy, supporting G.P., C.M.H.T. and hospital appointments, housing issues and accessing the food bank. This is in addition to working with people on issues around self-esteem, personal management, confidence building, and creating a lifestyle that is more meaningful and fulfilling.

In addition, the service has been involved in awareness raising, giving talks at Yorkshire Building Society and the Living Well Team, a stall at Sainsbury's during Carers' Week and another at Caedmon College. Students from the 6th Form College also 'shadowed' some of the support sessions where appropriate.

In addition, there was regular input at the volunteer training in Whitby and during the volunteer 'thank you' day in Dalby Forest. One of our Whitby volunteers gained a certificate for being nominated at the 'Borough's Big Thank You Awards' held in Scarborough. Despite many challenges in recruiting reliable volunteers in rural areas, we have a small new crop of volunteers for Whitby and Eskdale who will be matched up in 2017.

Sharon Van Ee – Ryedale

Last year saw me relocate my office space to Next Steps in Norton, a more central location close to the Job Centre and Citizens Advice Bureau. This has been advantageous because of benefit system changes, resulting in a greater workload for me and greater demands on the mental health of the service users.



Despite some turmoil in the users personal lives, my aim has been to help them identify otherwise hidden aspirations, to think positively, setting realistic goals and if necessary to use a multi- agency approach. By offering emotional support, we have been able to demonstrate some achievements; more affordable housing, managing their income, budgeting, de-cluttering and rekindling their identity.

We started the year with a waiting list for suitable volunteers. Fortunately Natalie Clark joined as Volunteer Coordinator and has been successful in matching interests and skills appropriately resulting in greater confidence and self-esteem for our service users. We remain grateful to our volunteers for their high standards of achievement in matching understanding with user's needs.

We have a Positive working relationship with The Hope Central Food bank in Malton, registering to issue food vouchers, which has been hugely beneficial to people suffering financial hardship, ultimately improving their mental well-being. Next Steps, Mental Health Resource/Cafe, offers a welcoming environment that provides a direct community link and practical resources. They have their own IT suite and delicious cakes plus my favourite flavoured cappuccino drink, which is always a bonus. Additionally, we have really benefitted from joint working with Ryedale Red Cross and Ryedale Carers support where there has been overlapping need.

I must also mention Scarborough & Local Together (Salt) who continue to provide an invaluable service, helping people to fund household amenities, which supports people living independent, fulfilling lives.

Ending on a positive note, one of my Ryedale service users has made some really positive transitions in the last year and decided to give something back to SWR Mind. She undertook a sky dive and raised more than £1,000 and was interviewed by Radio York on a couple of occasions to raise awareness about mental health and share her story. Amazing job Lizi, the whole team is incredibly proud of you!

Natalie Miles – Volunteer Co-ordinator

My role as Volunteer Coordinator has had a very busy start. From previous work experience, I really do understand how important it is for volunteers to be supported on an ongoing basis. We fully appreciate the time and effort that all of our volunteers give to SWR Mind and I do want all of them to feel valued and appreciated. I have re-organised the recruitment process for new volunteers as well as support for our volunteers on an ongoing basis. To do this I spoke and worked with our Support Staff team to ensure that the training covered everything that was needed for any of our volunteers to start their role effectively. I also introduced volunteer meetings, which allow volunteers to be updated on their knowledge, made aware of any changes to services or the organisation and allow time for some peer support.

Going forward I work closely with our support staff team to ensure that matches for our Side by Side service are made appropriately and that they are regularly reviewed. This not only supports our volunteers but it also further supports our service users to identify earlier how things are going and if any changes need to be made.

During this reporting time period, I have begun to find ways to recruit volunteers not only for our Side by Side service but also for volunteers, who want to fund raise, support in the office or be a group facilitator. I have liaised with other agencies such as the Job Centre, local colleges and schools to try and recruit from different areas.

It is not easy to find volunteers. One of the main challenges is that many other organisations as well as other charities are utilising volunteers. I feel that this is having an impact on recruitment numbers for our organisation. Going forward though, I need to challenge this and seek out alternative ways of recruiting new volunteers. They



LLOYDS BANK FOUNDATION

England & Wales



COMIC RELIEF



Police and Crime
Commissioner
North Yorkshire



are an important and vital part of our organisation, without our volunteers we simply could not deliver all the services that we do. I personally, would like to say thank you to all of our volunteers and I look forward to working with and supporting you going forward.

Side by Side Outcomes – Year 3

Due to changes in policy/environment, this has been a very challenging year but Side by Side continues to deliver strong outcomes/positive feedback for the majority of people. To date, almost 700 people have been referred to Side by Side, with 540 receiving support, more than 10% over the planned service capacity. Increased complexity is making work more intensive, however we are seeing strong outcomes from longer term work that provide greater likelihood of sustainable Recovery, by supporting people to a point where they feel able to continue moving forward without our intervention. Below are the Wheel outcomes for year 3 and the exit survey response.

Wheel Domain Sector	Percentage of service users reporting improvement
Mental Wellbeing	94%
Physical Wellbeing	66%
Feeling Safe and Secure	70%
Housing	68%
Money	70%
Volunteering, Training and Work	78%
Day to Day Activity	88%
Family	70%
Friends	70%
Who I Am	76%

Feedback from service user exit surveys remains high:

- 96% would recommend the service to friends and family
- 97% felt the service was good quality
- 100% felt that staff/volunteers were approachable
- 95% felt better able to self-manage their mental health

The Friday Group

The longstanding social group continues to meet on a Friday at The Rainbow Centre for peer support, socialising, activities and a listening ear (or two!). The group continues to be led by a fantastic team of volunteers who do a wonderful job. Two of our long serving volunteers Lynn Kershaw and Richard Crocker have moved onto pastures new and we wish them all the best and are thankful for their time and dedication over their years as



volunteers. To bolster numbers, we have been doing volunteer training more frequently and the group have a number of new volunteers coming on board to widen the range of activities and keep things lively!

The Administration Team

It has been another busy year here at Scarborough, Whitby and Ryedale Mind, with more people referring into our service than ever. Thankfully, we have streamlined the referral process with the introduction of our referral panel. This ensures that we offering the best possible and appropriate service, while directing those who do not fall within our remit, onto organisations that are suitable. This, along with the telephone service we now offer (to people who are currently waiting to see a support worker) means we are narrowing the gap between referral and first appointment, which reduces anxiety and relieves stress. It is only with the fantastic help of our volunteers, that we are able to extend the provisions of our service, during times when mental health funding in the area, is being cut.

We now have five volunteers working part-time within the office, and they provide much needed support to the staff, whether it be answering the phone or filing paperwork. Their help is greatly appreciated and helps the "ship" sail smoother and run more efficiently. We have further upgraded some of the I.T. in the past year, making systems run more efficiently, which increases productivity, with less "down time". While I.T. will always need improving, regular incremental changes should result in less recovery expenditure, retaining more capital for our services.

We will be launching a new website in the Autumn thanks to Yorkshire Coast Radio which we hope will be a far better source of information and communication for people.



LLOYDS BANK FOUNDATION

England & Wales



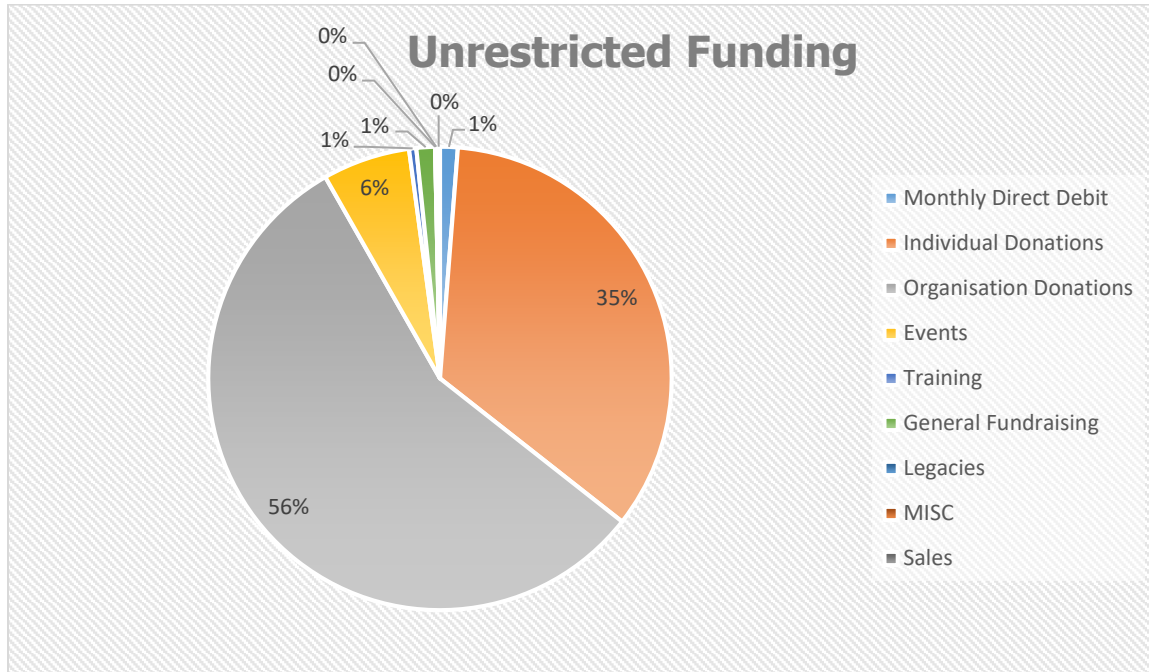
COMIC RELIEF



Police and Crime
Commissioner
North Yorkshire



Finance



In stark contrast to 2015/16, 2016/17 was a period of consolidation of what had been achieved the previous year. Unrestricted fundraising levels were realistically not going to be anywhere near what they had been in 2015/16. However, a very admirable £27618 was raised/donated which when compared to an average of £9500 per annum for years prior to 15/16 is a very great achievement.

The chart above shows a breakdown of where these funds came from. A massive 56% been from donations by organisations who have fundraised on our behalf. A big enough thank you cannot be put into words. Another vast proportion, 35%, has come from individual donations and fundraised by people who we would not be able to survive without.

A continued rolling review of efficiency has yet again enabled us to reduce non restricted expenditure and will continue to do so. Effectively using zero based budgeting within our office expenditure has enabled us to continue to divert money from core to improving our services.

A need to set future yearly budgets with small deficit is central to how the organisation needs to work in the future. Within the new financial policy, it is noted that budget deficits should be covered by retained Income. In addition, £27500 has been invested as this is now our reserve policy to hold unrestricted liquid reserves sufficient to cover three months unrestricted expenditure plus any additional known liabilities and potential cessation costs.

Other than Project end points SWR Mind has thankfully relieved problems of liquidity as much as a charity possible can within these austere times.



Current Staffing & Personnel

Operations
Manager:
Carl Maw



CEO:
Sophie Hall



Administration: Philip Hemingway



Social Prescribing Worker:

Clare Howell



Natalie Clark: Volunteer Coordinator
& Trainer



Alex Harvey: Volunteer P.R



Side by Side Support Workers:

Colin Campbell, Sharon Van Ee &
Sally Sainsbury



Volunteer Administrators: Frank
Sainsbury and James Pickup



Standing Order Mandate

Please complete and return to: CEO, Scarborough, Whitby and Ryedale Mind, The Spencer Suite, Falsgrave Community Resource Centre, Seamer Road, Scarborough, YO12 4DJ

Your Details (please complete in BLOCK CAPITALS)

Title:	Forename:	Surname:
(Billing) Address and Postcode:		
Telephone Number:		
Email:		
(Please provide your email address if you'd like to receive our quarterly e-newsletter)		

Your Bank/Building Society Details (please complete in BLOCK CAPITALS)

To (name of) Bank/ Building Society:	Branch:																
Branch Address and Postcode:																	
Sort Code: <table border="1" style="display: inline-table; border-collapse: collapse; text-align: center; width: 100px; height: 20px;"><tr><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td></tr></table>							Account Number: <table border="1" style="display: inline-table; border-collapse: collapse; text-align: center; width: 150px; height: 20px;"><tr><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td><td style="width: 20px; height: 20px;"></td></tr></table>										
Account holder name(s):																	

Instruction to your Bank/Building Society

Please pay, Account Holder Name: Scarborough, Whitby and Ryedale Mind															
Bank: Unity Bank Trust															
Sort Code: <table border="1" style="display: inline-table; border-collapse: collapse; text-align: center; width: 100px; height: 20px;"><tr><td style="width: 20px; height: 20px;">6</td><td style="width: 20px; height: 20px;">0</td><td style="width: 20px; height: 20px;">8</td><td style="width: 20px; height: 20px;">3</td><td style="width: 20px; height: 20px;">0</td><td style="width: 20px; height: 20px;">1</td></tr></table>	6	0	8	3	0	1	Account Number: <table border="1" style="display: inline-table; border-collapse: collapse; text-align: center; width: 150px; height: 20px;"><tr><td style="width: 20px; height: 20px;">2</td><td style="width: 20px; height: 20px;">0</td><td style="width: 20px; height: 20px;">2</td><td style="width: 20px; height: 20px;">4</td><td style="width: 20px; height: 20px;">1</td><td style="width: 20px; height: 20px;">3</td><td style="width: 20px; height: 20px;">7</td><td style="width: 20px; height: 20px;">3</td></tr></table>	2	0	2	4	1	3	7	3
6	0	8	3	0	1										
2	0	2	4	1	3	7	3								
The sum of £2 <input style="width: 20px;" type="text"/> £5 <input style="width: 20px;" type="text"/> £10 <input style="width: 20px;" type="text"/> Other <input style="width: 50px;" type="text"/> £ (REFERENCE: BD)															
On the _____(day) of _____(month) 20____ and on the same day of each succeeding month until further notice.															
Signature:	Date:														

Gift Aid Declaration

Under the Gift Aid Scheme, Scarborough, Whitby and Ryedale Mind will reclaim 25p for every £1 you donate. I declare that I pay an amount of Income Tax and/or Capital Gains tax that is at least equal to the tax claimed by all charities and CASCS from HM Revenue and Customs on my donation(s), in each tax year. I understand that taxes such as VAT and council tax do not qualify and should my circumstances change, I will notify Scarborough, Whitby and Ryedale Mind.

Signature:

Date:

