

Annual review 2018 - 2019



Our Vision

People with learning disabilities are able to achieve greater independence, lead fulfilled lives and live as full citizens in society.

A year of enabling people to fulfil their potential

The last year has been one of rapid change and progress for Minstead Trust.

We have taken on Hanger Farm Arts Centre in Totton, piloted our ambitious Step Up For Work programme and opened up another Community Friendship and Advice Group.

This means we now support 190 people with learning disabilities, and their families, to develop their skills for work, everyday life and their own health and wellbeing.

As ever, we couldn't do this without the hard work and continued support from our staff, volunteers, corporate and individual donors - thank you.

Richard Woolgar, Chair

Madeleine Durie, Chief Executive

At a glance

190

People supported monthly

119

Staff members

140

Volunteers

7

Supported living houses

2

Day opportunity services

1

Residential home

4

Community groups

3

Social enterprises



Our work

440
DAYS



of support provided
each week in day
opportunities

383

hours of
weekly
residential
support



people in
supported
living



of respite
care



3 outcome
goals per
person

Our impact*

78%
of people
progressed
one step or more on
our independence
scale



176
different
goals where people
made progress



86%
of people we
support said we
support them to
achieve their goals



Our quality

92%



of families rated
us as excellent
or very good

**Good with
Outstanding
Qualities**

Care Quality
Commission
rating

*Year to Sept 2019

Laura Life skills

Chosen outcome: Making myself understood

Laura lives at our residential care home. She previously communicated through hand gestures only, with very rare and limited verbal communication.

Laura found it frustrating when she couldn't let people know what she wanted to do or how she was feeling.

In order to work towards making herself understood, Laura began attending Minstead Trust's 'Skill Up' programme in Eastleigh to develop her confidence with expression and communication.

Staff encouraged Laura as she began to verbalise where she would like to shop, have lunch and what she would like to do for an activity, as well as saying her keyworker's name.

Laura was asked if she was happier now she is communicating more verbally and she replied 'yes'.



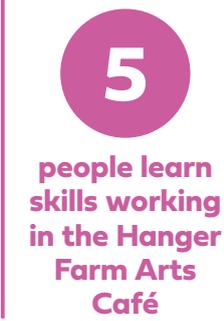


Our social enterprises

Furzey Gardens: 10 acre garden, tea room and gift shop

Minstead Lodge: Hospitality venue hosting catered conferences, events and weddings

Hanger Farm Arts Centre: Theatre, art gallery, café and bar



Jacob Work skills

Chosen outcome:
I arrive ready for work

I have had a couple of work placement at cafés, including at Furzey Gardens, but I struggled to get to work on time.

I have now begun a work placement at the Southampton Wood Recycling Project. I have to be there for 8.30am and this is very early for me.

I agreed with my keyworker that if they prompt me to get up early and set my alarm, I will get up.

I have made it on time to work every day so far.

I really enjoy this work even though I have to be up at 7am!





David Health and wellbeing

Chosen outcome:
I am living a healthy lifestyle

David has not always had a healthy diet and wanted to try and improve the amount of healthy food he eats.

He worked with his support worker to go through his shopping list and look at healthier options, including learning how to cook a wider range of healthier meals.

Undertaking work experience in the kitchens at Minstead Lodge has helped him learn food preparation skills. He has also been able to retain and implement the hygiene awareness he has been applying in the workplace.

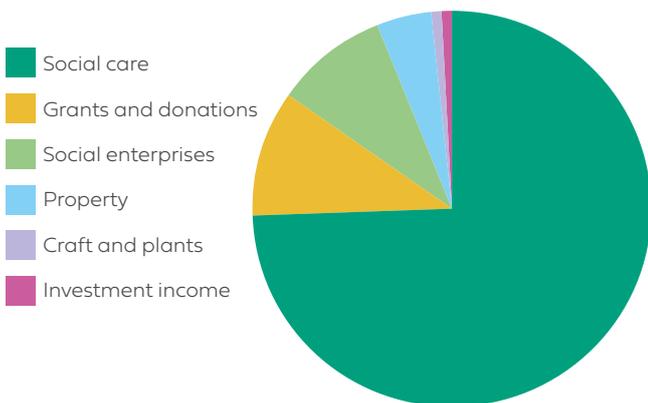
David is now able to choose more healthy meals and is able to make some meals from scratch.



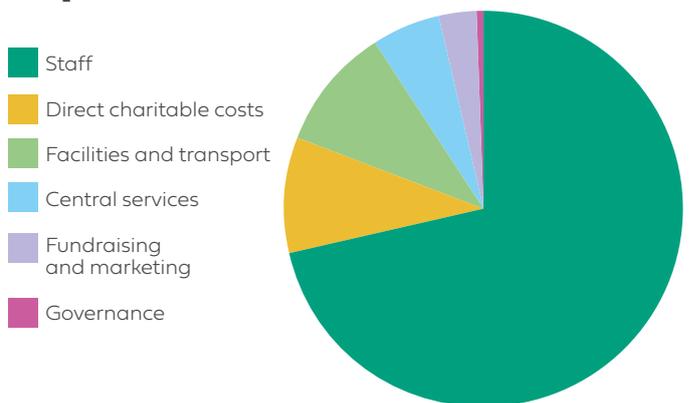
Making every penny count

We always strive to use our income efficiently and effectively to ensure we can support more people to reach their potential.

Income £3.3m



Expenditure £3.2m



£341k
raised in grants
and donations

Support us

We rely on voluntary donations to help fund our work supporting people with learning disabilities to learn work skills, life skills and improve their health and wellbeing.

Please support us: www.minsteadtrust.org.uk/donate



Every gift
builds potential