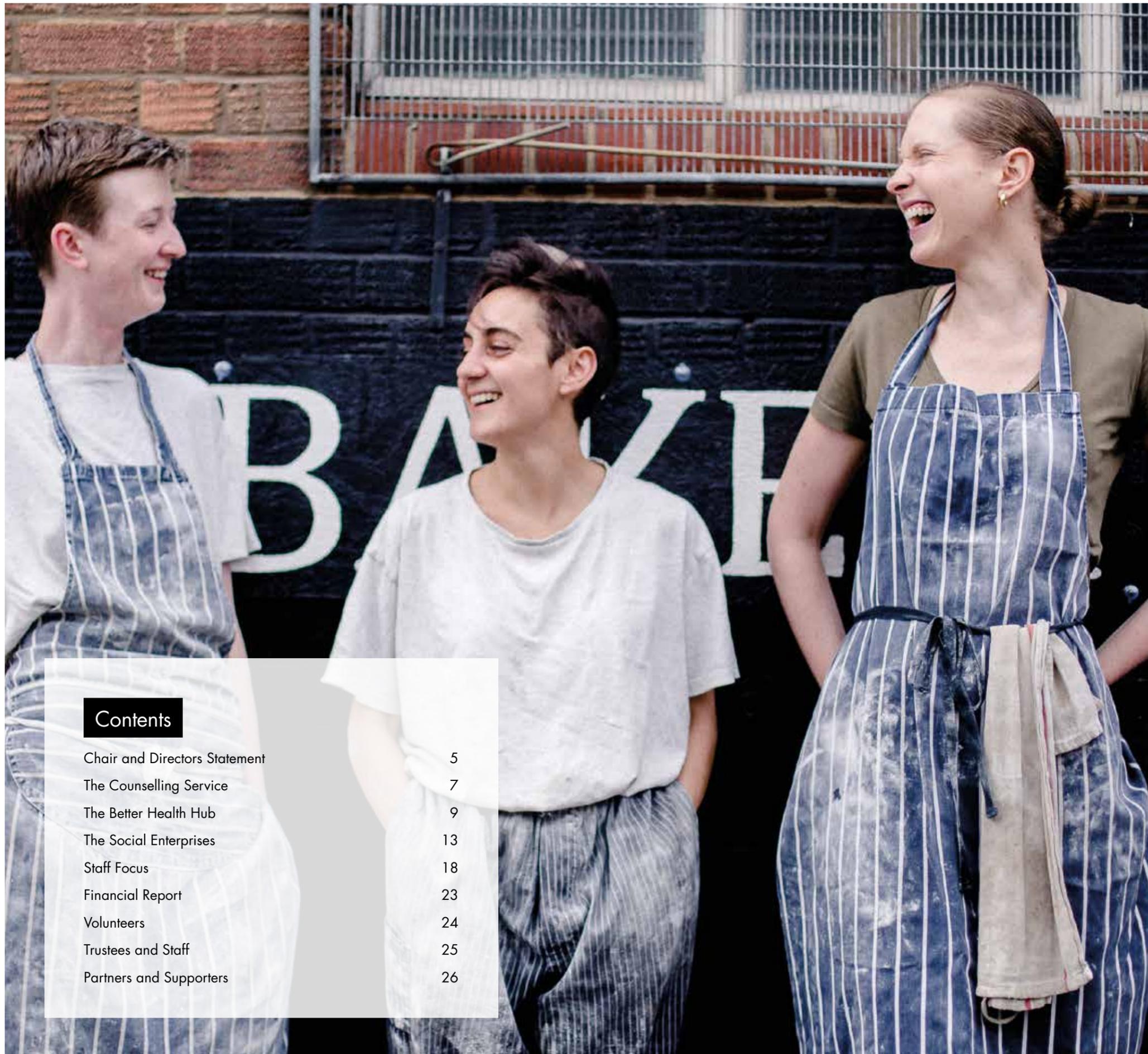




CENTRE  
FOR  
BETTER  
HEALTH  
**ANNUAL  
REPORT**  
2018





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“We can now develop methods and experiences that utilize the brain’s own natural neuroplasticity to help survivors (of trauma...) feel fully alive in the present and move on with their lives. There are fundamentally three avenues: 1) top down, by talking, (re-) connecting with others, and allowing ourselves to know and understand what is going on with us, while processing the memories of the trauma; 2) by taking medicines that shut down inappropriate alarm reactions, or by utilizing other technologies that change the way the brain organizes information, and 3) bottom up: by allowing the body to have experiences that deeply and viscerally contradict the helplessness, rage or collapse that result from trauma. Which of these is best for any particular survivor is an empirical question. Most people I have worked with require a combination.”

Bessel Van Der Kolk – The Body Keeps The Score

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## Our services

The Centre for Better Health runs a Counselling service, the Better Health Hub and a Social Enterprise.

Our services work to support wellbeing and recovery from mental ill-health.

We recognise a healthy community is an inclusive community in which individuals can live satisfying and hopeful lives and where there is no stigma about mental ill-health.



## Chair & Director's Statement

It's been an incredibly busy year once again for the charity. We have seen an increased demand for each of our services and are having to revisit, improve and put in place the systems and structures to effectively manage this.

Whilst our overall funding has decreased over the course of the year, we continue to deliver our core services and in many cases are expanding on what we provide. The Wednesday Lunch Club, being a relevant example of this as an addition to the Better Health Hub.

It is estimated that almost 30,000 people in Hackney have depression, of which only half have been diagnosed and are seeking treatment. The Hackney joint health and wellbeing strategy focuses on relieving depression and anxiety for working age adults and it is impressive to see the success CBH has in this area for those that access our counselling service.

We continue to be a part of the City & Hackney Wellbeing network and to be a part of providing joined up community-based support and recovery. One of the case studies in the following pages highlights the meaningful impact it can have on individual lives when services are commissioned in this way.

Our social enterprises have performed well over the past year in terms of being on an upward trend for sales. It is still proving challenging however to make them contribute to the overall running costs. An element of that is down to the capacity dedicated to the trainee programme and a lack of funding for what is a unique and remarkable pre-employment placement for those affected by ill-health. It will be one of our aims going forward to try and work with organisations to fund trainee placements which have been shown to produce a social value benefit of £4.70 for every £1 spent. In this report, the outcome of a placement

is wonderfully illustrated by Pete, a bike shop trainee who has gone on to find employment and who kindly wrote about his journey.

CBH continues to stay focused on its strategic plan developed around the following three aims:

- 1 To be a centre of quality work in the support of wellbeing and recovery from mental ill health
- 2 To develop the revenue streams of the organisation in order to sustain the work
- 3 To develop the reputation and relationship with purchasers of the service

As ever, the organisation would not be what it is without the incredible people that we work with and who make CBH what it is. We would like to thank, colleagues on the board of CBH, a dedicated staff team and the many fantastic volunteers who give their time to support CBH and its mission.

We hope you enjoy reading this report and that it provides a flavour of this unique organisation.

Paul Sheils LLB, Chair  
Ashwin Mathews, Director



## Counselling Service

The Centre for Better Health counselling and psychotherapy service continues to provide professional, inexpensive access to talking therapies for adults who need it, regardless of background, experience or finances.

The issue of mental health has become increasingly important socially and politically over the recent years and this has led to a greater acknowledgement of the role of talking therapies. This change is having a significant impact on organisations like ours, with an increase in referrals from adults of all ages, with more urgent and complex needs.

Our service remains unique in that people can:

- self-refer
- present with a range of issues including depression, anxiety, PTSD, relationship problems, abuse, loss, aggression, low self-esteem, stress, work related difficulties and other severe mental health conditions.
- Where appropriate, have sessions for up to a year - on average sessions last for approximately 5 months.

Our team of counsellors and psychotherapists provide a range of therapeutic approaches and the Centre offers high quality clinical placements, administration and supervision, which are highly sought after by training counsellors who are working towards their professional qualifications.

Over the last year 303 new clients engaged with the service. Of these 222 were female and 81 male.

### Counselling Outcomes

98% of individuals presenting with anxiety over the last year self-reported that they had seen an improvement as a result of counselling. Of those, 13% reported a complete improvement and 59% reported a lot of improvement, with the rest seeing some improvement.

98% of individuals presenting with depression over the last year self-reported that they had seen an improvement as a result of counselling. Of those, 16% reported a complete improvement and 53% reported a lot of improvement, with the rest seeing some improvement.

\*\*sample size 112presenting cases



#### Case Study – Mark, Counsellor

I started my training to become a counsellor at Hackney Community College. Whilst there, I heard about the Centre for Better Health. I discovered that their counselling service has a very good reputation in the community due to good word of mouth. Obtaining a placement as a trainee counsellor can be competitive. From the beginning of your training, you need to start thinking about clinical placements. I had ear-marked Centre for Better Health as somewhere I wanted to apply to once I had reached that stage of my training.

I was delighted to gain a place as a volunteer counsellor and to be part of the service. I soon found out that the service is run like a close-knit family. It is clear that the service wants the best for their clients and also for their counsellors. From the administration team through to the supervisors, I felt held and supported through some challenging times as I was developing as a counsellor. As a trainee counsellor, you are always up against the clock as you must accrue a certain number of clinical hours in order to progress to the next stage of your training. I was always allocated enough clients to meet my needs as a trainee, so it was one less thing for me to worry about. Secondly, I was appropriately allocated clients to suit

my level of competency and the way I practiced, so I did not feel out of my depth. I think this showed a real focus on my development as a trainee counsellor. I felt very seen and valued by the service.

**I'm proud to have been able to contribute and work with a service that truly puts people first.**

I am grateful to Centre for Better Health for providing me with a consistent and solid base to develop my counselling practice. The service is a bit like well-fertilised and regularly watered soil. I volunteered for just under two years and if I had not relocated to Bristol, I hope to have still been there. I know from experience that well-run services that offer low-cost counselling in the community are rare. I think Centre for Better Health is one of those services and they are a real asset in the community. Not just for trainee therapists like me but, more importantly, for the people on a low income who seek a regular, safe place to explore themselves and to make positive and lasting changes in their lives. I'm proud to have been able to contribute and work with a service that truly puts people first.



## The Better Health Hub

This year we had 300 members attend one or more of our 39 courses and workshops which are run over 3 terms.

237 of these members were referred on to the courses via the City and Hackney Wellbeing Network. We have been able to demonstrate that those who attended had a positive experience overall, with an average score of 3.7 out of 4 when asked how members would rate our courses. There was an average score of 4 out of 5 when members were asked if they felt more confident as a result of completing their course.



## Our Courses and Groups

We ran our core group of courses which include a variety of Ceramic groups, Painting and Drawing classes, and movement groups such as Chi Kung, Tai Chi, and Yoga. We also held our Loss and Bereavement talk therapy group, and Dance Movement Psychotherapy sessions.

This year we introduced Potter's Wheel throwing classes to our cohort of ceramic groups, all of which proved extremely popular. We also ran a Therapeutic Writing course and a weekly Lunch Club with mandala drawing. The Lunch Club demonstrated a 93% attendance over the 10 weeks it was held and proved to be very popular with the clients attending.

Some of the client comments received from the newly introduced courses include:

"Really quite amicable (the course). Good relationships with volunteers. The food is appetising and attractive. I have lost the acute feelings of isolation that I had" **Lunch Club member**

"I have had an extremely difficult previous 4 weeks and pottery has been the only single action which has made me feel more rebalanced. The tutor has been a warm and supportive teacher & there was compassion among the other students" **Potter's Wheel member**

"I wasn't sure what to expect from the class and for me it really was a positive and growing experience. I am going to miss it, the group and the tutor. It really has been one of the best course experiences for me" **Therapeutic Writing member**

"I have already done some therapeutic writing, so wasn't a complete beginner but it was useful to get into the practice of it and explore things like our emotional response to poetry" **Therapeutic Writing member**

"This program is excellent! The course couldn't have been better, and it's really helped me to be keen and excited for things again, especially creative ones! Thank you so much!" **Potter's Wheel member**

"I like to come to the Lunch Club. I really enjoy the food, colouring and making friends" **Lunch Club member**

## Measuring Wellbeing

Over our 3 terms we used the full version of the Warwick Edinburgh Mental Wellbeing Scale (WEMWBS). Using this scale, the national wellbeing average ranges from 41 to 59 points according to NHS choice.

The average change for participants in 12 out of 13 courses (run over our spring term) demonstrated an improvement of 4.6 points, with average scores progressing from 43 at the beginning of the term to 47.3 at the end. These scores demonstrate a significant improvement in wellbeing for our participants.

An important aspect of the Better Health Hub is its inclusion of volunteers, many of which are in training themselves. We prove again and again to not only be an important part of many individual's wellbeing per se, but also as an organisation in which career paths form part of wellbeing too, as the report below demonstrates.

### Laura, Better Health Hub Volunteer

"I first approached Centre for Better Health in autumn 2015, when I was looking for a volunteering activity that could give more meaning to my life. I was impressed by this particular charity because I was actively seeking a space to experience the combination of psychology and the arts, both of which I studied, in order to see if it could be a possible career path. A successful experiment, since I am now doing my master to become an Arts Psychotherapist!

Over the years, I had the chance to take part in different activities with CBH; at the beginning as a volunteer, as mentioned, but later as a client too. I began by assisting an Art teacher, Amanda, helping some of the learners in their work. It was a mixed ability drawing class sponsored by Hackney C.C.



and I liked the experience. I enjoyed watching people getting out of their shells and experimenting with the art forms.

In May 2018, when I had uncertainties related to the heaviness of the career path I had chosen, the CBH came to help me release stress, gain confidence and meet new people through Michelle and her Choir Therapy.

The staff are always very nice and helpful. They have encouraged me to get out of my comfort zone and made me feel treasured for the contribution I make, I felt like entering a family if you like!

I will be forever grateful to the CBH for giving me the chance to experiment both with my creativity and my facilitating skills, and for helping me gain more experience, more confidence, and friends."

### Case Study – Bryony, Network Client

I want to thank all the staff at the Wellbeing Network from the bottom of my heart. The Centre for Better Health has helped me to slowly rebuild myself, at a time when I felt the task was impossible. They have given me a feeling of home when I had nowhere else to go. When your past & present trauma, the dangers you face, close people being abusive, working through constant chaos with a mind you can't even trust, the Wellbeing network gives you community, a safe place to go, where you feel normal (rather than walking around with a constant feeling of being crazy), a sense of purpose, pride, a place to be brave and courageous at trying new things. It shows you how you can deal with your pain in a way that doesn't hurt you, where you won't be judged, but encouraged. It's really saved my life.

### It has been one of the best experiences of my life.

When I first came, I did not feel like I could function in the world anymore, now I do and I am excited about it. When I have really dark times, going through a bad phase again, I know what will ease me and that's going to the Centre for Better Health. I get to meet people, and we don't need to know how things have been for each other, there's just an understanding and it makes me feel so much at ease.

I am so grateful that I am part of the Wellbeing Network, it absolutely has been one of the best experiences of my life. I never used to think I was worth that kind of support, but thanks to it I am back to part-time work, I turn to tai chi and singing over self-harm when times are hard.

### Case Study – Brigit, Ceramics Residency

Like a lot of the students who engage with the courses at the Centre for Better Health I came to ceramics through an informal and circuitous route. While I had been fortunate to grow up around and surrounded by ceramics, my first formal training was as a linguist. I studied Spanish and Portuguese literature and linguistics at university and lived in Spain and Latin America. After graduating I worked in the translation/publications

department of Amnesty International and subsequently as a language tutor in Prisons and Adult Education. I have always loved the practice of translating from one language into another, so after qualifying I taught and worked as a translator for about 10 years. It wasn't until after my fourth daughter was born in 2000 that I found myself taking ceramics night classes and began to study and develop my practice as a ceramicist. My research for my PhD project at the Royal College of Art, which I completed in 2017, explored the relationship of translation to artistic practice and drew on these two strands of my experience.

While studying for my research degree I taught crafts in the mental health assessment unit in Holloway prison where I had the opportunity to see how creative practice and art as occupation could engage and contribute to wellbeing and I feel privileged to be able to continue to work in this area. I am currently teaching three ceramics classes at the Centre for Better Health: an introductory course for beginners, sculptural ceramics and surface decoration. In these courses students are able to explore clay as a medium, to engage creatively with the material and develop personal projects. They have the opportunity to learn basic construction techniques (pinching, coiling, slab-building & moulding) and to explore various surface decoration techniques using slips, oxides, stains and glazes. This should enable them to make both functional and figurative pieces and help them to develop the skills to progress on to further training and independent practice.

As resident artist at the Centre for Better Health I have been working with staff to develop ceramics within the centre. In the first instance this has involved providing basic technical support and helping to organise the ceramics studio in a way that I hope will allow us to sustain it as an affordable and ongoing activity. I sense that organisations like the Centre for Better Health are able to create structures within which individuals may feel valued and nurtured. In response to this I feel that my role as ceramicist in residence is to provide forms and forums within which the individual can express their creativity and singularity. In line with this I aim to use ceramics, both as product in the form of plates, bowls and cups and as shared activity through surface decoration workshops and events to create connections between the bakery, bike shop and centre in Darnley Road.



## The Social Enterprises

In each of our three businesses which comprise our social enterprise we run 12-week trainee programs. Each program takes a trainee through all the processes necessary to learn how to make artisan sourdough bread, become proficient in bike mechanics or learn an array of skills within a light industrial unit. What we call the hard skills of making bread or bike mechanics relate to the nuts and bolts of how to complete each task. This could be learning a recipe for a particular type of sourdough bread or how to take apart and re-fit the bottom bracket of a bicycle. These are of course essential skills for each trainee to learn and these skills are passed on and learnt to a high standard during the 12 weeks each trainee spends with us. Equally important however are what we call soft skills. These are all the learnings that occur each day for trainees incidentally as they progress through the program. Soft skills are things like time keeping, being part of a team, interacting with other members of staff and customers and the sense of fulfilment and self-esteem that arise from this. Combined, all these aspects of the trainee program feed into a fundamental part of the project, which is to provide psychosocial support.

The term psychosocial is used to emphasise the close connection between psychological aspects of the human experience and the wider social experience. The use of the term psychosocial is based on the idea that a combination of factors are responsible for the psychosocial wellbeing of people and that these biological, emotional, spiritual, cultural, social, mental and material aspects of experience cannot necessarily be separated from one another.

Psychosocial support is a non-therapeutic approach to foster resilience in individuals. It aims at easing resumption of normal life and facilitating an individual's participation in their recovery. Within the context of the social enterprise the aim is to build up confidence, motivation, self-esteem and job skills

by working in an environment that allows normal and supportive workplace interactions for individuals who are recovering from mental ill health. The ultimate aim is for the resumption of normal life through employment.

Whilst not every trainee will be ready to enter employment at the end of their 12 weeks with us, some do and others leave one step closer to this goal.

### The Bakery

All of our bread is sourdough and the use of long fermentation methods ensures these loaves have plenty of flavour. We make a range of breads from Country Sourdough to dense and seeded rye loaves. We produce over a tonne of dough a week, amounting to over 100,000 small sourdough loaves a year.

Our shop and café are open Tuesdays to Sundays and are located right at the front of the bakery, so you can see the bakers working hard on the next day's loaves. We also have a market stall at Stoke Newington Farmers' Market on Saturdays and wholesale customers that include delis, restaurants and shops in Hackney and neighbouring boroughs.

Over the last year we have donated surplus bread to the following organisations, Save the Date, Mike's Table, Headway and FoodCycle.

### The Bike Shop

Better Health Bikes serves two primary functions, both of which support activities on the trainee side; delivering high quality servicing work and selling both recycled and new bikes. Having a busy workshop full of customer bikes and offering our tailored stock of recycled and new bikes continues to be a key goal.

To do this we always look at how we can provide more of the type of service our customers really want; reliable, timely and affordable and also ways we can be more efficient in how we work. One key focus is on refining the type and depth of stock we carry.

Bringing new mechanics into the workshop this year has added to the breadth and experience of our team and their skills and background are already helping us to be more dynamic and sustainable as a social enterprise.

A good example of growth is becoming a Click&Collect partner of London bike brand Bobbin Bicycles. Working with industry partners like this is a nice way of bringing more awareness to our objectives.

### Light Industrial Manufacturing

Upstairs at the top our building is a small light industrial unit. Here we make casting bags which are sold to companies around the world such as luxury car manufacturers and health care providers. Casting bags are a recyclable way of taking a cast of a limb or a whole body and reusing the same bag again. We offer the same trainee program here as in the other businesses which often suits individuals who prefer a one to one, quieter environment.



#### Case Study – Ewen, trainee baker

I really love cooking but bread was not something I had the chance to learn how to make before. The Better Health Bakery placement has given me an opportunity to learn a new skill and it has really helped me feel more confident that I could work again in the future. It has really changed my opinion of the bread I eat and opened me up to the world of sourdough which has been really fun. I found the traveling challenging but because it was great when I was there, and everyone was so supportive, it really motivated me to make the journey and attend the sessions. I'd definitely encourage anyone who likes cooking to do this placement, you will learn so much!

#### Case Study – Pete, trainee mechanic

I was doing a lot better, but only by avoiding new things, by avoiding stressful situations, by avoiding responsibility. I had abandoned the idea of an academic career a long time ago, but was I going to be stuck on the bottom rung forever? It's not just mental illness that keeps people out of work; after a few years out of the running a lot of career paths get cut off. I felt I had missed the boat with out of date experience and newer, younger faces knocking on the door.

I knew I could do better than mopping floors and doing dishes, and even if I lacked specific skills I knew I could learn fast and had the right attitude. But who recruits people on faith alone? Even without the fear and loathing, just the lack of paperwork and experience made up a catch 22 from which I felt I couldn't escape, until a friend of a friend pointed out the Bikery.

When I applied I didn't think I would get a chance as despite years of research, medication and therapy I couldn't point at anything clinical and I wasn't a total basket case. I still made money, I still had a relationship, I had a roof over my head, I was just stuck, grinding through life in a cycle of dark days to better days. Stuck.

But I did get a reply and I did get a placement. And yes, I could learn new skills. Practical one-on-one tuition, no sales targets, no deadlines, no weird group dynamics. As hard as it is to fail and fail again when someone is watching

you learn something that is child's play to them, the team at the Better Health made me feel comfortable enough to try. Supportive, non-judgmental, patient instruction is what I needed. It's funny, but if it wasn't for the explicit knowledge that everyone involved knew that this was about mental health, I may very well have given up. Not because of inability, but of embarrassment, like when I did a trial shift at a large bike shop and never returned for their induction event, because I think my trial wasn't good enough – even though they told me it was.

I really enjoyed coming in every week. In a way it was my day of not worrying about work, money or just being stuck inside my own head. Social interactions with the bakers and bikers were nice and I felt comfortable. Not that I wasn't ever nervous or embarrassed about repeating mistakes and trying to remember how things worked again. But it was okay, and the encouragement and bits of praise actually worked. I will always be quite self-deprecating, but I did build up the necessary confidence to say, "Yes, I can fix bikes". There's so much I still don't know, but I was building up a momentum and the self-belief to put myself out there in the real world.

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**I've got a steady income and enjoy going to work every day. I'm doing a lot better.**

Towards the end of my course I started to look more intensely at adverts in the industry and even though I was still too shy to randomly wander into bike shops, I did start applying to online job adverts. I felt confident enough to do open applications, ignoring the fact that most ads asked for Cytech qualifications or experience. I asked for potential employers just to take a punt. I found that Better Health Bikes gave me just enough credibility to get considered. Most importantly though, it gave me the confidence to try to apply in the first place.

I got hired the week after I finished my course. I've got a steady income and enjoy going to work every day. I'm doing a lot better. Thank you.

# Social Enterprise Trainees 2017-2018

**26** trainees completed placements

Skills Outcome	Average Progression
Job Skills	2.3
Motivation	2.3
Routine	2.5
Confidence	1.7
Social Skills	1.6

**14**

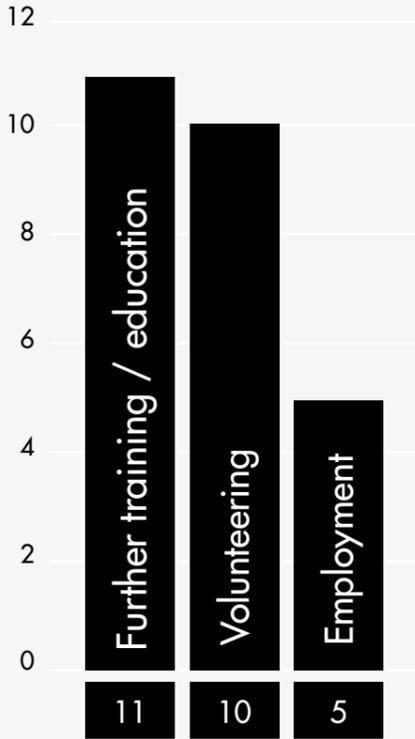
bakery trainees

**10**

bike trainees

**2**

light manufacturing trainees



**100%**

of trainees reported an improvement in one or more of our 5 skills outcomes

← Placement outcomes



TRAINEES



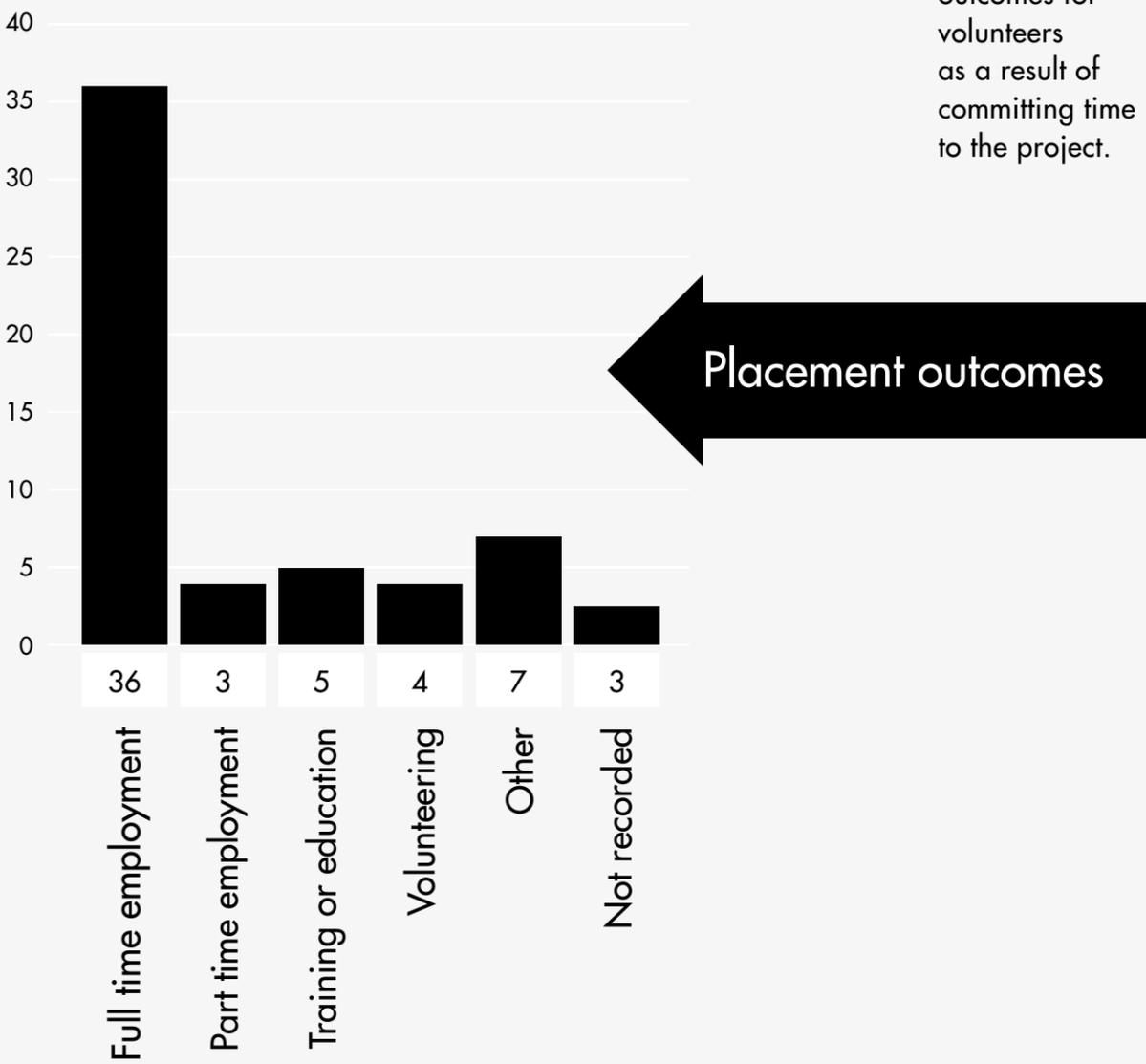
VOLUNTEERS

## Social Enterprise Volunteers 2017-2018

**7,056**  
hours (approx.)

**58**  
volunteers

We had the support of 58 volunteers in the social enterprise which amounted to approximately 7,056 hours. There were some significant outcomes for volunteers as a result of committing time to the project.



**Case Study – Jamie, Bike shop Volunteer**

So I began volunteering with Better Health Bikes late 2016, previously I had volunteered as a way of meeting like-minded people whilst travelling abroad and to help sustain long term travels.

On return to London I was keen to find a new opportunity that offered a mutual exchange of time and skills between the volunteer and organisation, luckily, I was introduced to the Bikery through one of the bakers.

Volunteering with Better Health Bikes has been great, I've met loads of cool people whilst learning how to maintain and service used bicycles.

**I've gained invaluable skills and would recommend anyone with some spare time to get involved.**

The bike workshops and bakery share a refreshments room and chill out space during breaks, this provides a very inclusive feel and is a brilliant spot to chat with other volunteers, trainees and staff. Here I'm able to find out what challenges the bakers are faced with and get a sample taste of the treats on offer if I'm lucky!

I instantly felt part of a larger team, bringing purpose and progression to my volunteering experience, we start each day with a morning huddle in the workshops where everyone has the choice to share their week so far.

This leads on to a structured brief from one of the lead mechanics and is followed by a light warm up which is a great way to start the day!

I began my placement very enthusiastic but with little prior knowledge of bike maintenance, as time passed, I've developed an understanding of the process each bicycle goes through before it's ready to be tested and ridden.

I've gained invaluable skills and would recommend anyone with some spare time to have a chat with the friendly staff if you wish to get involved.

My time with Better Health bikes has opened doors a paid role may not have done, the workshop is a diverse environment where I've been able to engage with staff and members of the public on a regular basis. This inspires me to maintain an open mind when confronted with some of the negative stereotypes unfortunately associated with mental health.

Inside the workshop trainees can develop confidence and learn new skills through being taught how to strip, inspect and rebuild recycled bikes, this has involved identifying problems shoulder to shoulder and solving them through the process of elimination, so that bikes can be made safe and ready for use.

At better health bikes were trying to bridge the gap between people feeling isolated with little or no support to working as a productive team member & integrating back into society.

Psychological issues such as stress, anxiety, depression, over eating, addictions, pain management and sleep problems are very common.

I like to view the bike workshops as a place full useful 'tools' each tool having a unique purpose that can help to solve a specific problem, whether it's trying to manage stress, anxiety or pain having 'tools' that enable us to re-centre and maintain balance make sense, whether it's bikes or the state of my mental health.

**Staff Focus**



Sabrina

Sabrina is currently our office manager and is at the heart of holding together the administration of the organisation from Darnley Road. A trained and fully accredited counsellor (who has her own private practice) she started her journey with us as a volunteer counsellor. She then joined our reception team on a part time basis, became full time and went on to become office manager all the while training to be a counsellor and bring up her daughter Kayla. She throws herself into learning new skills and over the last year has become our IT expert around Salesforce - our new database software. She is well liked by those around her and her commitment to CBH comes through in her work.



Sarah

Sarah is our Bakery commercial lead, having started working for us as front of house in the cafe. Her role entails being octopus-like in solving the many operational challenges that come her way on a day to day basis. She is vital to the smooth running of the bakery and her calm, methodical and fair approach to things is very much appreciated by all. She has a keen interest in food sustainability, particularly in food systems and production. She has also taken up cycling with enthusiasm, joining the Bike Shop-organised London to Brighton cycle ride over the past two summers!



## Financial Report

INCOME £	2018	2017
Voluntary Income	504,385	484,476
Investment Income	4	8
Income from Charitable Activities	187,402	307,048
	691,79	791,532
EXPENDITURE £		
Charitable Activities	710,332	788,506
	710,332	788,506
Net Movement In Funds	-18,541	3,026
Total Funds Carried Forward as of 31/3/2016	46,694	65,235

## Thank-you's

We would like to thank the many volunteers who dedicate their time and commitment to the centre in our different projects. As well as supporting the activities that we provide and commitment to our mission, their diverse experience brings a richness to the organisation.

### Volunteer Counsellors

Abi; Agnieszka; Amanda; Ameet; Andrew; Anita; Barbara; Ben H; Ben K; Brian; Candida; Dan; David; Dean; Duncan; Elena; Eleanor; Elizabeth; Elke; Emily; Gabriella; Geraldine; Greg; Guy; Helen; Isil; Ivan; Jake; Jakob; jane; Joanna; Jon-Paul; Karen B; Karen C; Kate; Kay; Laura H; Laura L; Laura P; Linda; Lizz; Maciek; Margot; Maria; Mark B; Mark K; Michael G; Michael I; Nadia; Nathan; Niamh; Nilou; Pat; Peter; Phill; Rachael; Rachel; Raf; Rita; Robert; Rosie; Ruth A; Ruth ;Sabrina; Samantha ;Shalini ;Sophie B; Sophie ML; Sumira; Susan; Susannah; Tan; Tim; Will; Yali; Yvonne

### Board of trustees

Malcolm Stewart FCA; Paul Sheils LLB (Chair); Rab McNeill

### President

John Wilder

### Volunteers

Tim; Joao; Mehmet; Jamie; Michael; Lauren; Jemma; Jessie; Mike; Sam; Monisha; Daniel; Lucy; Cristina; Andrew; Ruth; Alex; Charlotte; Max; Janet; Coulla; Anna; Lou; Ana; Alejandra; Jessie; Marina; Miranda; Jeng; Lucy; Lizzie; Peter; Gabrielle; Jennifer; Dave; Jack; Roland; Milva; Fabio; Iris; Shelley; Vincent; Nika; Amy; Annette; Charly; Anna; Simon; Flo; Sarah; Nigel; June; Hai Lin; Nic; Sophie; Nathalie; Flora; Alicja

Grateful thanks to all CBH staff for their commitment (and humour!) in delivering on our mission to support wellbeing and recovery from mental ill health.

#### Better Health Hub Tutors

**Brigit:** Beginners Ceramics and Sculptural Ceramics  
**Luisa:** Chair Yoga and Gentle Yoga  
**Carol:** Chi-Kung  
**Maura:** Dance Movement Psychotherapy  
**Eva:** Drawing + Painting  
**Estelle:** Gentle Yoga  
**Nat:** Herbal Craft  
**Mike:** Loss & Bereavement  
**Charlotte:** Mindful Movement  
**Roddy & Matina:** Music Therapy  
**Sam:** Pilates  
**Martha:** Sculptural Ceramics  
**Mania:** T'ai Chi  
**Marcia:** Yoga  
**Maria:** Intermediate Ceramics + Open Ceramics + Potter's Wheel  
**Diana:** Friday Potter's Wheel  
**Dionne:** Pilates  
**Charmaine:** Therapeutic Writing Group  
**Hatt:** Lunch Club

#### Staff List

**Ademola Egbetola:** Accounts  
**Allisa Murphy-Macfarlen:** Baker  
**Antoinette Wong:** Delivery Driver  
**Ashwin Mathews:** Director  
**Audrey Benson:** Reception/admin  
**Cara Ringwood:** Reception/Admin  
**Cirillo Costantino:** Facilities Manager  
**Damon Boyle:** Baker  
**Daniela Liberati:** Reception/admin  
**Debra Lawrence:** Front of House

**Flaminia de Martino:** Front of House  
**Gaia Bethel-Birch:** Baker  
**Georgia Winnacott:** Lead Baker  
**Gloria Ford:** Lead Baker  
**Graham Harvey:** Mechanic  
**Greg Morter:** Counselling Coordinator/ Supervisor  
**Hubertus Stahl:** Baker  
**Ishrat Love-Chowdhury:** Service Development  
**Jim Lister:** Baker  
**Julia Georgallis:** Baker  
**Keevin Thine:** Bike Mechanic  
**Kyle Walker:** Lead mechanic  
**Laurence Allan:** Mechanic  
**Marco Torquati:** Baker  
**Marlon Charles:** Baker  
**Nathan Roberts:** Services Manager  
**Nigussie Asress Platilon:** Production Coordinator  
**Paulo Serrao:** Baker  
**Penny Collier:** Counselling Service Manager/ Supervisor  
**Pearline Spence:** Cleaner  
**Sabrina Naviner:** Office manager  
**Sarah Lo:** Bakery Commercial Lead  
**Siggy Botvycius:** Mechanic  
**Sim Pereira-Madder:** Bike lead commercial  
**Simon Drake:** Bike Mechanic  
**Simon Heale:** Assistant Director  
**Siobhan MacMahon:** Trainee and Volunteer Coordinator  
**Tabitha J Wells:** Bakery Service Development  
**Valentina Marella:** Assistant Lead Baker

We are also grateful for the services of the following freelance staff:

**David Matthews:** Market Stall  
**Hai Lin Leung:** Baker  
**Will Leifer:** Supervisor

#### Partners and Supporters

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 Ms E Kemp  
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 The Psychiatric Rehabilitation Association  
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 The Tana Trust  
 Rocketseed  
 The Blue Lizard  
 Lucky Tiger Design





For more information on any of our services please get in touch:

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