

The Future

You have read about our past achievements and about the services that make a positive difference every day to so many local people. We hope that you can see the value of this work. We hope, too, that you've glimpsed the courage of the people who use our services as they battle towards recovery and the courage of their carers as they battle to support them.

What of the future for MHA and for the people of North-East Scotland who need our help?

It would be easy to fall into negativity: there are threats to the public sector's ability to continue to fund us, and at the time of writing the wider economy is facing recession.

Ironically, a recession would be likely to increase the need for our services as greater stress and anxiety would be generated, whilst also being likely to threaten our funding.

Our approach is positive: we are determined to work hard to make our voice heard and to help services users and carers to be heard so that our services can be sustained and expanded to meet their needs.

MHA's Board of Directors has approved a new Business Plan for this purpose – aimed at strengthening our organisation's capacity and to enable us to do more.

We have changed the way decisions are made. New sub-groups involving the Board of Directors will ensure more active roles for their skills and experience and will enable us to draw on the skills of other supporters, too. Service users and carers will participate and have their voices heard at all levels. An MHA-wide service user forum has been established to support this approach.

We are investing more effort in fundraising – both to strengthen our management, administrators and ICT, ensuring all of our services are well supported and of a high standard and to extend our help to more people.

For example:

- Many young people, affected by mental ill-health, do not yet have access to the kind of skilled counselling at which MHA excels, or to befriending to ease their sense of isolation. We propose to do something about this.
- Our counselling services are heavily used, but demand means there is often an unacceptable waiting list before people can be helped. We are seeking resources to improve the situation.
- Green Tracks needs the resources to grow and develop, to help more people back to the 'world of paid work'.
- Vulnerable people in the community risk the loss of their homes and of their independence when they are too ill to manage daily living tasks unaided – we've proved that we have the skills to help them and will fight for the resources to carry on and to do more.

The needs, sadly, are huge – but we’ve proved over and over again that real progress is possible. We’ll listen to the people we work with, lobby and campaign on their behalf when necessary, and support their journeys to recovery.

We’ve done so much, with relatively little – to continue, and to do more, we need a little help from you.

- If you are able to sponsor or make a donation to MHA – we would be so grateful!
- If you are in work, please speak to managers and other staff about ways to help with perhaps original fun-filled fundraising ideas, corporate donations, gifts in kind etc.
- If you’re involved in a sports or social club, tell your friends about MHA, ask them to help.
- Become a member, or corporate member of MHA.
- Encourage family and friends, who are in a position to do so, to consider a legacy to MHA.



Contact details are in this Annual Report and on our website – we’d love to hear from you!