

supporting your mental health



six degrees social enterprise

Annual Report 2015-16



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Foreword

The past year has been a year of growth and innovation at Six Degrees. During the year we completed our move into our new premises at Southwood House. We restructured our management team and revised our Articles of Association to enable the organisation to deal with the steady growth in the size of the organisation and the range of services we provide.

Projects that were initiated in 2014, the development of a Shared Point of Access for Talking Therapies in Salford and a Knowledge Transference Partnership, have prospered. New projects have also emerged as we have gradually expanded the services we provide such as the creation of a new Suicide Bereavement Worker Post.

The performance of the team, as measured according to the national standards for talking therapy services in relation to the numbers of people seen, waiting times and recovery times, continues to be outstanding, as has the feedback that we have received from the people who use our services.

Thanks again to everyone who makes Six Degrees work, the people who use our services, all our staff, partner organisations and the members of our Board. Particular thanks to Clare Baguley who stepped down from the Board this year. Over the past four years she has made an enormous contribution in helping us to develop the workforce within our social enterprise.

Dr Phil McEvoy
Managing Director,
Six Degrees Social Enterprise CIC

A handwritten signature in blue ink, which appears to be 'P. McEvoy'.

Our board



Organisational Vision

- To deliver mental health services at the leading edge of practice.

Social Mission

- To build resilient communities; communities in which people with mental health problems are accepted, supported and equipped with skills to deal with the challenges they face.



Southwood House

External Accolades

- The work we have done with the New Roots partnership to improve the social environment of people with dementia has been recognized. We won the Community Award at the Salford Business Awards 2015 and were finalists in the National Health Services Journal Awards in the Innovation in Mental Health category.
- We were re-certified by the Information Standard. This NHS England quality improvement initiative distinguishes trusted sources of health and social care information.



EU Dementia Envoy Visit to Salford

New Innovations

- In a 2 year pilot study funded by Salford CCG's Innovation Fund Six Degrees has taken responsibility for developing a Shared Point of Access for Talking Therapies in Salford across two of the four localities. The evaluation of the pilot has shown that the new care pathway has achieved its intended outcomes:
 - More people who need mental health services are entering treatment
 - Waiting times are considerably shorter
 - Recovery rates have improved

The CCG has now approved the business case to fund the new service across the city on a recurrent basis.
- We have worked with Salford CCG to develop a Suicide Bereavement Project. This is being funded by the CCG's Innovation Fund. A dedicated worker is now in post to support people who are closely affected and bereaved by suicide.

IAPT Key Performance Standards

Figures from the Health and Social Care Information Centre indicate that Six Degrees is amongst the highest ranking performers in England in the key domains of the Department of Health's IAPT programme.

IAPT Key Performance Standards
(January – September, 2014)

Key Performance Indicator	Six Degrees	National Standard
Recovery People moving to recovery (above the threshold for clinical caseness at start of treatment and below the threshold after treatment)	50 %	50 %
Access to Treatment Proportion of people with depression and anxiety in the Salford area entering treatment	20 %	15%
Waiting Times Proportion of people referred treated within 6 weeks of referral	96 %	75 %



Long term conditions event

Sponsorship

This year we have used 15% of our trading surpluses to sponsor charitable causes that further our social mission:

- Financial support to the Turjuman BME project that has enabled the organisation to establish itself as an independent charitable organisation providing health, wellbeing and social support to many people in Salford's South Asian community.
- Financial support to Salford Women's Centre so that the organisation can continue the work of its community café which provides subsidised meals and an invaluable place of refuge.
- Financial support to the Singing with Dementia music groups that offer a place where people living with dementia and their carers can relax, enjoy the atmosphere, singing and companionship.
- Work with under-represented groups such as people who are hard of hearing or deaf and people with learning difficulties to obtain improved access to talking therapies.
- Sponsorship of a Psychological Wellbeing Practitioner Masterclass on the COM-B Model of Behaviour Change, University of Manchester.



Psychological Professions Network event

Research and Development

- Six Degrees has become a trustee of a newly founded charitable organisation called the Transform Research Alliance, a national consortium of social enterprises, which is conducting research and development in the health sector.
- We are working with INTERDEM a multi-professional group of researchers from Europe on a task force that is reviewing the application of concept of social health in the field of dementia care.
- We have a Knowledge Transfer Partnership with the University of Salford, which is supporting the development of our communication skills training course - emPoWereD Conversations - for family and professional carers of people with dementia. This work is being supported by Innovate UK and the Big Lottery Fund's Accelerating Ideas scheme.

Recent Publications

- Morris, L., Mansell, W., Emsley, R., Bates, R., Comiskey, J., Pistorius, E., & McEvoy, P. (2015) Prospective cohort feasibility study of a transdiagnostic group intervention for common mental health problems: The Take Control Course. *Psychology and Psychotherapy: Theory, Research and Practice* (early view published online).
- McEvoy, P., Eden, P., Morris, P. & Mansell W. (2015) Dementia: Towards a Perceptual Control Theory Perspective. *Quality in Ageing and Older Adults* (in press).

Feedback from patients via Patient Opinion

To date, stories about the services provided by Six Degrees in Salford have been viewed on Patient Opinion 30,561 times in all. One of the 3 most read stories was posted 2 months ago and read:

"Over the past month I had counselling for anxiety and depression. I had suffered with both of these for quite some time but only recently have I decided to seek help. At first I was apprehensive about getting the help I needed because I was worried that it might not help me, but I gave it a chance with the support of my family and friends. The sessions started out quite scary but as they went on I became more comfortable and was able to open up. The advice and care that I received were just what I needed. I was coached through how to help myself instead of just told what to do, which I found more helpful. I was given sheets to write down my thought process, so I was able to challenge my thoughts to calm myself down in times that I needed.

I didn't think that I had made the progress that I had done until my final session where I was shown a graph of my improvement. This gave me the confidence to carry on, knowing that I can continue making progress even though my sessions are over.

I would highly recommend this service, they are kind and actually concerned and care about you and your well being"



Clare Baguley (R) at PPN event

Accounts

Profit and Loss for the financial year that ended in 31 March 2015

	2015	2014
Turnover	1,265,051	1,085,969
Administrative expenses	(1,201,655)	(1,081,115)
Surplus before taxation	63,760	5,184
Corporation Tax	2,594	1,037
Surplus for the financial year	61,166	4,144



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