

supporting your mental health



six degrees social enterprise

Annual Report 2012-13



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## A word from our Managing Director

Six Degrees Social Enterprise was established in April 2011 and became a fully independent organisation in August 2011. Our social mission is to build resilient communities; communities in which people with common mental health problems such as depression and anxiety related disorders are accepted, supported and equipped with skills to deal with the challenges they face.

We do this by delivering accessible, recovery-orientated services that engage with people to understand their concerns and work with them using evidence-based psychological interventions. Six Degrees has worked with Salford City Council and NHS Salford to pilot new care pathways that deliver mental health services to people with long term

physical conditions and black and minority ethnic groups such as the Orthodox Jewish community.

Our services are regarded as exemplar services by the Improving Access for Psychological Therapy (IAPT) North West Regional Team and we were rated outstanding in all aspects of care in our 2012 Care Quality Commission inspection.

In its first year of trading the social enterprise has established a firm financial footing and increased its turnover by 15% by obtaining new contracts from NHS Salford and other commissioning agencies.

As we move forward - we are looking to build upon this success by providing high quality, services with local roots, - tendering for new contracts and forging partnerships with service commissioners and other providers in the field of health and social care.

Dr Phil McEvoy  
Managing Director,  
Six Degrees Social  
Enterprise CIC



## Our Organisation

**Six Degrees is a Community Interest Company limited by guarantee. It has been carefully structured and organised to ensure that we provide cost-effective services for our funders and the right support for the people with mental health problems who we seek to help.**

We employ 25 staff including Psychological Wellbeing Practitioners (12), Gateway Workers (6) and administrative support staff and managers (7).





## Our Executive Board Members

*Dr Tom Tasker*  
Chair and Part-time Clinical Director

- Clinical Lead for Mental Health Commissioning at Hundreds Health and Chair of NHS Salford's IAPT Clinical Board.

*Dr Phil McEvoy - Managing Director*

- Honorary Research Associate, University of Manchester.
- Member of the Social Enterprise Council at Greater Manchester, Chamber of Commerce.

*Professor Linda Gask*  
Associate Consultant Psychiatrist / Director

- Professor of Primary Care Psychiatry at the University of Manchester and Honorary Consultant Psychiatrist in Salford PCT.

*Malcolm Semp - Finance Director*

- Principal Business Partner - Provider Management Greater Manchester Commissioning Support Unit.

*Ann-Marie Fallon - Company Secretary*

- Lead on human resource, risk and clinical governance issues.

## Our Achievements

### *Care Quality Commission*

The Care Quality Commission Inspection in June 2012 identified that our services are delivering high quality care that are consistent with recognised standards of best practice, rating our service user experience as excellent.

### *Improving Access to Psychological Therapies*

The Improving Access to Psychological Therapies (IAPT) programme is a large scale initiative that aims to significantly increase the availability of NICE recommended psychological treatments for depression and anxiety disorders in NHS commissioned services. The IAPT service run by Six Degrees in Salford was one of the original IAPT pathfinder sites in England. Figures from the Health and Social Care Information Centre indicate that Six Degrees performs significantly better than the national average on IAPT's Key Performance Indicators. In 2012 the service helped 120 people with mental health problems off benefits and into employment.

### *IAPT Key Performance Indicators* (Quarter 2, June – August, 2012)

Key Performance Indicator	Six Degrees	National Average for IAPT
People moving to recovery (above the threshold for clinical caseness at start of treatment and below the threshold after treatment)	48.5%	46.1%
People entering treatment as a proportion of people with anxiety and depression in the Salford area	2.9%	2.4%
Proportion of active referrals receiving treatment within 28 days	82.1%	49.2%

### *Positive About Disability Award*

In September we were given the Positive About Disability Award for our commitment to employing people with disability.



### *Mary Seacole Award*

In October Kelly Hylton, the Operational Manager for the IAPT Service in the East side of City of Salford, was presented with a prestigious Mary Seacole Award by Dr Dan Poulter, Under Secretary of State for Health. This is to support her work in helping to improve the mental health care of people from black and minority ethnic communities. Key elements of this work are the Eis Lebadar Project with Salford's Jewish Community and the Turjumaan Project with the South Asian community.

## Feedback about our services

“The service is held in high esteem within and beyond the city of Salford. The regional (SHA) IAPT Team respect the service highly, and have described Six Degrees as a service most closely delivering to the ‘ideal’ low intensity service model. I can vouch for the fact that Salford GPs have high regard for the service, and hugely appreciate (i) how it has sustained its ability to see patients quickly, without lengthy waits for treatment, and (ii) it’s focus on ‘inclusion’ rather than ‘exclusion’”

Tony Marlow  
IAPT Commissioning Lead  
NHS Salford

“ I found coming to see the worker has helped me a lot with depression and anxiety. I think this service would help others like it has for me”

Service User from IAPT  
Primary Care Service  
Salford

“ My therapist was brilliant; she really put me at ease when I first started to see her as I was nervous even though I’d had counselling in the past. Throughout the sessions she listened to my problems and was compassionate and wasn’t patronising and didn’t make me feel silly. I would really recommend this service to anyone who feels they need CBT therapy and need help breaking vicious cycles of thinking because it really helped me. I’m not saying I am entirely cured but then, nobody is from this. I just have the tools now to overcome negative thinking patterns and to stop them in their tracks”

Service User from IAPT Primary Care Service Salford

“ I am pleased I went on the Self Improvement Course at the Interlink premises. This course helped my mental health a lot”

Service User from Eis Lebadar Project

## Building upon Our Success

**We are forging new and exciting partnerships that will enable us to continue providing high quality, services with local roots:**

### *Mindfulness*

A joint proposal that we have developed with MIND in Salford and Social Adventures has been accepted by NHS Salford. This fund needed a pilot study which will examine the impact of opening up access to Mindfulness Training Courses across the city of Salford.



### *Dementia Care*

We are working with our partners at the University of Manchester, the Bradford Dementia Care Centre, START in Salford, Salford Carers Centre and Salford Royal Foundation Trust on three approaches in the field of dementia care:

- (1) A person-centred approach to engagement with people who have mild to moderate dementia. The aim of the approach is to give patients with cognitive impairments the freedom and space to talk aloud about the thoughts that are at the forefront of their mind.
- (2) A support group for the Carers of People with Dementia and
- (3) The use of Arts Based Approaches to Enhance Wellbeing

### *Chronic Obstructive Pulmonary Disease*

We are conducting a Pilot Project with the Chronic Obstructive Pulmonary Disease service in Salford which is examining the impact of providing telephone support to their services users who are identified as being at high risk of developing mental health problems.

### *Take Control Course*

The Economic and Social Research Council have provided matched funding for a PhD Fellowship that will enable us to conduct a randomised controlled trial of the Take Control Course we run for people with anxiety and depression with our partners Dr Warren Mansell (Reader in Psychology) and Lydia Morris a postgraduate student from the University of Manchester.

## Accounts

### Profit and Loss for the financial year that ended in 31 March 2012

Turnover	£ 642,039
Administrative expenses	£ 596,487
Operating profit before taxation	£ 45,552
Tax on profit on ordinary activities	£ 9,110
<b>Profit for the financial year</b>	<b>£ 36,442</b>



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