

The logo for Mindroom features the word "mindroom" in a bold, lowercase sans-serif font. The "mind" is in grey and the "room" is in yellow. A small yellow dot is positioned below the "i" in "mind". Below the main name is the tagline "no mind left behind" in a smaller, italicized, lowercase sans-serif font.

mindroom
no mind left behind

Annual Review 2016

Norton Park, 57 Albion Road, Edinburgh EH7 5QY

A registered Scottish charity SC030472

A company limited by guarantee and registered in Scotland SC209656

Quotes from Parents

“

I cannot recommend Mindroom enough. They have been a huge help in providing me with advice and support through my son's difficult start at High School and they respond so quickly and with great knowledge. I also really feel that they care about the outcomes and really put everything into doing the best they can for us.

Parent of a young person with additional support needs (ASN)

”

“

Thank you very much for all your information and advice today, both on the phone and in the email, it is very much appreciated. I now feel that I have a constructive way forward.

Parent of three children with ASD/ADHD

”

“

These people are amazing, they provided me with loads of support and made me wiser.

Parent of a young person with ASN

”

Quotes from Professionals

“

I am writing on behalf of my class team and the bigger population of our school. The young man that we currently teach has been supported by the Mindroom organisation for some time now and my pupil along with his family have worked closely with Mig Coupe on some of the comprehension problems or behavioural issues they face having such a high tariff young man. From behaviour management techniques to a shoulder to lean on we have found this particular service an integral part of keeping individuals with additional needs at home with their families, even in the face of adversity.

Class Teacher, Special School, Midlothian

”

“

The evaluations from the information workshops were a 100% positive in showing an increase in confidence, knowledge and feelings of being listened to and supported. Every local authority and NHS Board area needs a Mindroom team! We have 20 parent carer support groups in our local Network Partner Carers Centres who are interested in having joint Mindroom and Making Sense of Self-directed Support workshops across Scotland.

Training and Policy Officer, Carers Trust Scotland

”



Mindroom

Annual Review 2016

Mindroom is an independent Scottish charity dedicated to helping people living with learning difficulties. We provide practical advice, information, guidance and support to the parents and carers of children, and to young people up to the age of 25 years with learning difficulties.

We are committed to raising awareness across society of all types of learning difficulty.

Our Vision

Our vision is that by 2020 every child or young person with a learning difficulty receives the recognition and help they need to achieve their potential.

Our Mission

Mindroom supports the families who contact us by enabling them to access better support, and by empowering them to engage more effectively with a wide range of organisations and individuals across the Health, Social Care, Education and Third sectors.

What's different about Mindroom?

Mindroom works with families whether or not their child has a diagnosis. That is important because sometimes a diagnosis can take years yet families need help immediately. Each of our team members is professionally qualified, and has relevant work experience. We work collaboratively with other individuals and organisations involved with the family - but always keep the welfare of the child or young person firmly at the centre.

Robin Dow Chair

Charities survive - then thrive - when they provide a much needed function or service; when they engage with funders who recognise the vital importance of the third sector; when they find ways to offer significant benefits at relatively low cost; and when their charitable work is done by dedicated people who sustain high standards.

It is these characteristics that are the heart and soul of Mindroom. This report sets out the context in which our charity helps those living with learning difficulties. It explains why the work that we do addresses a significant gap in society and why our services are so fundamentally important. In quotes and by example, it emphasises the difference Mindroom makes to the long term wellbeing of the children and families we support. Our function is much needed.

Our review of 2016 communicates a depth and breadth of endeavour which is only made possible because a wide range of supporters believe in Mindroom. They express their support by generously providing the funds that are the lifeblood of growing and maturing organisations. They are individuals who give small amounts which all add up. They are Trusts and Foundations who provide financial support over an extended period. They are organisations, companies - and, critically, the Scottish Government - who are enthused by the difference we make. In the case of Alastair and Elizabeth Salvesen, they are philanthropic donors whose long term commitment is fundamental to changing the world of learning difficulties.

Mindroom reaches out to help both by direct engagement with those who most need our support and by collaborating. Linking up with other charities, with companies, professional bodies and relevant partners significantly extends the breadth and depth of our impact in a cost efficient manner. We achieve more for less and every £ we raise goes a good deal further.

Our function is of vital importance, we are favoured by generous donors, we maximise the positive impact of their donations, we survive and thrive, but it is Mindroom people who make it all work. The members of the Mindroom team, small but purposeful, are the ones who deliver, who help, who support, who care - and who do so to transform the lives and prospects of children and young people. They are guided by Trustees who volunteer their time and expertise and now by Ambassadors who are spreading the Mindroom message.

Thank you all for doing what you do and for doing it so well.



Sophie Dow Founder

One step closer to inclusion

Soon after our daughter Annie was born, it became apparent that she was not developing in the same way as her brother - or as other children. A first diagnosis when she was 8 years old was inconclusive and not at all enlightening.

The conclusion after two years of emotionally draining assessments and appointments at The Sick Kids hospital here in Edinburgh was - 'brain damage that occurred during pregnancy'.

Today, thanks to technology and to Professor David FitzPatrick at The MRC Human Genetics Unit at the University of Edinburgh, we know it was not the correct diagnosis. But that is a whole other story to tell you about another time.

At the time it left us bewildered and without any further information as there was no advice, no support and no counselling. We were very definitely on our own.

In my search for more information and support I eventually ended up at a conference about learning difficulties in Gothenburg in 1998 - and that was to be the turning point for me and for us as a family. I walked into that auditorium - and there were 2,700 delegates there - 2,700 delegates.



Sophie Dow

Chief Executive Update

Last year was one of considerable change for Mindroom. Importantly, we have expanded our Direct Help and Support team so that we are now able to provide outreach support more quickly to the families who contact us from across Scotland. Our model keeps the child or young person firmly at the centre of our work and our aim is always to build collaboration between the professionals engaged with the families.

We have been exploring exciting new opportunities to work with other great organisations. For example, we are delighted to be working with the dynamic team at The Yard. Mindroom is now providing a free monthly drop-in support session at The Yard's Edinburgh site to parents and carers of children and young people living with learning difficulties.

We have been exploring new ways to help professionals discover more about the issue of learning difficulties. We are excited to be working with the General Teaching Council for Scotland and Children's Hearings Scotland to take forward opportunities for building stronger partnerships. We are supporting Edinburgh Airport and Barclays Bank to help their staff find out more about learning difficulties as they aim to improve the customer journey. These initiatives illustrate just a few of the ways that Mindroom is expanding our outreach offer.

These are particularly challenging times in our world but, in 2017, the Mindroom team will continue to work tirelessly to improve the lives of those living with learning difficulties and their families.

Christine Carlin



Salvesen Mindroom Centre

It has been a very positive year for the Salvesen Mindroom Centre, a 'virtual' centre which brings together the skills of the University of Edinburgh and Mindroom to combine research, assessment, education and outreach support to those living with learning difficulties in Scotland and beyond.

The centre has been established thanks to the generosity of Alastair and Elizabeth Salvesen in giving £5 million to underpin the work of the Salvesen Mindroom Centre and helping it to become a global centre of excellence.

Exciting research is already underway under the guidance of Professor Anne O'Hare. To help us determine our future research priorities, we are delighted to have established a strong partnership with the James Lind Alliance (JLA).

During 2017, we shall be inviting individuals and their families, professionals and organisations across Scotland to identify the questions they want to be answered about learning difficulties. Sometimes the answers will already be out there and this work will help to make those answers more widely known. But for those questions to which there is not yet an answer, the JLA process helps find the ones that matter most to those living with learning difficulties - so that our researchers can start to find the answers.



HRH The Princess Royal, Alastair and Elizabeth Salvesen

In February 2017, the work of the Salvesen Mindroom Centre was celebrated in the presence of Her Royal Highness, The Princess Royal, in her role as Chancellor of the University of Edinburgh.

Why Mindroom's services are needed

- ✓ In 2016, 170,329 pupils (24.9% of all pupils) in Scottish schools had Additional Support Needs (ASN) recorded.¹
- ✓ Children with ASN are 4 times more likely to be excluded from school than pupils with no additional support needs.²
- ✓ The number of teachers with Additional Support for Learning as their main subject has fallen by 15% from 3,402 in 2009 to 2,896 in 2016.³
- ✓ Two thirds of young people who have learning disabilities and/or autism spectrum disorders have been bullied.⁴
- ✓ Children often feel they are being 'punished' because of their additional support needs.⁵
- ✓ The number of pupils with ASN related to mental health problems more than doubled between 2011 and 2015.⁶
- ✓ The waiting time target to access Child and Adolescent Mental Health Services is 18 weeks. In 2015 fewer than 50% of children and young people were seen within this time in some health board areas in Scotland.⁷



¹ Source: Summary document, Pupil Census 2016 - <http://www.gov.scot/Publications/2016/12/9271>

² ditto

³ Answer by John Swinney on 30.12.16 to PQ:S5W-05579

⁴ *Included in the Main?! (Enable Scotland, 2016).*

⁵ *State of Children's Rights in Scotland (Together, 2016)*

⁶ SPICe Briefing16/76 (2016); *Child and Adolescent Mental Health - Trends and Key Issues (Scottish Parliament, 2016)*

⁷ ditto

Getting It Right For Every Child, and every family

The term 'learning difficulties' encompasses a wide variety of neurodevelopmental conditions. Some of the most frequently occurring conditions are: Attention Deficit Hyperactivity Disorder (ADHD), Autism spectrum disorders including Asperger syndrome, Developmental Coordination Disorder (DCD), Dyslexia, and Tourette syndrome.

Children and young people who have a learning difficulty are very likely to become socially isolated. It can be hard for young people to make or sustain friendships if they have a communication difficulty or if they are likely to behave in ways that seem out of the ordinary. Meanwhile, for some children and young people it is impossible to find inclusive sport or leisure provision.

Mindroom works to support families so that every child receives the right support to attend school and achieve her or his full potential there. However, coping with a learning difficulty is not just about education at school, and we help families to address issues with physical and mental health and well-being, as well as the social and emotional aspects of their child's life.

We are mindful, too, of the needs of the wider family, and always aim to provide information and advice that will support siblings, parents and carers to enhance their own well-being and enjoy the best possible family life.

We work according to the principles of the nationally agreed Scottish policy: Getting It Right For Every Child (GIRFEC).



How Mindroom makes a difference

In 2016 the Direct Help and Support team expanded to 7 posts. Our multi-disciplinary approach enables us to make a difference to children and young people in a variety of ways.

By offering **1:1 support** we can:

- Reduce the immediate stresses for families
- Inform and empower parents and carers
- Raise awareness of rights and responsibilities and support parents, carers and professionals to uphold these
- Increase the knowledge and awareness of professionals
- Respond to increasing demand and meet an identified gap in services to families

Through active **collaboration** with other service providers, we:

- Share good practice and increase knowledge
- Maximise resources
- Extend our reach
- Work together to achieve mutual aims and to influence practice



We **engage with key partners** to ensure that knowledge and understanding of learning difficulties is shared as widely as possible. In 2016, this work included:

- Agreeing a pilot model of working with The Yard to offer drop-in sessions to parents and carers
- Working with Edinburgh Airport to enhance their services to passengers with hidden disabilities such as learning difficulties
- Engaging with the General Teaching Council for Scotland to find ways to support teachers to include children with additional support needs

By sharing our knowledge in this way, we seek to **influence** and **raise awareness** among others to achieve improved policy and practice so that all families receive the right services at the right time. We accomplish this by working to secure:

- Better opportunities and outcomes for all those with learning difficulties
- Greater acceptance of those with learning difficulties
- Greater awareness among parents, carers, young people and professionals of what Mindroom can do for them
- Improved communication between professionals and parents and carers
- Increased opportunities for Mindroom to contribute our knowledge and expertise
- More education among the wider public about learning difficulties leading to increased tolerance and understanding

Mindroom achieves its aims in a variety of ways, including:

Membership of national steering groups including the Advisory Group for Additional Support for Learning, GIRFEC and the National Improvement Framework

Responding to Government consultations

Membership of 7 Parliamentary cross-party groups

Membership of the for Scotland's Disabled Children coalition (fSDC)

We offer **training** opportunities so that:

- Organisations and individuals are better able to meet the support needs of children and young people with learning difficulties
- We fulfil an unmet need for expert training
- Mindroom's profile as an expert in the field is better understood

Direct Help and Support, our Activities in 2016

- In 2016 Mindroom responded to an average of **22 new enquiries each month**
- We were involved in an average of **26 family focused meetings each month** often involving our key collaborators, including health, education and social work
- We have had a level of involvement with **27 of the 32 local authority** areas in Scotland during 2016
- We engaged in a further **150 Mindroom meetings** with our key partners with a view to raising the profile of learning difficulties
- We held an event in February, "Are We Getting It Right For Every Child?" Led by Dr Paul Hutchins and Professor Loretta Giorcelli.
- We have distributed almost **2,000 hard copies** of our It Takes All Kinds of Minds
- We received, on average, **3,500 visits to our website** every month
- We are continuing to build our reach to individuals via Facebook and Twitter
- We have continued to deliver **workshops** to interested parties which have included NHS services, Education and Third Sector Agencies
- To continue to build our knowledge and understanding we attended almost 60 training courses and events

Our Direct Help and Support Service experienced such high levels of demand that we had to close our phone line to new enquiries for 3 months in 2016.

Case Study

Enquiry

- Sally's mother got in touch with Mindroom because she was concerned that Sally was struggling at primary school
- Sally's mother described particular difficulties with literacy and numeracy as well as concentration and organisation issues. She also raised concern about Sally's self esteem

What we did

- Mindroom supported Sally's mother to request a formal assessment
- When the assessment confirmed that Sally was dyslexic, Mindroom provided information from Dyslexia Scotland to both mother and school
- We gave support to secure an Additional Support Plan for Sally
- Mindroom attended multi agency meetings to facilitate better communication between the school and home
- When Sally's mother decided to move house, Mindroom supported her to identify and visit the catchment High School for Sally in the new area
- Mindroom worked with the primary school, High School and mother to ensure a smooth and fully informed transition for Sally

The Outcomes

- Assessment confirmed Sally is dyslexic
- An Additional Support Plan was put in place
- Sally made a very successful transition to High School
- The placement is fully supporting Sally's needs and nurturing her self esteem
- Sally's mother came away from the first parent teacher meeting at the High School feeling totally positive and confident that Sally would now be supported to achieve her potential

Income And Fundraising

Mindroom owes a huge debt of gratitude to many people and organisations across the world. Their generous giving and grant aid make it possible for us to ensure children and young people with learning difficulties receive the help they need. Here are just a few examples of our funding sources.

In June, Vicki Hamilton, one of our Direct Help and Support Team along with her fiancé David Hall took part in a gruelling Tough Mudder event as did James Dow and his team later in September. In December, the Clarsach Society supported us with proceeds from their superb Harps of Gold concert at the Queen's Hall Edinburgh. The Kilspindie Ladies Golf Club appointed us to be their charity for a very successful golf day in July.

We appreciate the key ongoing support we receive from Alastair and Elizabeth Salvesen via their generous funding of the Salvesen Mindroom Centre. We were delighted to be awarded three years of support from the Scottish Government via their Children, Young People and Families Early Intervention Fund.

The current fundraising climate is not easy due to economic uncertainties and the Trustees would like to put on record their gratitude to all our supporters.



Vicki and David

We would send our grateful thanks to the all of the following Trusts, organisations, statutory bodies or individuals who have supported us during the year including:

The AE Salvesen Charitable Trust

The Baily Thomas Charitable Fund

BPI and Ian Russell

The Crerar Hotels Trust

The Cruden Foundation

The Miss EC Hendry Charitable Trust

The George and Effie Taylor Charitable Trust

The James Weir Foundation

The James Thom Howat Trust

The Hugh Fraser Foundation

The Inchrye Trust

The Saints and Sinners Club

The Lloyds TSB Foundation for Scotland

Henry Dawson Award

The Nancy Massie Charitable Trust

Scottish Government CYPFEIF

The Souter Trust

The Stafford Trust

The Sir Jules Thorn Trust

The Widowers' Children's Home Trust

Morag and James Anderson

Cashmere Barn/Belinda Robertson

Clarsach Society Edinburgh

The Dow Family

Professor and Mrs Joe Goldblatt

Vicki Hamilton and David Hall

Richard Keith

Kilspindie Ladies Golf Club

Nevil Lee

Florence Little

David Logan

Kathleen McDermott and Pat Donnachie

Donald and Louise Macdonald and family

Jacqueline MacKenzie

Richard Maybury

Keith Neilson

Lucy Norman

Lottie Palmstierna

Jake Scott

Inga Vermeulen

A huge thank you too to all those who contributed to, or participated in, our Burns Supper, short golf and Christmas Fayre.



2016 Finance Summary

(year ended 31 December 2016)

Mindroom continues to benefit from funding made possible thanks to a very generous donation of £5m by Alastair and Elizabeth Salvesen to the Salvesen Mindroom Centre in which Mindroom and Edinburgh University are joint partners. Mindroom's share of this funding in 2016 was £175,000. Although our total income of £282,863 was lower than in 2015, that is because 2015 had been an exceptional year with funds of over £50,000 received from our appointment as official charity for the 2015 Aberdeen Asset Management Scottish Open. Two very significant multi-year grants also ended in 2015.

Since our funding income remained strong we were able to extend our charitable activity. In addition to funds received from Trusts, organisations and individuals, we received £18,750 from the Scottish Government CYPFEIF and ALEC fund and that funding will continue forward in 2017.

It is the policy of the charity that unrestricted funds which have not been designated for a specific use should be maintained at a level equivalent to between 3 and 6 months' expenditure.

Income	£
Fundraising - donations and gifts	247,160
Other fundraising income	35,341
Investment Income	362
Total income	282,863
Expenditure	
Charitable Activities	296,317
Fundraising	35,242
Total expenditure	331,559
Net income/Net movement in funds	(48,696)

A copy of our independently examined accounts can be downloaded from:

www.mindroom.org/index.php/about_us/accounts/

How to Donate

Mindroom depends on gifts and grants to ensure children and young people receive the support they deserve

Will you stand with us and help by:

- Sending a gift. You can donate online at www.justgiving.com/mindroom or post a cheque to the address below.
- Persuade a business or community group to make a gift.
- Have some fun and raise funds for us by running, baking, walking, or any of the many other ways that people help good causes.
- Remember Mindroom in your will by leaving a legacy that will help future generations.



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