

PART 1 - GENERAL DESCRIPTION OF THE COMPANY'S ACTIVITIES AND IMPACT

In the space provided below, please insert a general account of the company's activities in the financial year to which the report relates, including a description of how they have benefited the community.

MHScot Consultancy & Training CIC reduced its accounting period to run from 1st July 2014 to 31st March 2015. The company was established to make peoples working lives better by cultivating a culture of care in workplaces with the emphasis on the belief that a healthy mind is the most important factor in any work environment. We do this with two key approaches in mind; Stress Prevention and early Mental Health intervention. Our learning programme is being developed using a 'pick and mix' approach where organisations can pick the most appropriate modules that will tackle the types of difficulties that employees have. We also focus on stress awareness, stress audits, guidance, advice and support.

During 2014-2015 financial year workplaces have benefited in the following ways.

- 3 Mental Health Awareness workshops have been delivered to third sector organisations, one supporting young people and a BME organisation which has increased their knowledge and awareness of mental health issues in the workplace.
- 3 Mental Health First Aid two-day training courses have been delivered in order to recognise in others the symptoms of stress and poor mental wellbeing. This has enabled participants to feel confident and knowledgeable about being the first point of contact in a mental health crisis. It's also helped improve people's knowledge of different mental health conditions, stigma and recovery.
- 2 life skill course have been delivered to people experiencing low mood and anxiety. This has improved participant's depression and anxiety symptoms, enabling them to take a more active role in their workplace, community and with friends/family. The early intervention also reduces the need to access NHS services and/or take medication.

(If applicable, please just state "A social audit report covering these points is attached").

(Please continue on separate continuation sheet if necessary.)

PART 2 – CONSULTATION WITH STAKEHOLDERS – Please indicate who the company’s stakeholders are; how the stakeholders have been consulted and what action, if any, has the company taken in response to feedback from its consultations? If there has been no consultation, this should be made clear.

The stakeholders for MHScot Consultancy & Training CIC include those engaged with health and wellbeing services in the workplace, HR managers, budget decision makers and those affected by mental health difficulties in the workplace, including stress and physical conditions. We work in all sectors, including Third, Public and Private to influence changes in practice, procedures and processes.

At the moment we have an on-going survey that’s promoted via social media, our newsletter and blog to gauge what the top 3 issues are in the workplace in relation to poor mental wellbeing. We are using this to fine tune our services and understand our approach and who it might work best with.

(If applicable, please just state “A social audit report covering these points is attached”).

PART 3 – DIRECTORS’ REMUNERATION – if you have provided full details in your accounts you need not reproduce it here. Please clearly identify the information within the accounts and confirm that, “There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director’s loss of office, which require to be disclosed” (See example with full notes). If no remuneration was received you must state that “no remuneration was received” below.

The aggregate amount of emoluments paid to or receivable by directors in respect of qualifying services was £5,095.

There were no other transactions or arrangements in connection with the remuneration of directors, or compensation for director’s loss of office, which require to be disclosed

PART 4 – TRANSFERS OF ASSETS OTHER THAN FOR FULL CONSIDERATION – Please insert full details of any transfers of assets other than for full consideration e.g. Donations to outside bodies. If this does not apply you must state that “no transfer of assets other than for full consideration has been made” below.

No transfer of assets other than for full consideration has been made.

(Please continue on separate continuation sheet if necessary.)