

SSNS —Cumberland Chapter  
Annual General Meeting, May 17,2011

President's report (May 2010-May 2011)

For a small body, I continue to be inspired by how much we are able to do in the space of twelve months. Accomplishing what we do is a direct reflection of the support and commitment of those members who attend our regular meetings and events. Those activities and events include:

- **Annual Mother's Day Basket raffle.** Last May we had our best fund raiser ever, resulting in a total of \$2251.00 We begin our planning for this in November, arrange for the necessary license, book selling venues and canvass for donations through Jan., Feb. and March. Our successful canvassing for donations resulted in having three baskets for raffle, wonderfully arranged by Fort B Flowers as their donation. This year (2010-2011) was equally active in this regard.

**Pamphlet.** Our chapter pamphlet was distributed throughout the county in September and October by members and organizations with whom we left pamphlets for distribution. Careful consideration was given to where these should be available. They also were offered at public events and our ticket sales on the Mother's Day Basket.

- **CMHA .** We continued to support the effort to establish a Cumberland chapter of CMHA primarily through telephone conversations with their organizers.

- **SSNS AGM.** A delegation from our chapter attended the SSNS Annual General Meeting in Wolfville, Sept 11/10. Apparently we were the only chapter to provide feedback to the controversial proposed bylaw change affecting voting and proxy voting at SSNS meetings. The matter was deferred to the Nov. conference. Our chapter was informed of the SSNS's desire to have the 2011 AGM in Amherst. **Self Help Connection.** We partnered with the Self Help Connection in providing a two day workshop, Partners In Recovery, held in Amherst, Oct.14 & 15/11.

**SSNS Nov. Conference.** A good number of our members attended the conference, Mental Illness—Why Me? at Pier 21, Halifax.

**Partnership Presentation.** On Nov. 23/11 we did a Partnership Presentation to three classes of the N.S. Community College —Cumberland Campus.

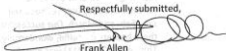
- **Christmas Party.** We had our Christmas party/pot luck Nov.28/11 with bowling and a gathering at Mike and Lorraine's home. Mike and Lorraine have made their home available for this event for a number of years for which we are very grateful. - **Mental Health Strategy Consultations.** We attended two sessions of this province wide consultation opportunity. The first was at a combined Mental Health Services and Addiction Services gathering April 12/11; the second was a public consultation session in Amherst April 26/11. These sessions are designed to elicit feedback on the present experience of the Mental Health and Addictions services, identify challenges and offer suggestions for changes to these systems.

**LakeCity Employment.** On two occasions since May 2010 we have provided a letter of support to LakeCity Employment in their efforts to establish an employment

based program in Cumberland County for individuals living with mental illness and having difficulty securing employment or volunteer positions.

The size of our active membership provides us with some challenges for the year ahead and underscores for me the need for us to have a conversation about priorities for the months until our next AGM and, perhaps for the next two years. Where can our limited energies be best spent to address our goal **"to improve the quality of life for those affected by schizophrenia and psychosis through education, support programs, public policy and research."**

Respectfully submitted,

A handwritten signature in black ink, appearing to read 'Frank Allen', written over a horizontal line.

Frank Allen