



For better  
mental health

# **Lambeth and Southwark Mind**

**Report and Financial Statements  
for the year ended 31 March 2016**

**Registered Company Number: 02017214**

**Registered Charity Number: 296893**

# Introduction

## **Our vision**

Our vision for Lambeth and Southwark Mind is of a centre that improves the lives people experiencing mental distress. We aim to be a creative centre providing long term therapies and peer supported groups in Lambeth and Southwark.

## **Our mission**

To provide an organisation that stands for complex, ethical and thinking responses to mental distress in the inner city; that understands that mental illness is not a brain disease as promoted by biological psychiatry, but is deeply entrenched in the inequalities and deprivations of class, race, gender and sexuality. As such mental illness is as much a product of society as it is an individual affliction. We aspire to be an organisation that does not believe that mental health can be treated by a manual, text book, or standardised methodology, but requires a unique and ethical response to the individual needs of each person. In light of this we draw on sociological thinking, service user experiences, as well as psychotherapeutic and psychoanalytical thinking in order to help individuals develop support systems within themselves and within their local communities.

## **Introduction from the chair**

We would like to thank our funders who have made this possible: the Lambeth Clinical Commissioning Group, SLaM NHS Foundation Trust, Southwark Clinical Commissioning Group, the Tudor Trust, the Monument Trust, National Mind (including those who run the Mind shop), Big Lottery Fund, Peter Minet Trust, Garfield Weston Foundation, Wakefield Tetley Trust and individual donors.

Lambeth and Southwark Mind has been through possibly the biggest set of changes in its history, following the appointment of our new Chief Executive and Clinical Director Ajay Khandelwal, who joined the organisation in March 2015. He has literally already hit the ground running having just undertaken the Royal Parks Marathon raising money for us. Since he joined his brilliant fund raising efforts have meant that we have expanded to take on two new employees, Ed Francis and Olivia Stephens who share a range of development roles, underpinning the ongoing expansion of our services.

Personally, I am delighted to have just completed my first six months as chair of the organisation, which is a role I am enjoying enormously and finding fascinating.

During my time as chair we have taken on the BAME group Kindred Minds, the psychotherapy service has moved into its second year and we've also taken on Friends in Need, a group previously run by Depression Alliance.

In October we are launching a major new campaign with the South London Press to raise our profile and to continue our fundraising efforts. The challenge for us is to maintain our strong user focused ethic, while growing our services and pulling in funds in an ever more competitive climate. We will always ensure that users' needs come first and will not be compromised by what we hope will be our continuing development.

**ANNA MINTON, Chair of Trustees**

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# Report of the Management Committee

## About Lambeth and Southwark Mind

### Our background

Lambeth Mind (as it was then called) was set up by local people in 1982 and, from the outset, people with mental health difficulties have formed the majority of our staff, volunteers and trustees. This is one of our greatest strengths. It means that we have firsthand, current knowledge of local issues and services, and it creates trust, gives us credibility, and allows a real understanding of people's needs and how to meet those needs most effectively.

We are part of a network of around 140 local charities affiliated to Mind, the leading national charity that promotes good mental health. Our affiliation requires that we meet Mind's quality standards of governance and service delivery, and that we work to further Mind's mission. However, we are an independent charity, responsible for our own funding and services.

We complement other services yet stand out because we have survivor/user-run peer support and self-help at the core of our model. Our focus is on strengthening the capacity, self-management and engagement of people who use all types of mental health services.

### Strategic Report

#### Activities and performance

We facilitated 7 main areas of work over the year: Information service, Peer Support Group, Southwark User Council, Cuckoo Club, Southwark Women's forum, Hearing Voices Group, and the Psychotherapy Service.

##### 1. The Information Service

The Information Service provides a confidential telephone and email sign-posting service. Callers come from all walks of life and vary in ages from 17 years old to people in their 70s and 80s. The issues that people want help with vary hugely. We try and sign-post our callers and emailers as accurately as is possible. We also give details of services provided by Lambeth & Southwark Mind.

An important part of the Information Service is the online Directory of local organisations and services relevant to people who use mental health services as well as families and carers. Our Directory is also regularly used by professionals working in health and mental health.

##### **Telephone calls & emails:**

The Information Service gets many requests for counselling and group support for a wide range of emotional/psychological issues and diagnoses. These include: addictions, complicated bereavement issues, depression, LGBT support, eating disorders, sexual/physical abuse, anxiety disorders, caring, and support for people with disabilities.

The Information Service receives regular requests for advocacy in relation to a wide range of issues. These include: benefits changes, housing, court appearances, tribunals, DWP medical assessments, carers' support and legal issues.

The service also receives calls from older people with mental health issues who are struggling with isolation and loneliness and who are in need of help with connecting with the community/ accessing services that are free.

The service also gets calls from refugees and migrants in desperate need of support with mental health issues as well as other practical issues.

Some calls and emails may generate more than one enquiry. Some requests for signposting may take 10 minutes; others can take a couple of hours. The time required depends on how straightforward or complicated the issue is.

Example: Older fragile female phones concerned about her son who has a mental health diagnosis and is in prison. She has had major difficulty getting info regarding her son's mental health and whether he is getting any support. She spent months not hearing anything. Eventually she paid for a private legal representative to go and talk to her son. He (the son) was not well. Whenever the mother phones the prison no one picks up.

Information Service personnel spent more than an hour and a half phoning around different advocacy services, the prison and carers' hubs trying to find out who did advocacy/mental health care in the prison and got nowhere. It was then decided to send an email to the service running the prison, stating the problems. Next day we got a response with a direct number to ring regarding mental health care in the prison. This was passed on to the mother.

Feedback (emails):

"Thank you for pointing me towards the links; that's a great list."

"Thank you so much for these contacts and for taking the time to talk to me earlier."

"I just want to say also, how grateful I am to you for taking time to speak to me when I rang."

"Many thanks for the details much appreciated"...Thank you again for your time and effort."

"Many, many thanks for your email. I have secured a 1st assessment at ... for next ..."

"Thank you very much for your prompt and comprehensive advice. I am very grateful."

**Face-to-face Contact:**

- Young service user came to the Open forum at Effra Road: He was interested in joining the Peer Support group at L&S Mind. His contact details were passed on to the Facilitator of the Peer Support group.
- Young male refugee was seeking advice on legal issues and housing: Assisted him with phoning/talking to local CAB. Also, signposted him to the Hub in Streatham and Mosaic as well the Southbank legal advice drop-in.
- Teenage female was having difficulties with hearing voices and seeing things: Spoke to the Lead at Oasis and the outcome was that the teenager was given an appointment for an assessment.
- Adult male who had been traumatised 10 years earlier – witnessed the murder of his parents. Needed support with a range of issues: Signposted him to the Hub and Mosaic, as well as the Tenancy Support Teams in Lambeth.
- Young couple – male partner with bipolar was in crisis. They lived in Stratford but for some reason National Mind referred them to us: Suggested the nearest local Mind to where they live. They phoned and were given number for their local CMHT. Outcome was an assessment appointment.

- Older man (40+) had recently moved down to London with his wife and three children. Wife had diagnosis of schizophrenia. She had stopped taking her medication and was avoiding going to the hospital: Gave this person contact numbers for the Maudsley. Allowed the man the use of a phone so that he could talk to someone there and get advice. This resulted in a home visit. Also gave him details for the Southwark wellbeing Hub.

**Information service statistics:**

Annual Total: April 2015 – March 2016: Logs = 899 (generated 1642 different queries)

Quarter 1: Logs = 248 (generated 469 different queries)

Phone: 133 (55%), Email: 104 (42%), F-T-F: 7 (3%)

Quarter 2: Logs = 175 (generated 346 different queries)

Phone: 104 (63%), Email: 53 (30%), F-T-F: 10 (6%), Post: 1 (1%)

Quarter 3: Logs = 193 (generated 346 different queries)

Phone: 90 (46%), Email: 98 (51%), F-T-F: 5 (3%)

Quarter 4: Logs = 283 (generated 481 different queries)

Phone: 178 (63%), Email: 95 (34%), F-T-F: 8 (3%), post:2

Caller status – (across all methods of contact) approximate percentages for the year:

Users (35%), Carers (15%), Professionals (30%), Students (5%), Unknown (15%)

**Volunteers:**

A key component of the Information Service is the team of volunteers that help to run it. We welcome volunteers that have past or present experience of mental health issues. The volunteers have the opportunity to help with updating the Directory, researching new services, answering the phones/emails or helping out with general administration. The Information Service provided volunteering opportunities for people who had been out of work for some time, often due to mental ill health. During 2015-16 we had 5 volunteers.

Within the Information Service volunteers are supported in gaining self-confidence, developing new skills and building confidence around interacting with others. There is the opportunity too for progression from Directory updating to answering emails and phone calls. Appropriate training is provided to support the volunteers along the way.

Some people volunteer with us to gain some understanding of mental health issues and then go on to work or volunteer in other areas of mental health. One volunteer did helpline training. Another attended an in-house risk assessment workshop. A third volunteer learned how to use Excel for data entry. One volunteer who has been out of work for some time has been regaining their confidence through the work they have been doing on the phone and by email. This person has now been offered a job for a very busy reception area.

**Visits from professionals:**

We regularly get requests from professionals and other local organizations wanting to know about our services and many come in to meet us face to face.

**2. Peer Support Group**

Report from Fergus Mooney

“The Lambeth and Southwark PSG (Peer Support Group) is a support group which is offered to clients from both boroughs. The group itself has been running now for a number of years with great success.

The PSG has in the past been offered to this client group on alternative Wednesdays of each month. However, having listened to this client group's wants and needs, it was decided that we would seek extra funding for this support group, so as to try to run the group on a weekly basis. This extra funding was agreed by our managing director and, as from September 2016, the peer group will be able to engage within this support structure on a weekly basis rather than on a fortnightly basis. This change has been very much welcomed by the core group and by all involved in delivering this much needed support group.

The year mentioned has been a very exhilarating year indeed with regards to the PSG. Having implemented some changes within the structure of this support group, both myself and my colleague have observed that the space which is offered has become a more interpersonal and organic affair. It has become an environment in which all clients who attend are invited to share both their distress as well as their success stories.

Throughout the year, as expected, numbers for this group have constantly fluctuated, with many new clients attending the group as well as a steady number of returning clients. The average number of attendees has been 8 to 10 clients per group."

### **3. Southwark User Council**

This is a successful and pioneering initiative which gives service users an active, independent and expert voice in shaping services. Approximately 19 service users hold regular meetings with their constituencies (day centres, in-patient wards, user groups like the Women's Group and the Mental Health Programme Management Board) and report the results of these discussions to the Council's monthly meetings. The 9-12 Council members then share their conclusions and formulate their views before presenting them to commissioners and service providers, and actions are agreed. The User Council is looking at ways in which its members can use their involvement as a stepping stone to voluntary/paid employment or education and to reintegrating into society.

According to Southwark CCG, the Council makes a real difference: it "can alter what happens to those in contact with mental health teams and services". The CCG has guaranteed funding for the Council until 31 March 2017.

### **4. Cuckoo Club**

The club is a user-led drop-in service which enables service users to create their own narratives to describe their own distress both in the past and the present, and give meaning to it. Each week it forms an open discussion group where advice and information are shared; members support one another through this process.

Historically, the Cuckoo Club was a drop-in facility where people came to have refreshments and play games. Recently, we have moved away from that model to a more modern and facilitated environment where group members are encouraged to contribute.

This group has provided a containing environment during a period in which day centres were being closed down in Southwark.

There are both young and older participants (25-65). There are established members, but also newer members. On average, 12-15 people attend each week.

The topics that often arise in discussion include:

- Diagnosis/misdiagnosis
- Medication/over-medication

- Stigma and discrimination
- Having to conform to the medical model
- Powerlessness in terms of care and treatment
- Not being listened to by professionals
- Being discharged from CMHTs without any follow-up plans
- Pressures of being on benefits and Personal Independent Payment Plans
- Issues with assessments by the DWP in terms of having to justify mental health conditions

The Cuckoo Club will become even more relevant and important due of the closure of day services and the increasing emphasis on self-help and self-organizing groups.

## 5. Southwark Women's Forum

### ***Overview: Management and Numbers***

The first few months of the year saw the Women's Forum in a state of flux, with changes in management. Interim manager, Geraldine Francis, strengthened the team by bringing in new substitute facilitators. From July, the appointment of substitute lead facilitator, Andrea Cornfield, as Interim Manager with Geraldine Francis staying on as regular co-facilitator, restored stability to the group.

The number of members, which had previously been growing too rapidly, was successfully contained during the year. There is still at least one new member attending most forums, but this, offset by the departure of members moving on to new stages in their lives, means the numbers have remained regular and manageable.

### ***Topics of Engagement:***

Topics of engagement were wide-ranging. The most frequently recurring problems brought to the forum included: anxiety caused by housing issues and bad living conditions, loneliness and isolation, sleep problems, lack of support, benefit problems, encountering prejudice, hoarding, and family problems.

The forum welcomed 11 guest speakers from 7 different organisations over the course of the year, including: Self-Management UK, Solace, Laughter Yoga, Age UK, Black History Month (artist, Winston Branch), Queer Strike for LGBT History Month and WinVisible (Women with Visible and Invisible Disabilities).

### ***Events & training:***

As well as the forums, members attended four theatre outings ("A View from the Bridge", "Ah Wilderness!", "A Song From Far Away" and "Battlefield") as well as a day trip in the summer and a festive meal in December. Training attended by members included a six week course with Self-Management UK, L&S Mind's workshops on Working with Psychosis and Risk Assessment, conferences (including the International Women's Conference and The Collaborative Conference), and peer support training with Southwark Wellbeing Hub.

### ***Highlights:***

Highlights of the year included the day trip to Margate in August on which members spent time together at the beach, the shops, and some even at the Wonderland amusement park. Everyone had lunch and the day was finished with a visit to the Turner Contemporary Art Gallery. A private minibus was hired for the day and the group created their own on-board entertainment with games and singing! Another highlight of the year was a visit from acclaimed modern abstract artist, Winston Branch, in celebration of Black History Month in October. Members enjoyed a visual presentation of some of the artist's work, along with hearing about some of his experiences and engaging with him interactively in a Q&A session. Another highlight was the festive meal in December at Caravaggio's Italian restaurant in Camberwell Green. The group was in high spirits for the event and even being plunged into darkness by a massive power cut halfway through didn't seem to dampen anyone's spirits.

When the lights came back on after a few minutes, however, a raucous cheer rose up into the air – there was no mistaking that those on the Women’s Forum table were there to have a good time!

## **6. Hearing Voices**

This popular and successful self-help group is funded by SLaM. It meets weekly with the help of a freelance service user/consultant and a co-facilitator from within the group, in collaboration with a psychologist from the Maudsley. The focus is on discussion (of voices, personal issues and service user issues), sharing items of interest such as creative work and on relaxation and mindfulness exercises. An average of 7-10 people attended with 8 core members and an additional 8 who came and went. There was strong BME representation.

Groups such as this have been shown to enable people who hear voices to learn from each other, to share experiences, to normalize and reduce anxiety around voice-hearing, and to strengthen partnerships and understanding between professionals and voice-hearers. In a recent survey of the group’s members the vast majority of those responding (5 out of 7) said that the group had helped with the voices they experienced hearing.

The group is of great benefit and some individuals find themselves able to leave the group and manage on their own, whilst others continue to use it on a long term basis to assist them in managing their experiences.

## **7. Psychotherapy service**

The Counselling Service is day-time only and is open from Monday to Wednesday excluding bank holidays. The service is free and confidential and is available to residents aged 18 and over of Lambeth and Southwark.

## **Delivering public benefit**

The trustees have had due regard to the Charity Commission’s guidance on public benefit when exercising any powers or duties to which that guidance is relevant, in particular when reviewing Lambeth and Southwark Mind’s aims and planning future activities. Our aims and activities show that we are committed to improving the lives of local people who are experiencing mental distress, which includes supporting friends, families, carers and professionals.

Mental health plays a part in everyone’s lives, and one in four adults experience mental distress each year. Our beneficiaries are not a clearly defined group. Most are from Lambeth and Southwark, but we also help people from further afield. Many are experiencing mental distress, but we also help those who are worried about a family member or friend.

The impact of our work on our beneficiaries is our primary criterion when deciding which activities to undertake and how best to achieve our mission. One of the most valuable forms of evidence stems from the insights of service users.

## Partnerships

The Lambeth Living Well Collaborative has set out an ambitious and innovative mental health service re-design. The big 3 longer term outcomes are:

- Recover and stay well (experience improved physical and mental health)
- Choose: make their own choices (experience increased self-determination and autonomy)
- Participate in daily life on an equal footing with others

We fully support this collaborative agenda of which the Information Service is a part. We will continue to be an active partner in supporting the achievement of these goals and to attend all borough-wide collaborative events.

As indicated above, during the year we contributed to the Information Hub based at the Mosaic Clubhouse at 65 Effra Road.

## Future Plans

Lambeth and Southwark Mind trustees are now undergoing a period of expansion and development. We have recently appointed a new Chair, Anna Minton, who writes widely on a range of public policy issues. We have also recruited Olivia Stephens (from National Mind) and Ed Francis (from Prince's Trust) to head up our development function. This will include increasing and diversifying our funding base. We are clear that we do not want to replicate what is happening in mainstream organisations. Rather, we see ourselves as developing unique projects that make a real difference to people's lives. We are using this period of stability to explore partnerships and think about what sort of new projects we can deliver. At the same time, we continue to expand our services, and we have recently taken on a BAME service user group, Kindred Minds, and also a young persons on and off-line service, Friends in Need (previously under Depression Alliance).

## Financial review

### *Summary Financial activities and results*

Income	£205,426
Expenditure	£200,321
Deficit for year	£ 5,105
Charitable expenditure	£200,321

### *Funding*

Most of our funding came from the Lambeth and Southwark Clinical Commissioning Groups and South London and Maudsley NHS Foundation Trust (SLaM) through service level agreements to provide services in the local area. We also received grant funding from Tudor Trust, The Monument Trust, and shop income from National Mind.

### *Reserves*

Lambeth and Southwark Mind is a small charity whose work is largely dependent on one-off or limited-term grants from charitable trusts and statutory bodies. The trustees consider that reserves are needed in order to:

- continue the charity's work if there is an income shortfall;
- cover contingencies, such as staff sickness or maternity leave; and
- wind up the charity's activities and meet its liabilities if no further income is secured.

The trustees believe that Lambeth and Southwark Mind's unrestricted reserves should be sufficient to cover at least four months of its planned activities in the year ahead.

At 31 March 2016, Lambeth and Southwark Mind had unrestricted reserves of £64,735 (2015: £72,454), the equivalent of 3.9 months (2015: 4.2months) budgeted expenditure.

## **Structure, governance, management and staff**

### ***Structure***

Lambeth and Southwark Mind is a charitable company limited by guarantee, incorporated on 6th May 1986 and registered as a charity on 28 May 1987. In the event of the company being wound up, members are required to contribute an amount not exceeding £1.

The objects of Lambeth and Southwark Mind are stated in its Articles approved at its AGM on 4 December 2012 as follows: "To promote the preservation and safeguarding of mental health and to assist in the relief and recovery of people experiencing mental health problems or conditions of mental or emotional distress requiring treatment, advice or support, primarily but not exclusively in the London Borough of Lambeth and surrounding boroughs, in association with Mind ("the National Association for Mental Health") and in accordance with the objects of Mind".

Lambeth and Southwark Mind is governed under its Articles of Association approved at its AGM on 4 December 2012. Its business is managed by a Management Committee consisting of the Chair, Deputy Chair, Secretary and Treasurer, who are elected annually at the Annual General Meeting, together with such other members as may be appointed by the Committee up to a maximum of 20. Any members appointed by the Committee retain their office only until the next Annual General Meeting when they are eligible for election. At least 70% of the Committee must be mental health service users, former users or survivors.

The Management Committee meets 6 times a year. Its members during 2015/2016 and at the date of this report are set out under 'Reference and administrative details'.

### ***Governance***

Following the recruitment of a number of new trustees over the past few years, the Management Committee now has a range of skills and expertise as well as new drive and energy. We continue to benefit from an exceptionally high level of personal understanding and experience of service use, and we have enhanced our expertise in relation to fundraising, legal matters, and equality and human rights.

### ***Management and staff***

Ajay Khandelwal remains the CEO and Clinical Director and has overall responsibility for services. The staff team are listed in the administrative section.

### ***Volunteers***

By equipping volunteers who have used mental health services themselves, we run our services in the most effective way possible and reach those who have the greatest needs.

During 2015/16, we had the regular support of volunteers. They operated the phone lines, answered emails, updated the online Directory, put together information sheets and carried out general administrative tasks.

## **Statement of responsibilities of the trustees**

The charity trustees (who are also the directors of the Foundation of Nursing Studies for the purposes of company law) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing the financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business

The trustees are responsible for keeping proper accounting records that disclose with reasonable accuracy at any time the financial position of the charity and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charity and hence taking reasonable steps for the prevention and detection of fraud and other irregularities.

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

This report was approved by the Management Committee on and signed on its behalf.

**Anna Minton,**

**Chair of Trustees**

6th December 2016

# Lambeth and Southwark Mind

## Reference & administrative details

<b>Charity registration number</b>	296893
<b>Company registration number</b>	02017214
<b>Lambeth and Southwark Mind Board of Trustees serving during the year or at the approval of these accounts</b>	Anna Minton (appointed 5 April 2016), Chair Mark Bertram Parveen Betab Richard Bevan Janet Buchanan (Observer trustee) Gillian Connor (appointed 2 July 2015; resigned 1 Apr 2016) Andrew Daw (resigned 8 Aug 2016) Jeremy Dawes Jack Dixon (appointed 7 Sept 2016) Les Elliot Max Fourman (appointed 7 May 2015; resigned 1 Apr 2016) Claire Freeman (resigned 30 Nov 2015) Gwilym Harbottle (Company Secretary) Audrey Honore (appointed 3 Dec 2015; resigned 1 Apr 2016) Ashley Morgan (appointed 3 Dec 2015; resigned 8 Aug 2016) Thomas Pollard (resigned 1 Apr 2016) Iain Snell (appointed 2 Apr 2015) Jo Thomas
<b>Staff</b>	Ajay Khandelwal: CEO & Clinical Director Jacqueline Best- Vassell: Manager, Southwark Users Council Andrea Cornfield: Project Manager, Southwark Women's Forum Joan Kennedy: Information Service Manager & Clinical Co-ord'r Fergus Mooney: Peer Support Manager Gloria Gifford: Information Service Manager (to Sept 15) Kelly Boughtflower: Assistant to Information Service Manager (to July 15) Earl Pennycooke: Manager, Southwark User Council (to Sept 15)
<b>Principal address and registered office</b>	Lambeth Accord (4 <sup>th</sup> Floor) 336 Brixton Road, London SW9 7AA
<b>Accountants</b>	Malcolm Brown BSc, FCA, DChA Waterman Brown (London) Ltd, Chartered Accountants, 66 Norman Road, Wimbledon, London SW19 1BN
<b>Bankers</b>	CAF (Charities Aid Foundation) 25 Kings Hill Avenue, Kings Hill West Malling, Kent ME19 4TA

**Lambeth and Southwark Mind**  
**Statement of financial activities (incorporating an income statement)**  
**For the year ended 31 March 2016**

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2016 £	Total 2015 £
<b>INCOME</b>					
<b>Incoming resources from generated funds</b>					
Donations & legacies	3	2,163	52,520	<b>54,683</b>	54,077
Income from other trading activities	3	34,003	-	<b>34,003</b>	23,948
Income from charitable activities	2	101,662	15,000	<b>116,662</b>	125,525
Investment Income	3	78	-	<b>78</b>	64
<b>Total income</b>	3 & 13	137,906	67,520	<b>205,426</b>	203,614
<b>EXPENDITURE</b>					
<b>Costs of raising funds</b>					
Costs of generating activity income		-	-	-	-
<b>Expenditure on charitable activities</b>	13	145,625	54,696	<b>200,321</b>	203,810
<b>Total expenditure</b>	5 & 13	145,625	54,696	200,321	203,810
<b>Net income/ (expenditure)</b>	4	(7,719)	12,824	<b>5,105</b>	<b>(196)</b>
<b>Transfer between funds</b>	13	-	-	-	-
<b>Net movement in funds</b>		(7,719)	12,824	<b>5,105</b>	(196)
<b>Reconciliation of Funds:</b>					
Fund balances brought forward at 1st April	13	72,454	9,339	<b>81,793</b>	81,989
<b>Fund balances carried forward at 31st March</b>	13	64,735	22,163	<b>86,898</b>	81,793

**Continuing operations:** None of the charitable company's activities were discontinued during the current and previous years.

**Total recognised gains and losses:** The charitable company has no recognised gains and losses other than the gains/losses for the current and previous years.

The notes form part of these financial statements

**Lambeth and Southwark Mind  
Statement of cashflows  
For the year ended 31 March 2016**

	Total 2016	Total 2015
Notes	£	£
<b>Cash flows from operating activities:</b>		
<b>Reconciliation of net movement in funds to net cash flow from operating activities</b>		
<b>Net movement in funds (page 15)</b>	<b>5,105</b>	(196)
Add: depreciation	<b>1,111</b>	1,109
Deduct: interest income	<b>(78)</b>	(64)
Decrease/(increase) in debtors	<b>5,495</b>	(4,982)
Increase/ (decrease) in creditors	<b>(9,522)</b>	12,669
<b>Cash used in operating activities</b>	<b>2,111</b>	<b>8,536</b>
	A	
<b>Cash flows from investing activities</b>		
Income from interest	<b>78</b>	64
(Purchases) of tangible fixed assets	-	(2,533)
<b>Cash provided by/ (used in) investing activities</b>	<b>78</b>	<b>(2,469)</b>
	B	
<b>Cash flows from financing activities</b>	C	-
	-	-
<b>Increase/ (Decrease) in cash and cash equivalents in the year (A+B+C)</b>	<b>2,189</b>	<b>6,067</b>
<b>Total cash &amp; cash equivalents brought forward</b>	<b>75,224</b>	69,157
<b>Total cash &amp; cash equivalents carried forward *</b>	<b>77,413</b>	<b>75,224</b>

\*refer to balance sheet, page 17

## Lambeth and Southwark Mind

### Statement of financial position (Balance sheet)

As at 31 March 2016

		2016		2015	
	Notes	£	£	£	£
<b>Fixed assets</b>					
Tangible assets	10		845		1,956
<b>Current assets</b>					
Debtors	11	22,541		28,036	
Cash at bank and in hand		77,413		75,224	
		<u>99,954</u>		<u>103,260</u>	
<b>Creditors</b>					
Amounts falling due within one year	12	13,901		23,423	
<b>Net current assets</b>			86,053		79,837
<b>Total assets less current liabilities</b>	13		<u>86,898</u>		<u>81,793</u>
<b>Funds</b>					
Unrestricted funds	13		64,735		72,454
Restricted funds	13		22,163		9,339
<b>Total funds</b>	13		<u>86,898</u>		<u>81,793</u>

The notes form part of these financial statements

For the year ending 31<sup>st</sup> March 2016, the charitable company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies. The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2016 in accordance with Section 476 of the Companies Act 2006.

The trustee directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime.

The financial statements were approved by the trustee directors on 6 December 2016 and were signed by:

**Anna Minton**

Chair of Trustees

**Lambeth and Southwark Mind**  
**Notes to the financial statements**  
**For the year ended 31 March 2016**

**1. Accounting policies**

The principal accounting policies adopted, judgements and key sources of estimation uncertainty in the preparation of the financial statements are as follows:

**Basis of preparation:**

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts under Financial Reporting Standard applicable in the UK (FRS102 – effective 1 January 2015)- (Charities SORP FRS102) and the Companies Act 2006. There were no adjustments necessary to the accounts of the comparatives required to comply with FRS102.

Lambeth and Southwark Mind meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy notes.

**Preparation of the accounts on a going concern basis:**

At the balance sheet date and the date that the accounts were signed, the trustees consider the charity to be a going concern and these financial statements have been prepared on the basis that it will continue in operational existence for at least the next 12-18 months. The cash flow statement records an inflow of cash of £2,189 during the year ended 31<sup>st</sup> March 2016 and the charity has cash reserves of £77,413.

**Income:**

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the items of income have been met, it is probable that the income will be received and the amount can be measured reliably. Income is deferred where performance conditions are to be met in the future, and income is accrued where performance conditions have been met and the income can be measured reliably. Grants are recognised when the charity has entitlement to the funds and the income received. Investment income is accounted for when received and includes the related tax recoverable.

**Expenditure and irrecoverable VAT:**

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure includes irrecoverable VAT and is reported as part of the expenditure to which it relates:

- Costs of raising funds comprise the costs associated with both the costs of attracting the income and those of providing the facilities to generate the income.
- Expenditure on charitable activities comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them, including governance costs.
- Support costs are those functions that assist the work of the charity but not undertaken as direct charitable activities. Support costs include back office costs, finance, payroll, which support and facilitate the direct charitable services. They are allocated according to budgets provided to funders in the case of restricted and designated funding and the balance is allocated according to direct staff cost or other suitable allocation where a project has a significant volunteering element.
- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the independent examiners fees and costs linked to the strategic management of the charity.

**Lambeth and Southwark Mind**  
**Notes to the financial statements**  
**For the year ended 31 March 2016**

**1. Accounting policies cont.**

**Fund accounting:**

- Unrestricted general funds or 'core' funds represent funds which are expendable on activities that further the general objectives of the charity.
- Designated funds are unrestricted funds, which have been put aside at the discretion of the Management Committee for a particular purpose. Service level contracts agreed with statutory bodies and others are considered restricted to the level of service negotiated within the accounting year and, once the terms of the contract have been fulfilled, can be applied to work of a similar nature in the locality. The management committee have designated such funding but they can be re-designated at a later date.
- Restricted funds represent grants or donations received which are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

**Tangible fixed assets:**

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at a rate calculated to write off each asset over its estimated useful life. Depreciation is generally provided at a rate of 33% per annum.

**Investments:**

Investments are quoted at the market mid-price value ruling at the nearest trading date to the year end. The notes to the accounts also record the original transaction value/ cost.

**Debtors & prepayments:**

Trade and other debtors are recognised at the settlement amount due after any trade discounts. Prepayments are valued at the amount prepaid, net of any discounts.

**Cash at bank & in hand:**

Cash at bank and in hand includes cash and short term highly liquid investments with a maturity of three months or less from the date of acquisition or the opening of the deposit account.

**Creditors and provisions:**

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount to settle the obligation can be measured or estimated reliably. Creditors are normally recognised at their settlement amount after allowing for any trade discounts due.

**Pensions:**

Pension contributions relate to payments made to employees' personal pension schemes on a money purchase basis.

**Lambeth and Southwark Mind  
Notes to the financial statements  
For the year ended 31 March 2016**

**2. Investment income**

	<b>31 March 2016 £</b>	31 March 2015 £
Deposit account interest	<b>78</b>	64

**3. Income summary**

	Unrestricted £	Restricted £	Total 2016 £	Total 2015 £
<b>Income from donations and legacies</b>				
Monument Trust - capacity building	-	30,000	<b>30,000</b>	29,000
Tudor Trust - capacity building	-	20,000	<b>20,000</b>	20,833
National Mind	-	2,520	<b>2,520</b>	-
Monument Trust - consultancy	-	-	-	1,800
Other donations - inc. individuals & speaker fees	2,163	-	<b>2,163</b>	2,444
	<u>2,163</u>	<u>52,520</u>	<u><b>54,683</b></u>	<u>54,077</u>
<b>Income from other trading activities</b>				
Local MIND shop income	34,003	-	<b>34,003</b>	23,948
<b>Income from charitable activities</b>				
Lambeth CCG - information service	40,420	-	<b>40,420</b>	40,420
Southwark CCG - user group & womens forum	54,550	-	<b>54,550</b>	54,461
SLaM NHS Foundation Trust - hearing voices	5,663	-	<b>5,663</b>	8,495
Maudsley Charity Funds - information Service	-	-	-	19,977
Big Lottery - Awards for All - psychotherapy	-	10,000	<b>10,000</b>	-
Other smaller service-led grants & SLAs	1,029	5,000	<b>6,029</b>	2,172
<b>Income from charitable activities</b>	<u>101,662</u>	<u>15,000</u>	<u><b>116,662</b></u>	<u>125,525</u>
<b>Income from investments</b>	78	-	<b>78</b>	64
<b>Total Income</b>	<u>137,906</u>	<u>67,520</u>	<u>205,426</u>	<u>203,614</u>

**4. Net income for the year**

	<b>31 March 2016 £</b>	31 March 2015 £
This is stated after charging		
Depreciation - owned assets	<b>1,111</b>	1,109
Independent examination fee	<b>1,000</b>	1,000
Accounting fees paid to Independent examiner	<b>500</b>	500
Trustee Directors' emoluments and other benefits	-	-

**Lambeth and Southwark Mind**  
**Notes to the financial statements**  
**For the year ended 31 March 2016**

**5. Expenditure summary**

Basis of allocation	Staff Costs	Facilitation fees, supervision & training	Premises & room hire	Activities & resources	Volunteers	Overheads & support costs	Governance costs	Total 2016	Total 2015
	£	£	£	£	£	£	£	£	£
	Direct	Direct	Direct	Direct	Direct	Usage	Direct		
<b>Costs directly allocated to activities</b>									
Information service	31,959	338	24	2,440	1,377	6,377	-	<b>42,515</b>	48,228
Peer-led self-managed project	-	-	-	-	-	-	-	-	10,852
Peer support group	-	7,200	-	1,360	-	1,511	-	<b>10,071</b>	11,669
Psychotherapy	-	-	-	1,513	-	267	-	<b>1,780</b>	-
Director & capacity building	52,415	-	-	-	-	-	-	<b>52,415</b>	44,008
Southwark user council	6,895	158	-	2,272	11,350	3,648	-	<b>24,323</b>	33,595
Southwark womens' forum	-	6,237	884	1,563	-	1,532	-	<b>10,216</b>	10,774
Southwark cuckoo club	-	3,500	5,648	625	-	1,724	-	<b>11,497</b>	3,017
Southwark hearing voices	-	3,395	3,705	490	-	1,339	-	<b>8,929</b>	7,085
Southwark Central costs	-	-	6,305	419	-	1,186	-	<b>7,910</b>	8,053
<b>Lambeth support costs</b>	973	3,013	22,126	3,767	570	15,494	-	<b>45,943</b>	50,894
Support costs allocated to activities	-	-	-	-	-	(17,586)	-	<b>(17,586)</b>	(26,592)
Trustees meetings & AGM	-	-	-	-	-	-	808	<b>808</b>	727
Independent Examiner fee	-	-	-	-	-	-	1,500	<b>1,500</b>	1,500
<b>Total resources expended</b>	<b>92,242</b>	<b>23,841</b>	<b>38,692</b>	<b>14,449</b>	<b>13,297</b>	<b>15,492</b>	<b>2,308</b>	<b>200,321</b>	<b>203,810</b>

Method of allocation: Costs are allocated directly to the service area. An overhead allocation of 15% is applied. Costs are re-allocated within designated funds in the funds statements.

**6. Staff costs**

	31 March 2016	31 March 2015
	£	£
Wages and salaries	82,231	91,368
Social security costs	5,646	6,160
Other pension costs	3,315	4,501
Recruitment & selection	1,050	-
<b>Total</b>	<b>92,242</b>	<b>102,029</b>

No employee received emoluments of more than £60,000. The charity is managed by the CEO & clinical director, who is regarded as the senior management. The remuneration paid to senior management of the charity was £45,000, plus £2,250 in employer pension contributions.

The average monthly number of employees during the year, calculated on the basis of full time equivalents, was as follows:

	31 March 2016	31 March 2015
	No.	No.
Director	1.0	1.0
Other	2.0	2.5
<b>Total</b>	<b>3.0</b>	<b>3.5</b>

**Lambeth and Southwark Mind  
Notes to the financial statements  
For the year ended 31 March 2016**

**7. Governance costs**

Governance costs include:	<b>31 March 2016</b>	31 March 2015
	£	£
Trustees Meetings & AGM costs	808	1,858
Examiner's remuneration	1,500	1,500
<b>Total</b>	<b>2,308</b>	<b>3,358</b>

**8. Committees' remuneration or other benefits for the year ended 31 March 2016**

The trustees received no remuneration or other benefits for the year ended 31 March 2016 (2015: £Nil). No trustee was reimbursed any expenses in the year (2015: £Nil).

**9. Corporation taxation**

The charity is exempt from tax on income and gains falling within section 505 of the Income and Corporation Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent that these are applied to its charitable objectives. No liability to UK corporation tax arose on ordinary activities for the year ended 31 March 2016 (2015: £Nil).

**10. Tangible fixed assets**

<b>Cost</b>	<b>Plant and machinery</b>
	£
At 1 April 2015	12,607
Additions	-
At 31 March 2016	<u>12,607</u>
<b>Depreciation</b>	
At 1 April 2015	10,651
Charge for year	1,111
At 31 March 2016	<u>11,762</u>
<b>Net book value</b>	
<b>At 31 March 2016</b>	<u>845</u>
At 31 March 2015	<u>1,956</u>

**Lambeth and Southwark Mind**  
**Notes to the financial statements**  
**For the year ended 31 March 2016**

**11. Debtors: Amounts falling due within one year**

	<b>31 March 2016</b>	31 March 2015
	£	£
Grants receivable	-	0
Trade debtors (SLA income receivable)	-	<b>8,495</b>
Accrued income	<b>17,640</b>	9,287
Other debtors & prepayments	<b>4,901</b>	10,254
<b>Total</b>	<b><u>22,541</u></b>	<b><u>28,036</u></b>

**12. Creditors: Amounts falling due within one year**

	<b>31 March 2016</b>	31 March 2015
	£	£
Trade creditors	<b>6,757</b>	10,866
Bank overdrafts	<b>36</b>	36
Other taxation & social security	<b>1,341</b>	1,789
Deferred income	-	-
Other creditors & accruals	<b>5,767</b>	10,732
<b>Total</b>	<b><u>13,901</u></b>	<b><u>23,423</u></b>

**13. Movement in funds**

	At 1 April 2015	Net Movement in funds	Transfer between funds	At 31 March 2016
	£	£	£	£
<b>Unrestricted funds</b>				
Core	64,094	6,307	(10,621)	59,780
<b>Designated funds</b>				
Lambeth information service	743	(2,094)	1,351	-
Lambeth peer support group	-	(9,270)	9,270	-
Southwark services	7,617	604	(3,266)	4,955
Southwark hearing voices	-	(3,266)	3,266	-
<b>Total designated funds</b>	8,360	(14,026)	10,621	4,955
<b>Total unrestricted funds</b>	72,454	(7,719)	-	64,735
<b>Restricted funds</b>				
Director & capacity building - Tudor & Monument Trusts	9,339	(2,415)	-	6,924
Psychotherapy - Big Lottery Awards for All	-	8,220	-	8,220
Peer Support Group - Peter Minnet Trust	-	4,499	-	4,499
Smaller grants - Mind	-	2,520	-	2,520
	<u>9,339</u>	<u>12,824</u>	<u>-</u>	<u>22,163</u>
<b>Total funds</b>	<b><u>81,793</u></b>	<b><u>5,105</u></b>	<b><u>-</u></b>	<b><u>86,898</u></b>

**Lambeth and Southwark Mind  
Notes to the financial statements  
For the year ended 31 March 2016**

**13. Movement in funds cont.**

Net movement in funds during the year, included in above, are as follows:

	<b>Incoming resources £</b>	<b>Resources expended £</b>	<b>Movement in funds £</b>
<b>Unrestricted funds</b>			
Core	36,973	(30,666)	6,307
<b>Designated funds</b>			
Lambeth Information Service	40,420	(42,514)	(2,094)
Lambeth peer support group	300	(9,570)	(9,270)
Southwark services	54,550	(53,946)	604
Southwark hearing voices	5,663	(8,929)	(3,266)
<b>Total designated funds</b>	100,933	(114,959)	(14,026)
<b>Total unrestricted funds</b>	137,906	(145,625)	(7,719)
<b>Restricted funds</b>			
Director & capacity building - Tudor & Monument Trusts	50,000	(52,415)	(2,415)
Psychotherapy - Big Lottery Awards for All	10,000	(1,780)	8,220
Peer Support Group - Peter Minet Trust	5,000	(501)	4,499
Smaller grants	2,520	-	2,520
<b>Total restricted funds</b>	67,520	(54,696)	12,824
<b>Total funds</b>	<b>205,426</b>	<b>(200,321)</b>	<b>5,105</b>

**Funders & purposes of funds – Designated funds**

A service level agreement from Lambeth CCG (and the Maudsley Charity in 2015) financed the information service. The Information Service provides an info line and web directory and has online details of over 600 services and organisations. Designated funds from the service level agreement were used to support the Lambeth peer-led, self-managed project and the Lambeth peer support group.

Lambeth & Southwark Mind was commissioned by Southwark CCG to provide services in Southwark to support the Southwark Women's Forum, Southwark User Council and the Cuckoo Club. A separate SLA was received from SLaM NHS Foundation Trust to continue the Southwark hearing voices group.

**Funders & purposes of funds – Restricted funds**

Tudor Trust and Monument Trust have provided grants to enable Lambeth & Southwark MIND to employ a Director of Services for the capacity building of MIND services within Lambeth.

The Maudsley Charity funds were used specifically to employ an information assistant for the information service during 2015.

Smaller grants or commissions in 2015-16 included £5000 from The Peter Minet Trust towards the peer support group and £10,000 from the Big Lottery Awards for All for psychotherapy work. National Mind provided a grant of £2,520.

**Lambeth and Southwark Mind  
For the year ended 31 March 2016**

**Chartered accountants' independent examiner's report to the trustees on the unaudited financial statements of Lambeth and Southwark Mind**

I report on the accounts of the company for the year ended 31 March 2016, which are set out on pages 15 to 24.

**Respective responsibilities of trustees and examiner**

The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The trustees consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the 2011 Act) and that an independent examination is needed.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under section 145 of the 2011 Act;
- to follow the procedures laid down in the general Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act; and
- to state whether particular matters have come to my attention.

**Basis of independent examiner's report**

My examination was carried out in accordance with the general Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

**Continued..**

**Lambeth and Southwark Mind**  
**For the year ended 31 March 2016**

**Chartered accountants' independent examiner's report to the trustees on the unaudited financial statements of Lambeth and Southwark Mind cont.**

**Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
  - to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities
- have not been met; or

(2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Malcolm Brown BSc, FCA, DChA  
**Waterman Brown (London) Ltd**  
*Chartered Accountants*

66 Norman Road  
Wimbledon London SW19  
Date: 6 December 2016