



For better  
mental health

# Lambeth Mind

**Report and Financial Statements  
for the year ended 31 March 2012**

**Registered Company Number: 02017214**

**Registered Charity Number: 296893**



# Foreword

We want Lambeth to be a place where people experiencing struggles with mental health know where to turn to get help—to receive good information, feel equipped and supported, and have the confidence, self-esteem, opportunities and sense of purpose to make the most of their lives

We are in the midst of a time of significant change in the delivery and funding of mental health services, working in a borough that has especially high mental health needs. Lambeth Mind is well-placed to meet local needs in this time of change. We are unique in Lambeth in engaging service users at all levels, with considerable local and sector experience and expertise. However, in recent years we struggled to make the most of our potential.

As a management committee, we worked hard to change this situation. With the help of some new members, our work started to bear fruit. During the last financial year, we expanded our information service, started a new peer support programme and recruited a Director, Ray Hautot.

We are now working on consolidating, improving and expanding our existing services and dealing with a new challenge: the potential transfer of services from Southwark Mind.

Many of these changes were initiated and driven forward by Esther Paterson, who was our secretary at the start of the year and our Chair until September 2012. During 2012 Esther decided to move out of the borough in order to start a family. She retired as a trustee in September 2012. We will miss her.

We would like to thank Ray, whose enthusiasm and energy have resulted in a transformation of our organisation.

We would also like to thank Gloria Gifford who, at the time of writing, is Lambeth Mind's only other member of staff. Gloria brings a wealth of local experience to bear on her work and her patience, diligence and good humour have been an immense asset in a time of much change. She has been ably assisted for much of this period by Kelly Boughtflower, who has unfortunately been on sick leave since September 2012. We would like to thank Kelly too for all her hard work.

Thanks also go to Jolie Goodman, our Peer Support Manager, for her outstanding work in developing our peer support programme.

We would also once more like to thank Kevin Ireland, an independent consultant who assisted us on a pro bono basis during this period. As before, Kevin has been a much-needed critical friend to the management committee—challenging us, supporting us and helping us build on our strengths. We are very much indebted to him.

Finally, we thank all our funders who have made all this possible.



**Gwilym Harbottle, Lambeth Mind Management Committee**

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# Report of the Management Committee

## About Lambeth Mind

### Our vision

Our vision for Lambeth is of a society that promotes and protects good mental health and well-being for all, and that treats people with experience of mental distress fairly, positively, and with respect

### Our mission

Lambeth Mind aims to improve the lives of local people who are experiencing mental distress. This means equipping them with the knowledge to make good decisions about their care, while building their confidence, self-esteem, skills and sense of purpose. It also means supporting and informing friends, families, carers and professionals.

### Our background

Lambeth Mind 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 first-hand, current knowledge of local issues and services, and it creates trust, gives us credibility, and gives us a real understanding of people's needs and how to meet those needs most effectively.

We are part of a network of 180 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.

## Activities and performance

To achieve our mission, we have three areas of work:

- 1 Information service** Through our information line (telephone and email) and directory of mental health services (website and printed directory), we provide people with information, support and help accessing services.
- 2 Peer support** Our services are shaped and run by staff and volunteers who have themselves experienced mental health problems. We have run a self-help drop-in group for many years but in this financial year we also started a new peer support programme.
- 3 Training and volunteering** We train, support and provide volunteering opportunities for people who have experienced mental distress.

There is considerable overlap and exchange between these three activities. For example, our information line (1) provides some peer support (2) because it is delivered by volunteers (3) who have themselves experienced mental distress.

### Information service

We provide information, support and help accessing services through our information line (telephone and email) and our directory of mental health services which are available to people living and working in the London Borough of Lambeth. These are used by people in mental distress as well as their carers, friends, families and healthcare professionals.

- Our **information line** (which is funded by the PCT) reopened in the beginning of 2011, operating a single three hour session per week. Since July 2011 it has run three-hour sessions three times a week, receiving over 260 contacts over the year, 52% of which were by email and 48% were by phone.
- Our **online directory** is a source of information on over 600 services available to people in Lambeth who are experiencing mental health difficulties. Like the information line, the directory is also used by friends, families, carers and mental health professionals. In January 2012 we re-launched our **website**, providing additional features for the online directory, improving navigation and improving accessibility. The site received over 9,000 unique visits over the financial year, and there were a total of 58,895 page views of which 31,063 were visits to the directory.

Our directory and information service aim to equip people with the tools to make informed decisions about their care. We do not give medical advice or tell people what to do, but we empower them with information about their rights, their entitlements and useful services. This improves people's mental well-being and can even improve their financial situation, for example, if they access benefits as a result.

### Peer support

We aim to support and empower people who experience mental health struggles and peer support is the cornerstone of our work. In 2011/2012, we ran two peer support activities: a self-help drop-in group and a fortnightly peer support group.

Our **drop-in group** ran on Friday afternoons. Local people who have experienced mental health difficulties dropped in for tea, biscuits and board games. They also used our computers and accessed the internet. We would like to thank Andrew Daw, a trustee, for all his hard work in keeping the group going.

A new **fortnightly peer support group** commenced at the end of 2011 in partnership with the Mental Health Foundation and SLAM and funded by the Man Group. This group has explored over a 12 month period how best people can support each other through their shared experiences of where they are and how they can move forward healthily. Thirty people have participated, with an average attendance of 8 people in each group. With permission a wide range of important information has been gathered and a detailed evaluation will be published. The learning is extensive.

**Struggles** People described a range of personal struggles. Sometimes these involved intensely distressing emotions related to living in social context that felt at best difficult and at worst intolerable. Many of these struggles were connected to the damaging impact of social inequalities: income poverty, living in disadvantaged areas, unsafe housing, long periods of

unemployment, isolation, stigma and discrimination and the failure of services to make a difference for many

The group went on to develop its own ground rules, define what peer support meant and find ways to cope better e.g.

*Being able to share deeply and relate to each others lived experiences meant that the support we got came from a personal understanding*

*This group is about being supported by and offering support as individuals to each other, so these two components of support become therapy, but not in a clinical sense. The therapeutic value is what we get from each other*

**Benefits** Struggles are ongoing, but over time a range of benefits emerged. These included feelings of acceptance, camaraderie and being understood for who they were. People also reported benefiting from the style of group facilitation which was undertaken by people who had extensive experience of using mental health services.

These validating conditions enabled a reciprocal process of giving and receiving support to emerge. Consequently, people talked about feeling less isolated, going out more, feeling a sense of belonging/social networking and making progress in achieving individual vocational goals. As well as gaining more insight into strategies for managing wellbeing, people mentioned the following benefits: sleep improvement, feeling less panic stricken, managing to improve diets, starting volunteering, taking more physical exercise, obtaining employment, experiencing enjoyment and having fun.

We undertook a satisfaction survey and a creative writing workshop to explore the impact of the group on people's experiences. This was facilitated by an independent survivor/service user consultant.

We noticed that people's appearance improved and they looked in better health. People became more confident in communicating. There was a shift in some people's perceptions about themselves e.g. from being relatively negative, to being more positive and hopeful about their future. Some people achieved important vocational goals such as volunteering, employment, enrolling in courses and taking exercise classes. People were able to gain more accurate information about a range of possible support, such as how to address housing and welfare benefit issues.

#### Feedback Example

*Since the group began I have noticed the people who have regularly attended becoming closer and more trusting of each other. When we meet now there is genuine happiness to see the other member and a growing sense of familiarity. We seem to engage each other as welcomed friends, it really does evoke feelings of wellbeing and safety. The growing warmth and closeness that seems to typify the group has, I believe, been helped tremendously by the communal meal afterwards. Even the walk to the café contributes in a way that the actual group cannot. It is reminiscent of family or close friends engaging in any sort of social interaction. This coming together nurtures the trust and friendliness on a group by group basis. It is at these times I discover more of the personal backgrounds of my peers, I feel privileged to be regarded with such trust. We know we are in the presence of people who have been to the same dark places mentally. It is so reassuring, particularly drawing on the shared hope that we can recover. I find now that I am eagerly awaiting the next time we meet.*

#### Some key areas of learning

- **Autonomy** facilitators and participants had no pre-imposed remits or outcome targets. Survivor/user run peer support developments must be given the space and resources to self-organise and work up solutions grounded in what they think or feel is best.

- **Self Referral** in order to enhance access to the group and promote choice, a self-referral process is necessary. People decide themselves e.g. living in Lambeth and able to engage safely in groups
- **Group process** the growth of trust was integral within the group and ground rules can be developed collectively
- **Group Size** to ensure that there was sufficient space for people to express themselves we agreed on 8 members
- **Striving toward equality based relationships** Reciprocal relationships based on a collective and mutual responsibility for each other are more effective than traditional staff-patient inter-actions- particularly around creating trust, safety and rapport. One person said *There is no magic wand, but there is no hierarchy to the support here so the group is not hampered by the power dynamics associated with hierarchy*
- **Feeling safe** Feeling safe enough to express emotions - telling it as it is - in a non-judgemental space emerged as critically important. *And then people can come together in groups like this - where you express yourself without fear or condemnation and it's confidential. So you no longer have to experience that rage. In the past I had thought I would never articulate what was going on in my head and heart*
- **Authenticity** given autonomy, survivor/user led organisations are well placed to facilitate peer support developments. One of the strengths is the level of expertise within. *How much we can gain from each other in our different stages of managing our mental well being*

We have recently started a separate peer support project the Self Management Programme. This is dealt with below.

We would like to thank Jolie Goodman (our new peer support manager) and Mark Bertram, one of our trustees, for this outstanding work. Thanks also goes to the people who courageously voted with their feet and engaged in the groups.

### Training and volunteering

We train, support and provide volunteering opportunities for people who have experienced mental distress. Volunteers help us with administration, staffing the information line, keeping the directory up to date and running the drop-in group.

As well as benefiting the people who use our services, our volunteers themselves benefit from their time at Lambeth Mind. They receive training (for example, from The Helpline Association), supervision, emotional support and work experience, which gives them valuable transferable skills and increases their chances of moving into employment. In the past three years, six volunteers have moved into paid work and three have gone on to degree courses.

But for many of our volunteers, employment is a formidable challenge in the short to medium term, as health problems remain a barrier. Our experience shows that our 'soft' outcomes are the most important outcomes of all when it comes to improving lives. Our volunteers tell us in person and through feedback forms that as a result of working with us, they feel better about themselves and have grown in confidence and self-esteem. What is more, they have an increased sense of meaning and purpose in their lives.

## **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 Mind's aims and planning future activities. Our aims and activities show that Lambeth Mind is 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 in their lifetime. Our beneficiaries are not a clearly defined group. Most are from Lambeth, 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.

## **Developments and achievements in 2011/12 and since**

The management committee focused on a number of strategic objectives for Lambeth Mind in 2011/2012. These were implemented as follows:

- 1 **Improving Lambeth Mind's capacity to provide information and assistance in accessing services for people in mental distress**. This involved creating a communications strategy and building on the information service.
  - Increasing the time the information line was available (July 2011 - see above)
  - Re-launching our website (January 2012, also dealt with above)
  - Restarting the Lambeth Mind newsletter, which had come to an end in 2009 because of lack of funding (May 2012). The newsletter goes out monthly by post and email and serves to inform our members about local news and events. Contributions from members are encouraged.
- 2 **Increasing the engagement of local people who use mental health services, and providing more and better opportunities for volunteering and personal development**
  - A new peer support group commenced at the end of 2011 in partnership with the Mental Health Foundation ("MHF") and SLAM (see above)
  - In May 2012 a separate Self Management Programme commenced operations under the management of Jolie Goodman. It will see six trainers trained and over 36 users take part in three Self Management Training interventions. The project is innovative because it involves extending a practice established in physical health conditions to mental health. In addition, the work builds on work currently underway in Wales, offering the project to people living in an urban area. Self-management consists of a set of skills that enable people to take more control over their health within the context of their day-to-day lives. The project's



partnership working both with SLAM and the evaluation by the MHF will raise the national profile of Lambeth Mind

- As mentioned above, in May 2012 we restarted our newsletter which enables us to engage with more local service users
  - The user-led Friday drop in continued to operate
  - In September 2012 trustees were trained in equality and human rights, including the 2010 Equality Act
  - We believe that volunteers donated at least 1,500 hours of their time over the year
- 3 **Engaging more effectively in Lambeth mental health networks and promoting high-quality mental health provision** Through Ray and our vice-chairs we have taken steps to ensure that we keep abreast of these developments Ray is on the steering committee of Lambeth Link and an active member of the London Mind group of Local Mind Associations He is also working closely with the Mosaic Clubhouse on the development of an information hub (see below) We also campaigned in relation to the change in eligibility criteria for free bus passes (an important issue to many of our members)

## 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 & 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 and specifically

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

We are also part of the new **information hub** which will be based at the Mental Health Information Centre for adults of working age run by Mosaic Clubhouse at 65 Effra Road We are working in partnership with the Mosaic Clubhouse to take the lead in the Information Hub steering group

Over the past year we have attended all borough wide collaborative events having a stall at each event to promote the Information Service

## Southwark Mind

One major issue which has confronted us in 2012/13 has been the request by the Executive Committee of Southwark Mind to us to take over the operation of some of its services Subject

to a satisfactory outcome of the financial and legal due diligence process which we are currently carrying out, we intend to put forward a proposal in this regard to the AGM and further detail will be supplied in due course. A summary of recent developments follows

In April 2012, Southwark Mind informed us that it was facing a number of challenges which were making the future of its operations uncertain, and that another organisational solution was needed if these services were to continue to be provided in a sustainable way

We recognise the long, rich and proud history of Southwark Mind. Our two organisations have many priorities in common which they both value. Those shared priorities include ensuring that people have access to empowering and meaningful services that can make a positive difference to their lives and wellbeing and campaigning for better services. A number of our existing members live in Southwark

In June, with funding from Tudor Trust, Lambeth Mind secured the services of IVAR (Institute for Voluntary Action Research) to facilitate detailed discussions between Lambeth Mind and Southwark Mind

Following exploratory discussions, at our September board meeting we expressed our firm commitment subject to legal and financial due diligence and approval at a general meeting to seek the transfer of services for which Southwark Mind receives funding from Southwark PCT and SLaM. These services are the Southwark Mind User Council, the Women's Forum and a user led support group (funded by the PCT) and the Hearing Voices Group and Parents Forum (funded by SLaM)

As part of the process facilitated by IVAR it has been agreed to aim to complete the transfer by early December

We are still in the process of completing legal and financial due diligence. Ray is building up links with Southwark in anticipation of the transfer. However, if the results are satisfactory we will ask our members to approve the transfer. This will involve changing our name to Lambeth and Southwark Mind. National Mind, the PCT and SLaM are all keen that this should happen

If there is a transfer, Southwark Mind will cease to be affiliated to National Mind and will cease to use the name "Mind". However, it or a new organisation, may continue to campaign on mental health issues in Southwark. It is important to emphasise that there is no intention to move Southwark Mind's services out of Southwark

This issue has taken up a lot of our (and Ray's) time recently but we have attempted to ensure that it does not interfere with our core activities

## **Future plans**

We want Lambeth to be a place where people experiencing mental ill health know where to turn to get help—to receive good quality information, feel equipped and supported, and have the confidence, self-esteem, opportunities and purpose to make the most of their lives

This need is particularly clear in the current climate. Not only does Lambeth have especially high mental health service needs, but it is also a time of significant change in the delivery and funding of mental health services

We entered the last financial year with a strengthened management committee, an improved fundraising strategy and a renewed sense of confidence and purpose

We have agreed the following objectives for 2012/13 (in addition to completing the transfer of services from Southwark Mind)

- Continuing to expand and develop our peer support groups Jolie Goodman believes that Lambeth Mind is well positioned to build on its peer support initiatives, as examples of good practice This very much fits PCT/local authority mental health funding priorities Peer support is better and more highly evaluated by those who use it when it is provided by the independent voluntary sector
- Expanding our membership and ensuring that it is representative of the local community This will involve finding out more about our existing members, identifying a target for new members, and recruitment of new members We have started on this by updating our membership list
- Establishing a structure for reporting relevant mental health issues back to trustees We have taken the first steps in this direction One trustee, Mark Bertram, who works at SLaM, will circulate material received electronically Another, John Pryor, will report information he comes across to Gloria who will circulate
- Gathering information from service users on the effectiveness of our services and considering how to report feedback and stories to members (e.g newsletter, website)
- Undertaking a thorough skills audit of the board with a view to making it more representative of the local community
- Establishing a statement of overarching aims and set of criteria for considering possible new services

## Financial review

Following various challenges Lambeth Mind faced during 2010/11 with its financial control, the management committee took several measures to address the situation

This has included recruiting a new bookkeeper and a new treasurer (Richard Bevan, a trustee), and the management committee receives frequent financial reports Further, improved banking arrangements and facilities for payments have strengthened financial administration and control

### Financial activities and results

Income	£73,963
Expenditure	£70,487
Surplus	£ 3,476
Major costs	
Charitable Activities	£67,765

## **Funding**

The main source of funding for the period was from Lambeth PCT at £42,500

## **Reserves**

Lambeth 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 Mind's unrestricted reserves should be sufficient to cover at least two months of its planned activities in the year ahead

At 31 March 2012, Lambeth Mind had reserves of £21,773 (2011 £18,297) — the equivalent of just under four months' expenditure

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

### **Structure**

Lambeth 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 Mind are stated in its Memorandum of Association (dated 17<sup>th</sup> September 1985 as amended on 2<sup>nd</sup> December 2004) as follows "To promote the preservation and safeguarding of mental health and to assist in the relief and rehabilitation 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, in association with Mind ("the National Association for Mental Health") and in accordance with the objects of Mind"

The Memorandum sets out the company's powers exercisable in furtherance of those objects

We will be asking the 2012 AGM to approve new and updated objects reading 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 Mind is governed under its Articles of Association dated 17<sup>th</sup> September 1985 as amended. 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. Not less than 70% of the Committee must be mental health service users, former users or survivors. We are keen to recruit more trustees.

The Management Committee meets 12 times a year. Its members during 2011/2012 and at the date of this report are set out under 'Reference and administrative details'.

## Governance

In early 2011, governance at Lambeth Mind shifted from being an organisational weakness to a considerable strength. In the first half of 2011, five new trustees were appointed to the management committee, bringing 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. As mentioned above, our treasurer, Richard Bevan, is a qualified accountant with immense experience.

## Quality Management in Mind

During the year we engaged with National Mind in its Quality Management Scheme which involves reviewing and enhancing our quality management processes. In September we achieved Level 1, which enables us to keep our affiliation with National Mind.

## Management and staff

At the start of the financial year 2011/12, Gloria was our only member of staff, taking on the funded role of Information Service Manager. In the first half of 2011/2012, Gloria was considerably overstretched. However, in September 2011 we were awarded funding from the Tudor Trust for a part-time Director and from the South London and Maudsley NHS Foundation Trust to expand the information service. In January 2012 we recruited **Ray Hautot** to the post of Director. He took up his post in February. His post is funded by a combination of money from the Tudor Trust and the Monument Trust. The following month we recruited **Kelly Boughtflower**, who was already assisting Gloria under the Access to Work Scheme, to the post of assistant to the information service. Kelly took up her post in April.

These additions to our staff very considerably strengthened Lambeth Mind's operations. Ray is responsible for effective staff management, encouraging the active involvement of users in the running of the charity, representing Lambeth Mind to external bodies, and identifying and pursuing new opportunities for growth. He has succeeded in developing contacts with a number of local Mind associations and individuals and agencies in Lambeth (see above). Kelly was a valuable resource in her new post. In September Kelly went on sick leave. She starts maternity leave at the start of December. We are in the process of recruiting a temporary replacement.

In August 2012 we moved from Mowll Street to our present premises where we have more space to develop our services. The move proved to be both a financial and logistical challenge but we are now at home in our new premises.

## 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 2011/2012, we have had the support of around ten active, regular volunteers. They operate the phone lines, answer emails, update the online directory, put together information sheets and carry out general administrative tasks

APPROVED BY THE TRUSTEES

ON 19<sup>TH</sup> DECEMBER 2012

G.T. HALL

(Chair)

# Reference and administrative details

**Charity registration number** 296893

**Company registration number** 02017214

**Trustees (Lambeth Mind's Management Committee)** Mark Bertram  
 Richard Bevan (Appointed January 2012)(Treasurer)  
 Andrew Daw  
 Les Elliot  
 Claire Freeman (Appointed June 2011)  
 Emily Georghiou (Co-Deputy Chair)  
 Gwilym Harbottle (Appointed August 2011)(Chair)  
 Gabriel Ibarra (Retired June 2012)  
 Stephen McCullough (Appointed January 2012)  
 Esther Paterson (Retired September 2012)  
 John Pryor (Co-Deputy Chair)  
 Jacqueline Roberts (May – November 2011)  
 Smarajit Roy

**Staff** Ray Hautot Director (February 2012 to date)  
 Gloria Gifford Information Service Manager from March 2011 to date  
 Kelly Boughtflower Assistant to Information Service Manager (April 2012 to date)

**Principal address and registered office** Lambeth Accord (4<sup>th</sup> Floor)  
 336 Brixton Road,  
 London SW9 7AA

**Accountants** Waterman Brown - London  
 66 Norman Road  
 Wimbledon  
 London SW19 1BN

**Bankers** CAF (Charities Aid Foundation)  
 25 Kings Hill Avenue  
 Kings Hill  
 West Malling  
 Kent ME19 4TA

Lloyds TSB  
 34 Moorgate  
 London EC2R 6PL

# Financial Statements

## Lambeth Mind Statement of financial activities For the year ended 31 March 2012

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2012 £	Total 2011 £
<b>INCOMING RESOURCES</b>					
<b>Voluntary income</b>					
Donations & grants	5	1,071	56,583	57,654	68,187
<b>Activities for generating funds</b>					
Investment income	2	12	-	12	10
<b>Incoming resources from charitable activities</b>					
Local Mind charity shop		16,297	-	16,297	7,778
<b>Total incoming resources</b>		17,380	56,583	73,963	75,975
<b>RESOURCES EXPENDED</b>					
<b>Costs of generating funds</b>					
Costs of generating voluntary income		-	-	-	-
<b>Charitable activities</b>					
		23,831	43,934	67,765	77,210
<b>Governance costs</b>		1,572	1,150	2,722	2,030
<b>Total resources expended</b>	3	25,403	45,084	70,487	79,240
<b>STATEMENT OF TOTAL</b>					
<b>RECOGNISED GAINS AND</b>					
<b>LOSSES</b>					
<b>Net incoming resources before other recognised gains (net income for the year)</b>		(8,023)	11,499	3,476	(3,265)
<b>Other recognised gains</b>		-	-	-	-
<b>Net movement in funds</b>		(8,023)	11,499	3,476	(3,265)
<b>Total funds brought forward</b>		25,627	(7,330)	18,297	21,562
<b>Total funds carried forward</b>	13	17,604	4,169	21,773	18,297

**Continuing operations** None of the charitable company's activities were acquired or 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 Mind**  
**Balance sheet**  
**As at 31 March 2012**

	Notes	2012 £	£	2011 £	£
<b>Fixed assets</b>					
Tangible assets	10		1		33
<b>Current assets</b>					
Debtors	11	10,588		6,362	
Cash at bank and in hand		<u>50,523</u>		<u>15,594</u>	
		<b>61,111</b>		<b>21,956</b>	
<b>Creditors</b>					
Amounts falling due within one year	12	<u>39,339</u>		<u>3,692</u>	
<b>Net current assets</b>			<b>21,772</b>		<b>18,264</b>
<b>Total assets less current liabilities</b>	13		<b>21,773</b>		<b>18,297</b>
<b>Funds</b>					
Unrestricted funds			<b>17,604</b>		<b>25,627</b>
Restricted funds			<b>4,169</b>		<b>(7,330)</b>
<b>Total funds</b>	13		<b>21,773</b>		<b>18,297</b>

The notes form part of these financial statements

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2012. The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2012 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge responsibility for

a ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006, and

b preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company

The financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies

The financial statements were approved by the trustees on 19 December 2012 and were signed by



**Gwilym Harbottle**  
Chair

**Lambeth Mind**  
**Notes to the financial statements**  
**For the year ended 31 March 2012**

**1 Accounting policies**

**Accounting convention**

The financial statements have been prepared under the historical cost convention as modified by the revaluation of certain assets in accordance with the Companies Act 1985 and Statement of Recommended Practice Accounting and Reporting by Charities issued in March 2005

**Financial Reporting Standard Number 1**

Exemption has been taken from preparing a cash flow statement on the grounds that the company qualifies as a small company

**Turnover**

Turnover represents grants and contract funding payments received

**Tangible fixed assets**

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life

- Plant and machinery etc -33% on cost

**Deferred tax**

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date

**Fund accounting**

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity
- Designated funds are unrestricted funds earmarked by the Management Committee for particular purposes
- Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal

**Incoming resources**

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income

- Grants and contract funding payments are recognised when receivable,
- Investment income is included when receivable

**Lambeth Mind**  
**Notes to the financial statements**  
**For the year ended 31 March 2012**

**Resources expended**

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes VAT and is reported as part of the expenditure to which it relates.

- Costs of generating funds comprise the costs associated with both the costs of attracting the income and those of providing the facilities to generate the income.
- Charitable expenditure 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.
- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.

**2 Investment income**

	31 March 2012 £	31 March 2011 £
Deposit account interest	<u>12</u>	<u>10</u>

**3 Total resources expended**

	Basis of allocation	Core	Training and volunteering	Quality Management	Peer Support Programme	Director and Capacity Building	Database & website/directory	Total 2012	Total 2011
		£	£	£	£	£	£	£	£
<b>Costs directly allocated to activities</b>									
Salaries payroll and pension	Direct	9 708	-	-	-	5 063	16 200	<b>30,971</b>	39 683
Volunteers	Direct	1 664	448	-	-	-	-	<b>2 112</b>	735
Training conferences									
sessional/professional fees and supervision	Direct	645	-	2 235	1 500	1 032	6 102	<b>11,514</b>	13 459
Communications	Direct	769	-	-	-	-	768	<b>1 536</b>	1 566
Printing postage and stationery	Direct	1 390	-	-	-	-	1 389	<b>2 779</b>	1 828
Newsletter	Direct	0	-	-	-	-	-	<b>-</b>	-
Publications and subscriptions	Direct	1 409	-	-	-	-	315	<b>1,724</b>	916
Sundry	Direct	127	-	-	275	42	445	<b>889</b>	2 008
Accountancy	Direct	1 149	-	-	-	-	1 150	<b>2 299</b>	2 030
Trustees and AGM costs	Direct	423	-	-	-	-	-	<b>423</b>	288
<b>Support costs allocated to activities</b>									
Premises costs	Usage	7 601	-	-	-	-	7 601	<b>15,202</b>	13 912
Insurance	Usage	503	-	-	-	-	503	<b>1 006</b>	979
Advertising	Usage	0	-	-	-	-	-	<b>-</b>	1 446
Depreciation	Usage	16	-	-	-	-	16	<b>32</b>	392
<b>Total resources expended</b>		<b>25 404</b>	<b>448</b>	<b>2 235</b>	<b>1 775</b>	<b>6 137</b>	<b>34 489</b>	<b>70 487</b>	<b>79 242</b>

**Lambeth Mind**  
**Notes to the financial statements**  
**For the year ended 31 March 2012**

**4 Net incoming resources for the year**

This is stated after charging

	<b>31 March 2012</b>	<b>31 March 2011</b>
	<b>£</b>	<b>£</b>
Depreciation - owned assets	<b>32</b>	392
Independent examiners remuneration	<b>1,050</b>	2,030
Directors' emoluments and other benefits	<b>-</b>	-

**5 Incoming resources from activities to further the charity's objects**

	<b>Unrestricted</b>	<b>Restricted</b>	<b>Total 2012</b>	<b>Total 2011</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
Lambeth PCT	-	42,500	<b>42,500</b>	29,959
Tudor Trust	-	4,167	<b>4,167</b>	-
Monument Trust	-	4,166	<b>4,166</b>	-
National MIND QMIM Quality Management	-	2,000	<b>2,000</b>	-
MAN Group PLC Charitable Trust	-	3,750	<b>3,750</b>	-
Lloyds TSB Foundation	-	-	-	7,000
Henry Smith Charity	-	-	-	30,076
Other	1,071	-	<b>1,071</b>	1,152
<b>Total</b>	<b>1,071</b>	<b>56,583</b>	<b>57,654</b>	<b>68,187</b>

**6 Staff costs**

	<b>31 March 2012</b>	<b>31 March 2011</b>
	<b>£</b>	<b>£</b>
Wages and salaries	27,211	35,133
Social security costs	2,497	3,159
Other pension costs	1,263	1,391
<b>Total</b>	<b>30,971</b>	<b>39,683</b>

No employee received emoluments of more than £60,000

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

	<b>31 March 2012</b>	<b>31 March 2011</b>
	<b>No</b>	<b>No</b>
Manager	1	1
Other	1	1
<b>Total</b>	<b>2</b>	<b>2</b>

**Lambeth Mind**  
**Notes to the financial statements**  
**For the year ended 31 March 2012**

**7 Governance costs**

	<b>31 March 2012</b>	<b>31 March 2011</b>
	<b>£</b>	<b>£</b>
AGM costs	423	-
Accountants' remuneration	1,050	2,030
<b>Total</b>	<b>1,473</b>	<b>2,030</b>

**8 Committees' remuneration or other benefits for the year ended 31 March 2012**

The trustees received no remuneration or other benefits for the year ended 31 March 2012 (2011 £Nil) There were no committee expenses in the year (2011 £Nil)

**9 Taxation**

**Analysis of the tax charge**

No liability to UK corporation tax arose on ordinary activities for the year ended 31 March 2012 (2011 £Nil)

**10 Tangible fixed assets**

	<b>Plant and machinery</b>
<b>Cost</b>	<b>£</b>
At 1 April 2011 and 31 March 2012	8,885
<b>Depreciation</b>	
At 1 April 2011	8,852
Charge for year	32
At 31 March 2012	<u>8,884</u>
<b>Net book value</b>	
At 31 March 2012	<u>1</u>
At 31 March 2011	<u>33</u>

**Lambeth Mind**  
**Notes to the financial statements**  
**For the year ended 31 March 2012**

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

	<b>31 March 2012</b>	<b>31 March 2011</b>
	<b>£</b>	<b>£</b>
Grants receivable	<b>1,500</b>	5,700
Accrued income	<b>8,406</b>	-
Other debtors & prepayments	<b>682</b>	662
<b>Total</b>	<b><u>10,588</u></b>	<b><u>6,362</u></b>

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

	<b>31 March 2012</b>	<b>31 March 2011</b>
	<b>£</b>	<b>£</b>
Trade creditors	<b>2,840</b>	2,177
Other taxation & social security	<b>846</b>	-
Deferred income	<b>32,917</b>	-
Other creditors & accruals	<b>2,736</b>	1,515
<b>Total</b>	<b><u>39,339</u></b>	<b><u>3,692</u></b>

**13 Movement in funds**

	<b>At 1 April 2011</b>	<b>Net Movement in funds</b>	<b>At 31 March 2012</b>
	<b>£</b>	<b>£</b>	<b>£</b>
<b>Unrestricted funds</b>			
Core	<b>25,627</b>	<b>-8,023</b>	<b>17,604</b>
<b>Restricted funds</b>			
Training and volunteering programme	<b>448</b>	<b>(448)</b>	<b>-</b>
QMIM Quality Management	<b>-</b>	<b>(235)</b>	<b>(235)</b>
Peer Support Group	<b>-</b>	<b>1,975</b>	<b>1,975</b>
Director & capacity building	<b>-</b>	<b>2,196</b>	<b>2,196</b>
Database/website directory	<b>(8,011)</b>	<b>8,011</b>	<b>-</b>
Printed directory	<b>233</b>	<b>-</b>	<b>233</b>
	<b>(7,330)</b>	<b>11,499</b>	<b>4,169</b>
<b>Total funds</b>	<b><u>18,297</u></b>	<b><u>3,476</u></b>	<b><u>21,773</u></b>

**Lambeth Mind**  
**Notes to the financial statements**  
**For the year ended 31 March 2012**

**13 Movement in funds cont**

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
Core	17,380	(25,403)	-8,023
<b>Restricted funds</b>			
Training and volunteering programme	-	(448)	(448)
QMIM Quality Management (£2000 of £4800)	2,000	(2,235)	(235)
Peer Support Group	3,750	(1,775)	1,975
Director & capacity building	8,333	(6,137)	2,196
Database/website directory	42,500	(34,489)	8,011
Printed directory	-	-	-
	56,583	(45,084)	11,499
<b>Total funds</b>	<b>73,963</b>	<b>(70,487)</b>	<b>3,476</b>

**Purposes of funds**

Training and volunteering programme to train, support and provide opportunities for volunteers, who help to deliver Lambeth Mind's activities

QMIM Quality Management is a grant provided by National Mind to ensure quality management standards within local MIND branches

Sponsored by a grant from MAN Group PLC Charitable Trust, the Peer Support Group has been established to provide a peer support service with co-ordinator

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

Contracts from Lambeth PCT finance the Database/website directory project, to maintain and update online containing details of over 500 services and organisations

**Lambeth Mind**  
**Notes to the financial statements**  
**For the year ended 31 March 2012**

**Chartered accountants' independent examiner's report to the board of directors on the unaudited financial statements of Lambeth Mind**

I report on the accounts of the company for the year ended 30 April 2012, which are set out on pages 16 to 23

**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 Mind**  
**Notes to the financial statements**  
**For the year ended 31 March 2012**

**Chartered accountants' independent examiner's report to the board of directors on the unaudited financial statements of Lambeth 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  
**Waterman Brown – London**  
*Chartered Accountants*

66 Norman Road  
Wimbledon SW19  
Date 19 December 2012