



For better
mental health

Lambeth and Southwark Mind

**Report and Financial Statements
for the year ended 31 March 2017**

Registered Company Number: 02017214

Registered Charity Number: 296893



L6LILNS8

LD2

18/12/2017

#30

COMPANIES HOUSE

Introduction

Our vision

Our vision for Lambeth and Southwark Mind is of a centre that improves the lives of 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.

LAMBETH AND SOUTHWARK MIND

YEAR ENDED 31ST MARCH 2017

Introduction from the chair

2016/17 has been another year of steady progress for Lambeth & Southwark Mind. We have been pleased to welcome a number of new colleagues to the fold; our service profile has continued to grow and diversify; and our identity as a vibrant, dynamic provider of creative and user-centred therapies in the South London area has been further consolidated.

Owing to the stability of our financial position and our increased capacity to raise additional funds, we have been able to explore a range of new and innovative ways of meeting the need for mental health support within our local area. As well as incorporating the Kindred Minds and Friends in Need support groups into our organisation last summer, we have also recently set up a pioneering psychotherapy clinic for people experiencing psychosis. The launch event for this service, which was held in March and featured a talk by project manager Dorothée Bonnigal-Katz, was our best-ever attended lecture event and one of the year's key highlights.

The recruitment of two Heads of Development in September has enabled us to be highly proactive in cultivating strategic partnerships. In December 2016, we were delighted to be chosen by the insurance firm Royal London as their official charity partner, and will be receiving support from their staff with fundraising and business management for the next two years. We began delivering a new service in partnership with the Prince's Trust in March, providing mental health support services for young adults at their centre in Kennington, and have contributed to a research project on the Angell Town Estate which is situated next to our office in Brixton.

We were also very proud to have been the focus of a media campaign run by the South London Press titled *Change Is Possible*, which provided a platform to service users, practitioners and activists to tell their own mental health stories and generated significant awareness of our work locally.

No account of this year's achievements would be complete without acknowledging the efforts of the staff and volunteers who provide direct support to our service users, and I would like to extend my sincere thanks to everyone who contributed their time, energy and ideas to the organisation's services over the past 12 months.

I would also additionally like to thank all of the funders who have helped us to realise our ambitions for the year with their support, including: the Lambeth Clinical Commissioning Group, SLaM NHS Foundation Trust, Southwark Clinical Commissioning Group, the City Bridge Trust, the Big Lottery Foundation, the People's Postcode Trust, National Mind, the Lloyds Bank Foundation Enable fund and the Wakefield and Tetley Trust.

Our challenge for the year ahead is to sustain the fantastic forward momentum that we have generated, and to ensure that we are providing as many opportunities as possible for the users of our services to have their say on our direction of travel as we continue to undergo this exciting period of change and growth. We are particularly keen to hear from potential new members and trustees who can bring additional skills and fresh ideas to our organisation, and will be proactively encouraging people to come forward and get involved over the months to come.

ANNA MINTON, Chair of Trustees

Contents

Introduction	2
Contents	4
Report of the Management Committee (Trustees' Report)	5
About Lambeth and Southwark Mind	5
Strategic Report.....	5
Activities and performance	5
Financial review.....	11
Structure, governance, management and staff	12
Statement of directors' responsibilities	13
Reference and administrative details	14
Financial Statements.....	15
Statement of financial activities (Income statement)	15
Statement of cash flows	16
Statement of financial position (Balance Sheet)	17
Notes to the financial statements	18
Independent Examiner's Statement	25

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 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 150 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 11 areas of work over the year: Information Service, Peer Support Group, Southwark User Council, Friends in Need, Southwark Women's Forum, Hearing Voices, Psychotherapy Service, Psychosis Therapy Project, Kindred Minds, Open Minds and the Young Adults project.

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 most frequent requests to the Information Service are for talking therapy. Of these requests, many are from people on low or no income who have difficulty accessing mainstream therapy services.

The 2nd most frequent request is for support groups. This could be for example, support for depression, anxiety, hoarding, carer support, psychosis, disabilities etc.

Other issues that the Information Service signposts for include benefits, housing, advocacy, NHS services, legal advice, immigration, disability and services for young as well as older people.

Feedback (emails):

"Thanks so much for this information, it is very helpful. We will share the services with constituents".

"Thank you for replying so quickly to me and for your help – truly grateful".

"Thank you... for all your help. Just admitting I needed help was hard enough as my... has been telling me for months to seek support...."

"Thanks very much for the info and for listening to me yesterday".

"Thank you very much, I really appreciate this. I will go to my GP tomorrow and know I have options whatever happens".

"Just to say thanks very much for your email and for the call yesterday. It really is appreciated".

"Thank you very much for your quick response. I really appreciate it. All the information is really useful – I am going to make an appointment with the member I'm supporting and let her know the options".

Face-to-face Contact:

- A mother and grandmother concerned about young adult child with severe autism who is living in isolated accommodation. Spoke to Manager at CSN advocacy services who offered support + signposted to MENCAP.
- Older man being bullied at work because of his sexuality. Signposted to ACAS and to L&S Mind support group.
- An older man who has housing and benefits issues. Being threatened with eviction. A volunteer with knowledge of housing issues helped client draft appropriate letters etc.
- A 50+ highly anxious man is having problems with his benefits re-assessments. Signposted to local Hub + Mosaic Clubhouse for these issues/
- A young man in his 20s who'd previously had a head trauma. He was also diagnosed with Dissociative Identity Disorder. Gave some booklets / info on DID. Also signposted to PODs.
- A Carer looking for help for her son who seems to be having a drug related psychotic breakdown. She also needed support for herself. Signposted to OASIS, a psychosis service for young people. Also signposted to a Carers Hub.
- Concerned individual looking for support for close friend who is feeling suicidal. Gave crisis support numbers + info booklets on supporting someone who is suicidal.
- Older woman having problems with neighbour / housing issue. Signposted to housing support service.
- An older man with on-going physical and mental health issues. Wants to engage in social activities /support groups. Signposted to local organisations + info for L&S Mind support groups.

Information service statistics:

- Number of contacts for the year: 1125
- Phone: 710 (63%) Email: 385 (34%), face-to-face: 30 (3%)
- Caller status: User- 463 (41%), Carer- 134 (12%), Professional- 284 (25%), Student- 63 (6%), Unknown- 181 (16%)
- Gender (annual figure): Male- 369 (33%), Female- 746 (66%), Unknown- 10 (1%)
- Borough of contacts: Lambeth- 431, Southwark- 217, Other- 99, Unknown- 378

Volunteers:

We welcome volunteers that have experience past or present of mental health issues. The volunteers have the opportunity to be help with updating the Directory, researching new services, answering the phones / emails or helping out with general administration. Up to eight people volunteer with the service on a weekly basis.

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.

Currently we have a full team of eight volunteers engaged with the Information Service. Twelve people have volunteered throughout the year overall.

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. This year we received visits from:

- Talking Therapies Southwark
- Tideway (Occupational Health Dept.)
- Disability Employment Advisor (Job Centre in Streatham)
- Self-employed service user – visual aids to help people with learning disabilities
- Hightrees Community Development Trust
- Lambeth Living Well Network Hub
- Southwark Wellbeing Hub

2. Peer Support Group

The Lambeth and Southwark Peer Support Group (PSG) is a support group which is offered to clients from both boroughs. It welcomes services users who often suffer from mild to moderate mental health difficulties, as well as isolation and loneliness, to a supportive and confidential space where they can open up and talk about their experiences. The group is followed by a lunch at a local café every other week.

2016/17 was a lively year for the PSG as we began to supplement the regular weekly group meeting with a range of additional outings and activities, including a trip to the People's Theatre in Camden in December, a taster drama workshop in February, and a barbecue in Burgess Park in July. All of these events were well-attended and thoroughly enjoyed by members of the group.

The group is currently attended by an average of seven peers per week. The gender split is around 50/50 and used by individuals from a wide range of backgrounds.

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 7 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".

4. Friends in Need

Friends in Need is an evening peer support group for anyone aged 18 or above experiencing difficulties with depression and/or anxiety. The group provides a safe, non-judgmental space where like-minded people come together in order to end loneliness and isolation that often comes with depression. Around 6-7 peers (aged between 21 and 60) attend the group every week on average.

The Friends in Need project was originally set up by the charity Depression Alliance, with local groups being established across the UK. The Southwark service became a Lambeth & Southwark Mind project in August 2016 as a consequence of a merger between Depression Alliance and National Mind, and has been successfully incorporated into our wider peer support offer.

5. Southwark Women's Forum

Overview: Management and Numbers

The Women's Forum group has enjoyed a busy year in 2016-17. The number of attendees has gradually grown over the year from a previous average of 16 attendees in March 2016 to an average of 20 in March 2017, having reached highs of 25 and 26 during the year.

The group was much more settled this year with Andrea Cornfield and Geraldine Francis continuing to facilitate throughout most of the year with occasional back-up from facilitators, 'Desola Haastrup and Claire Callow. In January 2017, Geraldine Francis announced her departure from the group and 'Desola Haastrup stepped in as regular co-facilitator whilst Claire Callow remains on the team as a back-up facilitator. In March 2017 a back-up massage therapist, Ellie McLean, was also introduced to the team.

Topics of Engagement

Topics of engagement as always covered a broad range. The most frequently recurring problems brought to the forum included: family problems, estrangement from family/friends, separation from children, domestic abuse, sleep problems, loneliness/isolation, anxiety, hoarding, struggles with the welfare system and barriers faced by mental health service users in the workplace.

Highlights

Over the course of the year, the forum enjoyed visits from six guest speakers which included personal testimonies from service users and ex-service users, motivational speakers and speakers promoting therapeutic courses. In February 2017, much-loved ex-manager and facilitator Geraldine Francis, addressed the group with an inspirational farewell speech which made for an uplifting and very memorable forum. Other highlights of the guest speaker programme included the personal stories and motivational speeches of Jacqueline Best-Vassell in April 2016, Yvonne Williams in September 2016 and Kemi Lofinmakin in October 2016.

The year saw a total of six group theatre outings to The Young Vic theatre and a new link was also established with the community programme of The Queen's Gallery at Buckingham Palace. In March 2017 a group of twenty including members from both the Women's Forum and Kindred Minds groups attended a private workshop at the gallery based on the exhibition "Portrait of the Artist". As well as seeing the exhibition, the group took part in a discussion on

the historical background of some of the works and also produced their own creative self-portraits.

Other opportunities opened specifically to the Women's Forum group and taken up by members included a 7-week course by Self-Management UK and 2 workshops on housing law delivered in October and December 2016 by Stephen Constantinou.

The ever-popular summer outing was well attended again this year. Attendees travelled by private minibus to the seaside town of Broadstairs in Kent on a glorious Friday in August during the Broadstairs Folk Festival. Members enjoyed the beach, the shops, and fish and chips for lunch and of course the traditional on-board sing-along led by Geraldine Francis.

The festive meal in December was also well attended and took place at Abbeville in Clapham where the group enjoyed a three-course meal together in traditional festive style.

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.

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.

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

We have continued to deliver a free long-term inner-city psychotherapy service out of our offices at 336 Brixton Road, and have been able to grow this service steadily with funding support from individual donations, trusts and foundations. The service supported 73 clients in total in 2016-17 and provided placements to 14 trainee therapists.

8. Psychosis therapy

Following the 'Change Is Possible' campaign and pilot project, Lambeth and Southwark Mind has launched the South London Psychosis Therapy Project, which will provide innovative, open-ended talking therapies for vulnerable people in crisis.

9. Kindred Minds

Thankfully Kindred Minds seems to have 'pushed through' a period of stagnation and disorientation – mainly brought about by uncertainty of the future of the group. On average about 15 people turn up to the group and most attendees join in the focused and general discussion(s) during pop-in.

We now have a much tighter structure. We have established ground rules – which we get a member to read out at the start of pop-in –and members are reminded that breaking ground rules could result in them being asked to leave.

We have various guest speakers coming in from time to time to engage in the group and update them on services they provide or organizations that they represent – like Sian Evans

from SLAM Welfare Benefits Office, who came down to tell members about the new Universal Credit and potential implications that may affect them.

Members fill feedback forms out at the end of each session covering – among other things - how they found the session and how they feel.

We have plans to visit other BME groups in London and maybe further afield. We also plan to be involved - in some way – with the Black Thrive initiative, maybe tying it in with the Kindred Minds Manifesto to see how we can be part of influencing change within related committees that can actively bring about positive change.

We plan to have themed short films – via the on-site smart screen - and related discussion(s). We have a collection of chosen streams to choose from.

We also plan to organize a Black History Month Event 2017 in October – where we can, among other things:

- Raise awareness of the pop-in and mental health issues in BME communities.
- Invite other BME groups along to share learning and progressive ideas around Surviving and Thriving regardless of societal challenges that face us.
- Workshops around staying well – mentally, physically and spiritually.
- Music, poetry and dance around the theme celebrating our culture.
- Stalls where other services can promote what they do

10. Open Minds

Open Minds is a weekly drop-in service for anyone aged 18 or above experiencing difficulties with mental health and are currently or have previously been in contact with mental health services. The group, which is attended by an average of 11 service users every week from a variety of ages and backgrounds, provides a relaxed space for people who are using or have previously used mental health services to come together and chat about problems they've encountered or issues of interest. A strong element of Open Minds is the supportive nature and sharing of information that participants bring to it based on their personal experiences.

11. Young Adults project

Lambeth & Southwark Mind is currently in the process of delivering a one-year pilot project in partnership with the Prince's Trust to provide embedded counselling and peer support services to young adults enrolled on the Fairbridge programme at the Trust's centre in Kennington.

The objective of this project is to provide young people who are experiencing difficulties with their mental health with additional support to help them increase their wellbeing, improve their self-esteem and support networks, and remain engaged with Prince's Trust programmes. We aim to work with 36 young adults over the course of the year.

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 & 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 and delivered a range of mental health support services for the Prince's Trust at their centre in Kennington.

Future Plans

Having undergone a year of steady expansion in terms of our delivery profile and headcount, our focus is now on consolidating our current service offer and securing longer-term, more sustainable sources of funding for the work that we do. Our key priorities over the year to come will be to scale up our psychotherapy and psychosis therapy services, participate in and organise an increased number of sponsored events, and explore commercial opportunities that can provide us with new sources of income.

Financial review

Summary Financial activities and results

Income	£281,604
Expenditure	£249,136
Surplus for year	£ 32,468
Charitable expenditure	£249,136
Reserves	£119,366

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, but we also received major grant funding from Tudor Trust, The Monument Trust, City Bridge Trust, The Peoples' Postcode Lottery, Lloyds Bank Foundation Enable Fund, National Mind and a share of 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 'free' reserves should be sufficient to cover at least four months of its planned activities in the year ahead.

At 31 March 2017, Lambeth and Southwark Mind had total reserves of £119,366 (2016: £86,898) of which unrestricted reserves amounted to £76,193 (2016: £64,735). The unrestricted funds represented the equivalent of 3.7 months (2016: 3.9 months) of current expenditure, so the charity is still looking to build reserves as it expands. Restricted funds amounted to £43,173 (2016: £22,163).

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 2016/2017 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 is 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 2016/17, we had the regular support of 15 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 Lambeth & Southwark Mind) 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 anytime 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

19 September 2017

Lambeth and Southwark Mind

Reference & administrative details

Charity registration number 296893

Company registration number 02017214

Lambeth and Southwark Mind Board of Trustees serving during the year or at the approval of these accounts

Anna Minton (appointed 5 April 2016), Chair
Mark Bertram
Parveen Betab
Richard Bevan
Janet Buchanan (Observer trustee)
Gillian Connor (resigned 1 Apr 2016)
Andrew Daw (resigned 8 Aug 2016)
Jeremy Dawes
Jack Dixon (appointed 7 Sept 2016)
Les Elliot
Max Fourman (resigned 1 Apr 2016)
Gwilym Harbottle (Company Secretary)
Audrey Honore (resigned 1 Apr 2016)
Ashley Morgan (resigned 8 Aug 2016)
Julian Nicholls (appointed 2 May 2017)
Thomas Pollard (resigned 1 Apr 2016)
Tia Priest (appointed 2 May 2017)
Iain Snell
Jo Thomas
Anne Worrall (appointed 4 July 2017)

Staff

Ajay Khandelwal: CEO & Clinical Director
Ed Francis: Head of Development
Olivia Stephens: Head of Development
Joan Kennedy: Information Service Manager & Clinical Co-ordinator
Nadia Karim: Events & Digital Manager
Fergus Mooney: Project Manager - peer support, friends in need, open minds
Garry Ellison: Project Manager – Kindred Minds
Jacqueline Best-Vassell: Project Manager – Southwark User Council
Andrea Cornfield: Project Manager – Southwark Women's Forum
Humphrey Greaves: Project Manager – Hearing Voices

Principal address and registered office

Lambeth Accord (4th Floor)
336 Brixton Road,
London SW9 7AA

Accountants

Malcolm Brown BSc, FCA, DChA
Waterman Brown (London) Ltd, Chartered Accountants,
66 Norman Road, Wimbledon, London SW19 1BN

Bankers

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 2017

		Unrestricted Funds	Restricted Funds	Total 2017	Total 2016
Notes	£	£	£	£	£
INCOME					
Incoming resources from generated funds					
Donations & legacies	3	8,192	79,380	87,572	54,683
Income from other trading activities	3	24,605	-	24,605	34,003
Income from charitable activities	2	100,624	68,750	169,374	116,662
Investment Income	3	53	-	53	78
Total income	3 & 13	133,474	148,130	281,604	205,426
EXPENDITURE					
Costs of raising funds					
Costs of generating activity income		-	-	-	-
Expenditure on charitable activities	13	111,170	137,966	249,136	200,321
Total expenditure	5 & 13	111,170	137,966	249,136	200,321
Net income/ (expenditure)	4	22,304	10,164	32,468	5,105
Transfer between funds	13	(10,846)	10,846	-	-
Net movement in funds		11,458	21,010	32,468	5,105
Reconciliation of Funds:					
Fund balances brought forward at 1st April	13	64,735	22,163	86,898	81,793
Fund balances carried forward at 31st March	13	76,193	43,173	119,366	86,898

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 cash flows
For the year ended 31 March 2017

	Total 2017	Total 2016
Notes	£	£

Cash flows from operating activities:

**Reconciliation of net movement in funds to
net cash flow from operating activities**

Net movement in funds (page 15)	32,468	5,105
Add: depreciation	845	1,111
Deduct: interest income	(53)	(78)
Decrease/(increase) in debtors	1,698	5,495
Increase/ (decrease) in creditors	8,271	(9,522)
Cash used in operating activities	43,229	2,111

A

Cash flows from investing activities

Income from interest	53	78
(Purchases) of tangible fixed assets	-	-
Cash provided by/ (used in) investing activities	53	78

B

Cash flows from financing activities

C

Increase/ (Decrease) in cash and cash equivalents in the year (A+B+C)	43,282	2,189
Total cash & cash equivalents brought forward	77,413	75,224
Total cash & cash equivalents carried forward *	120,695	77,413

*refer to balance sheet, page 17

Lambeth and Southwark Mind

Statement of financial position (Balance sheet) As at 31 March 2017

		2017	2016
	Notes	£	£
Fixed assets			
Tangible assets	10	-	845
Current assets			
Debtors	11	20,843	22,541
Cash at bank and in hand		120,695	77,413
		<u>141,538</u>	<u>99,954</u>
Creditors			
Amounts falling due within one year	12	22,172	13,901
Net current assets		<u>119,366</u>	<u>86,053</u>
Total assets less current liabilities	13	<u>119,366</u>	<u>86,898</u>
Funds			
Unrestricted funds	13	76,193	64,735
Restricted funds	13	43,173	22,163
Total funds	13	<u>119,366</u>	<u>86,898</u>

The notes form part of these financial statements

For the year ending 31st March 2017, 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 2017 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 19 September 2017 and were signed by:

Anna Minton

Chair of Trustees



Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2017

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 £43,282 during the year ended 31st March 2017 and the charity has cash reserves of £119,366.

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 2017

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 2017

2. Investment income

	31 March 2017	31 March 2016
	£	£
Deposit account interest	53	78

3. Income summary

	Unrestricted	Restricted	Total 2017	Total 2016
	£	£	£	£
Income from donations and legacies				
Monument Trust - capacity building	-	30,000	30,000	30,000
Tudor Trust - capacity building	-	20,000	20,000	20,000
City Bridge Trust - capacity building	-	27,400	27,400	-
National Mind - Angell Town	-	1,980	1,980	2,520
Other donations - inc. individuals & speaker fees	8,192	-	8,192	2,163
	<u>8,192</u>	<u>79,380</u>	<u>87,572</u>	<u>54,683</u>
Income from other trading activities				
Local MIND shop income	24,605	-	24,605	34,003
Income from charitable activities				
Lambeth CCG - information service	40,411	-	40,411	40,420
Southwark CCG - user group & womens forum	54,550	-	54,550	54,550
SLaM NHS Foundation Trust - hearing voices	5,663	-	5,663	5,663
The People's Postcode Trust - psychotherapy	-	20,000	20,000	-
National Mind - friends in need	-	30,000	30,000	-
Lloyds Bank Foundation - website & organisation Dev't	-	15,000	15,000	-
Wakefield Tetley Foundation - peer support group	-	2,500	2,500	-
Big Lottery - Awards for All - psychotherapy	-	-	-	10,000
Other smaller service-led grants	-	1,250	1,250	6,029
Income from charitable activities	<u>100,624</u>	<u>68,750</u>	<u>169,374</u>	<u>116,662</u>
Income from investments	53	-	53	78
Total Income	<u>133,474</u>	<u>148,130</u>	<u>281,604</u>	<u>205,426</u>

4. Net income for the year

	31 March 2017	31 March 2016
	£	£
This is stated after charging		
Depreciation - owned assets	845	1,111
Independent examination fee	1,000	1,000
Accounting fees paid to Independent examiner	500	500
Trustee Directors' emoluments and other benefits	-	-

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2017

5. Expenditure summary

	Staff Costs	Facilitation fees, supervision & training	Premises & room hire	Activities & resources	Volunteers	Overheads & support costs	Governance costs	Total 2017	Total 2016
	£	£	£	£	£	£	£	£	£
Basis of allocation	Direct	Direct	Direct	Direct	Direct	Usage	Direct		
Costs directly allocated to activities									
Information service	31,487	686	3	902	1,272	6,061	-	40,411	42,515
Peer support group	1,591	6,430	-	1,712	-	1,718	-	11,451	10,071
Angell Town	1,568	1,052	328	877	-	675	-	4,500	-
Kindred Minds	-	3,190	-	1,714	-	865	-	5,769	-
Psychosis therapy	-	390	-	1,119	-	266	-	1,775	-
Psychotherapy	827	2,326	210	4,784	-	1,438	-	9,585	1,780
Director & capacity building	71,675	-	-	-	-	12,649	-	84,324	52,415
Southwark user council	9,889	315	-	950	9,510	3,646	-	24,310	24,323
Southwark womens' forum	-	6,865	815	2,233	-	1,749	-	11,662	10,216
Southwark open minds	-	3,062	5,447	480	-	1,587	-	10,576	-
Southwark cuckoo club	-	-	-	-	-	-	-	-	11,497
Southwark hearing voices	-	1,880	3,298	334	-	973	-	6,485	8,929
Southwark friends in need	2,049	585	1,955	139	-	834	-	5,562	-
Southwark services costs	-	-	4,961	449	-	955	-	6,365	7,910
Charity support costs	3,830	1,791	27,665	10,853	361	13,635	-	58,135	45,943
Support costs allocated to activities	-	-	-	-	-	(33,416)	-	(33,416)	(17,586)
Trustees meetings & AGM	-	-	-	-	-	-	142	142	808
Independent Examiner fee	-	-	-	-	-	-	1,500	1,500	1,500
Total resources expended	122,916	28,572	44,682	26,546	11,143	13,635	1,642	249,136	200,321

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. Website and organisational development costs included within charity support costs.

Director and capacity building is funded by restricted funds and the cost of the director is applied to this area with other capacity building costs.

6. Staff costs

	31 March 2017	31 March 2016
	£	£
Wages and salaries	109,411	82,231
Social security costs	7,844	5,646
Other pension costs	4,404	3,315
Recruitment & selection	1,257	-
Total	122,916	91,192

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 £47,250, plus £2,363 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 2017	31 March 2016
	No.	No.
Director	1.0	1.0
Other	2.5	2.0
Total	3.5	3.0

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2017

7. Governance costs

Governance costs include:

Trustees Meetings & AGM costs

Examiner's remuneration

Total

31 March 2017	31 March 2016
£	£
142	808
1,500	1,500
1,642	2,308

8. Committees' remuneration or other benefits for the year ended 31 March 2017

The trustees received no remuneration or other benefits for the year ended 31 March 2017 (2016: £Nil). No trustee was reimbursed any expenses in the year (2016: £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 2017 (2016: £Nil).

10. Tangible fixed assets

Cost

At 1 April 2016

Additions

At 31 March 2017

Depreciation

At 1 April 2016

Charge for year

At 31 March 2017

Net book value

At 31 March 2017

At 31 March 2016

Plant and machinery etc
£

12,607

-

12,607

11,762

845

12,607

-

845

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2017

11. Debtors: Amounts falling due within one year

	31 March 2017	31 March 2016
	£	£
Grants receivable	-	-
Trade debtors (SLA income receivable)	1,416	-
Accrued income	6,000	17,640
Other debtors & prepayments	13,427	4,901
Total	20,843	22,541

12. Creditors: Amounts falling due within one year

	31 March 2017	31 March 2016
	£	£
Trade creditors	12,038	6,757
Bank overdrafts	36	36
Other taxation & social security	3,182	1,341
Deferred income	300	-
Other creditors & accruals	6,616	5,767
Total	22,172	13,901

13. Movement in funds

	At 1 April 2016	Net Movement in funds	Transfer between funds	At 31 March 2017
	£	£	£	£
Unrestricted funds				
Core	59,780	21,489	(5,076)	76,193
Designated funds				
Lambeth information service	-	-	-	-
Southwark services	4,955	1,637	(6,592)	-
Southwark hearing voices	-	(822)	822	-
Total designated funds	4,955	815	(5,770)	-
Total unrestricted funds	64,735	22,304	(10,846)	76,193
Restricted funds				
Director & capacity building	6,924	(6,924)	-	-
Website & organisational development	-	-	-	-
Friends in need	-	24,438	-	24,438
Psychotherapy service	8,220	10,515	-	18,735
Psychosis therapy	-	(1,275)	1,275	-
Peer Support Group	4,499	(8,301)	3,802	-
Angell Town	2,520	(2,520)	-	-
Kindred Minds	-	(5,769)	5,769	-
	22,163	10,164	10,846	43,173
Total funds	86,898	32,468	-	119,366

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2017

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 £
Unrestricted funds			
Core	32,850	(11,361)	21,489
Designated funds			
Lambeth Information Service	40,411	(40,411)	-
Southwark services	54,550	(52,913)	1,637
Southwark hearing voices	5,663	(6,485)	(822)
Total designated funds	100,624	(99,809)	815
Total unrestricted funds	133,474	(111,170)	22,304
Restricted funds			
Director & capacity building	77,400	(84,324)	(6,924)
Website & organisational development	15,000	(15,000)	-
Friends in need	30,000	(5,562)	24,438
Psychotherapy service	20,100	(9,585)	10,515
Psychosis therapy	500	(1,775)	(1,275)
Peer Support Group	3,150	(11,451)	(8,301)
Angell Town	1,980	(4,500)	(2,520)
Kindred Minds	-	(5,769)	(5,769)
Total restricted funds	148,130	(137,966)	10,164
Total funds	281,604	(249,136)	32,468

Funders & purposes of funds – Designated funds

A service level agreement from Lambeth CCG financed the information service. The Information Service provides an information line and web directory and has online details of over 600 services and organisations.

Lambeth & Southwark Mind was commissioned by Southwark CCG to provide services in Southwark to support the Southwark Women's Forum, Southwark User Council, Cuckoo Club and other in-borough services. 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, Monument Trust and City Bridge Trust have provided grants to enable Lambeth & Southwark MIND to employ a Director of Services and for the capacity building of MIND services within Lambeth and Southwark. Lloyds Bank Foundation Enable Fund paid for a new website and organisational development.

National Mind provided a grant for the 'Friends in Need' programme; the Peoples' Lottery and Big Lottery 'Awards for All' provided grants towards the Psychotherapy service; Wakefield & Tetley Trust and the Peter Minet Trust supported the 'Peer Support Group'. National Mind provided grants in 2015/16 and 2016/17 towards the work in Angell Town.

**Lambeth and Southwark Mind
For the year ended 31 March 2017**

**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 2017, 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 2017**

**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: 19 September 2017