



For better  
mental health

# Lambeth and Southwark Mind

**Report and Financial Statements  
for the year ended 31 March 2014**

**Registered Company Number: 02017214**

**Registered Charity Number: 296893**

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# Introduction

## Our vision

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

## Our mission

We aim to improve the lives of local people who are experiencing mental distress by identifying potential and supporting them to find their own way forward, to improve their mental health, quality of life and wellbeing.

This is achieved by co-producing everything we do with service users, staff and volunteers. This means facilitating services that focus on people's strengths - creating the conditions for learning, change and growth - where people gain knowledge to make good decisions about their care, building confidence, skills, independence and a sense of purpose.

Co-production is about developing more equal partnerships between people using and providing services. One of the features which set us apart from others in this field is that we are user-led. We want Lambeth and Southwark Mind to be both structurally strong and able to work in partnerships with other agencies. We believe that this can best be achieved by continuing to keep the voices of users central in all we do.

We are in the midst of a time of significant change in the delivery and funding of mental health services, working in boroughs that have high mental health needs. We believe we are well-placed to meet local needs in this time of change. We engage service users at all levels, with considerable local and sector experience and expertise.

In the year ending 31 March 2014 we worked on consolidating, improving and expanding our services, which now include three new services from Southwark Mind. As a result we have a substantially increased presence in Lambeth, a significant presence in Southwark and very substantial potential for further growth and development.

We would like to thank the many dedicated and enthusiastic individuals who worked for the charity during the year. Jolie Goodman worked untiringly and skillfully as Peer Support and Self Management Project Manager. Earl Pennycooke continued to bring his immense experience to bear as the Manager of the Southwark User Council. Jolie and Earl also took over as co-directors towards the end of the year following the departure of Ray Hautot (whom we also thank) in January 2014. We would also like to thank Gloria Gifford, our Information Service Manager, Kelly Boughtflower and Phil Oram, who assisted Gloria at various times during the year, Hanne Lee, Southwark Womens Group Facilitator, the SUC members, all those involved in facilitating the Hearing Voices Group and the many volunteers who have assisted us over the year.

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 — challenging us, supporting us and helping us build on our strengths. Another independent consultant, Jan King, provided invaluable help in the development of our strategic plan.

**Introduction continued..**

Finally, we thank all our funders who have made all this possible: the Lambeth Clinical Commissioning Group, the SLaM NHS Foundation Trust, the Southwark Clinical Commissioning Group, the Tudor Trust, the Monument Trust; National Mind (including those who run the MIND shop), London Catalyst, the Big Lottery Fund and individual donors.

**Gwilym Harbottle, Chair of Trustees**

# Contents

<b>Introduction</b> .....	<b>2</b>
<b>Contents</b> .....	<b>4</b>
<b>Report of the Management Committee</b> .....	<b>5</b>
About Lambeth and Southwark Mind .....	5
Activities and performance .....	5
Delivering public benefit .....	8
Partnerships .....	8
Future plans .....	9
Financial review .....	9
Structure, governance, management and staff .....	10
<b>Reference and administrative details</b> .....	<b>12</b>
<b>Financial Statements</b> .....	<b>13</b>
Statement of Financial Activities .....	13
Balance Sheet .....	14
Notes to the financial statements .....	15
Independent Examiner's Statement .....	21

# 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.

### Activities and performance

We facilitated 6 main areas of work over the year:

#### The Information Service

Information is made available (both via our website and in response to calls and emails) to mental health service users, carers, professionals and members of the public about over 600 services in Lambeth which are of interest to service users. We promote this service to service users and professionals at a range of events around Lambeth. The Information Service is staffed by a Manager, her assistant and volunteers (many of whom use their work as a stepping stone to other things). It is funded by Lambeth CCG, which has guaranteed funding until 31 March 2016.

Over the year there were many more visits to our new improved website (57,127 users and 147,660 page views) an increase of over 40% on an annualized basis.<sup>1</sup> Telephone calls and emails continue to come in at an average of about 50 a month.

Over the last year we developed an important partnership with Mosaic Clubhouse, supplying information to its users and helpline operators.

We also distribute a Newsletter which contains information for our members (who number over 100) about services in Lambeth, Southwark and the surrounding areas.

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<sup>1</sup> In the 11 week period between 13 January and 31 March 2013 there were 8,548 users and 21,886 page views (annualized 40,408 and 103,461).

### Peer support

The peer support group has been supporting adults who experience distress since February 2012. Over 45 sessions have taken place. 40 people have attended the group, with an average of 11 participants per group. There is currently a waiting list of potential participants. During the year the Group was funded by Awards for All England.

Service users from a range of ethnic backgrounds meet every fortnight. Two experienced peer support facilitators enable the group to explore how best they can support each other through their shared experiences, and how they can move forward healthily. The group provides a safe space for mental health service users in Lambeth and Southwark to work through a range of struggles collectively and arrive at solutions to manage day-to-day living. It runs for an hour and a half and then people have a lunch paid for in a local café. This is an opportunity to network socially, wind down and enjoy a meal, after what can be an intense group experience.

In late 2013 we commissioned an evaluation of this group by Ms Sarah McDonald, a senior researcher at SLaM, using a co-production approach. Ms McDonald concluded that there was a range of compelling evidence to demonstrate the effectiveness of the group. All participants had made health improvements and a range of social and vocational outcomes had been achieved. These included a widening of social networks, increased coping skills and resilience, raised awareness of information and rights, improved relationships with mental health services and improved feelings of self worth and self esteem. Participants stressed that other important outcomes had occurred which were not easily measurable e.g. feeling validated by the group.

Ms McDonald concluded: *Peer support is rapidly gaining recognition and many statutory and voluntary sector mental health services are now planning to upscale peer support. In the group setting there is strength, safety and a sense of control (elements often missing in individuals' previous experiences) that comes from being involved in an all peer group. The peer support group can be the model to support people in other peer support roles. The evidence indicates a need to develop and sustain effective groups such as the peer support group at Lambeth and Southwark MIND.*

Peer support is considered by Lambeth CCG to be an essential part of the future landscape.

### The Self Management Project

Self-management consists of a set of skills that enable people to take more control over their health in the context of their day-to-day lives. Starting in May 2012 we trained 6 service users to develop a marketable skill: the delivery of self-management courses. This gave the trainers an experience of paid employment, thus assisting their vocational recovery. Four of these went on to deliver courses for a mixed group, a BME group and a womens group. A total of 30 people attended the groups. It is known that participation in such groups improves people's health.

We are presently writing up this project in conjunction with the Mental Health Foundation.

### **The Southwark User Council**

This is a successful and pioneering initiative which gives service users an active, independent and expert voice in shaping services. Some 19 service users hold regular meetings with their constituencies (day centres, in-patient wards, user groups like the Womens Group and the Mental Health Programme Management Board) and feed back the results of these discussions to the Council's monthly meetings.

The 9-12 Council members share their conclusions and formulate their views before presenting them to commissioners and service providers following which 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 and education to re-engage back into society.

During the year the Council recruited a LGBT rep from the organisation Four In Ten which is funded by Slam to work with LGBT patients on wards. In addition to their usual work User Council members responded to the Southwark day center consultation and worked with SLAM to discuss and review the discharge process. The Council also commenced a survey of service users on personal budgets.

Well over half of service users over the year considered that the service represented their views well and had developed their representation skills. Many considered that their participation in the service had extended their social networks, improved their daily living skills and confidence and improved their emotional and social well-being. There is a good ethnic mix.

According to Southwark CCG the Council makes a real difference: it "can alter what happens to those in contact with mental health teams and services". The CCG has guaranteed funding until 31 March 2015.

### **The Womens Forum**

This is a popular user-run women only self support group funded by Southwark CCG, which has guaranteed funding until 31 March 2015. During the year an average of 16 women met monthly for 2 hours.

The Forum offers a safe, supportive environment, social opportunities, alternative therapies and a chance to discuss issues which affect its members. The group has a facilitator and a volunteer co-facilitator. There are also occasional outings and events. In regular surveys over the year almost all participants reported that their participation had resulted in an extension of their social network, and improvement in their emotional/social well-being, their daily living skills and their confidence.

During the year the Forum campaigned to assist Southwark Social Housing to carry out their verification visits to women tenants with mental health problems appropriately.

The Forum is a form of peer support and we hope to evaluate it with a view to seeking funding for its further development.

### **The Hearing Voices group**

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

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

### **Delivering public benefit**

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

Mental health plays a part in everyone's lives, and one in four adults experience mental distress in their lifetime. 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 & 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.

Also during the year we entered into a collaboration agreement with Lambeth Law Centre and others to provide training in dealing with those experiencing mental distress as part of the Lambeth Advice Network Development Project.

### **Future plans**

During the year we obtained funding to engage an experienced consultant to develop a strategic plan covering the next 3 years. That has now been completed following an extensive consultation, including at public meetings in Lambeth and Southwark. Our plans are as follows:

We will increase our income by 25% per year over the next three years; increase the range of our funders; secure funds for a permanent director (presently fully funded to 31 March 2016 and partially thereafter) and administrator; grow the peer support and the information service and other services as appropriate; develop new partnerships and strengthen current ones; achieve the next level of Mind's quality standard (2015/16); and put in place comprehensive reporting and evaluation systems.

We will develop a culture of co-production and diversity throughout the organization; survey and develop our membership; review staff competencies and performance; scope staff training needs; review and refine staff governance structures; give the staff team greater opportunities to meet, work together and to be supervised and supported; co-produce a new approach for the trustees so they can act more strategically, better representing the diversity of the boroughs and our membership, become more inclusive, be better trained and continue to improve governance; develop and start implementing guidelines to ensure reporting to trustees is thorough and routine; engage and support volunteers, introducing clarity as to their roles; and strengthen the volunteer offer (including training).

Finally we will review and develop ICT and financial systems, files, policies and staff hand books; establish and develop base-line figures for data for use as targets; develop a refurbishment plan and depending on our growth review our building requirements and scope new premises.

### **Financial review**

#### **Summary Financial activities and results**

Income	£213,223
Expenditure	£179,028
Surplus for year	£ 34,195
Charitable expenditure	£176,636

## **Funding**

Most of our funding came from the Lambeth and Southwark Clinical Commissioning Groups. We also received considerable funds from South London and Maudsley NHS Foundation Trust, Tudor Trust and The Monument Trust and smaller grants from the Big Lottery Fund and London Catalyst.

## **Reserves**

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

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

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

At 31 March 2014, Lambeth and Southwark Mind had unrestricted reserves of £55,404 (2013: £33,259), the equivalent of 3.4 months' budgeted expenditure.

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

### **Structure**

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

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

Lambeth and Southwark Mind is governed under its Articles of Association approved at its AGM on 4 December 2012. Its business is managed by a Management Committee consisting of the Chair, Deputy Chair, Secretary and Treasurer, who are elected annually at the Annual General Meeting, together with such other members as may be appointed by the Committee up to a maximum of 20. Any members appointed by the Committee retain their office only until the next Annual General Meeting when they are eligible for election. 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 2013/2014 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

**Gloria Gifford** continued as Information Service Manager with the support of an Assistant (**Phil Oram** remained in post until 30 November 2013; **Kelly Boughtflower** returned from maternity leave on 6 January 2014). **Ray Hautot** remained in the post of Director until 10 January 2014. Since then the Director's role has been fulfilled by **Jolie Goodman** and **Earl Pennycooke**.

Individual services have been run by **Jolie Goodman**, our Peer Support and Self Management Project Manager, **Earl Pennycooke**, who has managed the Southwark User Council and **Hanne Lee** who has run the Southwark Womens Forum.

### 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 2013/14, active regular volunteers operated the phone lines, answered emails, updated the online directory, put together information sheets and carried out general administrative tasks.

### Small company provisions

This report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

This report was approved by the Management Committee on 4 December 2014 and signed on its behalf.



Gwilym Harbottle  
Chair of Trustees

## 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	Mark Bertram Richard Bevan Janet Buchanan (Observer) Rebecca Cotton (appointed 24 March 2014; resigned 31 August 2014) Andrew Daw Jeremy Dawes Les Elliot Claire Freeman Emily Georghiou (Co-Deputy Chair) Gwilym Harbottle (Chair and Secretary) Stephen McCullough (Retired June 2013) Tom Pollard (appointed 10 February 2014) John Pryor (Co-Deputy Chair) Smarajit Roy (Retired 18 September 2014) Jo Thomas (appointed 15 May 2014)
Staff	Earl Pennycooke and Jolie Goodman: Co-Directors Gloria Gifford: Information Service Manager Kelly Boughtflower: Assistant to Information Service Manager Jolie Goodman: Peer Support and Self Management Project Manager Earl Pennycooke: Manager Southwark User Council
Principal address and registered office	4 <sup>th</sup> Floor, 336 Brixton Road, London SW9 7AA
Accountants	Malcolm Brown 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

## Financial Statements

**Lambeth and Southwark Mind**  
**Statement of financial activities**  
**For the year ended 31 March 2014**

Notes	Unrestricted Funds £	Restricted Funds £	Total 2014 £	Total 2013 £
<b>INCOMING RESOURCES</b>				
<b>Incoming resources from generated funds</b>				
Voluntary income - donations & grants	3 750	48,334	49,084	58,852
Activities for generating funds - shop	3 25,785	-	25,785	20,456
Investment income	2 139	-	139	80
<b>Incoming resources from generated funds</b>	<b>3 26,674</b>	<b>48,334</b>	<b>75,008</b>	<b>79,388</b>
<b>Incoming resources from charitable activities</b>	<b>3 -</b>	<b>138,215</b>	<b>138,215</b>	<b>98,082</b>
<b>Total incoming resources</b>	<b>3 &amp; 13 26,674</b>	<b>186,549</b>	<b>213,223</b>	<b>177,470</b>
<b>RESOURCES EXPENDED</b>				
<b>Costs of generating funds</b>				
<b>Costs of generating voluntary income</b>				
Charitable activities	13 -	176,636	176,636	149,403
Governance costs	13 2,392	-	2,392	2,046
<b>Total resources expended</b>	<b>5 &amp; 13 2,392</b>	<b>176,636</b>	<b>179,028</b>	<b>151,449</b>
<b>Net incoming resources before other recognised gains (net income for the year)</b>	<b>4 24,282</b>	<b>9,913</b>	<b>34,195</b>	<b>26,021</b>
<b>Transfer between funds</b>	<b>13 (2,137)</b>	<b>2,137</b>	<b>-</b>	<b>-</b>
<b>Net movement in funds</b>	<b>22,145</b>	<b>12,050</b>	<b>34,195</b>	<b>26,021</b>
<b>Reconciliation of Funds</b>				
<b>Total funds brought forward</b>	<b>13 33,259</b>	<b>14,535</b>	<b>47,794</b>	<b>21,773</b>
<b>Total funds carried forward</b>	<b>13 55,404</b>	<b>26,585</b>	<b>81,989</b>	<b>47,794</b>

**Continuing operations:** None of the charitable company's activities were discontinued during the current and previous years. Services were acquired in Southwark from January 2013.

**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

## Financial Statements

**Lambeth and Southwark Mind  
Statement of financial activities  
For the year ended 31 March 2014**

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2014 £	Total 2013 £
<b>INCOMING RESOURCES</b>					
<b>Incoming resources from generated funds</b>					
Voluntary income - donations & grants	3	750	48,334	49,084	58,852
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<b>RESOURCES EXPENDED</b>					
<b>Costs of generating funds</b>					
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Charitable activities	13	-	176,636	176,636	149,403
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<b>Total resources expended</b>	<b>5 &amp; 13</b>	<b>2,392</b>	<b>176,636</b>	<b>179,028</b>	<b>151,449</b>
<b>Net incoming resources before other recognised gains (net income for the year)</b>	<b>4</b>	<b>24,282</b>	<b>9,913</b>	<b>34,195</b>	<b>26,021</b>
Transfer between funds	13	(2,137)	2,137	-	-
<b>Net movement in funds</b>		<b>22,145</b>	<b>12,050</b>	<b>34,195</b>	<b>26,021</b>
<b>Reconciliation of Funds</b>					
<b>Total funds brought forward</b>	<b>13</b>	<b>33,259</b>	<b>14,535</b>	<b>47,794</b>	<b>21,773</b>
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The notes form part of these financial statements

**Lambeth and Southwark Mind  
Balance sheet  
As at 31 March 2014**

	Notes	2014 £	2013 £
<b>Fixed assets</b>			
Tangible assets	10	532	798
<b>Current assets</b>			
Debtors	11	23,054	21,448
Cash at bank and in hand		69,157	88,842
		<u>92,211</u>	<u>90,290</u>
<b>Creditors</b>			
Amounts falling due within one year	12	10,754	43,294
<b>Net current assets</b>		<u>81,457</u>	<u>46,996</u>
<b>Total assets less current liabilities</b>	13	<u>81,989</u>	<u>47,794</u>
<b>Funds</b>			
Unrestricted funds	13	55,404	33,259
Restricted funds	13	26,585	14,535
<b>Total funds</b>	13	<u>81,989</u>	<u>47,794</u>

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 2014. The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2014 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge responsibility for:

- ensuring that the company keeps accounting records which comply with Sections 386 and 387 of the Companies Act 2006; and
- 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 *G Harbottle* 2014 and were signed by:

*G Harbottle*

**Gwilym Harbottle**  
Chair of Trustees

**Lambeth and Southwark Mind**  
**Notes to the financial statements**  
**For the year ended 31 March 2014**

**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 2006 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: Office equipment 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. Service level contracts agreed with statutory bodies and others are considered restricted to the level of service negotiated and, once the terms of the contract have been fulfilled, to work of a similar nature in that locality.

**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.

**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.

Lambeth and Southwark Mind  
Notes to the financial statements  
For the year ended 31 March 2014

2. Investment income

	31 March 2014	31 March 2013
	£	£
Deposit account interest	139	80

3. Incoming resources from activities to further the charity's objects

	Unrestricted	Restricted	Total 2014	Total 2013
	£	£	£	£
<b>Incoming resources from generated funds</b>				
<b>Voluntary Income</b>				
Monument Trust - capacity building		20,834	20,834	25,000
Tudor Trust - capacity building		25,000	25,000	25,000
London Catalyst - strategy consultation		2,500	2,500	
National MIND CMM quality management				2,800
National MIND Intern management				5,000
Other donations	750		750	1,052
	750	48,334	49,084	58,852
<b>Activities for generating funds</b>				
Local MND shop income	25,785		25,785	20,458
Investment income	139		139	80
<b>Incoming resources from generated funds</b>	26,674	48,334	75,008	79,368
<b>Incoming resources from charitable activities</b>				
Lambeth CCG - information service		40,420	40,420	40,000
Southwark CCG - user group & womens forum		53,788	53,788	13,450
SLAM Charitable Funds - information Service		20,000	20,000	9,260
SLAM Charitable Funds - self-managed		13,640	13,640	27,280
Big Lottery - Awards for All - peer support facilitation		8,000	8,000	
MAN Group PLC Charitable Trust - peer support				3,750
Other smaller service-fee SLA & grants		2,357	2,357	4,342
<b>Incoming resources from charitable activities</b>		138,215	138,215	98,082
<b>Total income to further charitable objectives</b>	26,674	186,549	213,223	177,470

4. Net incoming resources for the year

	31 March 2014	31 March 2013
	£	£
This is stated after charging		
Depreciation - owned assets	266	392
Independent examiners remuneration	1,400	1,290
Trustee Directors' emoluments and other benefits		

Lambeth and Southwark Mind  
Notes to the financial statements  
For the year ended 31 March 2014

5. Total resources expended

Basis of allocation	Staff Costs	Facilitation fees, supervision & training	Premises & equipment	Activities & resources	Volunteers	Overheads & support costs	Core costs	Total 2014	Total 2013
	£ Direct	£ Direct	£ Direct	£ Direct	£ Direct	£ Usage	£ Direct	£	£
Costs directly allocated to activities									
Information service	35,550	-	-	1,097	509	14,582	-	51,738	49,493
Peer-led self-managed project	12,316	1,964	240	603	-	4,686	-	19,809	16,838
Peer support group	-	9,839	-	1,840	-	-	-	11,479	4,383
Director & capacity building	58,670	-	-	-	-	-	-	58,670	50,000
User council & women's forum	17,016	10,327	6,470	2,961	1,920	6,979	-	44,773	10,895
Hearing voices	-	2,240	1,912	180	-	-	-	4,332	1,692
QMM quality management	-	-	-	-	-	-	-	-	2,565
Interim management of Southwark services	-	-	-	-	-	-	-	-	5,000
User Council manager recruitment	-	-	-	-	-	-	-	-	1,450
Train the trainer costs	-	-	-	-	-	-	-	-	1,200
Support costs	-	1,210	20,400	8,514	420	1,463	-	22,007	36,413
Support costs allocated to activities	-	-	-	-	-	(32,093)	-	(32,093)	(34,605)
Trustees meetings & AGM	-	-	-	-	-	-	992	992	756
Independent Examiner fee	-	-	-	-	-	-	1,400	1,400	1,260
<b>Total resources expended</b>	<b>103,561</b>	<b>25,580</b>	<b>29,031</b>	<b>14,085</b>	<b>2,919</b>	<b>1,463</b>	<b>2,392</b>	<b>179,028</b>	<b>151,449</b>

6. Staff costs

	31 March 2014	31 March 2013
	£	£
Wages and salaries	91,599	81,790
Social security costs	7,440	6,545
Other pension costs	4,522	3,838
<b>Total</b>	<b>103,561</b>	<b>92,173</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:

	31 March 2014	31 March 2013
	No.	No.
Manager	1.0	1.0
Other	2.5	2.0
<b>Total</b>	<b>3.5</b>	<b>3.0</b>

**Lambeth and Southwark Mind  
Notes to the financial statements  
For the year ended 31 March 2014**

**7. Governance costs**

	<b>31 March 2014</b>	<b>31 March 2013</b>
	<b>£</b>	<b>£</b>
Governance costs include:		
Trustees Meetings & AGM costs	992	756
Examiner's remuneration	1,400	1,290
<b>Total</b>	<b><u>2,392</u></b>	<b><u>2,046</u></b>

**8. Committees' remuneration or other benefits for the year ended 31 March 2014**

The trustees received no remuneration or other benefits for the year ended 31 March 2014 (2013: £Nil). No trustee was reimbursed any expenses in the year (2013: £Nil).

**9. Taxation**

**Analysis of the tax charge**

No liability to UK corporation tax arose on ordinary activities for the year ended 31 March 2014 (2013: £Nil).

**10. Tangible fixed assets**

	<b>Plant and machinery £</b>
<b>Cost</b>	
At 1 April 2013	10,074
Additions	<u>          </u>
At 31 March 2014	<u>10,074</u>
<b>Depreciation</b>	
At 1 April 2013	9,276
Charge for year	266
At 31 March 2014	<u>9,542</u>
<b>Net book value</b>	
At 31 March 2014	<u>532</u>
At 31 March 2013	<u>798</u>

**Lambeth and Southwark Mind  
Notes to the financial statements  
For the year ended 31 March 2014**

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

	31 March 2014 £	31 March 2013 £
Grants receivable	4,167	1,692
Accrued income	12,384	14,455
Other debtors & prepayments	6,503	5,301
<b>Total</b>	<b>23,054</b>	<b>21,448</b>

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

	31 March 2014 £	31 March 2013 £
Trade creditors	4,641	6,306
Bank overdrafts	36	35
Other taxation & social security	2,180	1,928
Deferred income	-	29,167
Other creditors & accruals	3,897	5,858
<b>Total</b>	<b>10,754</b>	<b>43,294</b>

**13. Movement in funds**

	At 1 April 2013 £	Net Movement in funds £	Transfer between funds £	At 31 March 2014 £
<b>Unrestricted funds</b>				
Core	33,259	24,282	(2,137)	55,404
<b>Restricted funds</b>				
Lambeth & Southwark Information service	-	8,692	-	8,692
Lambeth peer-led self-managed Project	8,442	(6,189)	-	2,273
Lambeth peer support group	1,342	(3,479)	2,137	-
Big Lottery Awards for All: peer support development	-	-	-	-
Director & capacity building	2,196	1,319	-	3,515
Southwark user council & womens forum	2,555	6,038	-	8,593
Southwark hearing voices	-	-	-	-
Smaller grants	-	3,512	-	3,512
<b>Total restricted funds</b>	<b>14,535</b>	<b>9,913</b>	<b>2,137</b>	<b>26,585</b>
<b>Total funds</b>	<b>47,794</b>	<b>34,195</b>	<b>-</b>	<b>81,989</b>

**Lambeth and Southwark Mind  
Notes to the financial statements  
For the year ended 31 March 2014**

**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	26,674	(2,392)	24,282
<b>Restricted funds</b>			
Lambeth & Southwark Information Service	60,420	(51,728)	8,692
Lambeth peer-led self-managed project	13,640	(19,809)	(6,169)
Lambeth peer support group	-	(3,479)	(3,479)
Big Lottery Awards for All: peer support development	8,000	(8,000)	-
Director & capacity building	45,834	(44,515)	1,319
Southwark user council & womens forum	53,798	(47,760)	6,038
Southwark hearing voices	1,345	(1,345)	-
Smaller grants	3,512	-	3,512
Total restricted funds	186,549	(176,836)	9,913
<b>Total funds</b>	<b>213,223</b>	<b>(179,028)</b>	<b>34,195</b>

**Funders & purposes of funds - restricted**

A grant from SLAM - South London & Maudsley Charitable Funds and a service level agreement from Lambeth CCG financed the information service (including database & website directory projects), which maintained and updated online details of over 600 services and organisations.

SLAM – South London & Maudsley Charitable Funds also provided a grant for the peer led, self-managed project which trained service users to deliver self-management courses to others.

SLAM NHS Foundation Trust funded the Southwark Hearing Voices Group, where participants share experiences with the help of a consultant, facilitator and a psychologist.

Lambeth & Southwark Mind was commissioned by Southwark CCG to provide services in Southwark to support the Southwark Women's Forum and Southwark User Council.

A grant from MAN Group PLC Charitable Trust has funded the Peer Support Group in 2012-13, established to provide a peer support service with co-ordinator. In 2013-14 the Big Lottery Awards for All provided funds to facilitate and evaluate the project. A shortfall to continue the work was funded from core funds and can be seen by the transfer of funds.

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

Smaller grants or commissions in 2013-14 included £2500 from London Catalyst towards a development strategy and £1012 from Lambeth Law Centre.

**Lambeth and Southwark Mind  
Notes to the financial statements  
For the year ended 31 March 2014**

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

I report on the accounts of the company for the year ended 31 March 2014, which are set out on pages 12 to 19.

**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**  
**Notes to the financial statements**  
**For the year ended 31 March 2014**

**Chartered accountants' independent examiner's report to the board of directors**  
**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  
**Waterman Brown (London) Ltd**  
*Chartered Accountants*

66 Norman Road  
Wimbledon London SW19  
Date: 14 December 2014