



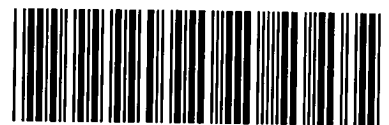
Lambeth and Southwark Mind

Report and Financial Statements for the Year Ended 31
March 2022

Registered Company Number: 2017214

Registered Charity Number: 296893

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Introduction from the Chair of Trustees

First and most importantly, I would like to thank all supporters of our charity, including our staff, volunteers, funders, and donors, who have supported us through a challenging year as we continued to deal with the consequences of the pandemic on mental health, and our ability to provide mental health services.

In addition, on a personal note, I would like to thank all the trustees and staff who have provided a warm welcome to me as I took on the role of Chair in October 2021. In particular, huge thanks go to Anna Minton, my predecessor, who presided over some challenging times for the charity and brought in a refreshed and strong new board and CEO.

The need for mental health support in Lambeth and Southwark is as great as you will find in any borough in the UK. We can celebrate the diversity of our boroughs – they are the most ethnically diverse in the country, and we also have the highest proportion of LGBTQ+ residents – however, the challenges that minority communities face can often give rise to mental health issues. Added to this, upwards of a quarter of our residents live in poverty or areas of high deprivation, and we have the highest population density in the UK. All of these factors mean that mental health support is critical and yet whether calculated by numbers of individuals treated or average funding per head, the psychological support provided for our residents is among the lowest in the country.

So, our mission is vital – to seek, provide and campaign for better mental health support for all of our communities, with a particular focus on the most disadvantaged. We have maintained a strong focus on this despite challenges from the pandemic and financial constraints, and as a board and management team we remain committed to delivering and expanding our services to broaden our reach and impact across the boroughs.

Tom McCabe, Chair of Trustees

Our Vision and Our Values

The Charity's vision is for everyone in Lambeth and Southwark to have access to appropriate support for mental health and wellbeing. We won't give up until everyone in Lambeth and Southwark experiencing a mental health problem gets both support and respect.

We work to achieve our vision through:

- **Helping those most in need.** We identify, seek funding for, and deliver mental health services that target those in our boroughs who are most in need, and/or have least access to support. Our services range from information helplines through education, to counselling, peer support and psychotherapy.
- **Influencing key decision makers.** We work with law and policy makers and other decision makers, to help ensure that the mental health needs of our boroughs are understood and recognised, and to help build a future where appropriate mental health support is provided on a systemic and sustainable basis.
- **Partnering with other Mental Health Providers.** We will partner with other MIND organisations, other mental health charities and indeed other public, voluntary, or private organisations as necessary in order to maximise our collective impact and ability to support the people of our boroughs.

Promoting Our Values

In all relationships - with service users, partners, other stakeholders, and each other - we, as members of Lambeth and Southwark Mind, strive to be:

INCLUSIVE
<ul style="list-style-type: none"> • We listen to and seek to support those who are excluded and marginalised, both among our users and within our organisation • We build a governance, management and staff team that reflects our boroughs in their diversity • We build a culture where those with differences from the norm or disabilities, whether visible or invisible, have at least an equal voice

COLLABORATIVE
<ul style="list-style-type: none"> • We support each other, share problems, and value the team above the individual • We recognise as LSM that we cannot achieve our vision by ourselves, that our vision is at least partly shared by other organisations, and we work together with them to achieve it • We try to be easy to work with as an organisation

EMPOWERING
<ul style="list-style-type: none"> • We help our users gain confidence, insight and ability to lead happier lives • We build the capabilities of our staff, and trust them with decisions

Report from the Board of Trustees

About Lambeth and Southwark Mind

Lambeth and Southwark Mind is part of a federation of 111 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.

Lambeth Mind (as it was then called) was set up by local people in 1984, and from the outset, people with mental health difficulties have formed a significant proportion of our staff, volunteers, and trustees.

Lambeth Mind joined with Southwark Mind in 2012, adding highly innovative service user-led projects such as the Southwark User Council (SUC), Southwark Women's Forum (SWF) and the Cuckoo Club (now known as 'Open Minds'). The new Southwark Services aligned well with Lambeth Mind's emphasis on Peer Support and its Information Service.

Since that time, the charity has grown significantly, now with an expanded peer support service, a free Psychotherapy Service, as well as an information service, and other peer support counselling projects reaching out to our diverse population.

Strategic Report

Achievements and Performance

In summarising last year, we can say that we managed to meet most of our challenges, continuing with business as usual with our performance and delivery of most programmes. Despite the challenges, we were able to celebrate significant and notable successes and achievement in the following areas:

- **Runners-Up Marsh Award** – The Southwark Women's Forum (SWF) was recognised for their significant peer support over several years within the community. The Marsh Award is run annually by National Mind, and there were numerous categories for local Minds to register an interest for a particular group. The (SWF) came runners-up under the category 'Peer Support Community Group'. This was a great achievement and showed recognition for the great work of our peer support facilitators running this program.
- **Corporate and Community Fundraising** – We have further strengthened our partnerships and collaborations with organisations within the community, who have continued to support the charity financially, sharing their resources and facilities. Already highlighted earlier within the annual review, noticeable achievements included support for the London Marathon and Royal Parks Half Marathon.
- **Contracts and Commissioned Services** – The charity was successful in extending contracts, in addition to securing new services.
- **Away Day & Strategy Launch** – Off-site Away Day and Strategy Launch enabled the charity to connect face-to-face for the first time since the beginning of the Covid-19 pandemic, highlighting vision, goals and objectives. We also took time to recognise and learn from the past in order to move forward with defined aims for the future.

Year ended March 2022

- **New Premises** - Moving to a new office in July 2021 enabled the charity to provide additional counselling hours and support for psychosis and psychotherapy service users (note that due to an unaffordable rent increase, the charity subsequently moved out of Piano House in August 2022).
- **Mind Quality Mark (MQM)** - LSM successfully passed this process in January 2022. The Mind Quality Mark (MQM) is the quality framework for Mind. The overall aim of MQM is to support local Minds to be as sustainable, effective and influential as possible, providing a framework for self-improvement in the interests of the communities they serve. MQM sets out the baseline of best practice and legal compliance in all areas of a local Mind's governance and activities. It details the hallmarks of a well-run, sustainable organisation that can make a real impact on the lives of people experiencing or at risk of experiencing mental health problems. MQM is designed to be used as an organisational development framework. As well as ensuring that everything is up to date, MQM provides the impetus for continual improvement, growth and organisational ambition. All local Minds undergo a review against the MQM at least every 3 years. The review is based on a self-assessment and 58 supporting documents. An MQM review team is allocated to each review. The team undertakes a desktop review of the self-assessment and supporting documentation, along with interviews with a range of people from the local Mind and a visit. The interviews are normally conducted by a blend of teleconferencing and face-to-face. The team write a report detailing the findings of the review, identifying which standards are met and where further work is needed. The report highlights areas of good practice and the review team also identifies any areas of excellence to nominate for a Mind Network Excellence Award.

Service Report Summaries

The following section details the services run by Lambeth and Southwark Mind over the year ended March 2022.

Information Service

The Information Service continues to be an important contact point for signposting to local services and organisations, as well to those services provided by L&S Mind.

Calls and emails to the Information Service during this period have averaged 800 a quarter with calls consistently outnumbering email contacts. Requests for information on therapy remain high. Where appropriate, some were signposted to in-house therapy services. Others were signposted to alternative local low-cost services.

The pandemic continued to impact people in the community in many ways. Enquiries regarding debt management, homelessness, housing issues, benefits and advocacy increased. Job losses were a common factor. So too was a lack of ongoing support for people with mental health issues. Many services were contactable only via email.

The Information service is working collaboratively with Lambeth Vocational Services (SLaM) to provide signposting and advice both in person (drop-in) and via the directory for people accessing mental health services in Lambeth. The project is called COIN – Community Opportunities and Information Network and aims to help people identify leisure, volunteering, educational and employment opportunities. The project was started a few months before the pandemic but was put on hold. Returning to face-to-face in recent months has allowed the project to restart.

Joan Kennedy, Service Manager for Information Service and General Psychotherapy Service

General Psychotherapy Service

Despite the upheavals caused by lockdowns and the changing from virtual to face-to-face and back again, the General Psychotherapy Service saw more than 80 clients access the service during the year. Female clients outnumbered male clients by 3 to 1. This may indicate that more needs to be done to encourage men to seek mental health support when needed. Digital exclusion was a frequent factor for older people when the service had to go virtual. At the same time some older people were more hesitant to travel when the service was face-to-face. People aged 44 and under accounted for 86% of the clients. Clients aged 24 and under accounted for 30% of the clients (see diagram below).

The team of volunteer trainees and recently qualified therapists worked very hard to provide continuity of care to their clients throughout all the disruptions. Feedback from clients reflects this amazing work done by their therapists. The high standard of regular supervision provided by L&S Mind is also central to the success of the service.

Client Demographics

Age:

18-24: 30%	25-34: 23%	35-44: 33%
45-54: 13%	65-74: 1%	75+: 0%

Ethnicity:

Black British / Black African / Black Caribbean	30%
Mixed / White and African/ White and Caribbean /Multiple Ethnic Groups	6%
Asian British / Asian India / South East Asian/ Chinese / Arabic	15%
White UK	30%
White Irish / EU/ East European / Other	15%
Latin American	4%

Feedback from clients who accessed the service:

Case Study 1

Prior to engaging with L&S Mind, my mental health and wellbeing was quite bad. I was struggling a lot emotionally and did not understand why. I had also lost all will to live and was just working on autopilot most days. Since getting therapy I have come to realise the reasons for my poor mental health and have gained a much deeper understanding of myself. I am working well with my therapist now and trying to heal which is taking a while but because Mind offered me 42 sessions I am quite hopeful. I am very thankful as well for the sessions as they provide me the support I need and help me grow and develop into a person who I want to be. Therapy is essential for people especially those suffering for years but not everyone can afford it.

Case Study 2

John B, is white British male in his 30's, Before working with Mind, my mental health was the worst that it had ever been. I was in the midst of what I now understand to be a breakdown, obsessed and consumed by thoughts that caused severe anxiety. My ruminations were not rational, but I found that I could not break free of them, making it impossible for me to go about everyday life. It took some time for my mental health to improve while having therapy. Taking sertraline seemed to stabilise my mood, but only really provided the platform that I needed to begin my work with A.

We first focused on my immediate ruminations and catastrophic thoughts, which related to acrimony with my previous employer. After some months, I was able to let go of these anxieties and realise that they were actually the product of the long-term neglect of my mental health. We then moved to consider the last few years and, of course, my childhood. I began to understand my particular tendencies and thought patterns, to accept my obsessive nature as both a strength and, at times, a problem that has to be managed. Finally, we started to work through longstanding issues that I had, some with family members, others with colleagues and friends, which, in each case, resulted in necessary conversations that I had been avoiding. This gave me closure that I had never realised to be necessary.

Outcome

My most significant change in the therapy process was that I moved from a mental state where I was truly unable to function, to becoming the happiest and most resilient that I have ever been. I really got to know myself and my emotions for the first time, allowing me to cope with the challenges of everyday life in a healthy way. I struggle to think of an aspect of my life that having therapy has not improved. When I was at my worst, I felt that I could not get a hearing from the obviously overstretched NHS mental health services and my impression was that they did not offer true help unless you were a threat to yourself or others. Becoming unemployed at the start of 2021 only magnified my mental health issues.

Without Mind I would have not been able to afford therapy and would likely have deteriorated further, perhaps into a state that I could never recover from fully. Thankfully, Mind offered me around 50 sessions, which gave me the time and the space necessary to work through my issues and rebuild. I am very grateful for what Mind have done for me and therapy has been a turning point in my life.

My story is obviously one of many and every day I see the consequences of inadequate mental health provision on the streets of Lambeth. It makes me truly angry to think of the human potential wasted as a result of this neglect. Mind admirably steps in to alleviate some of the worst of this suffering and our society would be the loser in so many ways were their funding not renewed or reduced. Their work is so important that they undoubtedly deserve more than they currently receive. Nothing else, other than my thanks to you for offering me so many sessions and I commend A for her patience and hard work during our time together. She has transformed my outlook on life and I cannot thank her enough.

Joan Kennedy, Service Manager for Information Service and General Psychotherapy Service

PTP-Usemi Service

The Psychosis Therapy Project (PTP) service and the Usemi Racial Trauma clinic are two specialist therapy services delivered by the Psychosis Therapy Project CIC at Lambeth & Southwark Mind. Both services target the needs of people who experience severe mental illness (SMI), either people with psychosis or people from racialised communities (Usemi).

The PTP service is a specialist service offering Talking, Art & Wellbeing therapy (individual and group) for people with experience of psychosis. It is funded by the National Lottery to deliver long-term individual therapy (up to 1 year) to a caseload of 25 until March 2023. The USEMI Racial Trauma Clinic is the specialist BAME stream of the PTP. USEMI is a Swahili word that means SPEAKING and reads as YOU SEE ME. The services combine funding from the Maudsley Charity and National Mind's Racial Equity fund to deliver medium to long-term individual therapy (20 to 40 weeks) to a caseload of 35 and a variety of open-ended culturally specific groups (Black Men and Black Women's groups, groups for Asian women and Latin-American womxn) until August 2022.

Both services have been operating at full capacity consistently (full caseloads of 55+ groups) and they have successfully engaged their target client groups. They are services held in high regard by statutory and non-statutory services across Lambeth and Southwark. The disruptions entailed by the Omicron variant of Covid-19 at the end of 2021 affected our caseloads of vulnerable clients very negatively, due to the demand for in-person therapy.

Feedback from a client who accessed the service:

Case Study 1

Anita B is an Afro-Caribbean woman in her late 20s who self-referred to the Lambeth & Southwark Mind Psychosis Therapy service. Diagnosis of schizo-affective disorder with two severe breakdowns since her late teens. Most recent episode about a year before the beginning of her therapy. Psychosis Therapy: an opportunity to explore her experience in depth, develop an understanding of her condition and be better equipped to cope with her symptoms. Strategies of stabilisation, management of persistent symptoms, stigmatisation and empowerment leading to increased resilience and self-esteem.

Outcome

Anita moved from part time to full time employment and was awarded a promotion. Though Anita remains vulnerable, she is managing her symptoms better thanks to her therapy. She would like the improvements in her professional life to extend to her personal life. Relationships remain challenging for her, especially intimate ones, but she is hopeful that she will continue to build a more fulfilling life for herself, thanks to a better understanding of herself and her experience.

Dorothee Bonnigal-Katz, Clinical Director for Psychosis Therapy Service and USEMI

Black River Counselling Service

The Black River Counselling Service continues to offer short-term (8 weeks) online counselling (with a qualified and experienced Black counsellor), support, and signposting.

The service provides culturally sensitive therapeutic support that aims to identify difficulties, help build resilience and develop coping strategies that assist people to manage their problems, increase confidence and self-esteem. This has a beneficial impact on their ability to engage in social activities,

employment, or training, and to manage personal relationships that may be suffering because of poor mental health.

There is a lot of stigma around mental health amongst the Black African/Afro Caribbean community and a reluctance to engage with mental health services. For example, the belief that you must be very ill to require counselling. So, often they will not access it. The service is offered with a 'light touch', promoting the wellbeing and mindfulness aspects, to help encourage people to get in touch and receive support before their mental health deteriorates further and they fall into crisis and/or experience serious trauma.

Since April 2021, the Fishmongers Charitable Trust grant has been fully funding this much-needed project and we are very grateful to them for supporting this community.

In its pilot and first year (April 2020 – March 2021), the service received 374 calls. From April 2021 to March 2022 the service received 522 calls.

Due to the high level of demand, the waiting list can be quite long, so further funds have been sought to increase the number of counselling appointments available so that people are not waiting too long before they receive support.

The service continues to explore ways to fundraise in order to ensure counselling availability to meet the increasing demand.

Christine Thompson, Black River Counselling Service Manager

Southwark College Counselling

Our partnership with Southwark College has continued throughout 2021 - 22 and our Lambeth and Southwark Mind counsellor provided twenty-one hours of support to students over three days each week.

The College saw a significant increase in demand post Covid-19, with some serious cases involving students expressing suicidal thoughts. In response to this growing concern, we provided clinical individual supervision of one hour each, on a fortnightly basis, to five members of the college's safeguarding team. In addition, we also provided basic training to staff in relation to mental health awareness among students and assisted the college with resources and presentations during Fresher's week.

A new Service Level Agreement will commence from August 2022 – July 2023.

Alastair Smith-Agbaje, CEO

South Bank University Academy School

A new and successful partnership was formed with South Bank University Academy School in August this year. Two Lambeth and Southwark Mind counsellors provided twenty-eight hours of face-to-face support to students over four days each week at the school location.

The demand for the service is very high, and most cases involve students experiencing anxiety and other related issues. In response to this, we provide support and supervision for our counsellors and monthly reviews of the program with the team at the school. The school is hoping to provide additional hours of support to students via a new Service Level Agreement, which will likely commence in August 2022.

Alastair Smith-Agbaje, CEO

Peer Support Services

The Peer Support Services, funded by Southwark CCG, were set up as a means of engaging and gathering feedback from Southwark residents on mental health services. They are run by and for people with lived experience of the mental health system and managed to keep going through this year, with the facilitators working hard to stay in touch with service users and volunteers throughout this period.

- Open Minds meets twice a month and welcomes Southwark residents who have experienced mental ill health to a drop-in space.
- Southwark Women's Forum welcomes women who have experienced mental ill health and meets online to provide peer support, as well as organising local outings.
- Southwark User Council works with volunteers with lived experience to offer support to and collect feedback from inpatients at the Maudsley.

Challenges

- Maintaining services remotely.

Achievements

- Southwark Women's Forum resumed in person outings and was a runner up for the Marsh Awards.
- Peer Support Manager post created to support services, staff and volunteers.
- Open Minds resumed meeting in person in February in Camberwell Library.
- Southwark User Council established protocols and ways of working in order to resume ward visits in the future in partnership with SLaM.

Cordelia Wise, Peer Support Service Manager

Suicide Bereavement Service

The Suicide Bereavement Service (SBS) launched in August 2021, and is a joint project between Lambeth and Southwark Mind, Bromley, Lewisham and Greenwich Mind, Mind in Bexley and South London and Maudsley NHS Foundation Trust (SLaM). The SBS provides emotional and practical support to anyone who lives in South East London (Bexley, Bromley, Greenwich, Lambeth, Lewisham and Southwark) and has been bereaved by suicide, focusing on those recently bereaved. From August 2021 to March 2022, over 100 people were accepted onto and received support from the service, with an additional 30+ receiving just information and signposting.

We provide support via three forms: one-to-one support, counselling, and peer-to-peer support groups. The SBS has two support workers and two community chaplains who may provide emotional and practical support. The chaplains can additionally offer spiritual support to those who request it. The casework is built around the client and is very flexible: we can offer the support either in person, over video or over the phone. The average client may speak to their caseworker between twice a week or once a fortnight for either emotional or practical support. Emotional support is there to allow a space for the client to discuss what they wish, including emotions and memories. Practical support can include contacting banks and services notifying them of the death, helping arrange funerals and support at the inquest.

SBS has the equivalent of one full-time counsellor. Clients may access counselling from 3 months after their bereavement. Clients are offered up to 12 weekly sessions lasting 50 minutes.

We also offer peer-to-peer support groups, where clients may meet once a week over 8 weeks with other individuals bereaved by suicide and 2 group facilitators to speak about their experiences and emotions.

Andrew Kidd, Suicide Bereavement Support Worker

Achievements against objectives

The charity set out objectives at the beginning of the financial year, with a list of items including a review and revamp of strategy. The Mind Quality Mark (MQM) review process was a huge achievement, with the review process was conducted over a ten-month period. All processes and objectives of the charity inclusive of vision, strategy and governance were scrutinised and reviewed. As a result, the charity is more robust and able to push forward and achieve even greater objectives and achievements.

The list below states the objective and the status of its achievement, or what we are doing currently to achieve and meet the objective:

- 1. Use available data to develop a better understanding of the impact of local, national and global issues upon the lives of Lambeth and Southwark residents.**

Ongoing: Due to the lack of resources and capacity, this has not been achieved. LSM have relied on data and very useful resources and a very effective collaboration with King's College PHD students, who provided valuable local research. In addition, National Mind are to gain a deeper understanding of the needs and issues affecting the Lambeth and Southwark communities. This is an ongoing process to be prioritised within the new financial year period 2022-2023. LSM plan to review the latest Joint Strategic Needs Assessment (JSNA) to attract a volunteer or re-employ a data research lead to develop this area of work.

- 2. Continue to improve quality of provision and overall effectiveness and efficiency.**

Achieved: The quality and delivery of our programs are improving; within our General Psychotherapy Service (GPS) and PTP service, we are required to meet a target number of clients within caseload year on year. This is seventy-five for the GPS and twenty-five for the PTP service, which was successfully achieved. The peer support groups and patient engagement service, funded by the SELONDONICS (formerly Southwark CCG), were set up to

engage people using mental health services in Southwark and gather feedback from them. Using VIEWS, our new customer relationship management (CRM) system, has helped gather information about demographics and attendance around these services. In addition, the introduction of a seconded member of staff to support our accounting function increased the efficiency of the organisation, and the governance of the organisation has improved with the successful recruitment of trustees.

3. Implement recommendations of Perryman Report and MQM Appraisal:

Achieved: The Perryman report was conducted by a consultant named Tony Perryman in 2020, on the recommendation of LSM & National Mind, to review and make recommendations for the organisation in governance, leadership, financial control and strategy. The MQM Appraisal, mentioned earlier within the report under the section of (Strategic Report/Achievements & Performance), was achieved successfully in January 2022. The new MQM 2 appraisal will be set in March 2023. In March 2022, LSM had a successful away day where we summarised the recommendations of the Perryman Report and how we met and achieved objectives set. At the same time, we set the vision for the new strategy document.

4. Ensure that the Leadership and Management structure facilitates the best outcomes for service users.

Ongoing: With a relatively new board of trustees and CEO, this has helped to ensure structures are in place for the best outcomes for service users. The introduction and implementation of the roll out of our new CRM system will help to facilitate positive outcomes.

5. Continue to promote the image of Lambeth and Southwark Mind within the community in order to increase membership and develop community involvement.

Ongoing: LSM has been involved in a number of community events throughout the year. Our CEO has been invited to a number of functions to speak and to promote the charity. The membership process is under review and will be looked more closely in the new financial year. LSM board of trustees may consider moving to a slightly different model of membership.

6. Continue to develop partnerships with other organisations, including funding bodies.

Ongoing: LSM has developed successful partnerships with other local Minds and organisations that have led to funding partnerships. This is an area that will continue to grow and be developed.

7. Develop an ongoing awareness of the religious, ethnic and socio-economic characteristics of Lambeth and Southwark communities within a local, national and global context.

Ongoing: A lack of resources and capacity has slowed the process. As mentioned previously, LSM will be reviewing the latest JSNA and other resources to be aware of and informed of the characteristics of the community.

8. Develop an ongoing understanding of cultural diversity along with concomitant challenges associated with prejudice, bias and stereotypes.

Ongoing: A number of training programs have been conducted for all staff, trustees and members, such as cultural humility, and successful shared outcome presentation by Mind in Tower Hamlets and Newham based on how they have ensured and built-in measures to be an

anti-racist organisation. Following on from the drive and initiative from National Mind's Blueprint guidance.

9. Encourage a better understanding of emotionally intelligent and culturally sensitive ways of working.

Ongoing: LSM staff meet every week, with team meetings, drop-in sessions and extended team meetings, to discuss issues, challenges and opportunities to be empowered. In addition, a well-being plan is part of the appraisal process which is reviewed monthly with staff and line managers.

10. All staff and trustees have the knowledge and understanding to engage in an ongoing development and enactment of a common set of values.

Ongoing: This is an ongoing process shared at monthly team meetings, emphasised further at LSM Strategy Away Day and part of focus of new LSM strategy moving forward.

11. Provide opportunities for all stakeholders to learn about and become in the life of the community served by Lambeth and Southwark Mind.

Ongoing: There were successful round table online discussions around the Mental Health Reform Act in April 2021. Various social media polls and adverts on the webpage were posted, engaging stakeholders' involvement.

12. Ensure that all staff have an equal opportunity for Professional Development and access to promotion.

Achieved: This is an active part of the appraisal process.

Significant positive and negative factors affecting achievements

Our therapy services have highlighted the extent of socio-economic deprivation and the complex needs of many of our clients. When people's basic needs are not met, therapy cannot be fully effective; it is undermined by more urgent priorities such as putting food on the table or paying bills. These are issues that are becoming increasingly prevalent as a result of the current cost-of-living crisis.

The Information Service has also seen an increase in enquiries, from 1,300 in 2020-2021 to 3,000+ in 2021-2022, and is receiving more demand for practical support. The General Psychotherapy Service has worked with 25% more clients this year than it did before the pandemic.

Broadly speaking, limited resources have had a knock-on effect in dealing with the growing demands we have seen in most of our services. This has a negative effect on achievements, knowing that we are only scratching the surface of greater demands.

Alastair Smith-Agbaje, CEO

Fundraising and Business Development

Grant fundraising

2021-22 continued to be a challenging year, with many grant funders still closed to new applicants following the pandemic and committing only to supporting organisations they were already funding.

Despite this, we can report a successful fundraising result for the year, with £292,596 of grant income being secured via the restricted programmes and unrestricted designated projects.

In addition to existing multi-year funding already in place, new grant funding was secured from:

- Fishmongers' Company Charitable Trust to continue providing the Black River Counselling Service (£49,755 pa for 3 years);
- The Maudsley Charity for a further year's funding for the Usemi Racial Trauma Clinic (£20,000);
- Mind Pears/DCMS Racial Equity Fund, for development of services supporting people from racialised communities (£49,780 over 2 years);
- Peter Stebbing's Memorial Foundation to support Peer Support Groups (£10,000 pa for 3 years);
- National Lottery Awards for All for the Befriending Service (£10,000).

(NB: as grants are often awarded part-way through the financial year, the above figures do not represent the actual income in 2021-22, a proportion of these amounts may be accounted for next year. Actual 2021-22 amounts are reflected in the annual accounts.)

Contracts and Commissioned Services

The following contracts were renewed for a further year:

- Southwark CCG to continue peer support and patient engagement work through the Southwark User Council, Open Minds and Southwark Women's Forum (£55,096);
- Lambeth CCG to continue the Information Service and online Mental Health Directory (£40,402);
- Southwark College to continue student counselling service and supervision of their safeguarding team (£25,200);
- South Bank University Academy, to continue student counselling service (£21,420 for Sept 21 – July 22 academic year).

New commissioned contracts secured were:

- SE London Suicide Bereavement Service – commissioned by South London CCG. Service is being delivered in partnership with Bromley Lewisham and Greenwich Mind and Bexley Mind (£44,000 pa);
- Lived Experience Support Workers – commissioned by Partnership Southwark and delivered within the Southwark Community Mental Health Teams under the South London and Maudsley NHS Trust (£189,000 pa).

Corporate and Community Fundraising

We are very grateful to the following companies for their invaluable support over the past year:

Ropes and Gray, HG Construction, Mount Anvil, John Lewis, Dulwich Hamlets and Whitehawks Football Clubs, Alpha Plus Group, MSI Group.

Total Corporate Donations received during 2021-22 was £19,637.

Events Fundraising

We held and participated in the following fundraising events during the year:

Royal Parks Half-Marathon (April virtual event), London Marathon (October), Royal Parks Half-Marathon (October), Let's Dance for Lambeth and Southwark Mind (October).

The total funds raised through events during the year was £29,932.

Sally Bushell, Business Development Manager

Public Benefit

In January 2021, the UK Government published the White Paper on 'Reforming the Mental Health Act', which included a public consultation for individuals and organisations to register their views on the potential changes to the legislation. Lambeth & Southwark Mind opted to make a submission to the public consultation on behalf of the nearly 650,000 people in Lambeth and Southwark who may experience and suffer from mental distress.

After an extensive consultation with many stakeholders, including members of the public, MP for Dulwich & West Norwood, Helen Hayes and Lambeth Councillor, Dr Jacqui Dyer MBE, Helen Hayes MP presented the submission to the Department of Health on the charity's behalf in April 2021.

The submission focused on the mental health issues that impact residents of Lambeth and Southwark, particularly in relation to ethnic discrimination. This is due to Lambeth and Southwark being highly diverse boroughs with significant BAME communities, particularly those of black ethnicity (around 25%) and as a result of twice as many people of black heritage likely to have a mental illness compared with white British counterparts.

In addition, Helen Hayes MP spoke at the submission launch event, submitted written questions in Parliament and held a Westminster Hall debate based on the charity's submission. This submission was also taken to the House of Commons Question Time in July 2021 and read out by Helen Hayes MP.

The legislative process is ongoing, and Lambeth and Southwark Mind will respond to ensure that any changes best serve the interests of residents in Lambeth and Southwark, and nationally.

The trustees have paid due regard to guidance Issued by the Charity Commission In relation to the activities being for the public benefit.

William Moore, Legal Volunteer

Future Plans

The future continues to be very uncertain for all charities and voluntary sector organisations due to the current perfect storm of geopolitical events, UK political uncertainties, the need to cope with the aftermath of the pandemic, and the consequent crises for government finances and individual cost of living.

In response to these uncertainties, the trustees and the Chief Executive Officer have initiated a strategic plan (2022-2025), which focuses on growth, sustainability, collaborative working and making the charity more inclusive. The strategic plan was launched and publicised at our charity away day in March 2022, and will continue to be evolved in the coming year.

Recognising our objectives, Lambeth and Southwark Mind is, with its talented and enthusiastic team of volunteers, staff, management and trustees, boosting its profile in the local community and simultaneously seeking more sustainable income streams for projects.

The following areas will continue to be our focus:

- Partnering with other MIND organisations, other mental health charities and indeed other public, voluntary, or private organisations as necessary to maximise our impact and ability to support the people of our boroughs.
- Leading the charity and staff team to increase and maintain income streams to ensure growth, financial control and stability.
- Continuing to develop corporate relationships to ensure the profile of Lambeth and Southwark Mind is promoted and our story, vision, contribution and impact are shared.
- Setting up sustainable BAME Peer Support Group facilitation and build key collaborations with stakeholder groups within Lambeth.

Alastair Smith-Agbaje, CEO

Financial Review

	2021-22	2020-21
	£	£
Income	512,020	542,103
Charitable Expenditure	516,452	454,384
Total Expenditure	593,579	492,837
(Deficit)/Surplus for year	(81,559)	49,266
Unrestricted Reserves	94,592	182,872
Restricted Reserves	43,370	36,649
Total Reserves	137,962	219,521

Total income for the year was £512,020 (2020-21: £542,103), whilst expenditure was £593,579 (2020-21: £492,837).

Of these amounts, restricted income during 2021-22 was £241,573 (2020-21: £275,302) and restricted expenditure was £234,852 (2020-21: £261,989), the decrease in income reflects a new mix of funding. Primarily associated with the funding from City Bridge, the Community-led organisation recovery scheme, National Mind, and the Walcott Foundation ending but this was partially offset by additional funding from, amongst others, the Maudsley Charity, Fishmongers and National Mind.

In 2021-22 unrestricted funds decreased by 48% to £94,592 (2020-21: £182,872). In part this decrease is due to some 2020-21 restricted income, which could be used for the growth and sustainability of the charity (effectively funding what would have been unrestricted expenditure), concluding at the end of the prior year. Of note, is the funding supplied by City Bridge Trust in 2020-21 which could not be renewed per the terms of the agreement for 2021-22. Consequently, some staff and other costs previously charged to these restricted funds are now, in 2021-22, borne by unrestricted reserves. Unrestricted income in 2021-22 of £270,477 (2020-21: £266,801) shows a modest improvement and partially offsets the increase in expenditure.

The Charity aims to facilitate appropriate support for mental health and wellbeing in the Lambeth & Southwark boroughs. To do this it is currently engaged in several initiatives with the added objective of building an improved reserves and funding base.

Funding

Total income £512,020 (2020-21: £542,103) comprises 27% from service level agreements with Lambeth and Southwark Clinical Commissioning Groups, South London and Maudsley NHS Foundation Trust (SLaM), South Bank University Academy and Southwark College to provide services in the local area; 16% from a 5-year grant from the Big Lottery for our Psychotherapy and Psychosis Services; 42% from other grant making trusts, including a significant donation from the Fishmongers Company Charitable Trust; and 15% from charitable fundraising events and donations.

The trustees extend thanks to all the health commissioning groups, charitable grant-making trusts and the hundreds of donors, fundraisers and volunteers who have collectively ensured that the

charity has continued to provide and develop its services.

Reserves Policy

Lambeth and Southwark Mind is largely dependent on one-off or limited-term grants from charitable trusts and statutory bodies. The trustees consider that unrestricted reserves are needed to:

- Continue the charity's work if there is an income shortfall
- Cover contingencies, such as staff sickness or maternity leave
- Wind up the charity's activities and meet its liabilities if no further income is secured

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

At 31 March 2022, Lambeth and Southwark Mind had total reserves of £137,962 (2020-21: £219,521) of which unrestricted reserves amounted to £94,592 (2020-21: £182,872). The unrestricted, 'free' reserves* represented the equivalent of 1.9 months (2020-21: 4.4 months) of total expenditure.

In the year 2020-21 the charity had access to funds that could be used specifically to support core running costs. These funds/projects have ceased and subsequently in 2021-22 unrestricted running costs have increased and existing unrestricted reserves have been utilised. Having reviewed these results, the trustees have enhanced the charity's strategy and appointed new Board members to address funding and sustainability concerns. The trustees are confident that having taken these steps and having reviewed its plans that 2021-22 free reserves are sufficient to meet its needs.

The trustees monitor the level of reserves to ensure they keep pace with costs as the charity expands. Restricted funds amounted to £43,370 (2020-21: £36,649).

**'free' reserves are unrestricted reserves less the net value of fixed assets (2021-22: £94,592 - £3,057)*

Risk Management

The charity maintains a risk register which details the main risks to which the charity is exposed and actions to mitigate those risks.

The register is updated on a regular basis and where appropriate, systems and procedures have been adopted to mitigate these risks.

Robust internal controls have been established and the senior management team ensures that expenditure has been properly authorised, income is properly accounted for and that procedures are in place to ensure compliance with the health and safety of staff, volunteers, service users and visitors.

Going Concern

The trustees consider that there are no material uncertainties about the charity's ability to continue as a going concern.

The trustees do not consider that there are any sources of estimation uncertainty at the reporting date that have a significant risk of causing a material adjustment to the carrying amounts of assets and liabilities within the next reporting period.

Structure, governance, and management

Structure

Lambeth and Southwark Mind is a charitable company limited by guarantee, incorporated on 6 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 of Association, 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".

Per the Articles of Association, the charity is managed by a Board of Trustees who may appoint a Chair, Deputy Chair, Secretary and Treasurer, who are elected annually at the Annual General Meeting, together with such other trustees as may be appointed by the Board up to a maximum of 20.

Any trustees appointed by the Board retain their office only until the next Annual General Meeting when they are eligible for election. At least 70% of the Board must be mental health service users, former users or survivors.

All trustees are directors of the charity as well as members.

The day-to-day management of the charity is delegated to the Chief Executive who is responsible for executing the strategic and operational plans agreed by the Board of Trustees.

Governance

Our selection of trustees is based on an analysis of the capabilities required on the board. These include: clinical expertise; knowledge of the local communities and issues; charity management; fundraising expertise; finance, HR, legal, and governance. As required by our Articles of Association we actively seek members who are users or former users of mental health services or survivors, and we strive to create a balanced board that reflects the rich diversity of the boroughs that we serve.

When recruiting board members, we advertise openly (e.g., on Charity Jobs and Reach Volunteering) as well as making direct approaches to organisations and/or individuals with relevant skills.

Potential board members are interviewed by other board members (always including the Chair), and final approval of new trustees is made by majority vote at the Board.

Induction of board members includes provision of a standard Trustee Induction Pack detailing relevant information of the charity, meetings with other board members and senior management, and identification of appropriate training as provided by Mind and Charities Commission for Charity Trustees.

The Board of Trustees meets 6 times a year. Its members during 2021/2022 and at the date of this report are set out under 'Reference and administrative details'.

During the financial year, the subcommittee structure was reviewed and rationalised. There are now three subcommittees:

Year ended March 2022

- Finance, including Risk and IT
- People and HR Management, including remuneration reviews, HR Policies, grievance, safeguarding
- Fundraising and New Services, including oversight of fundraising strategy, review of major bids, and engagement with clinical service leads

In addition, board and staff working groups may be set up from time to time with a specific project focus.

During the Board meetings and at other times as appropriate, the Board reviews the activities and future plans of Lambeth and Southwark Mind and receives and considers financial updates and forecasts.

The Board maintains a governance framework which includes policies, guides, internal controls, books of account, risk assessments and other arrangements. The governance framework is regularly reviewed to ensure that it is effective.

A senior management team has been established and meets monthly or as required. It is responsible for delivery of the charity's strategy and policies.

Senior Management Team:

- Chief Executive
- Psychotherapy Service Manager
- Psychosis Therapy and Usemi Service Manager
- Peer Support Service Manager
- Black River Counselling Service Manager
- Development and Evaluation Manager
- Office/HR Manager
- Grants Fundraiser

Remuneration of senior management is reviewed annually by the People /HR committee and any adjustments recommended are submitted to the Board of Trustees for approval.

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions. This report was approved by the Board of Trustees on and signed on its behalf.

Toim McCabe



Chair and Trustee

Dated: 12 December 2022

Reference & administrative details 2022

Charity registration no. 296893

Company registration no. 2017214

Board of Trustees Tom McCabe (Chair)

The following individuals are the trustees, also directors, who served during the year or at the approval of these accounts

Anna Minton (resigned 26 November 2021)
Tom McCabe (joined 28 July 2021)
Margery Craig (resigned 30 June 2021)
Jeremy Dawes (resigned 29 April 2021)
Helene Klein (resigned 18 November 2021)
Joanne Thomas (resigned 16 June 2021)
Julian Rashid Nicholls (resigned 30 September 2021)
Olga Matthews (resigned 18 November 2021)
Rachel Alleyne Kerr
Juanita Fan (Secretary)
Tom Franklin
George Dodd
Hillna Fontaine
Tracey Deal
Neil Harvey (Treasurer) (joined 28 July 2021)

Staff & lead facilitators during the year

Alastair Smith-Agbaje: CEO
Joan Kennedy: Information Service & Psychotherapy Manager
Dorothee Bonnigal-Katz: Psychosis Therapy Project Manager
Sally Bushell: Grants Fundraiser
Christine Thompson: Office Manager
Jaimal Patel: Events Manager
Erika Mansnerus: Development and Evaluation Manager
Stephen Rudder: Project Lead – Hood Mentality
Venus Caesar: Information Service Officer
Andrea Cornfield: Peer Support Manager and Facilitator for Southwark Women's Forum
Stephen Constantinou: Peer Support Assistant Manager and Facilitator for Peer Support Group
Dione Dalley: Project Manager for Kindred Minds
Oscar Isaac: Facilitator for Kindred Minds
Bernadette Ofogu: Facilitator for Kindred Minds and Southwark User Council Manager
Sean Nash: Lead Facilitator for Open Minds
Catherine Alade-Effa: Lead facilitator for Friends in Need
Joshua Okhiria: Facilitator for Friends in Need
Foluwaso Shinkaiye: Facilitator for Peer Support Group

'Desola Haastrup: Facilitator for Southwark Women's Forum
Jennie Grace: Southwark User Council Manager (resigned 26.7.21)
Andrew Kidd: Suicide Bereavement Support Worker Cordelia Wise:
Peer Support Manager
Leona Mitchell: Information Service Assistant
Ruby Scarlett: Lived Experience Support Worker
Juan Avendano: Lived Experience Support Worker

Principal address and
registered office

17a Electric Lane
Brixton
London
SW9 8LA

Independent Examiner

Susan Plumb ACA
Haines Watts Chartered Accountants
Old Station House
Newport Street
Swindon
SN1 3DU

Bankers

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

The notes form part of these financial statements

Year ended March 2022

Registered Company Number: 2017214

Registered Charity Number: 296893

Lambeth and Southwark Mind
Statement of financial activities (Incorporating an income statement)
For the year ended 31 March 2022

		Unrestricted Funds	Restricted Funds	Total 2022	Total 2021
Notes		£	£	£	£
INCOME					
Incoming resources from generated funds					
Donations & legacies	3	34,922	160,138	195,060	282,192
Income from other trading activities	3	41,007	-	41,007	19,744
Income from charitable activities	3	194,511	81,435	275,946	240,149
Investment income	2	7	-	7	18
Total income	3 & 13	270,447	241,573	512,020	542,103
EXPENDITURE					
Costs of raising funds					
Costs of generating activity income		77,127	-	77,127	38,453
Expenditure on charitable activities	13	281,600	234,852	516,452	454,384
Total expenditure	5 & 13	358,727	234,852	593,579	492,837
Net (expenditure) / income	4	(88,280)	6,721	(81,559)	49,266
Transfer between funds	13	-	-	-	-
Net movement in funds		(88,280)	6,721	(81,559)	49,266
Reconciliation of Funds:					
Fund balances brought forward at 1st April	13	182,872	36,649	219,521	170,255
Fund balances carried forward at 31st March	13	94,592	43,370	137,962	219,521

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

Year ended March 2022

Registered Company Number: 2017214
Registered Charity Number: 296893

Lambeth and Southwark Mind
Statement of Cash flows
As at 31 March 2022

	2022	2021
Notes	£	£

Cash flows from operating activities:

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

Net movement in funds	(81,559)	49,266
Add: depreciation	2,786	9,406
Deduct: interest income	(7)	(18)
(Increase)/decrease in debtors	(8,237)	22,260
(Decrease)/increase in creditors	(19,504)	15,099
Cash used in operating activities	A (106,521)	96,013

Cash flows from investing activities

Income from interest	7	18
(Purchases) of tangible fixed assets	(4,584)	0
Cash (used in) /provided by investing activities	B (4,577)	18

Cash flows from financing activities

C	-	-
---	---	---

(Decrease)/increase in cash and cash equivalents in the year (A+B+C)	(111,098)	96,031
Total cash & cash equivalents brought forward	252,184	156,153
Total cash & cash equivalents carried forward	141,086	252,184

Refer to balance sheet, page 27

**Lambeth and Southwark Mind:
Statement of financial position (Balance sheet)
As at 31 March 2022**

	Notes	2022 £	2022 £	2021 £	2021 £
Fixed assets					
Tangible assets	10		3,057		1,259
Current assets					
Debtors	11	41,646		33,409	
Cash at bank and in hand		141,086		252,184	
		<u>182,732</u>		<u>285,593</u>	
Creditors					
Amounts falling due within one year	12	47,827		67,331	
Net current assets			134,905		218,262
Total assets less current liabilities	13		<u>137,962</u>		<u>219,521</u>
Funds					
Unrestricted funds	13		94,592		182,872
Restricted funds	13		43,370		36,649
Total funds	13		<u>137,962</u>		<u>219,521</u>

For the year ending 31 March 2022, 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 2022 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 and were signed by:

Tom McCabe



Trustee

Neil Harvey



Trustee

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2022

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:

The trustees consider the charity to be a going concern and consequently these financial statements have been prepared on the basis that it will continue in operational for at least the next 12 months. The cashflow statement shows a cash outflow of £111,098 (utilised on charitable expenditures) for the year to 31 March 2022. This outflow was funded from a mix of accumulated reserves and income generated within the year. The charity has remaining net current assets of £134,905 and unrestricted reserves of £94,592. The trustees do not believe that there are any post balance sheet events or any material uncertainties about the charity's ability to continue as a going concern.

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 requested. Investment income is accounted for when received and includes the related tax recoverable. Income includes associated gift aid tax reclaims.

Lambeth and Southwark Mind

Notes to the financial statements

For the year ended 31 March 2022

1. Accounting policies cont.

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.

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 Board of Trustees 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 Board of Trustees 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:

Purchases are capitalised as fixed assets where the price exceeds £500. 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 on a straight-line basis.

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2022

1. Accounting policies cont.

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.

2. Investment income

	31 March 2022	31 March 2021
	£	£
Deposit account & other interest	<u>7</u>	<u>18</u>

Year ended March 2022

Registered Company Number: 2017214
Registered Charity Number: 296893

Lambeth and Southwark Mind Notes to the financial statements For the year ended 31 March 2022

3: Income summary

	Unrestricted £	Restricted £	Total 2022 £	Total 2021 £
Income from donations and legacies				
City Bridge Trust - capacity building	-	-	-	60,000
City Bridge Trust - core grant	-	-	-	15,000
Tudor Trust - core grant	-	-	-	-
National Transformation - National Mind	-	-	-	500
IT Fund - National Mind	-	-	-	5,000
Garfield Western	-	-	-	20,000
Community Led Organisation Recovery Scheme	-	-	-	40,300
Community Support Fund - National Lottery	-	-	-	80,000
Mental Health Response Fund - National Mind	-	2,000	2,000	18,000
Southwark Council COVID Community Grant	-	-	-	7,000
Fishmongers Company Charitable Trust	-	44,755	44,755	-
CO-OP Resilience Fund - National Mind	-	10,069	10,069	10,070
Mind Conector Fund	-	5,450	5,450	-
Mind DCMS Racial Equality Fund	-	44,802	44,802	-
Hood Mentality	-	30,562	30,562	-
Morganico Sculpture Project	-	5,000	5,000	-
Peer Support - Peter Stebbings memorial	-	2,500	2,500	-
Psychosis Therapy - Usemi	-	15,000	15,000	-
London Community Fund - Walcot Foundation	-	-	-	15,948
London Community Fund - St Saviours	-	-	-	7,179
Coronavirus Job Retention Scheme	-	-	-	742
Donations - inc. individuals & corporates	34,922	-	34,922	2,453
	<u>34,922</u>	<u>160,138</u>	<u>195,060</u>	<u>282,192</u>
Income from other trading activities				
Charitable events	41,007	-	41,007	19,842
Local MIND shop income	0	-	-	98
	<u>41,007</u>	<u>-</u>	<u>41,007</u>	<u>19,744</u>
Income from charitable activities				
NHS Lambeth CCG - information service	42,034	-	42,034	40,402
NHS Southwark CCG - user group & womens forum	55,646	-	55,646	54,550
SLaM NHS Foundation Trust - hearing voices	5,663	-	5,663	5,663
Southwark College - young person counselling	24,660	-	24,660	23,680
Prince's Trust - young peoples' counselling	-	-	-	1,600
Big Lottery Fund - psychotherapy service	-	81,435	81,435	79,254
Bereavement & support	34,532	-	34,532	-
National Lottery Awards for All	10,000	-	10,000	-
LESW (SLaM)	9,323	-	9,323	-
National Mind - young black men's project	-	-	-	15,000
Henry Smith Trust - peer support group & friends in need	-	-	-	20,000
Southwark University Academy	12,653	-	12,653	-
	<u>194,511</u>	<u>81,435</u>	<u>275,946</u>	<u>240,149</u>
Income from investments	7	-	7	18
Total Income	<u>270,447</u>	<u>241,573</u>	<u>512,020</u>	<u>542,103</u>

Year ended March 2022

Registered Company Number: 2017214
Registered Charity Number: 296893

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2022

4. Net income for the year after charging

This is stated after charging	31 March 2022 £	31 March 2021 £
Depreciation - owned assets	2,786	9,406
Independent examination fee	1,520	1,400
Accounting fees paid to Independent examiner	1,000	1,000
Trustee Directors' emoluments and other benefits	-	1,000

5. Expenditure summary

	Staff Costs	Facilitation fees, supervision, evaluation & training	Room hire	Activities & resources	Volunteers	Overheads & support costs	Governance costs	Total 2022	Total 2021
	£	£	£	£	£	£	£	£	£
Basis of allocation	Direct	Direct	Direct	Direct	Direct	Usage	Direct		
Costs directly allocated to activities									
Information service	28,808	518	-	26	-	12,683	-	42,034	40,402
National Lottery - Awards for All	4,627	-	-	-	-	-	-	4,627	-
South Bank University Academy	1,370	771	-	8,630	-	1,882	-	12,653	-
Southwark services costs	17,931	8,296	378	3,059	120	25,862	-	55,846	54,550
Bereavement & Support	25,834	-	-	366	-	8,332	-	34,532	-
LESW (SLaM)	5,887	1,883	-	-	-	1,554	-	9,323	-
Hearing voices	4,951	555	-	40	-	117	-	5,663	5,662
Director & capacity building	-	-	-	-	-	-	-	-	60,000
Young peoples' counselling	-	-	-	-	-	-	-	-	-
Southwark College counselling	174	19,674	-	-	-	4,812	-	24,660	23,679
Friends in Need	2,655	237	-	-	-	2,608	-	5,500	7,000
Psychotherapy & psychosis service	42,675	50,665	934	157	-	12,696	-	106,813	69,670
Peer support group	8,866	10,517	-	9,328	-	3,021	-	31,732	9,619
Black River Counselling	22,660	16,658	-	569	-	6,723	-	46,810	43,094
Kindred Minds	-	5,319	-	482	-	616	-	6,417	14,164
Prince's Trust	-	-	-	-	-	-	-	-	1,600
Hood Mentality - No Gimmicks, Straight Lyrics	7,320	5,416	600	6,201	-	3,797	-	23,334	19,816
Young black men's project	759	10,937	-	831	-	2,121	-	14,448	37,024
Fundraising costs	50,247	-	-	19,907	-	6,973	-	77,127	38,453
Charity support costs	93,923	2,065	300	200	2,390	84,761	-	183,638	128,423
Support costs allocated to activities	-	-	-	-	-	(93,797)	-	(93,797)	(63,231)
Trustees meetings & AGM	-	-	-	-	-	-	100	100	512
Independent Examiner fee	-	-	-	-	-	-	2,520	2,520	2,400
Total resources expended	318,687	133,508	2,212	49,281	2,510	84,781	2,620	593,579	492,837

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 are 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.

Year ended March 2022.

Registered Company Number: 2017214

Registered Charity Number: 296893

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2022

6. Staff costs

	31 March 2022	31 March 2021
	£	£
Wages and salaries	252,516	192,443
Social security costs	16,627	13,054
Other pension costs	10,331	10,201
Temporary staff and permitted pay	39,213	4,877
Total	318,687	220,575

No employee received emoluments of more than £60,000. The charity is managed by the CEO and other members of the senior management team. The remuneration paid to senior management of the charity was £59,094 (2021 - £58,643), plus £2,650 (2021 - £2,648) 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 2022	31 March 2021
	No.	No.
Director	1.0	1.0
Other	12.0	7.0
Total	13.0	8.0

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2022

7. Governance costs

Governance costs include:

	31 March 2022	31 March 2021
	£	£
Trustees Meetings & AGM costs	100	512
Independent examination	1,520	1,400
Accounts drafting	1,000	1,000
Total	2,620	2,912

8. Committees' remuneration or other benefits for the year ended 31 March 2022

The trustees received no remuneration or other benefits for the year ended 31 March 2022 (2021: £Nil). Reimbursed trustee expenses £Nil (2021: £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 2022 (2021: £Nil).

Year ended March 2022

(Registered Company Number: 2017214
Registered Charity Number: 296893)

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2022

10. Tangible fixed assets

	Charity Shop fittings	Office fittings & equipment	Total
Cost	£	£	£
At 1 April 2021	12,753	28,073	40,826
Additions	-	4,584	4,584
At 31 March 2022	12,753	32,657	45,410
Depreciation			
At 1 April 2021	12,753	26,814	39,567
Charge for year	-	2,786	2,786
At 31 March 2022	12,753	29,600	42,353
Net book value			
At 31 March 2022	-	3,057	3,057
At 31 March 2021	-	1,259	1,259

11. Debtors: Amounts falling due within one year

	31 March 2022	31 March 2021
	£	£
Grants receivable	-	2,935
Trade debtors & pledged grants payable	33,839	6,116
Other debtors & prepayments	7,807	24,358
Total	41,646	33,409

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2022

12. Creditors: Amounts falling due within one year

	31 March 2022	31 March 2021
	£	£
Trade creditors	25,072	26,357
Bank overdrafts	0	36
Other taxation & social security	6,362	6,638
Deferred income	7,500	12,540
Other creditors & accruals	8,893	21,760
Total	47,827	67,331

Deferred income above for 2022 includes grant income relating to 2022/2023 (2021 - registration fees, fundraising income and income for workshops to be held in 2021/2022).

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2022

13. Movement in funds

	At 1 April 2021	Net Movement in funds	Transfer between funds	At 31 March 2022
	£	£	£	£
Unrestricted funds				
Core	182,872	(93,653)	-	89,219
Designated funds				
Lambeth information service	-	-	-	-
National Lottery - Awards For All	-	5,373	-	5,373
Southwark services	-	-	-	-
Southwark College counselling	-	-	-	-
Southwark hearing voices	-	-	-	-
Total designated funds	-	5,373	-	5,373
Total unrestricted funds (core & designated)	182,872	(88,280)	-	94,592
Restricted funds				
Director & capacity building	-	-	-	-
Friends in need	5,500	(5,500)	-	-
Psychotherapy & psychosis service	2,942	(10,378)	-	(7,436)
Peer Support Group	6,340	26,019	-	32,359
Black River Counselling	3,108	(1,854)	-	1,254
Hood Mentality - No Gimmicks, Straight Lyrics	6,172	17,298	-	23,470
Prince's Trust	-	-	-	-
Kindred Minds	4,416	(4,416)	-	-
Young Black Men's Project	8,171	(14,448)	-	(6,277)
Total restricted funds	36,649	6,721	-	43,370
Total funds	219,521	(81,559)	-	137,962

Year ended March 2022

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2022

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	75,936	(169,589)	(93,653)
Designated funds			
Lambeth Information Service	42,034	(42,034)	-
Bereavement & Support	34,532	(34,532)	-
National Lottery - Awards For All	10,000	(4,627)	5,373
LESW (SLaM)	9,323	(9,323)	-
Southwark services	55,646	(55,646)	-
South Bank University Academy	12,653	(12,653)	-
Southwark College counselling	24,660	(24,660)	-
Southwark hearing voices	5,663	(5,663)	-
Total designated funds	194,511	(189,138)	5,373
Total unrestricted funds (core & designated)	270,447	(358,727)	(88,280)
Restricted funds			
Director & capacity building	-	-	-
Friends in need	-	(5,500)	(5,500)
Psychotherapy & psychosis service	96,435	(106,813)	(10,378)
Black River Counselling	44,755	(46,609)	(1,854)
Hood Mentality - No Gimmicks, Straight Lyrics	40,631	(23,333)	17,298
Prince's Trust	-	-	-
Peer Support Group	57,752	(31,733)	26,019
Kindred Minds	2,000	(6,416)	(4,416)
Young Black Men's Project	-	(14,448)	(14,448)
Total restricted funds	241,573	(234,852)	6,721
Total funds	512,020	(593,579)	(81,559)

Year ended March 2022

Funders & purposes of funds – Designated funds

Information Service: A service level agreement from NHS 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.

Various in-borough services: Service level agreements with Southwark and Lambeth CCGs for the provision of patient engagement/peer support provision and information services, provision of counselling services at Southwark College, and Southwark Hearing Voices group continues in 2021-22. New agreements to provide Bereavement & Suicide support (National Lottery), Befriending Services (National Lottery), provision of Lived Experience Support Workers (SLaM NHS Foundation Trust) and counselling services at South Bank University Academy have been introduced during 2021-22.

Funders & purposes of funds – Restricted funds

Peer Support Group and Friends in Need - Funded by the Henry Smith Charity until June 2021.

Young Black Men's Collaboration Development Pilot/Hood Mentality - established and supported with funding from National Mind up to September 2021.

Hood Mentality - No Gimmicks, Straight Lyrics and Solid Foundation projects were funded by the Covid-19 Community-Led Organisations Recovery Scheme (CCLORS) until May 2021 and Mind Co-op Resilience Fund to September 2021.

General Psychotherapy Service - The Big Lottery has provided a 5-year grant for the period April 2018 to March 2023.

Black River Counselling - Piloted with a grant from the Covid-19 Community-Led Organisations Recovery Scheme (CCLORS) to April 2021, and a three-year grant from the Fishmongers' Company Charitable Trust from May 2021 - April 2024. The Mind Pears-DCMS Fund also supported additional administrative support for the project from February 22 for 4 months.

USEMI Racial Trauma Clinic - Funded by the Maudsley Charity for one year from August 2021 and Mind Pears-DCMS Fund to May 2022.

Telephone Befriending Service - Funded by a National Lottery Awards For All grant for one year from July 2021.

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2022

14. Analysis of net assets between funds

	Restricted Funds	Unrestricted Designated Funds	Core Funds	TOTAL FUNDS £
Fixed assets	-	-	3,057	3,057
Bank accounts	55,077	(17,551)	103,560	141,086
Debtors & prepayments	542	32,229	8,875	41,646
Current liabilities	(12,249)	(9,305)	(26,273)	(47,827)
Net assets at 31st March 2022	43,370	5,373	89,219	137,962

15. Related Party Transactions

No related party transactions took place during the year.

**Lambeth and Southwark Mind
Independent Examiner's Report
For the year ended 31 March 2022**

Independent examiner's report to the trustees of Lambeth and Southwark Mind

I report to the charity trustees on my examination of the accounts of the company for the year ended 31 March 2022, which are set out on pages 25 to 40.

Responsibilities and basis of report

As the charity trustees of the company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your company's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5)(b) of the 2011 Act.

Independent examiner's statement

Since the company's gross income exceeded £250,000 your examiner must be a member of a body listed in section 145 of the 2011 Act. I confirm that I am qualified to undertake the examination because I am a member of the ICAEW, which is one of the listed bodies.

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

1. accounting records were not kept in respect of the company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a 'true and fair view' which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

Year ended March 2022

Registered Company Number: 2017214
Registered Charity Number: 296893

**Lambeth and Southwark Mind
Independent Examiner's Report
For the year ended 31 March 2022**

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

S Plumb

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SN1 3DU

13/12/2022