



# Lambeth and Southwark Mind

Report and Financial Statements  
for the Year Ended 31 March 2023

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 throughout and helped us to deliver some much needed and valued services to our communities in Lambeth and Southwark

In February it was a privilege to hold our first in person Annual General Meeting since 2019, before the pandemic. Staff, volunteers, trustees, members, and funders came to hear about and discuss our work, and it was humbling and inspiring to hear from our front-line service team about the work they are doing to help some of the most vulnerable in our community with their mental health challenges. The empathy of our Black River Counselling and Lived Experience Support Worker teams struck me, and everyone present could see the dedication of all our teams and the difference they are able to make.

It was however a challenging year from a financial perspective. Some of our sources of funding no longer felt able to continue, and among the reasons given were uncertainties about our sustainability as a small charity with relatively low reserves. In this context, our priority is to ensure we can continue and indeed grow our much-needed services.

Having reviewed our circumstances and all the options, the board has now taken the decision that the best way forward to do so is through merger with a larger and more secure local Mind. Fortunately, our neighbours Bromley Lewisham and Greenwich (BLG) Mind are in a strong financial position and keen to join forces. At the time of writing, we are in advanced stages of merger discussions and anticipate this being completed by the end of the calendar year 2023. This will provide a very strong platform for the future of our work for the Lambeth and Southwark communities.

**Tom McCabe, Chair of Trustees**

## Our Vision, Mission, and Values

### Our Vision for Lambeth and Southwark

*"For everyone, within Lambeth and Southwark to enjoy easy and timely access to appropriate information and support around mental health and wellbeing".*

### Our Mission as Lambeth and Southwark Mind

*"To ensure minoritised and other disadvantaged groups in Lambeth and Southwark have access to the mental health information and support they need".*

We work to achieve our mission by:

#### **Working with the Community directly**

- Providing information, psychoeducation, advice, support (including facilitating peer support), advocacy and counselling.
- Delivering and advertising these services in a way that facilitates engagement with and uptake by those most in need of, and/or with least access to appropriate and culturally sensitive support.
- Engaging regularly with our communities to better understand their evolving views, challenges, preferences and needs in relation to their mental health and wellbeing.

#### **Influencing key decision makers**

- Working with law and policy makers and other key stakeholders to ensure that the mental health needs of our boroughs are understood and recognised, to help build a future where accessible, appropriate, culturally sensitive mental health support is provided on a systematic and sustainable basis.

#### **Partnering with other Mental Health Providers**

- Working with other MIND organisations, other mental health charities and other public, voluntary, or private organisations as necessary to maximise our impact and ability to support the people of our borough.

## Our Values

In all our relationships, including with service users, partners, other stakeholders, and each other, we are:

### **INCLUSIVE**

**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**

**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**

**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

#### Summary of main achievements

The cost-of-living crisis and some funders not being able to provide uplifts to support the demand on services has impacted the performance and delivery of most programs. Despite these challenges, there were some significant and notable successes and achievements in the following areas:

- Runners Up SLAM (South London and Maudsley) Clinician of the year Award – The Lived Experience Support Workers (LESW). One member of the team was recognised for their significant support over the last year and came runner up amongst three thousand nominees. The Clinician of the year Award is run annually by SLAM, we are all very proud of the member of our team who came runner up for this prestigious award.
- Corporate and Community Fundraising – We have strengthened further our partnerships and collaborations with organisations within the community, who have continued to support the charity financially, sharing their resources and facilities. This area has been boosted by the successful recruitment of corporate fundraiser previously mentioned within the annual review,

noticeable achievements attained with support for London Marathon and Royal Parks Half Marathon.

- Contracts and Commissioned services – the charity was successful in extending some contracts, in addition to securing two new services. (In Patient and Lived Experience Support)
- Annual General Meeting AGM (Face to Face) – this was the first time since 2019 we were able to host our AGM at a venue in Brixton. The opportunity to meet face to face, a brief formal AGM followed by a market stall sharing of Lambeth and Southwark Mind services from our staff and volunteers was a huge success attended by a few key stakeholders and supporters.

### Differences made to beneficiaries

*"I will always be grateful for the support I received from Lambeth and Southwark MIND at one of the most difficult times in my life. Weekly sessions with an excellent psychotherapist gave me strength to face the fallout of a huge decision I needed to make in leaving an unhealthy relationship. When consistency and calm was lacking elsewhere, this time each week was like an anchor in a storm. I am just as grateful for the work of the team to ensure my sessions continued in-person when funding was a challenge for the service, as well as the kindness and the personal responsibility the team took in supporting my case.*

#### **Outcome**

*"I have a way to go, but with positive memories of how strong I can be when supported and a new-found inner confidence that I can resource myself to carry on, to grow, and to keep returning to my happiness whatever life throws at me."*

*"I was very isolated, my life consisted of taking medication, eating, and sleeping until a member of the lived experience support worker team was involved in my care. The support worker visited me at home and motivated me especially when things were very bad with the voices and the physical health issues."*

#### **Outcome**

*"The support worker identified lots of group activities around me here in Southwark for people with my condition and encouraged me to get involved which I am now attending and enjoying. Groups such as open Minds, wellbeing groups, Walworth living room and creative writing. The support worker was very professional and empathetic. The support worker was always there to listen to me I feel very supported by the team, and I am very grateful for the care and support I received from members of the lived experience support worker team."*

### Strategic Objectives

The following gives a brief update on 9 key strategic objectives and the progress made during the year to 31 March 2023:

**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.

This is ongoing. Due to the lack of resources and capacity, this has not been fully achieved. LSM have relied on data, resources, and valuable local research from Kings College PHD students' and National Mind to gain a deeper understanding of the needs and issues effecting Lambeth and Southwark community. An ongoing process to be prioritised in the new financial year, with a review of the latest local Joint Strategic Needs Assessments and the recruitment of a volunteer data research lead, to develop further.

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

We have made significant progress in meeting this objective. The quality and delivery of our programs is improving; within our psychotherapy and psychosis we are required to meet a target number of clients within caseload year on year. 75 for the psychotherapy service and 25 for the psychosis service which was successfully achieved.

**Objective 3** – Ensure that Leadership and Management structure facilitates the best outcomes for service users.

The introduction and implementation of our new CRM has been a huge success to help to facilitate positive outcomes and share up-to-date data with our funders and leadership. The new system is still being fine-tuned to help us optimise data produced.

**Objective 4** – Continue to promote the image of Lambeth and Southwark Mind within the community to increase our profile and develop community involvement.

We have been involved in several community events throughout the year. Our CEO has been invited to several functions to speak and promote the charity. In addition, we employed a corporate fundraiser and are recruiting for a community fundraiser to lift our profile within the community and create and attract income generation opportunities.

**Objective 5** – Continue to develop partnerships with other organisations, including Funding Bodies.

We have 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 with the introduction of the corporate fundraiser and the recruitment for community fundraiser as mentioned above.

**Objective 6** – Encourage a better understanding of emotionally intelligent, and culturally sensitive ways of working.

Staff meet at regular team meetings, drop-in sessions, and extended team meetings to discuss issues

and challenges, opportunities, and to be empowered. Well-being plans are part of the appraisal process, regularly reviewed with their line manager.

**Objective 7** – All staff and trustees have the knowledge and understanding to engage in an ongoing development and enactment of a common set of values.

This has been achieved through an ongoing process shared at biweekly team meetings and monthly extended team meetings.

**Objective 8** – Ensure that all staff have an equal opportunity for Professional Development and access to promotion.

This has been achieved and is an active part of the appraisal and mandatory training process.

### **Significant positive and negative factors affecting achievements**

- Our therapy services continue to highlight the extent of socio-economic deprivation and the complexity of needs of many of our clients. When people's basic needs are not met, therapy cannot be fully effective as 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 because of the current cost-of-living.
- The Information Service has seen an increase in enquiries from 1,300 in 2021-2022 to 3,000+ in 2022-23 and is receiving more demand for practical support. The Psychotherapy service has worked with significantly more clients this year than it did before the pandemic. The Black River counselling service despite serving up to 70 service users per month we have a current waiting list of more than 100 per month.

Broadly speaking, a financial limit on resources has impacted our ability to meet the growing demands we have seen in most of our services.

**Alastair Smith-Agbaje, CEO**

## Service Report Summaries

The following section details the services run by Lambeth and Southwark Mind over the year ended March 2023.

### Information Service

Since the pandemic the Information Service has faced some challenging issues, the main one being expectations. Often by the time someone calls the helpline they have already 'been round the houses' and are feeling frustrated, let down and sometimes extremely angry. A lot of services now only respond to queries via online contact forms. Talking to someone in person is frequently impossible and by phone almost as difficult.

The level of abuse to the Information Service phonenumber reached a crisis point earlier this year and it was decided to use a contact form to see how that might alleviate the problem of vicarious trauma to the frontline worker. The outcome was that hardly anyone used the contact form. Instead, the numbers of emails increased. We shrunk the required demographics fields on the contact form to see if this would make a difference, but it didn't. It highlights the difficulties we have with the Information Service to gather demographics. People with mental health issues are rightly less likely to share personal information for fear of discrimination. We have now re-included the phone contact number on our webpage.

The Online Directory of Mental Health Services continues to support the community providing easy access for service users, to view and access numerous services being run within both boroughs. We are very grateful for our team of volunteers who assist our staff team. In the near future, we are looking to increase our volunteer base, this will help us to continue to provide an excellent online service.

The trend in requests for help / signposting this year have included the following: food banks, grants for gas and electricity bills, grants for white goods, problems with housing repairs, homelessness and substandard temporary accommodation, lonely elderly people with no daycentres to visit, requests for therapy, family members being sectioned and family at a loss as to what to do, support / activities for adults on the autism spectrum and much more.

### COIN (Community Opportunity Information Network)

COIN is a new partnership, facilitated collaboratively by Lambeth Vocational Services (SLaM) and Lambeth & Southwark MIND, supported by Black Thrive. The emphasis is on social inclusion and the aim is to offer personalised and comprehensive information covering employment, training, volunteering, wellbeing activities, community events, arts, sports, and leisure. This will be provided via:

- Telephone, email, and email network circular

- The online COIN directory
- COIN bi-monthly face-to-face 'Information Swap Shop' where service users can share knowledge and information with each other.
- Twitter feed
- Fortnightly face-to-face drop-in at Vocational Services

The face-to-face drop-in and the directory updating will be facilitated by peer workers from both organisations, supported by experienced vocational staff.

### **The Telephone Befriending Service**

The Telephone Befriending Service has been well-received and in high demand with reasons for accessing the service including isolation, physical or mental health challenges, and loneliness. Social anxiety can be especially difficult. Current funding for the service ends in September 2023.

The client receives support and companionship from their befriender for between 3-6 months, building meaningful and trusting relationships with them which enable them to talk freely about their troubles or issues.

The process of recruitment, DBS checking, and mandatory training used to be long and this sometimes resulted in potential volunteers leaving. This has now greatly improved. Challenges regarding recruitment include the following.

- Funding for befriender training. The lack of training opportunities may be an influence on why volunteers leave earlier.
- Some volunteers leave early because they find they are not suited to helping people with mental health issues.

Based on feedback from referrers, the age limit for access was lowered to 18+ years. Referrals for clients with psychosis were frequent, and the DNE rate was high. Information about who the service can support has been recently clarified on the webpage.

**Venus Caesar, Information Service Officer**

*Feedback received from a telephone befriending client:*

*“I called MIND because I was in a dark mental space and was struggling to express how I was feeling to my family. After speaking with the Mind coordinator, who patiently listened to me, she offered the Befriender Service. These calls gave me an opportunity to openly express the difficult aspects of my mental health in a safe, non-judgmental space.*

*“My befriender instantly made me feel comfortable, and establishing an easy rapport which in turn lessened any anxiety I had about sharing my thoughts and feelings. Their gentle and patient approach was exactly what I needed. By the end of the call, I was able to gain a better perspective from speaking freely and, as we had our calls on a Monday, it became a welcome start to my week. I am so grateful to MIND and the Befriender Service as without it I don't know if I would have had the strength to chase up my long-awaited therapy and my problems would have appeared a lot worse through isolation.”*

### **General Psychotherapy Service**

Within the GPS, priority was given to people on very low incomes and/or in receipt of universal credit. Clients received free weekly therapy for up to 10-12 months. Annually 70+ clients accessed the service and 50+ clients were receiving therapy weekly.

People from long-term poorer backgrounds have great difficulty accessing this type of free support. NHS waiting lists for long term psychotherapy is upwards of 2 years. The GPS has also supported people who have fallen on hard times financially and needed support to get back on their feet, find a new job etc. This service became even more important during Covid and since, when many young people in particular have had to look for new employment.

The General Psychotherapy Service was funded for 5 years by the National Lottery. Sadly, this funding ended in March'23. We committed to continued funding this out of reserves until November 2023 to ensure that all courses of therapy that had been started could be completed. At the time of writing this report, a self-funding low-cost therapy service has been established in its place and during the merger discussions BLG have committed to continuing this new service for at least one year.

### **Joan Kennedy, Information Service and General Psychotherapy Service Manager**

*Feedback from a trainee who volunteered with the GPS for 2 years:*

*"It is not an exaggeration to say that the GPS is a truly life changing experience for those who access it. Whilst some people do benefit from short-term therapies like CBT, many others need a more robust, reflective and relational based therapy. Longer-term therapy can and does allow people to deeply reflect and positively change their lives, and the lives of their loved ones. This has a knock-on effect of benefitting the wider community. As a trainee therapist at Mind I saw this happen. Clients committed to their sessions, engaging with painful content in a safe and non-judgemental space. This allowed them to make profound life changes. To be a part of something so important to my clients, was a privilege. By removing this service, people, like my clients, who live in poverty are left with little or no access to longer-term support. Each of my clients valued their sessions greatly, and I will forever value the experience which my clients provided to me."*

## Psychosis Therapy

### Service – Usemi Service

The Psychosis Therapy (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), people with psychosis (PTP) or people from racialised communities (Usemi).

Usemi combined 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 women) until August 2022. The PTP service was funded by the National Lottery to deliver long-term individual therapy to a caseload of 25 until March 2023.

Both services have now stopped operating due to the end of their funding. Their suspension is a big loss for the communities they serve as they remain in high demand and held in high regard by statutory and non-statutory services across Lambeth and Southwark.

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

*Feedback received from clients:*

*“Over the years, having been doctor myself, I looked at things in a very medical way and hoped that medicine would help to solve my problems. But having seen a therapist through the PTP for a year, I have found a different way to look at and explore my difficulties and emotions and to feel less threatened by them. I do still get wound up by certain thoughts, but I am functioning much better. I’ve learned more about how I relate to people, especially my family and friends and I feel more connected with my siblings now.”*

*“I have learned strategies to manage some of my issues, but still get caught up with my emotions. I have stopped caring so much about what my family expectations are and am accepting myself more. I have been devastated by my family and their lack of care, so much so that I have been unable to function in society in any way. I have turned a corner in accepting that my family cannot show me the care that I need. That I must find my own level of care for myself.”*

### **Black River Counselling Service**

The Black River Counselling Service provides short-term (8 weeks) online counselling with a qualified and experienced black counsellor, for the black African and African Caribbean community in Lambeth and Southwark. We have supported 149 clients, 76 individual clients with counselling and a further 73 clients with signposting and referrals to other supportive organisations.

64% of our clients have never previously had any form of counselling, and our ongoing aim is to support all clients before their concerns become more serious and require assistance from Primary Healthcare organisations. We also support many clients who have previously had some counselling, through referrals from organisations such as Social Prescribing, Refuge, Metropolitan Police.

Many go on to volunteer with organisations and join support groups who cover like-minded issues. However, there are those that require longer-term support, which we are unable to currently provide, and we signpost/ refer these clients to other external organisations who can support them with this.

With minimal staffing and the high demand for this service, we have spent the last year transitioning over to a new Customer Relations Management (CRM) database, and in January 2023, we implemented online Registration Form Referral Forms to aid clients accessing the service. We have tried to ensure that our forms are user friendly, requesting only necessary data to support their counselling needs. Since implementation, we have seen a significant rise in applicants and receive on average 10-15 clients per week, which has consequently increased our waiting lists. However, it has also allowed greater control over pausing waiting lists, dealing with client enquiries more efficiently and producing better KPIs and reports for potential funders.

There is a shortage of Psychiatrists and Psychologists from ethnic backgrounds within the mental health profession,<sup>1</sup> and we are looking into the possibilities of initially having a long-term trainee counsellor to both learn in this area of counselling and to provide longer term counselling to support some of our clients. We are also seeking ways/funding to potentially have a support group that clients can join the before/ after counselling.

Fishmongers Trust has funded this programme since April 2021. We have had a great working relationship and they have continued to support and fund us through this year for which both staff and the community are very grateful.

**Christine Thompson, Black River Counselling Service Manager**

*A client case study:*

Rial is a black man in his late thirties. He came to Black River Counselling service because of difficulties in his marriage. He had never received counselling previously and was anxious and particularly keen to work with a black male counsellor.

Growing up Rial had lived alone with his mother. He had no family living locally, and he had rarely seen his father growing up. Consequently, he was drawn to excitement and company that ultimately led to him being imprisoned in his early twenties. Now, at this stage of his life Rial wanted to change, make his recent marriage work and be a good father to his children. In the sessions Rial explored his behaviours, his concept of relationships, and how his notions of masculinity were influenced by a lack of a father figure or consistent black male role models.

**Outcome:**

By the end of the therapy Rial was keen to attend a black men's group where he could meet a variety of black men to share and learn from.

## Southwark College Counselling

Our Partnership with Southwark College continued throughout 2022-2023 and our Lambeth and Southwark Mind Counsellor provided 21 hours of support to students over three days each week.

The College moved to a more structured system of referrals in 2023, to focus on those students who were most in need. The service looked to focus on supporting those in the 15 -18 age group seeking Counselling but not currently supported by the Child Adolescence Mental Health Service. The age profile of clients seen reflected this change, but not to the exclusion of students in older age groups.

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<sup>1</sup> Black, Asian, and Minority Ethnic (BAME) individuals make up only 9.6 per cent of qualified clinical psychologists in England and Wales, in contrast to 13 per cent of the population (Office of National Statistics, 2018)

There was wide range of presenting issues, with depression, relationships and suicidal thoughts being prominent. The ethnic background of clients reflected the ethnic diversity of the college and the gender balance within the client group was skewed towards female students, and this was mirrored in the referrals.

**Liam Daniels, Counsellor**

### **South Bank University Academy School**

2022-2023 was another successful year with our partnership with South Bank University Academy. The counselling service has been present in the school for its second year (since Sept 2021) and we have renewed our LSA Agreement for a third year.

The LSM counsellor has established a strong relationship with the school, working alongside the school Safeguarding Team and Student Services to provide face-to-face mental health support for children in Y7 to Y13 (11 to 18 years old).

Many of the children present with complex needs and past traumas and are going through added hardships due to the current financial world crisis. Therefore, it is essential that the counselling service exists and continues its work with such vulnerable individuals within the borough of Southwark.

**Anissa Sedira, Counsellor**

### **Peer Support Services**

In December 2022, a full time Peer Support Service Manager, Anna Parsons was recruited to support and develop both employees and operations across the expanding offer of peer support projects and services.

### **Lived Experience Support Workers**

Lambeth and Southwark Mind has four Lived Experience Support Workers embedded within South London and Maudsley's (SLaM) Primary Care Mental Health Service, delivered under a contract commissioned by Partnership Southwark.

The Service is aligned with the Community Mental Health national transformation programme which sets out the vision for a new place-based community mental health model, bringing together all the services and agencies that support people with different mental health needs. Lambeth and Southwark Mind is the contracted supplier organisation, providing a bridge between the voluntary/charity sector.

Working as part of a multi-disciplinary team, the purpose of these roles is to support people to access the right interventions and support, based on the person's individualised care and support plan.

- 2 workers started in March 2022 and another 2 in June 2022.
- 2 subsequently left and 2 have been recruited from June 2023.

- Feedback on the posts has been very positive and funding renewed till March 2024.

*Feedback received from a client:*

*'I am eternally grateful and will never forget your support...you never gave up on me as everybody has before...you always did what you said what you were going to do which hasn't happened to me before and was so appreciated'.*

### **In-Reach Rehabilitation Support Peer Workers**

Lambeth and Southwark MIND has 2 Peer Support workers based in the Tony Hillis Unit at Lambeth Hospital as part of a partnership with Croydon, BLG and BWW Minds, providing peer support on SLAM in-patient wards in Croydon, Greenwich, Lambeth, Lewisham, and Wandsworth. The purpose of these roles is to provide recovery-focused peer support to patients as they transition back into the community and living independently.

The service is delivered under a contract commissioned by the South London Mental Health and Community Partnership as part of the Complex Care Programme. Its aim is to transform the way decisions are made and how they are used to inform the design of a care pathway to achieve improved outcomes for those with complex care mental health needs.

- Two Peer Support Workers started placement on the Tony Hillis Ward in March 2023.
- Feedback on the first 3 months on their placements has been very positive, within this period they have set up patient support groups and supported patient visits to community venues.

### **The Southwark Women's Forum**

From March 31 2023 NHS Southeast London ICB decommissioned the Lambeth and Southwark peer services; Open Minds, a bi-monthly drop in space for Southwark residents experiencing mental ill health, and the Southwark User Council whose lived experience volunteers collected feedback from and offered support to inpatients at the Maudsley Hospital. It also decommissioned The Southwark Women's Forum as a patient feedback mechanism and recommissioned it as a service from 1 April 2023.

Lambeth and Southwark Mind have two peer workers who facilitate the monthly support group for women in Southwark experiencing challenges with their mental health wellbeing. The group offers members additional support with community and social engagement to combat loneliness and social isolation, with community trips and events.

- A new group co-facilitator was recruited in December 2022.
- The group resumed meeting in person in February 2023.
- Average session attendance has increased from nine for online to eighteen for in person.
- Impact measurements will be implemented for the purpose of service monitoring and illustration of how peer support can promote better mental health outcomes.

## **Anna Parsons, Peer Support Service Manager**

### The Suicide Bereavement Service

Lambeth and Southwark Mind has a Suicide Bereavement Support Worker who is part of the Southeast London Suicide Bereavement Service. It supports people of all ages across the boroughs of Bexley, Bromley, Greenwich, Lambeth, Lewisham, and Southwark who have lost a loved one to suicide or suspected suicide, providing one-to-one emotional, practical, and spiritual support and groups where people can meet others bereaved by suicide.

The service is funded by NHS England through the Southeast London Integrated Care Board and is delivered as a partnership between Mind in Southeast London and South London and Maudsley NHS Foundation Trust.

- During 2022-23, the service supported over 230 people.
- Nearly 75% of people referred had been bereaved within the past 6 months.
- 143 received 1-1 support, 54 accessed counselling and 42 attended a group.

## **Anna Parsons, Peer Support Service Manager**

*Feedback from a client who lost a partner:*

*“What I found most useful was being able to share my experience and worries in a candid way. I looked forward to seeing (my 1-1 worker) even though the conversation was centred around something very painful. There was practical support early on that I found very useful.*

*I thought the group therapy sessions were helpful... hearing about other people's grief helped me to understand that other peoples' experience of being bereaved by suicide was very similar to my own.”*

## **Fundraising and Business Development**

### **Fundraised Income**

Income from fundraising includes grants, individual and corporate donations, and events.

### **Grant income**

Our income from grants during 2022-23 was derived primarily from the renewal of multi-year grants including:

- National Lottery Community Fund – the fifth and final year of a 5-year grant agreement for the provision of the General Psychotherapy Service.
- Fishmongers' Company Charitable Trust – the second year of funding for provision of the Black River Counselling Service.
- Garfield Weston a grant towards core costs.
- National Lottery Awards for All – for the Telephone Befriending Service.
- Peter Stebbings – the second year of funding towards to support the provision of Peer Support Services.
- In addition, we secured income for a partnership project with Black Thrive and the South London and Maudsley Vocational Services (SLAM) – towards the development of the Community Opportunities Information Network (COIN) Directory.
- A further grant to build our fundraising capacity was awarded by the national Mind Continuity Fund. Most of this grant will be spent in 2023-24 and enabled us to recruit two additional members of the fundraising team to develop and increase our income from corporate supporters and from events and community fundraising activities.

### **Corporate Fundraising**

We are very grateful to the following companies for their invaluable support over the past year: MSI Group, 3+ Consulting, Dulwich Hamlets Football Club, HG Construction and Ropes and Gray.

### **Events Fundraising**

Income from events during the year came from the Royal Parks Half Marathon, the London Marathon, and our own community music event 'Let's Dance for Lambeth and Southwark Mind'.

### **Contracts and Commissioned Income**

The Fundraising and Business Development team is also responsible for increasing income from contracts and commissioned services, including local statutory mental health commissioners through the SE London Integrated Care System.

#### **The following contracts were renewed for a further year:**

- SE London ICS (Southwark) to continue to deliver patient engagement activities including Southwark User Council, Open Minds, and the Southwark Women's Forum.
- SE London ICS (Lambeth) to continue to deliver the Information Service and online Mental Health Directory.
- Southwark College, to continue student counselling service and supervision of their safeguarding team.
- South Bank University Academy, to continue student counselling service.

- SE London ICS for provision of a Suicide Bereavement Service, delivered in partnership with Bromley Lewisham and Greenwich Mind and Bexley Mind.
- Partnership Southwark – to continue provision of Lived Experience Support Workers working within the Southwark Community Mental Health Teams under the South London and Maudsley NHS Trust.

**New commissioned contract:**

- The provision of Peer Support Inpatient Rehabilitation Service. Mind in Croydon is the lead partner in this service commissioned by SE London ICS. The service is provided in 6 mental health hospital wards across SE London through a partnership of four local Minds including: Mind in Croydon, Bromley, Lewisham and Greenwich Mind and Brent, Wandsworth, and Westminster Mind. We employ two Peer Support workers with live experience to work with inpatients on the Tony Hillis Unit, a high-dependency male ward at Lambeth Hospital.

**Business and Service Development**

Further opportunities for earned income are being developed including a low-cost counselling service which will start in summer 2023 and a Mental Health First Aid training programme that is being promoted to local businesses, public and third sector organisations.

We recognise the importance of developing and maintaining partnerships with organisations that have similar aims as ours and we are committed to collaborating and seeking opportunities that are mutually beneficial and that can help cut costs, improve outcomes, and reduce duplication and that can help us to deliver our vision.

**Sally Bushell, Business Development Manager**

## Public Benefit

Mind in London Cost of Living Roundtable held on Monday 7 November 2022

This online event was organised by Mind in London and had 20 stakeholder and partners attending from national, regional and local level. The event was facilitated by Thrive LDN. The first session was a provocation panel with each panel member setting the context of the cost of living challenge from their own organisational perspective. Mind in London speakers set three provocation questions to focus the next part of the wider discussion. Attendees were encouraged to join the conversation with a solutions based approach to the three questions.

### Provocation Panel

- Debbie Weekes Bernard (Deputy Mayor GLA)
- Richard Douglas (Integrated Care Board (ICB) Chair SEL)
- Alastair Smith-Agbaje (CEO Lambeth and Southwark Mind)
- Philippa Mariani (CEO Mind in Croydon)
- Florence Eshalomi (MP Vauxhall)

### Agreed commitments and focus areas

- Commitment from ICB Chair to take the conversation around longer term commissioning to other ICB Chairs across London.
- Commitment from NHS Employers to broker conversation with ICSs on building skills and capacity for mental health workforce so that we have a commitment to work together rather than competing.
- Commitment from Mind in London to support Mayor's ambition for Information and Advice with mental health support for advice workers.

**Alastair Smith-Agbaje, CEO**

## Future Plans

We believe the need for our work is greater than ever. The demand for our services has increased throughout the year, particularly from members of the minoritised communities and various other diverse groups. Our organisation wants to be able to build on our strengths, to reach and provide for more people, and provide even more positive outcomes for the communities we serve.

Building on a steady growth of our services since 2020, the charity has continued to build on strategic plan for growth over the next three years. We've built yearly targets within the strategy to achieve the following goals with our main priorities being:

- Minoritised communities
- People Living in Poverty

- Children and Young People
- Equality, Diversity, and Inclusion
- LGBTQ+ Communities

These plans involve building on our existing programmes and building our base of stakeholders and collaborative partnerships.

In addition, our plans include a strategic merger of LSM with BLG Mind by 31 December 2023 (see also the “Introduction from the Chair of Trustees” on page 2). This merger was endorsed by the trustees as it will ensure and supplement LSM’s charitable activities and services to the Lambeth and Southwark communities.

**Alastair Smith-Agbaje, CEO**

## Financial Statements for the Year Ended 31 March 2023

### Financial Review

	<b>2022-23</b>	<b>2021-22</b>
	<b>£</b>	<b>£</b>
Income	658,091	512,020
Charitable Expenditure	557,732	516,452
Total Expenditure	614,419	593,579
Surplus/(Deficit) for year	<u>43,672</u>	<u>(81,559)</u>
Unrestricted Reserves	155,050	94,592
Restricted Reserves	26,584	43,370
Total Reserves	<u>181,634</u>	<u>137,962</u>

Total income for the year was £658,091 (2021-22: £512,020), whilst expenditure was £614,419 (2021-22: £593,579).

Of these amounts, restricted income during 2022-23 was £196,736 (2021-22: £241,573) and restricted expenditure was £199,867 (2021-22: £234,852), the decrease in income reflects a new mix of funding. Primarily associated with the funding from the Co-Op Resilience, Hood Mentality, and the Mind Pears/DCMS Racial Equity grant ending, but this was partially offset by new funding for the COIN (Community Opportunity Information Network) directory and ongoing support from amongst others, Fishmongers, Peter Stebbings, National Lottery and National Mind.

In 2022-23 unrestricted funds increased by 64% to £155,050 (2021-22: £94,592) mainly due to various new and existing designated projects generating surpluses from lower cost start-up, timing, staff turnover and other cost reductions. In addition to this, unrestricted reserves have improved due to certain restricted reserves being derestricted by National Mind. The increase in unrestricted income to the 2022-23 figure of £461,355 from the 2021-22 figure of £270,477 is predominately associated with a full year's income from the Lived Experience Support Workers project and modest income uplifts on other services.

The Charity aims to facilitate appropriate support for mental health and wellbeing in the Lambeth & Southwark boroughs. To do this it has engaged in several initiatives and has as a consequence been able to improve the reserves and funding base this year.

## Funding

Total income £658,091 (2021-22: £512,020) comprises 59% from contracts and service level agreements with Lambeth and Southwark ICB groups, South London and Maudsley NHS Foundation Trust (SLaM), South Bank University Academy, Southwark College, and from sub-contracting arrangements with other local Minds, commissioned by the SE London ICB for services across several Mind territories; 13% from a 5-year grant from the Big Lottery for our Psychotherapy and Psychosis Services; 20% from other grant making trusts, including a significant grant from the Fishmongers' Company Charitable Trust; and 8% 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 partially 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.

On 31 March 2023, Lambeth and Southwark Mind had total reserves of £181,634 (2021-22: £137,962) of which unrestricted reserves amounted to £155,050 (2021-22: £94,592). The unrestricted, 'free' reserves\* represented the equivalent of 3.0 months (2021-22: 1.9 months) of total expenditure.

In 2021-22 the charity could not pass on certain support costs because various projects came to an end but in 2022-23 new projects/services were taken on and the support costs are now rechargeable. The timing between projects closing and new ones starting put a burden on our own reserves but for 2022-23 the position was managed. As a result of this and the approval from National Mind to derestrict and release funds held in our expired projects the unrestricted reserves have increased.

The trustees are aware that in the coming year (2023-24) that the charity will face new challenges as the mix of our projects will change and that access to funding, due to economic constraints, will be difficult to secure. Nevertheless, the trustees are confident that with an improved 2022-23 reserve position and contingency plans including a

potential merger with another Local Mind that the charity has sufficient resources to meet its future needs.

The trustees monitor the level of reserves to ensure they are at levels that can support charity costs and plans. Restricted funds amounted to £26,584 (2021-22: £43,370).

*\*'free' reserves are unrestricted reserves less the net value of fixed assets (2022-23: £155,050 - £2,713)*

## **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.

Nevertheless, given the challenging economic environment and the persistent need to secure additional and regular income the trustees have determined that its charitable activities and services can best be achieved by the transfer of its charitable undertaking to another Mind. The transfer of the undertaking and all assets will be on a going concern basis. The transfer is expected to happen by 31 December 2023.

## **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 (BOT) 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 BOT.

## **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, 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 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 met 6 times a year during 2022/2023 and at the date of this report the trustees are set out under 'Reference and administrative details'. During

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

- 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 responsible for delivery of the charity's strategy and policies, has been established and meets monthly or as required.

### **Senior Management Team**

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

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 situation 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.

**Tom McCabe, Chair of Trustees**



## Reference & Administrative details

### Registration numbers

- Charity registration number 296893
- Company registration number 296893

### Board of Trustees

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

- George Dodd (resigned 16 December 2022)
- Hillna Fontaine
- Jane Harris (appointed 28 July 2022)
- Juanita Fan (Secretary)
- Larissa Howells (appointed 28 July 2022)
- Max Mckenzie-Cook (appointed 28 July 2022)
- Neil Harvey (Treasurer)
- Rachel Alleyne
- Sarah-Jane Otoo (appointed 28 July 2022)
- Tom Franklin
- Tom McCabe (Chair)
- Tracey Deal

### 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 *Business Development Manager*
- Christine Thompson *Black River Counselling Service Manager*
- Venus Caesar *Information Service Officer*
- Anna Parsons *Peer Support Service Manager*
- Andrea Cornfield *Southwark Women's Forum Manager*
- Jo Bateson-Hill *Southwark Women's Forum Co-Facilitator*
- Bernadette Ofogu *Southwark User Council Manager*
- Catherine Alade-Effa *Open Minds Lead Facilitator*
- Maria Julia *Open Minds Co- Facilitator*
- Andrew Kidd *Suicide Bereavement Support Worker*
- Ruby Scarlett *Lived Experience Support Worker*
- George Redmayne *Lived Experience Support Worker*
- Al Hill *Lived Experience Support Worker*
- Juan Avendano *Lived Experience Support Worker*

**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.

## Statement of financial activities (Incorporating an Income Statement)

		Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
Notes		£	£	£	£
<b>INCOME</b>					
<b>Incoming resources from generated funds</b>					
Donations & legacies	3	34,939	94,048	<b>128,987</b>	195,060
Income from other trading activities	3	35,251	-	<b>35,251</b>	41,007
Income from charitable activities	3	389,919	102,688	<b>492,607</b>	275,946
Investment Income	2	1,246	-	<b>1,246</b>	7
<b>Total income</b>	3 & 13	461,355	196,736	<b>658,091</b>	512,020
<b>EXPENDITURE</b>					
<b>Costs of raising funds</b>					
Costs of generating activity income		56,687	-	<b>56,687</b>	77,127
<b>Expenditure on charitable activities</b>	13	357,865	199,867	<b>557,732</b>	516,452
<b>Total expenditure</b>	5 & 13	414,552	199,867	<b>614,419</b>	593,579
<b>Net income / (expenditure)</b>	4	46,803	(3,131)	<b>43,672</b>	(81,559)
<b>Transfer between funds</b>	13	13,655	(13,655)	-	-
<b>Net movement in funds</b>		60,458	(16,786)	<b>43,672</b>	(81,559)
<b>Reconciliation of Funds:</b>					
Fund balances brought forward at 1st April	13	94,592	43,370	<b>137,962</b>	219,521
<b>Fund balances carried forward at 31st March</b>	13	155,050	26,584	<b>181,634</b>	137,962

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 on pages 32 to 43 form part of these financial statements.

**Statement of Cash Flows**  
**As at 31 March 2023**

	2023	2022
Notes	£	£

**Cash flows from operating activities:**

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

<b>Net movement in funds</b>	<b>43,672</b>	<b>(81,559)</b>
Add: depreciation	2,120	2,786
Deduct: interest income	(1,246)	(7)
Decrease/(increase) in debtors	4,673	(8,237)
Increase/(decrease) in creditors	60,717	(19,504)
<b>Cash provided by / (used) in operating activities</b>	<b>109,936</b>	<b>(106,521)</b>

A

**Cash flows from investing activities**

Income from interest	1,246	7
(Purchases) of tangible fixed assets	(1,776)	(4,584)
<b>Cash (used in) /provided by investing activities</b>	<b>(530)</b>	<b>(4,577)</b>

B

**Cash flows from financing activities**

C

<b>Increase/(decrease) in cash and cash equivalents in the year (A+B+C)</b>	<b>109,406</b>	<b>(111,098)</b>
<b>Total cash &amp; cash equivalents brought forward</b>	<b>141,086</b>	<b>252,184</b>
<b>Total cash &amp; cash equivalents carried forward</b>	<b>250,492</b>	<b>141,086</b>

Refer to balance sheet, page 32

**Statement of Financial Position (Balance sheet)**

**As at 31 March 2023**

		2023	2023	2022	2022
	Notes	£	£	£	£
<b>Fixed assets</b>					
Tangible assets	10		2,713		3,057
<b>Current assets</b>					
Debtors	11	36,973		41,646	
Cash at bank and in hand		250,492		141,086	
		<u>287,465</u>		<u>182,732</u>	
<b>Creditors</b>					
Amounts falling due within one year	12	108,544		47,827	
<b>Net current assets</b>			<b>178,921</b>		<b>134,905</b>
<b>Total assets less current liabilities</b>	13		<b>181,634</b>		<b>137,962</b>
<b>Funds</b>					
Unrestricted funds	13		155,050		94,592
Restricted funds	13		26,584		43,370
<b>Total funds</b>	13		<b>181,634</b>		<b>137,962</b>

For the year ending 31 March 2023, 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 2023 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

**Notes to the financial statements**  
**For the year ended 31 March 2023**

## **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 to operate; however, it is envisaged that on 31 December 2023 that its charitable on-going activities will be transferred to another Mind. This Mind will carry on Lambeth and Southwark Mind's charitable activities as from this date and that they will continue the activities.

The cashflow statement shows a cash inflow of £109,406 for the year to 31 March 2023 (2021-22: cash outflow £111,098) and has remaining net current assets of £178,921. 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.

## 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.

## 1. Accounting policies (cont.)

### 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.

### 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 2023 £	31 March 2022 £
Deposit account & other interest	1,246	7

### 3. Income summary

	Unrestricted £	Restricted £	Total 2023 £	Total 2022 £
<b>Income from donations and legacies</b>				
Garfield Western	20,000	-	20,000	-
Community Support Fund - National Lottery	-	7,800	7,800	-
Mental Health Response Fund - National Mind	-	-	-	2,000
Fishmongers Company Charitable Trust	-	49,755	49,755	44,755
CO-OP Resilience Fund - National Mind	-	2,237	2,237	10,069
Mind Conector Fund	-	-	-	5,450
Mind DCMS Racial Equality Fund	-	4,978	4,978	44,802
Hood Mentality	-	4,278	4,278	30,562
Morganico Sculpture Project	-	-	-	5,000
Peer Support - Peter Stebbings memorial	-	10,000	10,000	2,500
Psychosis Therapy - Usemi	-	15,000	15,000	15,000
Donations - inc. individuals & corporates	14,939	-	14,939	34,922
	<u>34,939</u>	<u>94,048</u>	<u>128,987</u>	<u>195,060</u>
<b>Income from other trading activities</b>				
Charitable events	35,251	-	35,251	41,007
	<u>35,251</u>	<u>-</u>	<u>35,251</u>	<u>41,007</u>
<b>Income from charitable activities</b>				
NHS Lambeth CCG - information service	42,749	-	42,749	42,034
NHS Southwark CCG - user group & womens forum	56,481	-	56,481	55,646
SLaM NHS Foundation Trust - hearing voices	-	-	-	5,663
Southwark College - young person counselling	33,900	-	33,900	24,660
Rehabilitation In-Reach Service	19,188	-	19,188	-
Big Lottery Fund - psychotherapy service	-	83,688	83,688	81,435
Bereavement & support	39,498	-	39,498	34,532
National Lottery Awards for All	5,000	-	5,000	10,000
LESW (SLaM)	170,849	-	170,849	9,323
COIN Directory (Black Trives)	-	19,000	19,000	-
Southwark University Academy	22,254	-	22,254	12,653
	<u>389,919</u>	<u>102,688</u>	<u>492,607</u>	<u>275,946</u>
<b>Income from investments</b>	1,246	-	1,246	7
<b>Total Income</b>	<u>461,355</u>	<u>196,736</u>	<u>658,091</u>	<u>512,020</u>

### 4. Net income for the year after charging

This is stated after charging

	31 March 2023 £	31 March 2022 £
Depreciation - owned assets	2,120	2,786
Independent examination fee	1,650	1,520
Accounting fees paid to Independent examiner	1,000	1,000
Trustee Directors' emoluments and other benefits	-	-

## 5. Expenditure summary

Basis of allocation	Staff Costs	Facilitation fees, supervision, evaluation & training	Room hire	Activities & resources	Volunteers	Overheads & support costs	Governance costs	Total 2023	Total 2022
	£ Direct	£ Direct	£ Direct	£ Direct	£ Direct	£ Usage	£ Direct	£	£
<b>Costs directly allocated to activities</b>									
Information service	29,985	-	-	305	-	6,300	-	<b>36,590</b>	42,034
National Lottery - Awards for All (Befriending)	5,768	-	-	259	-	-	-	<b>6,027</b>	4,627
South Bank University Academy	1,382	1,181	-	12,860	-	2,313	-	<b>17,736</b>	12,653
Southwark services costs	29,698	3,244	1,145	3,731	-	4,809	-	<b>42,627</b>	55,646
Bereavement & Support	33,940	357	-	805	-	702	-	<b>35,804</b>	34,532
LESW (SLaM)	112,318	575	-	80	-	34,379	-	<b>147,352</b>	9,323
Hearing voices	-	-	-	-	-	-	-	-	5,663
Rehabilitation In-Reach Service	3,045	-	-	166	-	187	-	<b>3,398</b>	-
Southwark College counselling	2,182	20,374	-	-	-	3,980	-	<b>26,536</b>	24,660
Friends in need	-	-	-	-	-	-	-	-	5,500
Psychotherapy & psychosis service	40,819	39,965	4,348	188	-	13,177	-	<b>98,497</b>	106,813
Peer support group	12,616	13,164	886	825	-	3,965	-	<b>31,456</b>	31,732
Black River Counselling	23,339	20,336	-	839	71	7,720	-	<b>52,305</b>	46,610
Black Thrive	2,748	-	-	5,670	-	-	-	<b>8,418</b>	-
Kindred Minds	-	-	-	-	-	-	-	-	6,417
Hood Mentality - No Gimmicks, Straight Lyrics	-	600	-	-	-	106	-	<b>706</b>	23,334
Young black men's project	-	-	-	-	-	-	-	-	14,448
Continuity Project	-	858	-	7,629	-	-	-	<b>8,487</b>	-
Fundraising costs	42,814	-	-	12,378	-	1,495	-	<b>56,687</b>	77,127
<b>Charity support costs</b>	<b>68,189</b>	<b>178</b>	-	<b>650</b>	<b>1,077</b>	<b>45,963</b>	-	<b>116,057</b>	183,638
<b>Support costs allocated to activities</b>	-	-	-	-	-	(77,638)	-	-	<b>77,638</b>
Trustees meetings & AGM	-	-	-	-	-	-	724	<b>724</b>	100
Independent Examiner fee	-	-	-	-	-	-	2,650	<b>2,650</b>	2,520
<b>Total resources expended</b>	<b>408,843</b>	<b>100,832</b>	<b>6,379</b>	<b>46,385</b>	<b>1,148</b>	<b>47,458</b>	<b>3,374</b>	<b>614,419</b>	<b>593,579</b>

Method of allocation: Costs are allocated directly to the service area. An overhead allocation of 15% is applied. Costs are re-allocated within designated funds in the funds statements. Website and organisational development costs are included within charity support costs.

## 6. Staff costs

	31 March 2023 £	31 March 2022 £
Wages and salaries	366,125	252,516
Social security costs	26,846	16,627
Other pension costs	15,870	10,331
Temporary staff and permitted pay	0	39,213
<b>Total</b>	<b>408,841</b>	<b>318,687</b>

No employee received emoluments of more than £60,000 (2022 same). The charity is managed by the CEO and other members of the senior management team. The remuneration paid to the senior manager was £61,807 (2022 - £59,094), plus £2,756 (2022 - £2,650) in employer pension contributions.

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

	<b>31 March 2023 No.</b>	<b>31 March 2022 No.</b>
Director	1.0	1.0
Other	11.0	12.0
<b>Total</b>	<b>12.0</b>	<b>13.0</b>

## 7. Governance costs

Governance costs include:	<b>31 March 2023 £</b>	<b>31 March 2022 £</b>
Trustees Meetings & AGM costs	723	100
Independent examination	1,650	1,520
Accounts drafting	1,000	1,000
<b>Total</b>	<b>3,373</b>	<b>2,620</b>

## 8. Committees' remuneration or other benefits

The trustees received no remuneration or other benefits for the year ended 31 March 2023 (2022: £Nil). Reimbursed trustee expenses £Nil (2022: £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 2023 (2022: £Nil).

## 10. Tangible fixed assets

	<b>Charity Shop fittings £</b>	<b>Office fittings &amp; equipment £</b>	<b>Total £</b>
<b>Cost</b>			
At 1 April 2022	12,753	32,657	45,410
Additions	-	1,776	1,776
Disposals	(12,753)	-	(12,753)
At 31 March 2023	<u>-</u>	<u>34,433</u>	<u>34,433</u>
<b>Depreciation</b>			
At 1 April 2022	12,753	29,600	42,353
Charge for year	-	2,120	2,120
Disposals	(12,753)	-	(12,753)
At 31 March 2023	<u>-</u>	<u>31,720</u>	<u>31,720</u>
<b>Net book value</b>			
<b>At 31 March 2023</b>	<u>-</u>	<u>2,713</u>	<u>2,713</u>
At 31 March 2022	<u>-</u>	<u>3,057</u>	<u>3,057</u>

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

	<b>31 March 2023 £</b>	<b>31 March 2022 £</b>
Trade debtors & pledged grants payable	30,447	33,839
Other debtors & prepayments	6,526	7,807
<b>Total</b>	<u><b>36,973</b></u>	<u>41,646</u>

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

	<b>31 March 2023 £</b>	<b>31 March 2022 £</b>
Trade creditors	26,411	25,072
Other taxation & social security	8,627	6,362
Deferred income	63,900	7,500
Other creditors & accruals	9,606	8,893
<b>Total</b>	<u><b>108,544</b></u>	<u>47,827</u>

Deferred income above for 2023 includes grant income for activities to be started or continued in the 2023-24 period (2022 - includes grant income relating to 2022-23).

### 13. Movement in funds

	At 1 April 2022 £	Net Movement in funds £	Transfer between funds £	At 31 March 2023 £
<b>Unrestricted funds</b>				
Core	89,219	(27,046)	73,359	135,532
<b>Designated funds</b>				
Lambeth information service	-	6,159	(6,159)	-
Bereavement & Suicide	-	3,693	(3,693)	-
National Lottery - Awards For All	5,373	(1,026)	(4,347)	-
LESW (SLaM)	-	23,498	(19,498)	4,000
Southwark services	-	13,854	(13,854)	-
Southwark College counselling	-	7,363	(7,363)	-
South Bank University Acadmey	-	4,518	(4,000)	518
Staff contingency fund	-	-	12,000	12,000
Rehabilitation In-Reach Service	-	15,790	(12,790)	3,000
<b>Total designated funds</b>	<b>5,373</b>	<b>73,849</b>	<b>(59,704)</b>	<b>19,518</b>
<b>Total unrestricted funds (core &amp; designated)</b>	<b>94,592</b>	<b>46,803</b>	<b>13,655</b>	<b>155,050</b>
<b>Restricted funds</b>				
Psychotherapy & psychosis service	(7,436)	192	7,244	-
Lambeth information service	-	-	6,159	6,159
National Lottery - Awards For All	-	-	4,347	4,347
Peer Support Group - Pears DCMS	29,860	(21,457)	(8,403)	-
Peer Support Group - Peter Stebbings	2,500	4,980	-	7,480
Black River Councelling	1,253	(2,550)	-	(1,297)
Hood Mentality - No Gimmicks, Straight Lyrics	19,742	3,572	(23,314)	-
Hood Mentality - CO-OP Resilience	3,728	2,237	(5,965)	-
COIN Directory (Black Thrive)	-	10,582	-	10,582
Young Black Men's Project	(6,277)	-	6,277	-
Continuity Fund	-	(687)	-	(687)
<b>Total restricted funds</b>	<b>43,370</b>	<b>(3,131)</b>	<b>(13,655)</b>	<b>26,584</b>
<b>Total funds</b>	<b>137,962</b>	<b>43,672</b>	<b>-</b>	<b>181,634</b>

### 13. Movement in funds (cont.)

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

	<b>Incoming resources</b> £	<b>Resources expended</b> £	<b>Movement in funds</b> £
<b>Unrestricted funds</b>			
Core	71,436	(98,482)	(27,046)
<b>Designated funds</b>			
Lambeth Information Service	42,749	(36,590)	6,159
Bereavement & Support	39,498	(35,805)	3,693
National Lottery - Awards For All	5,000	(6,026)	(1,026)
LESW (SLaM)	170,849	(147,351)	23,498
Southwark services	56,481	(42,627)	13,854
South Bank University Acadmey	22,254	(17,736)	4,518
Southwark College counselling	33,900	(26,537)	7,363
Rehabilitation In-Reach Service	19,188	(3,398)	15,790
<b>Total designated funds</b>	<b>389,919</b>	<b>(316,070)</b>	<b>73,849</b>
<b>Total unrestricted funds (core &amp; designated)</b>	<b>461,355</b>	<b>(414,552)</b>	<b>46,803</b>
<b>Restricted funds</b>			
Psychotherapy & psychosis service	98,688	(98,496)	192
Black River Councelling	49,755	(52,305)	(2,550)
Hood Mentality - No Gimmicks, Straight Lyrics	4,278	(706)	3,572
Hood Mentality - CO-OP Resilience	2,237	-	2,237
COIN Directory (Black Thrive)	19,000	(8,418)	10,582
Peer Support Group - Peter Stebbings	10,000	(5,020)	4,980
Peer Support Group - Pears DCMS	4,978	(26,435)	(21,457)
Continuity Fund	7,800	(8,487)	(687)
<b>Total restricted funds</b>	<b>196,736</b>	<b>(199,867)</b>	<b>(3,131)</b>
<b>Total funds</b>	<b>658,091</b>	<b>(614,419)</b>	<b>43,672</b>

#### Funders & purposes of funds – Designated funds

- Information Service: A service level agreement with NHS Southeast London ICB (Lambeth) finances 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 ICBs for the provision of patient engagement/peer support provision and information services, provision of counselling services at Southwark College and South Bank University Academy. In addition, the following services are provided, Bereavement & Suicide support (National Lottery), Befriending Services (National Lottery awards for all), provision of Lived Experience Support Workers (SLaM NHS Foundation Trust). New in 2022-23, a peer support service for inpatients in rehabilitation wards (6 local NHS hospitals) and a special designated fund for contingencies/continuity created by

the trustees to cover possible redundancy and other costs of change or enhancement in the coming year.

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

- General Psychotherapy Service - The Big Lottery has provided a 5-year grant for the period April 2018 to March 2023. The project ended but the trustees approved a plan to continue the service until November 2023 as some interim funding was available.
- 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. Fishmongers will provide funding until end of August 2024 and additional funding has been secured to keep the service running until March 2024.
- 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. Young Black Men's Collaboration Development Pilot/Hood Mentality - established and supported with funding from National Mind up to September 2021. The projects associated with Hood Mentality and young black men have ended and net surpluses or deficits have been derestricted and transferred to unrestricted.
- COIN Directory – Will provide details of vocational and social opportunities across Lambeth for adults with long term health conditions. A website and a directory is being developed in partnership, by a team from South London & Maudsley' NHS Foundation Trust's – Lambeth Vocational Services and Lambeth & Southwark MIND. It has been funded by City Bridge Trust as part of Black Thrives 'No Wrong Door' collaboration and provide a valuable resource for the public as well as healthcare and mental health professionals to signpost patients to other support services.
- Peter Stebbings- Funds will be used to restart the Open Minds Peer Support Group in partnership with the Southwark Wellbeing Hub.
- Mind Continuity Fund – The funding was provided to develop the charity's corporate fundraising capacity, to develop a longer-term fundraising strategy and to generally raise income from events. Most of this activity will occur in 2023-24.

#### 14. Analysis of net assets between funds

	Restricted Funds	Unrestricted		TOTAL FUNDS £
		Designated Funds	Core Funds	
Fixed assets	-	1,185	1,528	<b>2,713</b>
Bank accounts	79,810	20,346	150,336	<b>250,492</b>
Debtors & prepayments	12,445	18,000	6,528	<b>36,973</b>
Current liabilities	(65,671)	(20,013)	(22,860)	<b>(108,544)</b>
<b>Net assets at 31st March 2023</b>	<b>26,584</b>	<b>19,518</b>	<b>135,532</b>	<b>181,634</b>

#### 15. Related Party Transactions

No related party transactions took place during the year.

## **Independent Examiner's Report For the year ended 31 March 2023**

### **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 2023, which are set out on pages 30 to 43.

### **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).

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.



**Susan Plumb ACA**

Haines Watts Chartered Accountants

Old Station House, Station Approach, Newport Street, Swindon, SN1 3DU

5 December 2023