

**REGISTERED COMPANY NUMBER: 08302741 (England and Wales)**  
**REGISTERED CHARITY NUMBER: 1150582**

**REPORT OF THE TRUSTEES AND  
UNAUDITED FINANCIAL STATEMENTS FOR THE PERIOD 21ST NOVEMBER 2012 TO  
31ST DECEMBER 2013  
FOR  
SOUTHWARK ASSOCIATION FOR MENTAL HEALTH  
LTD**



**Andrew Thurburn & Co  
Chartered Accountants  
38 Tamworth Road  
Croydon  
Surrey  
CR0 1XU**

**SOUTHWARK ASSOCIATION FOR MENTAL HEALTH  
LTD**

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FOR THE PERIOD 21ST NOVEMBER 2012 TO 31ST DECEMBER 2013**

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**SOUTHWARK ASSOCIATION FOR MENTAL HEALTH  
LTD**

**REPORT OF THE TRUSTEES  
FOR THE PERIOD 21ST NOVEMBER 2012 TO 31ST DECEMBER 2013**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the period 21st November 2012 to 31st December 2013. The trustees have adopted the provisions of the Statement of Recommended Practice (SORP) 'Accounting and Reporting by Charities' issued in March 2005.

**INCORPORATION**

The charitable company was incorporated on 21st November 2012 and commenced trading on the same date.

**REFERENCE AND ADMINISTRATIVE DETAILS**

**Registered Company number**  
08302741 (England and Wales)

**Registered Charity number**  
1150582

**Registered office**  
Cambridge House  
1 Addington Square  
London  
SE5 0HF

<b>Trustees</b>	
J M J Dawes	- appointed 21.11.12
R P Dellar	- appointed 21.11.12
L J Elliot	- appointed 21.11.12

**Independent examiner**  
Andrew Thurnburn  
Andrew Thurnburn & Co  
Chartered Accountants  
38 Tamworth Road  
Croydon  
Surrey  
CR0 1XU

**STRUCTURE, GOVERNANCE AND MANAGEMENT**

**Governing document**

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

**Risk management**

The trustees have a duty to identify and review the risks to which the charity is exposed and to ensure appropriate controls are in place to provide reasonable assurance against fraud and error.

**OBJECTIVES AND ACTIVITIES**

The charity's objects and its principal activity is to promote mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment. The charity aims to facilitate links between local mental health service users in order to promote peer support and to support user-led activities which enhance the skills and reduce the social isolation of individuals.

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**REPORT OF THE TRUSTEES  
FOR THE PERIOD 21ST NOVEMBER 2012 TO 31ST DECEMBER 2013**

**OBJECTIVES AND ACTIVITIES**

In planning our activities for the year we kept in mind the Charity Commission's guidance on public benefit. We welcome all people who are or who have experienced mental distress to our activities, regardless of personal background, faith, gender or personal circumstances and we believe this philosophy of openness to all enriches everyone through the sharing of skills, aptitudes and life experiences of our service users and volunteers.

**ACHIEVEMENT AND PERFORMANCE**

Southwark Association for Mental Health (SAMH) was officially formed on 21st November 2012. SAMH was the constitutional name of the former charity Southwark Mind, which effectively ceased trading at the end of 2012 with the management of its functions variously divided between three organisations - Lambeth & Southwark Mind, Social Action for Health and SAMH. It was envisaged that SAMH would provide a continuation of Southwark Mind's campaigning heritage. SAMH largely inherited Southwark Mind's assets and liabilities.

**Development**

Because we are a new charity, most of SAMH's activities during the period covered in this report related to the formal winding down of the previous Southwark Mind, and the establishment of the new organisation on a sound legal footing. We became a registered charity and a company limited by guarantee, and rented ongoing desk space in Cambridge House in Camberwell. We were assisted by the former Southwark Mind's interim director Alan Cripps in making the transition. SAMH itself did not employ any paid staff during this period, and the further work was undertaken by the trustees Jeremy Dawes, Robert Dellar and Les Elliott on a voluntary basis. Aside from producing a newsletter, SAMH undertook no major public activities during the period covered.

**Newsletter**

During the time period covered, SAMH published two issues of a magazine, "Southwark Mental Health News". This promoted itself as being the previous, popular "Southwark Mind Newsletter" with a new name, in order to demonstrate continuity. This magazine presents up-to-date information about user-led mental health projects, activities and organisations operating in the borough of Southwark, as well as national issues affecting local users, and artwork and creative writing by local service users. It is sent to SAMH's membership, and distributed to relevant locations around the borough and beyond.

**FINANCIAL REVIEW**

The financial statements show income for the period of £39,513. Expenditure was £8,206 resulting in a surplus of £31,307 which equates to the net assets at the Balance Sheet date.

The trustees aim to have a sufficient level of reserves to meet operating costs for a minimum of 6 months.

**SOUTHWARK ASSOCIATION FOR MENTAL HEALTH  
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**REPORT OF THE TRUSTEES  
FOR THE PERIOD 21ST NOVEMBER 2012 TO 31ST DECEMBER 2013**

**FUTURE DEVELOPMENTS**

SAMH plans to establish itself as a user-led mental health charity focusing on campaigning and community development, avoiding the constraints and pitfalls that sometimes come with taking on contracts for specific services. With this in mind, SAMH plans to hold a public forum for its members and the wider Southwark mental health service user communities, to discuss and establish priority areas of work. This will be followed by an Annual General Meeting where interested parties will be encouraged to join the organisation as trustees and take part in SAMH's further development.

There are two areas of development in particular being discussed. One is supporting the BME user-led mental health group Kindred Minds to consolidate itself through difficult times. Having been a previous Southwark Mind project, Kindred Minds became managed by Social Action for Health (SAFH) at the end of 2012, but SAFH have failed to maintain funding to manage the group and hence appear no longer to wish to be involved with it. It is considered that SAMH could act as a resource to enable the acclaimed and groundbreaking group to keep its drop-ins, raise funds and re-establish itself independently. The other development area under consideration relates to the independent local pressure group Mental Health Resistance Network (MHRN), who campaign for welfare rights for mental health service users and have successfully taken the Department of Work and Pensions to court over unfair Work Capability Assessments for people experiencing mental distress. It is envisaged that SAMH could support MHRN in establishing a weekly drop-in in Southwark for individuals to gain support around their own problems getting their welfare rights, and to act as a campaigning hub.

SAMH also intends to continue producing its magazine Southwark Mental Health News as regularly as resources allow, to raise funds to consolidate the future of the organisation, and to keep consulting other local mental health service users to identify campaigning and development needs.

**STATEMENT OF TRUSTEES RESPONSIBILITIES**

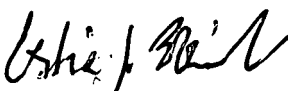
The trustees (who are also the directors of Southwark Association for Mental Health Ltd for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial 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 charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company 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 charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

**ON BEHALF OF THE BOARD:**



L J Elliot - Trustee

11th July 2014

**INDEPENDENT EXAMINER'S REPORT TO THE TRUSTEES OF  
SOUTHWARK ASSOCIATION FOR MENTAL HEALTH  
LTD**

I report on the accounts for the period 21st November 2012 to 31st December 2013 set out on pages five to eight.

**Respective responsibilities of trustees and examiner**

The charity's trustees (who are also the directors for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this period (under Section 144(2) of the Charities Act 2011 (the 2011 Act)) and that an independent examination is required.

Having satisfied myself that the charity is not subject to audit under company law and is eligible for independent examination, it is my responsibility to:

- examine the accounts under Section 145 of the 2011 Act
- to follow the procedures laid down in the General Directions given by the Charity Commission (under Section 145(5)(b) of the 2011 Act); and
- to state whether particular matters have come to my attention.

**Basis of the independent examiner's report**

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statements below.

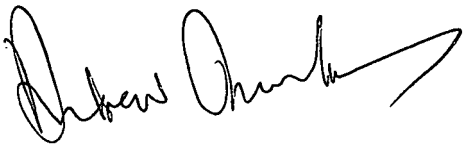
**Independent examiner's statement**

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that, in any material respect, the requirements
  - to keep accounting records in accordance with Section 386 and 387 of the Companies Act 2006; and
  - to prepare accounts which accord with the accounting records, comply with the accounting requirements of Sections 394 and 395 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities

have not been met; or

- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.



Andrew Thurnburn  
Andrew Thurnburn & Co  
Chartered Accountants  
38 Tamworth Road  
Croydon  
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11th July 2014

**SOUTHWARK ASSOCIATION FOR MENTAL HEALTH  
LTD**

**STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE PERIOD 21ST NOVEMBER 2012 TO 31ST DECEMBER 2013**

	Notes	Unrestricted fund £
<b>INCOMING RESOURCES</b>		
Incoming resources from generated funds		
Voluntary income		39,512
Investment income	2	1
		<hr/>
<b>Total incoming resources</b>		<b>39,513</b>
 <b>RESOURCES EXPENDED</b>		
Costs of generating funds		
Costs of generating voluntary income	3	5,544
Governance costs		720
Other resources expended		1,942
		<hr/>
<b>Total resources expended</b>		<b>8,206</b>
		<hr/>
<b>NET INCOMING RESOURCES</b>		<b>31,307</b>
		<hr/>
<b>TOTAL FUNDS CARRIED FORWARD</b>		<b>31,307</b>
		<hr/> <hr/>

The notes form part of these financial statements

**SOUTHWARK ASSOCIATION FOR MENTAL HEALTH  
LTD**

**BALANCE SHEET  
AT 31ST DECEMBER 2013**

	Notes	Unrestricted fund £
<b>FIXED ASSETS</b>		
Tangible assets	6	200
<b>CURRENT ASSETS</b>		
Cash at bank and in hand		34,214
<b>CREDITORS</b>		
Amounts falling due within one year	7	(3,107)
<b>NET CURRENT ASSETS</b>		<u>31,107</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		<u>31,307</u>
<b>NET ASSETS</b>		<u><u>31,307</u></u>
<b>FUNDS</b>	8	
Unrestricted funds		<u>31,307</u>
<b>TOTAL FUNDS</b>		<u><u>31,307</u></u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the period ended 31st December 2013.

The members have not required the charitable company to obtain an audit of its financial statements for the period ended 31st December 2013 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small charitable companies and with the Financial Reporting Standard for Smaller Entities (effective April 2008).

The financial statements were approved by the Board of Trustees on 11th July 2014 and were signed on its behalf by:



J M J Dawes -Trustee

The notes form part of these financial statements



**NOTES TO THE FINANCIAL STATEMENTS  
FOR THE PERIOD 21ST NOVEMBER 2012 TO 31ST DECEMBER 2013**

**SOUTHWARK ASSOCIATION FOR MENTAL HEALTH  
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**NOTES TO THE FINANCIAL STATEMENTS - CONTINUED  
FOR THE PERIOD 21ST NOVEMBER 2012 TO 31ST DECEMBER 2013**

**5. TRUSTEES' REMUNERATION AND BENEFITS**

There were no trustees' remuneration or other benefits for the period ended 31st December 2013.

**Trustees' expenses**

One trustee was reimbursed for travel and subsistence expenses of £187.

**6. TANGIBLE FIXED ASSETS**

	Plant and machinery etc £
<b>COST</b>	
Additions	300
	<hr/>
<b>DEPRECIATION</b>	
At 21st November 2012	100
	<hr/>
<b>NET BOOK VALUE</b>	
At 31st December 2013	200
	<hr/> <hr/>

**7. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	£
Trade creditors	2,387
Other creditors	720
	<hr/>
	3,107
	<hr/> <hr/>

**8. MOVEMENT IN FUNDS**

	Net movement in funds £	At 31.12.13 £
<b>Unrestricted funds</b>		
General fund	31,307	31,307
	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	31,307	31,307
	<hr/> <hr/>	<hr/> <hr/>

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

	Incoming resources £	Resources expended £	Movement in funds £
<b>Unrestricted funds</b>			
General fund	39,513	(8,206)	31,307
	<hr/>	<hr/>	<hr/>
<b>TOTAL FUNDS</b>	39,513	(8,206)	31,307
	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>

**SOUTHWARK ASSOCIATION FOR MENTAL HEALTH  
LTD**

**DETAILED STATEMENT OF FINANCIAL ACTIVITIES  
FOR THE PERIOD 21ST NOVEMBER 2012 TO 31ST DECEMBER 2013**

	£
<b>INCOMING RESOURCES</b>	
<b>Voluntary income</b>	
Gifts	249
Donations	39,240
Subscriptions	23
	<hr/> 39,512
<b>Investment income</b>	
Curr asset inv income	1
	<hr/>
<b>Total incoming resources</b>	39,513
<b>RESOURCES EXPENDED</b>	
<b>Costs of generating voluntary income</b>	
Consultancy fees	1,000
<b>Charitable activities</b>	
Newsletter	1,006
Volunteers' expenses	490
	<hr/> 1,496
<b>Governance costs</b>	
Accountancy	720
<b>Support costs</b>	
<b>Management</b>	
Rent	2,250
Insurance	1,382
Sundries	811
	<hr/> 4,443
<b>Other</b>	
Postage and stationery	447
Depreciation of tangible fixed assets	100
	<hr/> 547
<b>Total resources expended</b>	8,206
<b>Net income</b>	<hr/> <hr/> 31,307

This page does not form part of the statutory financial statements