



For better
mental health

Lambeth and Southwark Mind

**Report and Financial Statements
for the year ended 31 March 2015**

Registered Company Number: 02017214

Registered Charity Number: 296893

Introduction

Our vision

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

Our mission

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

In the year ending 31 March 2015 we consolidated our identity as Lambeth and Southwark Mind, running groups and services across both boroughs.

We would like to thank the many dedicated and enthusiastic individuals who worked for the charity during the year: Jolie Goodman, Earl Pennycooke, Gloria Gifford, Kelly Boughtflower, Joan Kennedy, Hanne Lee, Geraldine Francis, Claire Keegan, Fergus Mooney, Catherine Alade-Effa, Jacqueline Best-Vassell, Joan Molinyeux, Humphrey Greaves, members of the Southwark User Council and all the volunteers who have contributed to our work.

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

Parveen Betab, Chair Lambeth and Southwark Mind Management Committee

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Report of the Management Committee

About Lambeth and Southwark Mind

Our background

Lambeth Mind (as it was then called) was set up by local people in 1982, and from the outset, people with mental health difficulties have formed the majority of our staff, volunteers and trustees. This is one of our greatest strengths. It means that we have firsthand, current knowledge of local issues and services, and it creates trust, gives us credibility, and allows a real understanding of people's needs and how to meet those needs most effectively.

We are part of a network of 150 local charities affiliated to Mind, the leading national charity that promotes good mental health. Our affiliation requires that we meet Mind's quality standards of governance and service delivery, and that we work to further Mind's mission. However, we are an independent charity, responsible for our own funding and services.

We complement other services yet stand out because we have survivor/user-run peer support and self-help at the core of our model. Our focus is on strengthening the capacity, self-management and engagement of people who use all types of mental health services.

Strategic Report

Activities and performance

We facilitated 6 main areas of work over the year:

1. The Information Service

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

Website

Lambeth and Southwark Mind's online directory continues to attract new and existing users. We have experienced dramatic year-on-year increases in online usage; there were 78,772 unique users (compared to 47,956 in the previous year); users had over 100,000 sessions (61% higher than the previous year) and year-on-year we experienced a rise in page views by 54% giving us close to 200,000 page views. There is room for development in terms of adding content in order to increase the length of time individuals use the site (currently just under two minutes); we also believe the website has the potential to be used for fundraising activities.

Telephone calls and emails

The majority of those who contacted us were users of mental health services (40%). We were also well used by professionals who wanted to find the most appropriate service for their clients. Finally, we provided support and guidance to carers who represented around 15% of callers.

In the last quarter the number of calls and emails reached a monthly average of over 80, which represents a 60% increase on the previous year.

The following are some comments relating to our support and information services:

“Thank you so much for the long time you spent with me on the phone. It made such a positive difference to my outlook. I am really focused...and will follow up on all those leads.”

“Many thanks for passing on this helpful information. I have located an appropriate charity on your website, using the instructions you have suggested.”

“Many thanks for the prompt response. I’ll consider the options and sound advice. Your time is definitely appreciated. Thanks.”

“Many thanks truly, for this precious information. I have forwarded it to the lady in question...I really appreciated your input.”

“Thank you so much for your very prompt help. Kind regards.”

“Thank you for your email. It was very good and informative. I started looking on the Directory and saw very interesting organisations for volunteering. Kind regards.”

2. Face-to-face contact

We were often approached by individuals in crisis and endeavored to see them face to face. The majority of these individuals were struggling with mental health issues but also face other issues:

- Asylum matters
- Limited or no access to advocacy services in the community
- Problems with councils and housing related issues
- Benefits issues
- Re-assessments on benefits / having no choice in placements or volunteer roles leading to increased mental distress
- A need for free counselling / support groups
- Lack of social network / lack of computer skills
- Rehousing by councils to different boroughs leading to isolation / lack of support network

Face-to-Face callers represented about one 1 in 20 contacts (5%); however the proportion was as high as 13% during the Oct-Dec period.

3. Volunteers

The Information Service provided volunteering opportunities for those who have been out of work for some time, often due to mental ill health. During 14-15 we had 5 volunteers, 4 of whom have on-going and enduring mental health issues.

Volunteers gain confidence and experience and can progress from learning one set of skills e.g. Directory Updating to answering emails and calls. In-house and external training is provided where appropriate.

4. Visits from professionals

We regularly get requests from professionals and other local organizations wanting to know about our services and many come into meet us face to face.

5. External events

Two major events attended by the Information Service during the 2nd and 3rd quarter of 2014 were The Lambeth Country Show and World Mental Health Day. We also attend the monthly Collaborative Information Forum held at Mosaic Clubhouse, Effra Road.

During the last quarter we held a 'Time to Talk' event here at 336. Our presence at all of these public-facing promotional events helped us to connect with local people in Lambeth and Southwark. We also contributed to a number of research projects and patient participation groups through the year.

6. Support groups

- Peer Support Group
- The Southwark User Council
- Cuckoo Club
- The Women's Forum
- Hearing Voices

Peer support group

Since February 2012, the peer support group has been supporting adults who experience distress. 26 sessions took place during the year. A total of 40 people different people attended the group, with an average of 11 participants per group. There is currently a waiting list of potential participants, a good indicator of the value of the service. The group was funded for part of the year by Awards for All, and then through charity reserves as further funding was sought.

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

The facilitators Fergus Mooney and Catherine Alade-Effa reported that group members said "it was one of the only groups [in which] they feel they can be heard and supported." Furthermore, "a lot of peers have social anxiety, so being in a group and eating together enables them to build their social skills and networks." Indeed, one member of the group has moved on and found employment as a carer.

The Southwark User Council

This is a successful and pioneering initiative which gives service users an active, independent and expert voice in shaping services. Approximately 19 service users hold regular meetings with their constituencies (day centres, in-patient wards, user groups like the Women's Group and the Mental Health Programme Management Board,) and report the results of these discussions to the Council's monthly meetings. The 9-12 Council members then share their conclusions and formulate their views before presenting them to commissioners and service providers, and actions are agreed. The User Council is looking at ways in which its members can use their involvement as a stepping stone to voluntary / paid employment and education to reintegrate into society.

According to Southwark CCG, the Council makes a real difference: it "can alter what happens to those in contact with mental health teams and services". The CCG has guaranteed funding for the Council until 31 March 2016. The Southwark User Council focused on:

- Representing those service users who were affected by day centre closures
- Contributing to Southwark Council's strategy on BME mental health provision
- Southwark Health Watch on auditing Maudsley and Kings College Hospital on mental health provision

Cuckoo Club

The club is a user-led drop in service which facilitates service users to create their own narratives and meaning to describe their own distress both in the past and the present. Each week it forms an open discussion group where advice and information are shared; members support one another through this process.

Historically, the Cuckoo Club was a drop-in meeting where people came to have refreshments and play games. Recently we have moved away from that model to a more modern and facilitated environment where group members are encouraged to contribute.

This group provided a containing environment during a period where day centres were being closed down in Southwark.

There are both young and older participants (25-65). There are established members, but also newer members. On average, 12-15 people attend each week.

The topics that often arise in discussion include:

- Diagnosis / misdiagnosis
- Medication / over-medication
- Stigma and discrimination
- Having to conform to the medical model
- Powerlessness in terms of care and treatment
- Not being listened to by professionals
- Being discharged from CMHTs without any follow-up plans
- Pressures of being on benefits and Personal Independent Payment Plans
- Issues with assessments by the DWP re: having to justify mental health conditions

The Cuckoo Club will become even more relevant and important due to the closure of day services and the increasing emphasis on self-help and self-organizing groups.

The Southwark Women's Forum

This is a popular user-run, women-only, self-support group funded by Southwark CCG, which has guaranteed funding until 31 March 2016. During the year an average of 16 women met monthly for 2 hours.

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

During the year The Women's Forum campaigned to assist Southwark Social Housing to carry out their verification visits to women tenants with mental health problems appropriately, as current policy and implementation are causing distress and confusion.

The group invited a range of speakers over the year. During Black History Month group members heard from artist Di Rozier who set up a mental health social enterprise called "Experts by Experience." The group also supported Angie Usher to launch a new women only self-management course called "New Beginnings." The group also heard from mental health activist Denise McKennie, and made links with LGBT support group 4 in 10.

Feedback from the group included:

- Frequency is currently once a month but we'd like it to be fortnightly
- We'd like to increase the size of our group activities during summer and Xmas; we are currently limited to 16

Hearing Voices

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

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

The group is of great benefit and some individuals find themselves able to leave the group and manage on their own, whilst others continue to use it on a long term basis to assist them in managing their experiences.

Delivering public benefit

The trustees have had due regard to the Charity Commission's guidance on public benefit when exercising any powers or duties to which that guidance is relevant, in particular when reviewing Lambeth and Southwark Mind's aims and planning future activities. Our

aims and activities show that we are committed to improving the lives of local people who are experiencing mental distress, which includes supporting friends, families, carers and professionals.

Mental health plays a part in everyone's lives, and one in four adults experience mental distress in their lifetime. Our beneficiaries are not a clearly defined group. Most are from Lambeth and Southwark, but we also help people from further afield. Many are experiencing mental distress, but we also help those who are worried about a family member or friend.

The impact of our work on our beneficiaries is our primary criterion when deciding which activities to undertake and how best to achieve our mission. One of the most valuable forms of evidence stems from the insights of service users.

Partnerships

The Lambeth Living Well Collaborative has set out an ambitious and innovative mental health service re-design. The big 3 longer term outcomes are:

- Recover & stay well (experience improved physical and mental health).
- Choose: make their own choices (experience increased self-determination and autonomy).
- Participate in daily life on an equal footing with others.

We fully support this collaborative agenda of which the Information Service is a part. We will continue to be an active partner in supporting the achievement of these goals and to attend all borough-wide collaborative events.

As indicated above, during the year we contributed to the Information Hub based at the Mosaic Clubhouse at 65 Effra Road.

Future Plans

Gwilym Harbottle, Chair of Trustees, has overseen a period of growth and organizational development and will remain as a trustee. He has also recruited our new Chair of Trustees, Parveen Betab. The board has successfully provided strategic insight and expertise to the running of the organisation.

We have made good progress against our three year strategic plan, including the recruitment of a new Director, Ajay Khandelwal. We intend to make further permanent appointments across our services in 2015.

We have modernized our ICT, pension and financial systems which has resulted in savings and a greater capacity to focus on our core mission.

We have recently started a new long term psychotherapy service from our Brixton premises.

We will continue to seek greater funding from a wider variety of sources.

We plan to find new ways to find out what our membership want and include them in our work.

Financial review

Summary Financial activities and results

Income	£203,614
Expenditure	£203,810
Deficit for year	£ 196
Charitable expenditure	£201,583

Funding

Most of our funding came from the Lambeth and Southwark Clinical Commissioning Groups and South London and Maudsley NHS Foundation Trust (SLaM) through service level agreements to provide services in the local area. We also received grant funding from Tudor Trust, The Monument Trust, The Maudsley Charity and London Catalyst and shop income from National Mind.

Reserves

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

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

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

At 31 March 2015, Lambeth and Southwark Mind had unrestricted reserves of £72,454 (2014: £55,404), the equivalent of 4.2 months' budgeted expenditure.

Structure, governance, management and staff

Structure

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

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

Lambeth and Southwark Mind is governed under its Articles of Association approved at its AGM on 4 December 2012. Its business is managed by a Management Committee consisting of the Chair, Deputy Chair, Secretary and Treasurer, who are elected annually at the Annual General Meeting, together with such other members as may be appointed by the Committee

up to a maximum of 20. Any members appointed by the Committee retain their office only until the next Annual General Meeting when they are eligible for election. Not less than 70% of the Committee must be mental health service users, former users or survivors. We are keen to recruit more trustees.

The Management Committee meets 12 times a year. Its members during 2014/2015 and at the date of this report are set out under 'Reference and administrative details'.

Governance

Following the recruitment of a number of new trustees over the past few years, the Management Committee now has a range of skills and expertise as well as new drive and energy. We continue to benefit from an exceptionally high level of personal understanding and experience of service use, and we have enhanced our expertise in relation to fundraising, legal matters, and equality and human rights.

Management and staff

Gloria Gifford continued as Information Service Manager with the support of an Assistant; **Kelly Boughtflower** continued as information assistant; the Director's role has been fulfilled by Jolie Goodman and Earl Pennycooke.

Individual services have been run by **Jolie Goodman**, and **Earl Pennycooke**, who has managed the Southwark User Council and **Hanne Lee** who has run the Southwark Women's Forum.

Volunteers

By equipping volunteers who have used mental health services themselves, we run our services in the most effective way possible and reach those who have the greatest needs.

During 2014/15, we had the regular support of volunteers. They operated the phone lines, answered emails, updated the online directory, put together information sheets and carried out general administrative tasks.

Small company provisions

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

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

2015

Parveen Betab, Chair

Reference & administrative details

Charity registration number	296893
Company registration number	02017214
Lambeth and Southwark Mind Board of Trustees serving during the year or at the approval of these accounts	Mark Bertram Parveen Betab (Chair appointed 2 April 2015) Richard Bevan Janet Buchanan (Observer trustee) Rebecca Cotton (resigned 31 August 2014) Andrew Daw Jeremy Dawes Les Elliot Claire Freeman Emily Georghiou (resigned 5 February 2015) Gwilym Harbottle (Chair until 31 March 2015 and Secretary) Thomas Pollard John Pryor (Co-Deputy Chair) Smarajit Roy (resigned 18 September 2014) Iain Snell (appointed 2 April 2015) Jo Thomas (appointed 15 May 2014)
Staff	Earl Pennycooke and Jolie Goodman: Co-Directors Ajay Khandelwal: Director (appointed March 2015) Gloria Gifford: Information Service Manager (resigned September 2015) Kelly Boughtflower: Assistant to Information Service Manager (resigned July 2015) Jolie Goodman: Peer Support and Self Management Project Manager (resigned 2014) Earl Pennycooke: Manager Southwark User Council (resigned August 2015)
Principal address and registered office	Lambeth Accord (4 th Floor) 336 Brixton Road, London SW9 7AA
Accountants	Malcolm Brown Waterman Brown (London) Ltd Chartered Accountants 66 Norman Road Wimbledon, London SW19 1BN
Bankers	CAF (Charities Aid Foundation) 25 Kings Hill Avenue Kings Hill West Malling Kent ME19 4TA

Financial Statements

Lambeth and Southwark Mind Statement of financial activities For the year ended 31 March 2015

	Notes	Unrestricted Funds £	Restricted Funds £	Total 2015 £	Total 2014 £
INCOMING RESOURCES					
Incoming resources from generated funds					
Voluntary income - donations & grants	3	444	53,633	54,077	49,084
Activities for generating funds - shop	3	23,948	-	23,948	25,785
Investment Income	2	64	-	64	139
Incoming resources from generated funds	3	24,456	53,633	78,089	75,008
Incoming resources from charitable activities	3	105,548	19,977	125,525	138,215
Total incoming resources	3 & 13	130,004	73,610	203,614	213,223
RESOURCES EXPENDED					
Costs of generating funds					
Costs of generating voluntary income		-	-	-	-
Charitable activities	13	110,727	90,856	201,583	176,636
Governance costs	13	2,227	-	2,227	2,392
Total resources expended	5 & 13	112,954	90,856	203,810	179,028
Net incoming resources before other recognised gains (net (deficit)/surplus for the year)	4	17,050	(17,246)	(196)	34,195
Transfer between funds	13	-	-	-	-
Net movement in funds		17,050	(17,246)	(196)	34,195
Reconciliation of Funds:					
Total funds brought forward	13	55,404	26,585	81,989	47,794
Total funds carried forward	13	72,454	9,339	81,793	81,989

Continuing operations: None of the charitable company's activities were discontinued during the current and previous years.

Total recognised gains and losses: The charitable company has no recognised gains and losses other than the gains/losses for the current and previous years.

The notes form part of these financial statements

Lambeth and Southwark Mind

Balance sheet

As at 31 March 2015

		2015		2014	
	Notes	£	£	£	£
Fixed assets					
Tangible assets	10		1,956		532
Current assets					
Debtors	11	28,036		23,054	
Cash at bank and in hand		75,224		69,157	
		<u>103,260</u>		<u>92,211</u>	
Creditors					
Amounts falling due within one year	12	<u>23,423</u>		<u>10,754</u>	
Net current assets			<u>79,837</u>		<u>81,457</u>
Total assets less current liabilities	13		<u>81,793</u>		<u>81,989</u>
Funds					
Unrestricted funds	13		72,454		55,404
Restricted funds	13		<u>9,339</u>		<u>26,585</u>
Total funds	13		<u>81,793</u>		<u>81,989</u>

The notes form part of these financial statements

The company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2015. The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2015 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge responsibility for:

- a. ensuring that the company keeps accounting records which 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 company as at the end of each financial year and of its profit or loss for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the company.

The financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to small companies.

The financial statements were approved by the trustees on
signed by:

2015 and were

Chair of Trustees

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2015

1. Accounting policies

Accounting convention

The financial statements have been prepared under the historical cost convention as modified by the revaluation of certain assets in accordance with the Companies Act 2006 and Statement of Recommended Practice: Accounting and Reporting by Charities issued in March 2005.

Financial Reporting Standard Number 1

Exemption has been taken from preparing a cash flow statement on the grounds that the company qualifies as a small company.

Turnover

Turnover represents grants and contract funding payments received.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life: Office equipment etc - 33% on cost.

Deferred tax

Deferred tax is recognised in respect of all timing differences that have originated but not reversed at the balance sheet date.

Fund accounting

- Unrestricted funds are available for use at the discretion of the trustees in furtherance of the general objectives of the charity.
- Designated funds are unrestricted funds earmarked by the Management Committee for particular purposes. 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.
- Restricted funds are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Incoming resources

All incoming resources are included in the statement of financial activities when the charity is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Grants and contract funding payments are recognised when receivable;
- Investment income is included when receivable.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes VAT and is reported as part of the expenditure to which it relates:

- Costs of generating funds comprise the costs associated with both the costs of attracting the income and those of providing the facilities to generate the income.
- Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature necessary to support them.
- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity.

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2015

2. Investment income

	31 March 2015 £	31 March 2014 £
Deposit account interest	64	139

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

	Unrestricted £	Restricted £	Total 2015 £	Total 2014 £
Incoming resources from generated funds				
Voluntary Income				
Monument Trust - capacity building	-	29,000	29,000	20,834
Tudor Trust - capacity building	-	20,833	20,833	25,000
London Catalyst - strategy consultation	-	2,000	2,000	2,500
Monument Trust - consultancy	-	1,800	1,800	-
Other donations	444	-	444	750
	<u>444</u>	<u>53,633</u>	<u>54,077</u>	<u>49,084</u>
Activities for generating funds				
Local MIND shop income	23,948	-	23,948	25,785
Investment Income	<u>64</u>	<u>-</u>	<u>64</u>	<u>139</u>
Incoming resources from generated funds	<u>24,456</u>	<u>53,633</u>	<u>78,089</u>	<u>75,008</u>
Incoming resources from charitable activities				
Lambeth CCG - information service	40,420	-	40,420	40,420
Southwark CCG - user group & womens forum	54,461	-	54,461	53,798
SLaM NHS Foundation Trust - hearing voices	8,495	-	8,495	1,345
Maudsley Charity Funds - information Service	-	19,977	19,977	20,000
Maudsley Charity Funds - self-managed	-	-	-	13,640
Big Lottery - Awards for All - peer support facilitation	-	-	-	8,000
Other smaller service-led SLA & grants	2,172	-	2,172	1,012
Incoming resources from charitable activities	<u>105,548</u>	<u>19,977</u>	<u>125,525</u>	<u>138,215</u>
Total Income to further charitable objectives	<u>130,004</u>	<u>73,610</u>	<u>203,614</u>	<u>213,223</u>

4. Net incoming resources for the year

	31 March 2015 £	31 March 2014 £
This is stated after charging		
Depreciation - owned assets	1,109	266
Independent examination fee	1,000	1,200
Accounting fees paid to Independent examiner	500	200
Trustee Directors' emoluments and other benefits	<u>-</u>	<u>-</u>

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2015

5. Total resources expended

Basis of allocation	Staff Costs	Facilitation fees, supervision & training	Premises & room hire	Activities & resources	Volunteers	Overheads & support costs	Core costs	Total 2015	Total 2014
	£ Direct	£ Direct	£ Direct	£ Direct	£ Direct	£ Usage	£ Direct	£	£
Costs directly allocated to activities									
Information service	35,987	313	14	3,756	924	7,234	-	48,228	51,728
Peer-led self-managed project	9,224	-	-	-	-	1,628	-	10,852	19,809
Peer support group	-	7,190	-	2,729	-	1,750	-	11,669	11,479
Director & capacity building	37,407	-	-	-	-	6,601	-	44,008	44,515
Southwark user council	17,053	-	1,489	854	9,160	5,039	-	33,595	35,679
Southwark womens' forum	-	6,675	651	1,832	-	1,616	-	10,774	9,094
Southwark cuckoo club	-	750	1,615	199	-	453	-	3,017	-
Southwark hearing voices	-	2,040	3,693	289	-	1,063	-	7,085	4,332
Southwark Central costs	119	-	6,548	177	-	1,209	-	8,053	-
Lambeth support costs	2,239	724	22,939	312	166	24,514	-	50,894	32,083
Support costs allocated to activities	-	-	-	-	-	(26,592)	-	(26,592)	(32,083)
Trustees meetings & AGM	-	-	-	-	-	-	727	727	992
Independent Examiner fee	-	-	-	-	-	-	1,500	1,500	1,400
Total resources expended	102,029	17,692	36,949	10,148	10,250	24,515	2,227	203,810	179,028

6. Staff costs

	31 March 2015	31 March 2014
	£	£
Wages and salaries	91,368	91,599
Social security costs	6,160	7,440
Other pension costs	4,501	4,522
Total	102,029	103,561

No employee received emoluments of more than £60,000.

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

	31 March 2015	31 March 2014
	No.	No.
Manager	1.0	1.0
Other	2.5	2.5
Total	3.5	3.5

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2015

7. Governance costs

Governance costs include:	31 March 2015	31 March 2014
	£	£
Trustees Meetings & AGM costs	727	992
Examiner's remuneration	1,500	1,400
Total	2,227	2,392

8. Committees' remuneration or other benefits for the year ended 31 March 2015

The trustees received no remuneration or other benefits for the year ended 31 March 2015 (2014: £Nil). No trustee was reimbursed any expenses in the year (2014: £Nil).

9. Taxation

Analysis of the tax charge

No liability to UK corporation tax arose on ordinary activities for the year ended 31 March 2015 (2014: £Nil).

10. Tangible fixed assets

Cost	Plant and machinery
	£
At 1 April 2014	10,074
Additions	2,533
At 31 March 2015	<u>12,607</u>
Depreciation	
At 1 April 2014	9,542
Charge for year	1,109
At 31 March 2015	<u>10,651</u>
Net book value	
At 31 March 2015	<u>1,956</u>
At 31 March 2014	<u>532</u>

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2015

11. Debtors: Amounts falling due within one year

	31 March 2015	31 March 2014
	£	£
Grants receivable	-	4,167
Trade debtors (SLA income receivable)	8,495	-
Accrued income	9,287	12,384
Other debtors & prepayments	10,254	6,503
Total	<u>28,036</u>	<u>23,054</u>

12. Creditors: Amounts falling due within one year

	31 March 2015	31 March 2014
	£	£
Trade creditors	10,866	4,641
Bank overdrafts	36	36
Other taxation & social security	1,789	2,180
Deferred income	-	-
Other creditors & accruals	10,732	3,897
Total	<u>23,423</u>	<u>10,754</u>

13. Movement in funds

	At 1 April 2014	Net Movement in funds	Transfer between funds	At 31 March 2015
	£	£	£	£
Unrestricted funds				
Core	55,404	7,280	1,410	64,094
Designated funds				
Lambeth information service	-	20,861	(20,118)	743
Lambeth peer-led self-managed Project	-	(8,449)	8,449	-
Lambeth peer support group	-	(11,669)	11,669	-
Southwark services	-	7,617	-	7,617
Southwark hearing voices	-	1,410	(1,410) *	-
Total designated funds	-	9,770	(1,410)	8,360
Total unrestricted funds	55,404	17,050	-	72,454
Restricted funds				
Director & capacity building - Tudor & Monument Trusts	3,515	5,824	-	9,339
Information Service - Maudsley Charity	-	-	-	-
Lambeth Information Service - service led (under SLA)	8,692	(8,692)	-	-
Lambeth peer-led self-managed project (under SLA)	2,273	(2,273)	-	-
Southwark user council & womens forum (under SLA)	8,593	(8,593)	-	-
Smaller grants	3,512	(3,512)	-	-
	<u>26,585</u>	<u>(17,246)</u>	-	<u>9,339</u>
Total funds	<u>81,989</u>	<u>(196)</u>	-	<u>81,793</u>

* Reversing subsidy from unrestricted core funds in 2013-14

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2015

13. Movement in funds cont.

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

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Core	26,498	(19,218)	7,280
Designated funds			
Lambeth Information Service	40,420	(19,559)	20,861
Lambeth peer-led self-managed project	130	(8,579)	(8,449)
Lambeth peer support group	-	(11,669)	(11,669)
Southwark services	54,461	(46,844)	7,617
Southwark hearing voices	8,495	(7,085)	1,410
Total designated funds	103,506	(93,736)	9,770
Total unrestricted funds	130,004	(112,954)	17,050
Restricted funds			
Director & capacity building - Tudor & Monument Trusts	49,833	(44,009)	5,824
Information Service - Maudsley Charity	19,977	(19,977)	-
Information Service - service led (under SLA)	-	(8,692)	(8,692)
Lambeth peer-led self-managed project (under SLA)	-	(2,273)	(2,273)
Southwark user council & womens forum (under SLA)	-	(8,593)	(8,593)
Smaller grants	3,800	(7,312)	(3,512)
Total restricted funds	73,610	(90,856)	(17,246)
Total funds	203,614	(203,810)	(196)

Funders & purposes of funds – Designated funds

A service level agreement from Lambeth CCG and the Maudsley Charity financed the information service. The Information Service provides an info line and web directory and has online details of over 600 services and organisations. Designated funds from the service level agreement were used to support the Lambeth peer-led, self-managed project and the Lambeth peer support group.

Lambeth & Southwark Mind was commissioned by Southwark CCG to provided services in Southwark to support the Southwark Women’s Forum, Southwark User Council and the Cuckoo Club. A separate SLA was received from SLaM NHS Foundation Trust to continue the Southwark hearing voices group.

Funders & purposes of funds – Restricted funds

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

The Maudsley Charity funds were used specifically to employ an information assistant for the information service.

Smaller grants or commissions in 2014-15 included £2000 from London Catalyst towards a development strategy and £1800 from Monument Trust towards general costs.

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2015

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

I report on the accounts of the company for the year ended 31 March 2015, which are set out on pages 13 to 20.

Respective responsibilities of trustees and examiner

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

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

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

Basis of independent examiner's report

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

Continued..

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2015

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

Independent examiner's statement

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

(1) which gives me reasonable cause to believe that in any material respect the requirements:

- to keep accounting records in accordance with section 386 of the Companies Act 2006; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of section 396 of the Companies Act 2006 and with the methods and principles of the Statement of Recommended Practice: Accounting and Reporting by Charities have not been met; or

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



Malcolm Brown
Waterman Brown (London) Ltd
Chartered Accountants

66 Norman Road
Wimbledon London SW19
Date: 2015

Lambeth and Southwark Mind
Income and expenditure account
For the year ended 31 March 2015

	Total 2015 £	Total 2015 £	Total 2014 £	Total 2014 £
Income				
Grants				
Tudor Trust - Director & capacity building	20,833		25,000	
Monument Trust - Director & capacity building	29,000		20,834	
Maudsley Charity - Information Assistant	19,977		20,000	
Monument Trust - strategy & general	1,800		-	
London Catalyst - strategic review	2,000		2,500	
SLaM - self-managed service	-		13,640	
Big Lottery - Awards for All	-	73,610	8,000	89,974
Service Level Contracts				
NHS Lambeth Mental Health Commissioning - Lambeth services	40,420		40,420	
Southwark CCG - Southwark services	54,461		53,798	
SLAM NHS Foundation Trust - Hearing voices	8,495	103,376	1,345	95,563
Other voluntary income & donations				
Donations and gifts	444		750	
Other income	2,172	2,616	1,012	1,762
Mind Shop income (accrued to Q4 - 2014-15)		23,948		25,785
		203,550		213,084
Investment income				
Deposit account interest		64		139
		203,614		213,223
Expenditure				
Rent, rates & room hire	26,950		27,708	
Insurance & employment specialists	1,534		1,017	
Wages	91,368		91,599	
Social security	6,160		7,440	
Pensions	4,501		4,522	
Travel	692		404	
Communications	1,377		2,231	
Post, stationery and copier hire	4,743		2,393	
Subscriptions & publications	768		309	
Repairs and renewals	598		306	
Sundry expenses	546		425	
Volunteer payments & expenses	10,250		2,920	
Trustee and AGM expenses	727		992	
Accountancy & examination	1,500		1,400	
Training and conferences	797		901	
Supervision	1,030		529	
Sessional costs	31,287		28,340	
Accounting support & payroll	2,434		1,460	
Strategy & other consulting costs	11,276		0	
Software and maintenance	4,163		3,865	
		202,701		178,761
		913		34,462
Finance costs				
Bank charges		0		1
		913		34,461
Depreciation				
Office & computer equipment		1,109		266
Net (deficit)/surplus		(196)		34,195

This page does not form part of the statutory financial statements