



Company No: 2017214

For better
mental health

Lambeth and Southwark Mind

**Report and Financial Statements
for the year ended 31 March 2019**

Registered Company Number: 02017214

Registered Charity Number: 296893



Lambeth & Southwark Mind

Year ended 31st March 2019

Introduction

Our vision

We won't give up until everyone experiencing a mental health problem in Lambeth and Southwark gets both support and respect.

Our mission

We provide a range of free services, including information, psychotherapy and peer support groups to empower any experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding.

Our Goals

Providing information: Our information service signposts service users, carers and professionals to the most appropriate local services and resources for adults experiencing mental health difficulties

Providing peer support: Our diverse peer support offer enables facilitators with lived experience of mental health difficulties provide a safe and supportive environment to their peers in the local community

Providing longer term psychodynamic psychotherapy: The inverse care law means that those in need of most help often get the least. Free long-term psychodynamic psychotherapy is being replaced with shorter and cheaper forms of therapy across the NHS and public services. We believe such forms of help are insufficient for adults experiencing chronic mental health difficulties. Our goal is to continue to provide free psychotherapy for those who would otherwise be unable to access help.

LAMBETH AND SOUTHWARK MIND
YEAR ENDED 31ST MARCH 2019

Introduction from the Chair

ANNA MINTON, Chair of Trustees

I have been delighted to witness the continued development of Lambeth and Southwark Mind's profile over the last year. We have reaped the benefits of investment across our services, such that we are now better connected to our local beneficiaries than ever before. We have seen increasing levels of demand for all of our services and have expanded the reach of our local reputation as a source of user-guided, high-quality alternative mental healthcare.

We have secured relationships with a number of new funders this year, whose generosity has helped to reinforce our financial security, which means that we are now in a position to pursue exciting projects across our service profile.

Most notable of these is the expansion of our psychotherapy clinic, 'Psychotherapy for All' which is being funded in full by the Big Lottery's Reaching Communities Fund until 2022, and will provide free, long-term psychotherapy for many more clients in dire need of affordable help for their mental health. We are proud to be the only organisation in London offering an innovative, free and long-term service of this kind, and are immensely grateful for this opportunity from the National Lottery Community Fund to break further ground in this field.

We have been able to continue to develop the Peer Support Groups with funding from the Henry Smith Foundation and National Mind funding and as a result of a service agreement with the Prince's Trust our Young People's Counselling Service has continued to grow.

We have continued to expand our team, recruiting a Deputy Director, Events Manager, Digital Officer and Project Manager. Our relaunched internet platforms are now reaching thousands of viewers and readers, and helping to extend our reach as far as possible to those who can benefit from our work.

We have also been encouraged to engage more directly with our service users, through the guidance offered by our new funders with regards to project reporting. We make sure to solicit feedback on regular bases from service users and project facilitators, to gain closer insight into the evolving requirements of our beneficiaries. Through effectively communicating these requirements to our funders, we can ensure that we are using the resources offered to us in a truly user-led manner. I look forward to observing the continued evolution of these services over the coming years.

LAMBETH AND SOUTHWARK MIND
YEAR ENDED 31ST MARCH 2019

Introduction from the Chair cont.

Our relationship with insurance firm Royal London continues to flourish; this is our third year as their charity partner and we've been delighted to meet so many staff through their participation in our events, and their invitations to us to give presentations and run information stalls at their offices.

Our charity events are now a big part of our annual calendar and we are grateful for all the participants in the Royal Parks Half Marathon and the London Prudential Cycle Ride. These events have constituted just one part of our broad events programme over 2019-20, which have brought us into contact with an unprecedented number of new supporters – and indeed friends. Our thanks go out to all teams, organisations and individuals who have supported us over the last year: your generosity really has helped us make a difference.

Above all, we would not have been able to realise so many of the ambitions which we set out for ourselves last year without our hardworking team, whose astounding dedication must be acknowledged in this report. We have regretfully said goodbye to some staff members over the course of the year, but have been thrilled to welcome several new staff members, volunteers and trustees into our organisation. Together we offer an expansive range of ideas, perspectives and skills, which is certain to propel us towards ever-better service of the residents of our two boroughs.

ANNA MINTON, Chair of Trustees

LAMBETH AND SOUTHWARK MIND
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Lambeth & Southwark Mind

Trustees' Report

Year ended 31st March 2019

Report of the Management Committee

About Lambeth and Southwark Mind

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 a significant proportion of our staff, volunteers and trustees. This is one of our greatest strengths. It means that we have first-hand, current knowledge of local issues and services, and it creates trust, gives us credibility, and gives us a real understanding of people's needs and how to meet those needs most effectively.

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

Our original work mainly focused on running an information service, with support from a wide network of volunteers. More recently we have developed a range of peer support groups. This has been followed by the creation of a psychodynamic psychotherapy service for adults on low incomes. All the services work in close collaboration with one another; it is not unusual for the same person to contact our information service, attend a peer support group, and access our free psychotherapy service.

Strategic Report

Activities and performance

We facilitated 11 areas of work over the year: Information Service, Peer Support Group, Southwark User Council, Friends in Need, Southwark Women's Forum, Hearing Voices, Psychotherapy Service, Psychosis Therapy Project, Kindred Minds, Open Minds and the Young Person's Counselling Service.

We respond to the ethnic diversity of the local community:

Of those identified by **ethnicity**, below is a breakdown of the percentages

• White British	39%
• Black British / African / Caribbean	35%
• EU countries	14%
• British Asian / Asian	4%
• British Arabic / Arabic	5%
• American / Latin American	3%

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Percentages for ethnic make-up of our other services -

General Psychotherapy Service

- | | |
|-------------------------|-----|
| • White British | 50% |
| • Black British / Mixed | 32% |
| • EU | 18% |

Psychosis Psychotherapy Service

- | | |
|-----------------|-----|
| • White British | 40% |
| • Black British | 60% |

Support Groups

- | | |
|---------------------------------------|-----|
| • White British | 50% |
| • Black British / African / Caribbean | 50% |

The Information Service

Evidence suggests that the Information Service continues to be an important contact point for signposting to local services and organisations, as well to those services provided by L&S Mind. Calls and emails to the Information Service over the past year have averaged 300 a quarter (approximately 1200 a year).

The Information Service provides a confidential telephone and email sign-posting service. Callers come from all walks of life and vary in ages from 17 years old to people in their 70s and 80s. The issues that people want help with vary hugely. We try and sign-post our callers and emailers as accurately as is possible. We also give details of services provided by Lambeth & Southwark Mind.

Telephone calls & emails:

The most frequent requests to the Information Service are for talking therapy. Of these requests, many are from people on low or no income who have difficulty accessing mainstream therapy services.

The 2nd most frequent request is for support groups. This could be for example, support for depression, anxiety, hoarding, carer support, psychosis, disabilities etc.

Other issues that the Information Service signposts for include benefits, housing, advocacy, NHS services, legal advice, immigration, disability and services for young as well as older people.

Most frequent queries to the Information Service were for:

- L&S Mind Support Groups
- L&S Mind Therapy Services
- Local Mental Health Services / NHS
- Benefits / Housing

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Feedback

Thank you very much, I really appreciate this. I will go to my GP tomorrow and know I have options whatever happens."

"Just to say thanks very much for your email and for the call yesterday. It really is appreciated."

An important part of the Information Service is the online Directory of local organisations and services relevant to people who use mental health services as well as families and carers. Our Directory is also regularly used by professionals working in health and mental health.

Volunteering with the Information Service

We welcome volunteers that have experience past or present of mental health issues.

Within the Information Service volunteers are supported in gaining self-confidence, developing new skills and building confidence around interacting with others. There is the opportunity too for progression from directory updating to answering emails and phone-calls. Appropriate training is provided to support the volunteers along the way.

People who volunteer are supported in gaining self-confidence, developing new skills and building confidence around interacting with others.

Volunteers can choose to update the directory, research new information etc. They can also answer phone calls and emails. Appropriate support and training are provided.

Nine people have volunteered throughout the year. Three volunteers have gone on to employment. One part-time and two full-time.

What an Information Service volunteer had to say:

"When I came to volunteer at Mind I was very lucky as I allowed to take baby steps, in the beginning, by doing data entry and then later I was encouraged to do e-mails and now I do phone calls as well. Once a month we sit down and go through things. I love those meetings as it's so important to know I am doing things right and how I can improve and that for me is so important for anyone volunteering in a working environment.

Volunteering at Mind has been wonderful. I decided to go on a course for working on helplines, I did all five courses and realised that this is where my new passion is. When I have been able to find information for people either by e-mail or phone I feel so happy that I have been able to help someone and give them hope and I think that is what I love, giving back for all the help I have received over the years.

Mind is a special organisation that helps so many vulnerable people it gives them hope and that is so important."

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Peer Support Groups

The Lambeth and Southwark Peer Support Groups are:

- Peer Support Group, funded by Henry Smith Foundation
- Friends in Need, Funded by Henry Smith Foundation
- Open Minds, funded by Southwark CCG
- The Hearing Voices group, funded by SLaM
- Kindred Minds, funded by the London Catalyst
- Southwark Women's Forum, funded by Southwark CCG
- Southwark User Council funded by SLaM

These groups offer support for 60-80 service users on weekly basis. They are described as 'a lifeline' as they offer support, activities, friendships and connection with others who suffer from mental health distress. The groups are facilitated by experienced facilitators who are highly motivated and skilled. They bring the inspiration from lived experience to the groups.

1. Peer Support Group

The peer support group is for people over 18 who suffer from mental health issues, especially depression and anxiety. Those who attend peer support collectively, join in sharing and helping in a non-judgement environment learning together that it is ok to reach out to others during our journey, sharing pain and sorrow, providing support and a listening ear. Peer support helps to enable us to cope with today.

Seeing we are worthy as we shed the heavy load of life, leaving the group lighter, as friendships are made. The need for this group has risen in the last few months, and I believe that due to mental health services cutting their support.

When we have requests from people to join our group, I like to meet with them to see if they are in the right place for the group if they aren't then I will try and signpost them to relevant agents who will be able to offer the proper support. We have an array of backgrounds in both friends in need and peer support groups, and two groups run in very similar ways. We have in each group 13 regular attendees with the door open to 3 members in open minds and 2 in peer support who have been in the group for some time and starting new things, e.g. volunteering jobs and studying.

2. Friends in Need

Friends in Need is an evening peer support group for anyone aged 18 or above experiencing difficulties with depression and/or anxiety. The group provides a safe, non-judgmental space where like-minded people come together in order to end loneliness and isolation that often comes with depression. Around 6-7 peers (aged between 21 and 60) attend the group every week on average.

The Friends in Need project was originally set up by the charity Depression Alliance, with local groups being established across the UK. The Southwark service became a Lambeth & Southwark Mind project in August 2016 as a consequence of a merger between Depression

Lambeth & Southwark Mind

Trustees' Report

Year ended 31st March 2019

Alliance and National Mind, and has been successfully incorporated into our wider peer support offer.

Peer support again for those who suffer from anxiety and depression we have a different background few members are students studying nursing, psychology e.g. most of the members are unemployed with a degree of similar mental health issues. Members ages are from 21-53yrs old mainly white British. We have one lady from solvent union, lady who is American, three ladies from Caribbean, one mixed race lady three white British males and four white British women. On average members are least to move on. Five of our members were referred by agencies. Our main agencies which refers their clients to us are the Red Cross and Brixton mental health team.

Friends in need group has the most change over as many of the members join while they are having counselling, so they feel held during the exposure times in counselling. Also having staff come and go which has been extremely unsettling for members.

3. Open Minds

Open Minds is a social drop-in for people who suffer from mental health, it is also a safe place that has been built by service users for service users. Open Minds members tend to be those with long term mental health issues. Open Minds is facilitated by Jennie Grace.

At Open Minds we offer a friendly and warm welcome, as well as a place where we treat everyone who attends equally. We have a variety of activities at Open Minds, including:

- Board games, which many of our members enjoy participating
- Arts and Crafts, if members feel like getting involved in arty stuff, we have art and craft table to join in and explore, the thing service users create can be - making a bag, painting a picture, decorate bottles and much more art ideas.
- Choir, Open Minds have our own in-house choir.
- Some come along and like to sit and chat with others, we have members bringing in their musician instruments one gentleman will come to the group with his guitar and strum away in the background which beautiful.

Open Minds is a great place to build good friendships. A safe place that has been created by service users. Giving people voices which empowers one to move forward.

We have people that drop by even if it is for a few moments and some that stay for the full three hours, whatever feels comfortable to them. Since Jennie began running Open Minds, we have had group trips to Kew Gardens and to Southend-on-Sea, which 24 members were encouraged to support us by paying for transport and had a fab time. We have also had Picnics in the park and have walked around the area as a group. I'm always amazed at how well people help each other out regardless of their issues.

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Open Minds has become a tranquil place for members who want to relax and be amongst likeminded people. Open Minds has gone through its up and downs at the beginning of the years with changes of facilitators as well as the group had to be cancelled for around a month due to not having a facilitator. This upset the group as many members have been attending for many years.

Our average Open Minds has at least 19 members who attend. The average age is 40. We are also finding a lot of younger men attending, some being in their early 20's. Members are mainly white British backgrounds. We do have four Caribbean British males, who attend regularly, Mauritius family mother and adult son with complex needs. One mixed-race woman who attends occasionally but doesn't stay for long and a 60-year-old Indian woman.

I'm always amazed at how well people help each other out regardless of their issues.

The eldest member is 76, he has onset-dementia. He finds being in Open Minds a breath of fresh air. He has been struggling with his memory of late, but I found it helped him if he's encouraged to talk about his late wife and his love for music so he uses my iPad, we also encourage members of the group to help him search for music that he liked, this has been again a fantastic way of people help and supporting.

4. Hearing Voices

A group for adults with lived experience of voice-hearing and paranoia. The Hearing Voices Group runs weekly, usually 51 weeks a year for two hours. We don't run when the venue (Cambridge House) is closed between Christmas and New Year. The group operates as a "drop in". Over the past year the group has had between five and 18 attendees. Roughly ten people attend regularly (at least fortnightly). The main challenge is, when the group is large, allowing time for all members to contribute. Recent successes include the regular attendance of younger group members for whom hearing voices (and mental health services) are a newer, and therefore more distressing, experience.

5. Kindred Minds

A group for Black and Asian adults experiencing mental ill-health and discrimination. This year, Kindred Minds has welcomed an average of 6 members per session. We meet fortnightly for themed discussions at our site at The Blackfriars Settlement. Kindred Minds has been funded by a small grant from the London Catalyst.

We have held a variety of activities during and between sessions for our members this year, including session on knife crime, advocacy, nutrition advice and African drumming as well as outings to Southend-on-Sea and to the British Museum Black History Tour. Like many support groups for traumatized people, we face challenges as facilitators and members. Many of our attenders are still healing from personal trauma and ill-health, and bring this healing process to the group setting. This process can take longer than desired for many people.

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We plan to explore many other ways to help people heal, have fun and find their strength along the way.

"I am always encouraged to express myself in whatever way I choose...this is very important to me, especially being among those who feel their voices are not always heard."

6. Southwark Women's Forum

A group for women aged 18+ with lived experience of mental ill-health. The number of attendees over the last year has averaged 17 with highs of 25. As well as a safe space for women to share experiences with one another, the forum offers information exchange and connects members to many other local services.

Over the year, 7 guest speakers have visited the forum to deliver presentations on topics including: homeopathy and the menopause (Maintaining Health Partners), peer mentoring (Experts by Experience), campaigning and support within BME, LGBTQ and disabled women's communities (Black Thrive, Queerstrike and WinVisible), supported exercise for those with disabilities (DASL Into Sport project), nutrition (Food for Purpose) and a personal testimony from an author, public speaker and survivor of the mental health system.

Regular group outings have continued this year including several to the Young Vic Theatre, outings to Kew Gardens, exhibition visits and private workshops at The Queen's Gallery and a workshop in making natural hand cream at The Garden Museum. Other highlights of the year have included a day trip to Southend-on-Sea and a festive meal at Abbeilles.

"I would like to thank you for all of your support in getting me involved in such meaningful activities. It really did open up another opportunity for me and especially in a group where I can feel safe."

7. Southwark User Council

The Southwark User Council (generously funded by Southwark CCG) is a group of service users who visit the wards at SLaM twice a month to attend community meetings and speak to service users about their experiences of being on the wards. They also signpost service users to sources of support after they leave hospital. Council members write up notes of the meetings and then attend monthly meetings with Lambeth and Southwark Mind to feed back their notes. The minutes of these meetings are then shared with SLaM and Southwark CCG, and are used to make improvements to these services.

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The General Psychotherapy Service

The general psychotherapy service provides free long-term one-to-one support (up to a year). Priority is given to people who earn less than £15k a year and to people in receipt of benefits.

Successful fundraising specifically for the therapy services allowed for the gradual expansion of the general psychotherapy service from a team of six trainee therapists to its current team of thirteen. Expansion efforts continue. The number of people that have come through this service in the last year is 51.

Some of the strategies we use to make people who could benefit from our service aware of what we provide include:

- Word of mouth via the members that attend our peer support groups
- Community Events
- L&S MIND website / Information Service (telephone + email)

Generally, people who access our general psychotherapy service have multiple problems. Sometimes those problems impact on clients' ability to engage with the therapy. The Information Service is a useful backup for signposting and advice on some practical issues such as benefits, housing etc. Also, the free peer groups can offer an added extra layer of support.

The work can be challenging for therapists and being able to provide regular free group supervision has been central to providing quality care for the clients.

Providing two w/shops a year are a platform for everyone involved in the therapy service to share their learning.

Referrals come from the following routes:

- SLaM services including the NHS talking therapy services
- GPs
- Local Charities
- Community mental health Hubs
- Self-referrals that usually find us through an internet browser.

Psychosis Therapy Project

The Psychosis Therapy Project (PTP) at Lambeth and Southwark Mind is a specialist psychotherapy service for people with an experience of psychosis. Since its launch in 2017, the service has become well established and has expanded its work in the Community. The PTP at Lambeth and Southwark Mind strives to serve the complex needs of people who experience severe mental illness in the area, especially across BMER communities where needs are more urgently acute. The service still offers up to one year of free specialist psychotherapy which substantially improves the wellbeing of highly vulnerable and isolated individuals and effectively reduces the risk of hospitalisation and suicide.

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Young People's Counselling project at the Prince's Trust

Lambeth & Southwark Mind is currently delivering a project in partnership with the Prince's Trust to provide embedded counselling and peer support services to young adults enrolled on the Fairbridge programme at the Prince's Trust's Centre in Kennington.

The objective of this project is to provide young people who are experiencing difficulties with their mental health with additional support to help them increase their wellbeing, improve their self-esteem and support networks, and remain engaged with Prince's Trust programmes. We aim to work with 36 young adults over the course of the year.

Events

Due to the success of our previous events, we were very pleased to welcome a new Event's Manager in January 2019. Since joining the team she has organised and managed various challenge fundraising events and attended fantastic outreach programmes such as the South London Care's event which was dedicated to bringing elderly, isolated people together and listen to how local charities may benefit them. We also attended various schools and universities to present our services and discuss how students may benefit from mental health and self-care techniques.

London Marathon 2018 - We were thrilled that our supporter Amo Khera successfully completed the London Marathon and raised an incredible £1,500 for our charity.

The Virgin London Marathon 2018 - on 04/05/2018 Amarjeet Khera ran the Virgin London Marathon 2018 and raised £1,500 for Lambeth and Southwark Mind. [Link](#)

L&S Mind at the Peckham 10k 2018 - on 14/05/2018 Our team of runners raised £600 for us, enough to fund free weekly psychotherapy for one person in very serious difficulties for six months. [Link](#)

Volunteer Week 2018 - on 05/06/2018 Lambeth and Southwark Mind celebrated Volunteer Week 2018, focusing on the benefits of volunteering for mental wellbeing. We rely on our volunteers to keep the smooth running of our office and we are proud of the benefits this brings to both the organisations and our dedicated workforce. [Link](#)

Psychotherapy for all - on 03/09/2018 Lambeth & Southwark Mind launched Psychotherapy For All service with the help of Lottery Funding. Lambeth and Southwark Mind look forward to expanding this project over the next five years to accommodate up to 350 people who may otherwise have been unable to access talking therapy, despite experiencing extreme psychological difficulties and life circumstances. [Link](#)

World Suicide Prevention Day 2018 - on the 10th September, Lambeth and Southwark Mind held a World Suicide Prevention Day 2018, providing key resources and events in association with International Association for Suicide Prevention. [Link](#)

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RLAM Roadshow - Nell & Megan attended event with corporate partner Royal London and talked to staff about our work and the benefits of being partnered with them.

Westminster Uni Community Fair – 07/02/19 – Nell attended Westminster Uni – had a stand and discussed mental health with students and staff.

Eating Disorders Awareness Week 2019 - on 26/02/2019 Lambeth and Southwark Mind supported Eating Disorders Awareness Week 2019. Each year in February, a whole week is dedicated to campaigning for awareness and support for those experiencing the mental health conditions we know as eating problems and disorders.

South London cares Event – Nell attended event with South London Cares event for elderly people of 60+ - discussed our work with the group and how individuals can deal with isolation.

Stress Awareness Month 2019 - on 01/04/2019 Lambeth and Southwark Mind launched Stress Awareness campaigns to help advise on managing stress and mental wellbeing. [Link](#)

Digital

Lambeth and Southwark Mind have embarked on a new digital strategy in collaboration with B-street Digital agency. Through working closely with digital strategist Kyle Balmer, we have established a new strategy for innovating our digital presence.

Building our vision: we are building a visual representation of our vision to help those suffering from Mental Health issues in Lambeth and Southwark. We have built a small library of relevant imagery and graphics from the National Mind branding library and the next step is to integrate these with high resolution photos of the ambient environment, providing us with a source of generic content for our individual brand. By using imagery of the local surroundings, community projects, characters and faces, we hope to create a visual style to our work that makes local audiences feel at home.

Telling stories: we will be celebrating the successes of Lambeth and Southwark Mind to raise the profile of the work we do. A production pipeline will produce short videos that celebrate the excellent work our team provides in terms of psychotherapy services, peer support groups and fundraising events.

Building our audience: Using Google Analytics and Facebook Pixel, we are tracking site visitors and building a picture of the demographics and communities that currently show an interest in our work. Initially we are engaging with our current audience using rich media content that is positive and visually attractive, we can then measure their responses to our digital content. By measuring the response rates to our content, we will continue to hone our digital content accordingly, so that we are able to fine tune our material for the local communities in Lambeth and Southwark. A key part of the digital strategy is to signpost to related projects, services and groups in the local community. Linking to similar projects, both on social media channels and events in the community, will be helping to grow our network organically.

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Content for fundraising: The primary purpose of creating engaging digital content is to raise funding for our unique service. We are doing this by building a bespoke audience for fundraising purposes and targeted campaigns will focus on the following:

- 1) Raising awareness about Mental Health issues
- 2) Raising awareness about the work that LS Mind do locally
- 3) Promoting the fundraising activities we run to increase participation in the
- 4) Informational packs for fundraisers that are positive and motivational

Modelling our content on successful models like Cleveland / Mayo Clinic, our digital content is promoting wellbeing and give a positive message about ways in which we can improve our mental health and wellbeing in daily life. Service users are not coming to us via social media channels, so this content will be dealt with sensitively. A top priority will be representing local voices whilst respecting privacy and anonymity.

Through professional filmmaking, we are recording engaging content about the positive stories of our successes within Peer Support groups, to raise awareness about the important work that we do here at Lambeth and Southwark Mind.

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 & 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 each year. 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.

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Partnerships

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

- Recover and 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 and delivered a range of mental health support services for the Prince's Trust at their Centre in Kennington.

Future Plans

We are in the process of developing a new five-year strategy that will enable us to help greater numbers of people and increase our income and reserves. This will involve undertaking bold steps to increase our community fundraising capacity and finding new sources of revenue. We are still in the process of developing the strategy. However, we have the following provisional goals

- Find new premises suitable for peer support groups and therapy services
- Increase organizational capacity, i.e. management resources, HR functions, strategy
- Develop new sources of income
- Provide services for 10% more people year on year
- Grow income by 10% year on year
- Increase our membership
- Raise our profile

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Trustees' Report
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Financial review

Summary Financial activities and results

Key statistics:

Income	£415,839
Expenditure	£322,835
Surplus for year	£ 93,004

Charitable expenditure	£301,491
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Reserves	£189,510
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We have seen a year on year increase in funding of 100% over the last 4 years. Income in 2015-16 was £205,426 and now stands at £415,839. It means that we have managed to ensure the charity is on a sound financial footing, whilst developing and extending our services significantly. We have also contributed to the new fittings at the Walworth Mind Shop and have invested in our IT infrastructure to develop our capacity for the future.

Funding

Our income is split four ways. We receive around one quarter from 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; one quarter from a 5 year grant from the Big Lottery for our Psychotherapy and Psychosis Services and a further quarter from other grant making trusts for specific projects and capacity building. The final quarter comes from MIND shop distributions, donations and our fund-raising efforts.

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

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

Lambeth & Southwark Mind
Trustees' Report
Year ended 31st March 2019

At 31 March 2019, Lambeth and Southwark Mind had total reserves of £189,510 (2018: £96,506) of which unrestricted reserves amounted to £171,253 (2018: £87,232). The unrestricted, 'free' reserves represented the equivalent of 4.9 months (2018: 3.25 months) of planned expenditure, so the charity is now meeting its reserves policy. The trustees will continue to monitor the level of reserves to ensure they keep pace with costs as the charity expands its services. Restricted funds amounted to £18,257 (2018: £9,274).

*'free' reserves are unrestricted reserves less the net value attributed to fixed assets

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. At least 70% of the Committee must be mental health service users, former users or survivors.

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.

The Management Committee meets 6 times a year. Its members during 2018/2019 and at the date of this report are set out under 'Reference and administrative details'.

Lambeth & Southwark Mind
Trustees' Report
Year ended 31st March 2019

Statement of responsibilities of the trustees

The charity trustees (who are also the directors of Lambeth & Southwark Mind) are responsible for preparing a trustees' annual report and financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

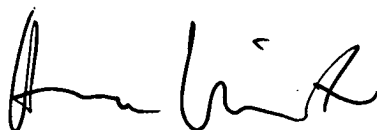
Company law requires the charity trustees to prepare financial statements for each year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charity for that period. In preparing the financial statements, the trustees are required to:

- Select suitable accounting policies and then apply them consistently
- Observe the methods and principles in the Charities SORP
- Make judgements and estimates that are reasonable and prudent
- State whether applicable UK accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements
- Prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue in business

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

The trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website. Legislation in the United Kingdom governing the preparation and dissemination of financial statements may differ from legislation in other jurisdictions.

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



Trustee - ANNA MINTON

Dated: 16/12/19

2019

**Lambeth and Southwark Mind
Financial Statements
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**

Anna Minton, Chair
Mark Bertram
Parveen Betab (resigned 31 July 2018)
Richard Bevan (resigned 30 July 2018)
Janet Buchanan (Observer Trustee)
Margery Craig
Jeremy Dawes
Jack Dixon
Les Elliot (resigned 6 November 2018)
Edward Francis
Gwilym Harbottle (Company Secretary)
Julian Nicholls
Tia Priest
Iain Snell (resigned 31 July 2018)
Jo Thomas
Anne Worrall

**Staff & facilitators
during the year**

Ajay Khandelwal: CEO & Clinical Director
Olivia Stephens: Head of Development
Joan Kennedy: Information Service Manager & Clinical
Co-ordinator
Nadia Karim: Events & Digital Manager
Fergus Mooney: Project Manager
Megan Fereday: Head of Fundraising & Digital
Nell Bliss: Events Manager
E Mansnerus: Admin & Projects Manager
Jacqueline Best-Vassell: Facilitator - Southwark User Council
Andrea Cornfield: Facilitator - Southwark Women's Forum
Janet Martin: Facilitator - Kindred Minds
Jennie Grace: Facilitator - Peer Support Groups
Humphrey Greaves: Facilitator - Hearing Voices
Joan Molyneaux: Facilitator - Hearing Voices

**Principal address and registered
office**

We are 336 - Lambeth Accord (4th Floor)
336 Brixton Road,
London SW9 7AA

Accountants

Malcolm Brown BSc, FCA, DChA
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

Lambeth and Southwark Mind**Statement of financial activities (incorporating an income statement)****As at 31 March 2019**

		Unrestricted Funds	Restricted Funds	Total 2019	Total 2018
Notes		£	£	£	£
INCOME					
Incoming resources from generated funds					
Donations & legacies	3	28,218	60,976	89,194	91,148
Income from other trading activities	3	82,464	1,063	83,527	59,402
Income from charitable activities	3	100,615	142,370	242,985	155,968
Investment Income	2	133	-	133	29
Total income	3 & 13	211,430	204,409	415,839	306,547
EXPENDITURE					
Costs of raising funds					
Costs of generating activity income		21,344	-	21,344	7,419
Expenditure on charitable activities	13	103,881	197,610	301,491	321,988
Total expenditure	5 & 13	125,225	197,610	322,835	329,407
Net income/ (expenditure)	4	86,205	6,799	93,004	(22,860)
Transfer between funds	13	(2,184)	2,184	-	-
Net movement in funds		84,021	8,983	93,004	(22,860)
Reconciliation of Funds:					
Fund balances brought forward at 1st April	13	87,232	9,274	96,506	119,366
Fund balances carried forward at 31st March	13	171,253	18,257	189,510	96,506

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
Statement of cash flows
For the year ended 31 March 2019

	2019	2018
Notes	£	£

Cash flows from operating activities:

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

Net movement in funds (page 21)	93,004	(22,860)
Add: depreciation	8,148	0
Deduct: interest income	(133)	(29)
(Increase)/decrease in debtors	(2,940)	(33,528)
Increase/ (decrease) in creditors	12,492	(2,469)
Cash used in operating activities	A 110,571	(58,886)

Cash flows from investing activities

Income from interest	133	29
(Purchases) of tangible fixed assets	(24,444)	-
Cash provided by/ (used in) investing activities	B (24,311)	29

Cash flows from financing activities

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

Increase/ (decrease) in cash and cash equivalents in the year (A+B+C)	86,260	(58,857)
Total cash & cash equivalents brought forward	61,838	120,695
Total cash & cash equivalents carried forward *	148,098	61,838

*refer to balance sheet, page 23

Lambeth and Southwark Mind

Statement of financial position (Balance sheet)

As at 31 March 2019

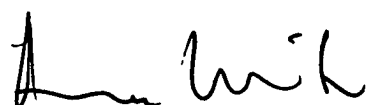
	Notes	2019 £	2019 £	2018 £	2018 £
Fixed assets					
Tangible assets	10		16,296		-
Current assets					
Debtors	11	57,311		54,371	
Cash at bank and in hand		148,098		61,838	
		205,409		116,209	
Creditors					
Amounts falling due within one year	12	32,195		19,703	
Net current assets			173,214		96,506
Total assets less current liabilities	13		189,510		96,506
Funds					
Unrestricted funds	13		171,253		87,232
Restricted funds	13		18,257		9,274
Total funds	13		189,510		96,506

For the year ending 31st March 2019, 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 2019 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 16th December 2019 and were signed by:



Trustee

ANNA MINTON



Trustee

GWILYM HARBOTTE

The notes form part of these financial statements

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2019

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:

At the balance sheet date and the date that the accounts were signed, the trustees consider the charity to be a going concern and these financial statements have been prepared on the basis that it will continue in operational existence for at least the next 12-18 months. The cash flow statement records an inflow of cash of £86,260 during the year ended 31st March 2019 and the charity has current assets of £205,409 and unrestricted reserves of £171,253.

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.

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.

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2019

1. Accounting policies cont.

- 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 Management Committee 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 management committee have designated such funding but they can be re-designated at a later date.
- Restricted funds represent grants or donations received which are subjected to restrictions on their expenditure imposed by the donor or through the terms of an appeal.

Tangible fixed assets:

Tangible 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.

Investments:

Investments are quoted at the market mid-price value ruling at the nearest trading date to the year end. The notes to the accounts also record the original transaction value/ cost.

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.

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2019

2. Investment income

	31 March 2019 £	31 March 2018 £
Deposit account & other interest	<u>133</u>	<u>29</u>

3. Income summary

	Unrestricted £	Restricted £	Total 2019 £	Total 2018 £
Income from donations and legacies				
City Bridge Trust - capacity building	-	60,000	60,000	60,000
Tudor Trust - core grant	2,000	-	2,000	-
National Mind - small grants	-	-	-	500
Donations - inc. individuals & corporates	26,218	976	27,194	30,648
	<u>28,218</u>	<u>60,976</u>	<u>89,194</u>	<u>91,148</u>
Income from other trading activities				
Charitable events	61,702	1,063	62,765	42,072
Speaker fees & lectures	1,175	-	1,175	3,200
Local MIND shop income	19,587	-	19,587	14,130
	<u>82,464</u>	<u>1,063</u>	<u>83,527</u>	<u>59,402</u>
Income from charitable activities				
NHS Lambeth CCG - information service	40,402	-	40,402	40,402
NHS Southwark CCG - user group & womens forum	54,550	-	54,550	54,550
SLaM NHS Foundation Trust - hearing voices	5,663	-	5,663	5,663
Prince's Trust - young peoples' counselling	-	19,000	19,000	16,718
Big Lottery Fund - psychotherapy service	-	91,135	91,135	-
Awards for All - core grant/ kindred minds	-	10,000	10,000	10,000
Henry Smith Trust - peer support group & friends in need	-	20,000	20,000	-
London Catalyst - kindred minds	-	2,235	2,235	-
Wakefield Tetley Trust - kindred minds	-	-	-	7,471
Wakefield Tetley Trust - peer support group	-	-	-	2,500
Trusthouse Charitable Foundation - peer support group	-	-	-	8,664
Lambeth Community Fund - peer support group	-	-	-	10,000
Other smaller service-led grants	-	-	-	-
	<u>100,615</u>	<u>142,370</u>	<u>242,985</u>	<u>155,968</u>
Income from investments	133	-	133	29
Total Income	<u>211,430</u>	<u>204,409</u>	<u>415,839</u>	<u>306,547</u>

4. Net income for the year after charging

	31 March 2019 £	31 March 2018 £
This is stated after charging		
Depreciation - owned assets	8,148	-
Independent examination fee	1,000	1,000
Accounting fees paid to Independent examiner	600	600
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 2019

5. Expenditure summary

	Staff Costs £ Direct	Facilitation fees, supervision, evaluation & training £ Direct	Room hire £ Direct	Activities & resources £ Direct	Volunteers £ Direct	Overheads & support costs £ Usage	Governance costs £ Direct	Total 2019 £	Total 2018 £
Basis of allocation									
Costs directly allocated to activities									
Information service	32,170	550	-	402	1,274	6,006	-	40,402	40,402
Southwark services costs	12,937	16,480	6,021	3,578	833	8,141	-	47,990	54,550
Hearing voices	-	4,400	3,426	265	-	1,272	-	9,363	6,803
Director & capacity building	51,412	-	-	-	-	8,588	-	60,000	60,000
Young peoples' counselling	13,652	2,639	-	-	-	2,709	-	19,000	16,718
Friends in need	-	1,098	1,405	512	-	2,661	-	5,676	24,438
Psychotherapy & psychosis service	44,670	18,751	-	16,459	-	8,000	-	87,880	20,484
Peer support group	2,542	2,462	-	2,358	40	2,257	-	9,659	11,890
Kindred Minds	-	2,847	-	1,215	-	1,333	-	5,395	17,471
Awards for all core project	-	-	-	-	-	10,000	-	10,000	-
Fundraising costs	-	-	-	15,311	-	6,033	-	21,344	7,419
Charity support costs	-	-	252	532	218	59,622	-	60,624	101,925
Support costs allocated to activities	-	-	-	-	-	(57,000)	-	(57,000)	(34,916)
Trustees meetings & AGM	-	-	-	-	-	-	902	902	643
Independent Examiner fee	-	-	-	-	-	-	1,600	1,600	1,800
Total resources expended	157,383	49,227	11,104	40,632	2,365	59,622	2,502	322,835	329,407

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

Director and capacity building is funded by restricted funds and the cost of the director is applied to this area with other capacity building costs.

6. Staff costs

	31 March 2019 £	31 March 2018 £
Wages and salaries	139,553	159,516
Social security costs	10,817	12,187
Other pension costs	7,013	7,508
Total	157,383	179,211

No employee received emoluments of more than £60,000. The charity is managed by the CEO & clinical director, who is regarded as the senior management. The remuneration paid to senior management of the charity was £52,500 (2018 - £52,093), plus £2,625 (2018 - £2,605) in employer pension contributions.

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

	31 March 2018 No.	31 March 2017 No.
Director	1.0	1.0
Other	3.5	4.5
Total	4.5	5.5

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2019

7. Governance costs

Governance costs include:	31 March 2019 £	31 March 2018 £
Trustees Meetings & AGM costs	902	643
Independent examiner's remuneration	1,600	1,600
Total	2,502	2,243

8. Committees' remuneration or other benefits for the year ended 31 March 2019

The trustees received no remuneration or other benefits for the year ended 31 March 2019 (2018: £Nil). One trustee was reimbursed expenses totalling £800 in the year in connection with the user group services (2018: £960).

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 2019 (2018: £Nil).

10. Tangible fixed assets

	Charity Shop fittings £	Office fittings & £	Plant and machinery £
Cost			
At 1 April 2018	-	12,607	12,607
Additions	12,753	11,691	24,444
At 31 March 2019	12,753	24,298	37,051
Depreciation			
At 1 April 2018	-	12,607	12,607
Charge for year	4,251	3,897	8,148
At 31 March 2019	4,251	16,504	20,755
Net book value			
At 31 March 2019	8,502	7,794	16,296
At 31 March 2018	-	-	-

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2019

11. Debtors: Amounts falling due within one year

	31 March 2019 £	31 March 2018 £
Grants receivable	-	-
Trade debtors & pledged grants payable	28,093	27,168
Accrued income	4,689	3,002
Other debtors & prepayments	24,529	24,201
Total	57,311	54,371

12. Creditors: Amounts falling due within one year

	31 March 2019 £	31 March 2018 £
Trade creditors	18,944	7,754
Bank overdrafts	36	36
Other taxation & social security	3,134	3,887
Deferred income	1,195	170
Other creditors & accruals	8,886	7,856
Total	32,195	19,703

13. Movement in funds

	At 1 April 2018 £	Net Movement in funds £	Transfer between funds £	At 31 March 2019 £
Unrestricted funds				
Core	87,232	83,345	-	170,577
Designated funds				
Lambeth information service	-	-	-	-
Southwark services	-	6,560	(5,884)	676
Southwark hearing voices	-	(3,700)	3,700	-
Total designated funds	-	2,860	(2,184)	676
Total unrestricted funds (core & designated)	87,232	86,205	(2,184)	171,253
Restricted funds				
Director & capacity building	-	-	-	-
Young peoples' counselling	-	-	-	-
Friends in need	-	4,324	-	4,324
Psychotherapy & psychosis service	-	4,318	-	4,318
Peer Support Group	9,274	341	-	9,615
Kindred Minds	-	(2,184)	2,184	-
Awards for All core grant	-	-	-	-
Total restricted funds	9,274	6,799	2,184	18,257
Total funds	96,506	93,004	-	189,510

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2019

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	110,815	(27,470)	83,345
Designated funds			
Lambeth Information Service	40,402	(40,402)	-
Southwark services	54,550	(47,990)	6,560
Southwark hearing voices	5,663	(9,363)	(3,700)
Total designated funds	100,615	(97,755)	2,860
Total unrestricted funds (core & designated)	211,430	(125,225)	86,205
Restricted funds			
Director & capacity building	60,000	(60,000)	-
Young peoples' counselling	19,000	(19,000)	-
Friends in need	10,000	(5,676)	4,324
Psychotherapy & psychosis service	92,198	(87,880)	4,318
Peer Support Group	10,000	(9,659)	341
Kindred Minds	3,211	(5,395)	(2,184)
Awards for All core grant	10,000	(10,000)	-
Total restricted funds	204,409	(197,610)	6,799
Total funds	415,839	(322,835)	93,004

Funders & purposes of funds – Designated funds

A service level agreement from NHS Lambeth CCG financed the information service. The Information Service provides an information line and web directory and has online details of over 600 services and organisations.

Lambeth & Southwark Mind was commissioned by NHS Southwark CCG to provide services in Southwark to support the Southwark Women's Forum, Southwark User Council, Open Minds and other in-borough services. A separate SLA was received from SLaM NHS Foundation Trust to continue the Southwark Hearing Voices group.

Funders & purposes of funds – Restricted funds

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

The Prince's Trust and The Berkeley Foundation funded the young peoples' counselling service and Henry Smith Charity funded the Peer Support Group and Friends in Need groups.

The Big Lottery has provided a 5 year grant towards the Psychotherapy service starting in April 2018.

London Catalyst funded Kindred Minds project.

The Awards for All programme of the Big Lottery provided a grant towards core costs.

Lambeth and Southwark Mind
Notes to the financial statements
For the year ended 31 March 2019

14. Analysis of net assets between funds

	Restricted Funds	Unrestricted Designated Funds	Core Funds	TOTAL FUNDS £
Fixed assets	7,794	-	8,502	16,296
Bank accounts	(7,709)	2,937	152,870	148,098
Debtors & prepayments	22,430	-	34,881	57,311
Current liabilities	(4,258)	(2,261)	(25,676)	(32,195)
Net assets at 31st March 2019	18,257	676	170,577	189,510

**Lambeth and Southwark Mind
Independent Examiner's Report
For the year ended 31 March 2019**

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

I report on the accounts of the company for the year ended 31 March 2019, which are set out on pages 21 to 31.

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
Independent Examiner's Report
For the year ended 31 March 2019

Chartered accountants' independent examiner's report to the trustees on the unaudited financial statements of Lambeth and Southwark Mind continued.

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 BSc, FCA, DChA
Waterman Brown (London) Ltd
Chartered Accountants

66 Norman Road
Wimbledon London SW19
Date: 19 December 2019