

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

England & Wales · Charity number 1049854

Details

Other names Mental Health Resource, TWMHR

Status Registered

Legal form Charitable company

Company number [02826452](#)

Registered 1995-10-18

Register [View on the Charity Commission register](#)

Contact

Address 2a Grosvenor Park
Tunbridge Wells
TN1 2BD

Phone 01892615552

Email info@mentalhealthresource.org.uk

Website www.mentalhealthresource.org.uk

Activities

Objects: The Charity's objects are specifically restricted to the following: (a) To improve the wellbeing of people with mental health conditions in Kent and the surrounding areas.(b) To provide training and education on, and to disseminate information relating to, mental health matters.

Activities: The Charity's mission is to improve mental health and wellbeing and build a more supportive community: to provide safe spaces and person-centred mental health support to help people improve their wellbeing, to reduce stigma and improve knowledge, awareness and confidence in mental health support, and to support people with mental illness to have their voices heard

Classification

- **How:** Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** Children/young People, People With Disabilities, Other Defined Groups

Geography

- Area of benefit: TUNBRIDGE WELLS
- Kent

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£475,779	£550,332	-	-
2024-03-31	£483,176	£456,730	-	-
2023-03-31	£437,912	£438,818	-	-
2022-03-31	£414,378	£399,425	-	-
2021-03-31	£400,704	£361,221	-	-

Trustees

Name	Role	Appointed
Antonio Moretti		2025-02-18
Charlotte Burgess		2024-05-31
Dr Dorothy Kelso		2023-04-21
Karin Orman		2025-04-07
Minfang Guo		2021-05-01
Paul Timothy Ryves		2024-03-06
Richard North		2021-03-30

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

England & Wales - Charity number 1049854

Accounts



**TUNBRIDGE WELLS
MENTAL HEALTH RESOURCE LIMITED**

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

**FOR THE YEAR ENDED
31 MARCH 2025**

www.mentalhealthresource.org.uk
Registered charity number: 1049854
Registered company number: 02826452

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TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 MARCH 2025

Board of Trustees	C Burgess (appointed 31 May 2024) M Guo D Kelso (Chair) R Lindsay (resigned 29 November 2024) A Moretti (appointed 18 February 2025) R North K Orman (appointed 7 April 2025) P Ryves
Company number	02826452
Charity number	1049854
Trading name	Mental Health Resource
Registered and principal office	2a Grosvenor Park Tunbridge Wells Kent TN1 2BD
Charity manager	R Corry
Company secretary	S Dolke
Independent examiner	James Mathieson FCA Lindeyer Francis Ferguson Limited North House 198 High Street Tonbridge Kent TN9 1BE

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

The Board of Trustees of the charity present their annual report together with the financial statements of the charity Tunbridge Wells Mental Health Resource Limited for the year ended 31 March 2025. The trustees confirm that the annual report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019). This report is also the Directors' Report required by Company Law.

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated on 11 June 1993 and registered as a charity on 18 October 1995. It is governed by its Memorandum and Articles of Association.

The legal name of the charity is Tunbridge Wells Mental Health Resource Limited; however, its trading name is now Mental Health Resource, and this is what it is referred to throughout this report.

The Reference and Administrative details set out on page 1 form part of this report.

The directors of the company are also the charity trustees for the purposes of charity law and under the company's Articles of Association are known as members of the Council of Management. New trustees are recruited through an open recruitment process. Under the requirements of the Memorandum and Articles of Association at every Annual General Meeting one third of the trustees shall retire from office. The trustees to retire in every year shall be those who have been longest in office. A retiring trustee shall be eligible for re-election.

There is a formal procedure for the induction of members of the Board of Trustees. All trustees give their time voluntarily.

The Board of Trustees meet every two months and have responsibility for the strategic oversight of the Charity. The Board of Trustees is supported by two sub-committees – Finance and Risk and Marketing and Fundraising – which both meet at least quarterly. The Board of Trustees delegate the day-to-day management of the charity to the Charity Manager.

Aims, Objectives and Activities

Our charitable objects are restricted to the following:

- a) *To improve the wellbeing of people with mental health conditions in Kent and the surrounding areas.*
- b) *To provide training and education on, and to disseminate information relating to, mental health matters.*

Our Vision

We believe in improved wellbeing for everyone.

Our Mission

We provide safe spaces and person-centred mental health support in our community to help people improve their wellbeing.

Our strategic aim

Our overall aim is to improve people's mental wellbeing.

Our strategic objectives

In order to improve people's mental wellbeing, we will

- a) enable people to be supported and valued;
- b) provide opportunities for social connections;
- c) raise awareness of mental health in the community; and
- d) ensure people with mental health issues benefit from a well-run, sustainable organisation.

Our aims and objectives fully reflect the purposes for which the charity was set up and the Theory of Change methodology has ensured that all our activities contribute to our aims and objectives.

The charity undertakes the following activities to achieve its aims and objectives:

- a) **Community Support** which comprises:
 - i. **The Hub**: our friendly wellbeing centre providing wellbeing activities and a safe space to talk; and our out-of-hours support
 - ii. **Reachout**: confidential, self-help support groups focusing on wellbeing and recovery
 - iii. **Reachout Youth**: helping young people share stories, develop coping strategies and make new friends
- b) **Assert**: a specialist independent mental health advocacy service provided to those detained under the Mental Health Act and community advocacy
- c) **Mental Health Training**: raising awareness of mental health with local organisations

The Board of Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit in the review of our aim and objectives and in planning all activities. Further details on our activities and how they benefit the public are detailed in the following section.

Achievements and Performance

The Board of Trustees are very thankful to all the staff and volunteers for their hard work and dedication over the last year.

The Charity continued its work of seeking to improve the mental wellbeing of local people. In 2024/25 we provided help and support for over 1,000 clients, many of whom have complex and enduring

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REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

mental health conditions, including anxiety, depression, bi-polar, obsessive-compulsive disorder, borderline personality disorder, post-traumatic stress disorder and schizophrenia. We are one of the few organisations in West Kent providing both long-term and short-term practical mental health support.

During the year, the Board of Trustees approved the creation of two new posts to help implement our new organisational strategy. A mental health trainer has helped to raise awareness about mental health in our community, with individuals who may not be accessing support and with organisations.

Our volunteer coordinator developed a volunteer framework for the charity and recruited 12 new volunteers who regularly supported our service delivery, fundraising and marketing activity. An additional 35 other volunteers were recruited to one-off tasks and pieces of work. In total, volunteers gave 400 hours to support the work of Mental Health Resource.

We are grateful to all trustees who have served the charity over the year. And we are delighted to have welcomed new trustees to the Board, who have brought with them considerable skills, expertise and experience.

Funding and fundraising

The charity continues to work closely with its strategic partners - The Advocacy People, EK360 and Shaw Trust - for whom we are sub-contractors on Kent County Council and NHS Kent and Medway funded activities.

We are very grateful to receive funding from charitable trusts and foundations towards the work of our charity, including

- Chapman Charitable Trust
- Colyer Fergusson Charitable Trust
- Garfield Weston Foundation
- Kent Community Foundation
- Philip and Connie Phillips Foundation
- St James's Place Charitable Foundation
- The Kenora Charitable Foundation
- The National Lottery Community Fund

In addition, we are incredibly thankful for the support we received from many local organisations and from members of the local community who have donated money, their time, skills, or have undertaken various activities to raise funds for us.

Thank you too to all those individuals and organisations who have donated raffle prizes over the year.

Through support from the community this year, we have been able to raise £50,637 in donations. Thank you to everyone who supported our charity with a donation or grant.

Project Activity

Our activity is delivered across three core areas:

- a) Community Support
- b) Advocacy
- c) Mental Health Training

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Together, these programmes continue to provide essential, person-centred support to people experiencing mental health challenges across West Kent and surrounding areas. Below is a detailed summary of our achievements and impact across each area.

a) Community Support

In 2024/25, our community support services assisted **258 individuals** and delivered **828 support sessions**.

Many of those who come to us live with complex or long-term mental health conditions and require sustained emotional and practical support. Our projects therefore offer non-time-limited, safe and nurturing spaces where people can participate for as long as they need.

Case study

John* came to us 18 months ago seeking support with severe anxiety, confidence building, and social isolation. He attended our peer support groups as well as our mental health awareness training.

John shared that he now feels able to leave his home more frequently, understands his mental health better, and has begun to rebuild his resilience "step by step." His anxiety symptoms have reduced, and he reports feeling more confident and better equipped with coping strategies.

*not his real name

Details of our community support projects are below.

The Hub



"I owe you everything because your kindness helped me see another day. I didn't want to carry on but you helped me see beyond the pain."

The Hub provides a wide range of support interventions for adults aged 18+, helping people manage their mental health, build confidence, and work toward personal goals in a supportive community environment. The service is open-ended, allowing clients to participate for as long as they wish.

Clients present with a broad range of mental health challenges including anxiety, depression, bipolar disorder, personality disorders, and self-harm. Many also face additional barriers such as addiction, limited mobility, learning difficulties, financial hardship and significant isolation.

Most activities take place in our Tunbridge Wells centre, with additional sessions hosted in community venues. We also continue to offer ad-hoc one-to-one support when needed.

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Weekly Groups Delivered

Creative Groups

- Creative writing
- Creative art
- Community-based art groups
- Needlecraft
- Craft group

Nature Groups

- Community Allotment (April–November): a calm space to connect with nature, develop skills, and build relationships
- Weekly walking group, expanded with volunteer support to accommodate more participants

Talking & Social Groups

- Women's, men's and mixed talking groups
- Drop-in sessions, including an evening drop-in
- Community meals, providing connection and nutritious home-cooked food

We also delivered a series of one-off events, including Christmas lunches and a music session run by a local professional musician.

Based on client feedback, we launched a new Walking and Photography Group, combining skill-building with mindful engagement with nature. We also reinstated the evening drop-in session following requests from clients. As one participant shared: *"The soup evening drop-in was a life saver for me when I needed it most. I'm forever grateful to the Hub for being my support network."*

The Allotment project received external recognition, winning:

- Gold – Best Wildlife Garden
- Silver Gilt – Best Allotment

These awards reflect the dedication of clients, volunteers and staff.

Impact & Reach in 2024/25

The Hub supported 180 people and handled an additional 330 support-related phone calls. Evaluation results showed:

- 83% feel more supported
- 81% feel more valued
- 71% feel more connected to others
- 67% feel better able to manage their mental health
- 64% feel more confident
- 60% feel better in themselves

We continue to work closely with local partner organisations including GP social prescribers, Porchlight, Citizen's Advice, Nourish, social care teams, housing providers, Look Ahead, Jobcentre Plus and community mental health services. This ensures clients can be signposted and referred for additional support when needed.

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The Hub is predominantly funded by the National Lottery Reaching Communities Fund (until January 2026) and the Shaw Trust's Live Well Kent programme, through which we deliver short courses in creative arts, creative writing, the natural environment and peer support groups.

Reachout Adults



"I enjoy coming to Reachout as it is a relaxed environment and keeps me connected to other people. It makes me leave the house, which I might not do otherwise."

Reachout Adults provides confidential peer support groups for adults across Edenbridge, Paddock Wood and Southborough. These locations were chosen specifically to support people who may be isolated or unable to travel due to anxiety or mobility issues.

Groups offer a safe, non-judgmental space to focus on wellbeing, develop coping strategies, build social connections; and reduce loneliness. Clients are supported to take responsibility for their own health and wellbeing and to manage their own long term mental health conditions. In addition, the peer-relationships formed during sessions help relationships to develop outside of the group setting and so encourages peer-support in the community.

Each session includes:

- A supportive "check-in"
- A wellbeing activity (such as craft, discussion, mindfulness, music, exercise or quizzes; some led by visiting facilitators)
- Time for informal conversation and relationship building

Many participants live with anxiety, depression, panic disorders, personality disorders, bipolar disorder or OCD. Some are autistic or have learning differences, and many have long-term physical health challenges.

In 2024/25 activities included creative sessions, mindful colouring, zentangles, origami, quizzes, smoothie making, anxiety workshops, and mindful walking. A highlight was a summer boat trip on the River Medway, followed by lunch, which was a significant confidence-building achievement for many.

In addition, visiting facilitators delivered chair-based exercise, singing, gentle yoga and breathwork sessions.

Although Reachout Adults does not provide structured one-to-one support, clients receive signposting and practical help when needed, including crisis support, wellbeing support and support with making phone calls.

**REPORT OF THE BOARD OF TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025**

Impact & Reach in 2024/25

- 43 people attended
- 70 sessions delivered

Evaluation results showed:

- 100% feel more supported
- 85% feel more valued
- 85% feel more connected
- 85% report increased self-esteem
- 81% feel better in themselves
- 100% satisfied with the support received

Referrals were made via our website or directly to the staff team, and can be self-referrals or referrals from family, friends and professionals.

Reachout Family

Launched in May 2024, Reachout Family offers monthly peer support for family members and carers supporting a loved one with mental ill-health.

"It's been lovely to meet other parents in similar positions, so I don't feel so alone".

It aims to provide support, self-care and coping strategies for family members to help them feel empowered and better able to provide the support their loved one needs.

Sessions include a structured check-in, discussions on key topics (such as boundaries, self-care or the emotional impact of caring), and space for shared peer support.

Common issues faced by loved ones include depression, anxiety, personality disorders, psychosis and neurodivergence. Many carers also experience their own mental health challenges, including stress, worry, anxiety and depression.

Impact & Reach in 2024/25

- 9 clients took part
- 11 sessions delivered

Discussion topics included: sharing experiences, the impact of caring, stigma, expectations, grounding techniques and personal boundaries.

Reachout Family also partnered with our Mental Health Trainer to deliver sessions on understanding mental health, having supportive conversations, self-care, self-harm and suicide.

Evaluation results showed:

- 100% feel more supported and valued
- 100% feel less stressed
- 100% feel more connected to others
- 75% have improved understanding of how to support their loved one

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- 75% feel better able to manage their own mental health
- 100% satisfied with the support received

Peer support in the groups has been particularly powerful, with participants recognising shared experiences and gaining strength and insight from each other.

Referrals to Reachout Family were made via our website or directly to the staff team, and can be self-referrals or referrals from family, friends and professionals.

Mental Health Service Feedback

As a partner within EK360's Mental Health Service User Voice contract, Mental Health Resource gathers anonymous feedback from anyone with experience of the mental health system in West Kent, including individuals, carers, young people, friends and professionals. The feedback informs service improvement, funding decisions and strategic planning, ensuring that lived experience directly shapes the system.

Impact & Reach in 2024/25

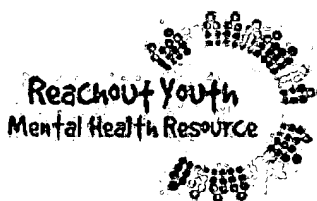
- 181 people's views captured
- 21 organisations contacted

Key themes included:

- Long waiting times
- Poor communication between services
- Unexpected discharges
- Inadequate or inappropriate support
- Concerns about time-limited groups
- Positive experiences with GPs and community social groups

We continue to play an active role in Engagement Provider meetings and the Local Mental Health Network (West Kent).

Reachout Youth



"I look forward to these sessions all week and they make my day"

Reachout Youth is a wellbeing group for 13–19-year-olds who are experiencing emotional or mental health difficulties. The groups offer young people an informal and confidential space to share stories, reduce stigma, develop coping strategies and make friends. They provide opportunities to meet other young people who've had similar experiences, to share things they may not usually share with others, and to take part in a fun activity. Many of the young people who attend Reachout Youth have reported

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REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

they feel lonely, misunderstood and struggle to feel accepted at school. Reachout Youth provide a safe space for them to be themselves and to build friendships.

Groups operate in community settings and schools/colleges:

- After School Group (Tunbridge Wells)
- Nurture Group (Tonbridge Grammar School)
- Wellbeing Group (North Kent College, Tonbridge)

Sessions include conversations about wellbeing, activities, games, creative projects and practical strategies for managing stress, anxiety, low mood and other challenges.

In 2024/25, topics covered included healthy eating for wellbeing, stress management, anxiety toolkits and confidence building. Activities ranged from rock painting and positive affirmation bracelets to cooking and community outings.

During school holidays, the after-school group went on a number of activities, including coffee shop trips, the pantomime at Trinity Theatre and bowling. Staff also provided additional 1-1 support where needed.

The issues that the groups can help with are varied and include anxiety, low mood, stress, family relationships, friendships, bereavement, loneliness, isolation, and other long-term chronic mental health conditions. In addition, young people can often face a number of challenges in their life, such as relationship issues and neurodevelopmental disorders. Reachout Youth provide a space where young people can explore how they are feeling and realise they are not alone.

Impact & Reach in 2024/25

- 900 young people reached through assemblies, PSHE sessions, events and awareness activities
- 27 young people actively supported through groups
- 80 sessions delivered

Evaluation results showed:

- 100% feel better in themselves
- 100% feel more supported
- 100% feel better able to manage their mental health
- 66% feel less stressed

School feedback echoed this, noting improvements in students' wellbeing, stress levels and sense of connection.

Young people are able to attend Reachout Youth until the age of 19, providing vital continuity and support as a young person makes the often difficult transition from Children's to Adult Mental Health Services.

b) Advocacy

Assert



"Thank you for always taking time to listen to me, and helping me to express myself in meetings that I have often felt overlooked in without your support."

Assert provides Independent Mental Health Advocacy (IMHA) for people detained under the Mental Health Act (in acute, rehabilitation and forensic wards), as well as community advocacy for adults in Kent with diagnosed mental health conditions. The service covers a wide area including Tonbridge & Malling, Sevenoaks, Tunbridge Wells, Maidstone, Dartford, Gravesham, Swanley and Gravesend.

Our Advocates ensure people understand their rights, participate fully in decisions about their care and treatment, and are supported to express their wishes and explore options. Advocacy is always instructed by the client and is focused on specific issues.

Common issues include:

- access to leave
- communication with clinical teams
- rights around treatment and aftercare
- housing and community support
- preparing for meetings

Impact & Reach in 2024/25

- 819 clients supported
- 1,440 issues dealt with
- 6,485 hours of advocacy delivered

Evaluation results showed:

- 100% said advocacy helped them have their say in decisions
- 98% said it helped them express what they needed or wanted to achieve
- 96% felt supported
- 96% felt empowered to speak up for themselves
- 92% said advocacy helped them prepare for meetings

Additional feedback:

- 100% were satisfied with the support
- 98% found the service accessible
- 83% gained information about their legal rights

Referrals are made via The Advocacy People, the contract lead, and can come from professionals, carers or clients themselves.

c) Mental Health Training

*"The discussions we had were all very open and helped understanding and knowledge.
"I found the course very informative and was fun to do."*

Our training programmes aim to reduce stigma, increase understanding and provide people with the tools they need to support their own wellbeing and that of others.

We deliver training to:

- a) Local corporates and organisations
- b) Community groups who may be at increased risk of mental ill-health or those who are not yet accessing formal support

Corporate Training

In 2024/25 we developed new Lunch & Learn sessions and delivered six sessions to 109 participants, as well as a Mental Health First Aid course attended by seven people.

Feedback included:

- 100% felt encouraged to prioritise self-care
- 100% found participation and interaction encouraged
- 100% felt engaged and included
- All agreed topics were relevant and materials helpful

Community Courses

We delivered two targeted courses for men and family members/carers, attended by 10 people. All participants reported:

- increased knowledge and understanding
- better ability to manage their mental health
- improved wellbeing
- increased confidence supporting others
- greater awareness of where to seek help
- feeling more supported

We expanded community courses in 2025 to include older adults, and more courses for carers and men.

We also delivered talks at community events, schools, organisations and corporate partners as part of their Charity of the Year programmes.

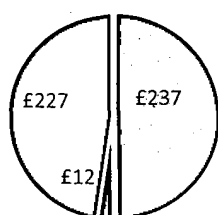
Treasurer's report

The Charity's total income decreased by £7,397 to £475,779 (2023/24: £483,176). Income from grants and donations increased by £2,013 to £236,719 (2023/24: £234,706). This was offset by a £10,061 drop in income from charitable activities, which decreased to £226,926 (2023/24: £236,987). This reduction has placed additional pressure on the Charity's capacity to meet its ongoing overhead commitments. Interest income remained positive at £12,134 (2023/24: £11,483); however, this level of return is not expected to continue in the next financial period.

Costs have increased during the year, with total expenditure increasing by £93,602 to £550,332 (2023/24: £456,730). Some of this increase was planned and due to the recruitment of a couple of new fixed-term roles to deliver our strategy.

The wider economic downturn has reduced donor capacity, resulting in less donations to cover core costs, while increased competition from larger charities for limited grant and funding has constrained the Charity's ability to secure sustainable financial support. Consequently, the Charity recorded a deficit of £74,553.

Income by Activity (£k)



- Grants and donations
- Charitable activities
- Investments

Expenditure by Activity (£k)



- Raising funds
- Charitable activities

Total reserves at the year-end were £457,719 (2023/24: £532,272), comprising general funds of £256,763 (2023/24: £208,726) and restricted funds of £34,601 (2023/24: £49,431). The remaining unrestricted reserves are designated funds that amount to £166,355 (2023/24: £274,115). This comprises capital reserves of £166,355 (2023/24: £168,140), representing the net book value of the freehold property.

The increase in operating cash outflows has resulted in a reduction in cash at bank, which stood at £304,073 at year end (2023/24: £374,471).

The Charity continued to receive support from a wide range of generous individuals and organisations, together with income from strategic partners and grant-making charitable trusts. This support has been integral to the delivery of the Charity's objectives. However, the Charity has faced increasing challenges in securing the level of income required to sustain its services.

Plans for the Future

The charity developed an organisational strategy for 2024-2027 which prioritised:

- increasing the numbers of people we support through our existing projects, services and activities;
- reaching other groups of people who may not be accessing mental health support; and
- increasing the accessibility to our services and delivering high quality services.

We had started to make great strides towards achieving these aims, recruiting volunteers to help support more people through our various groups; delivering mental health training to groups of people in our community; and streamlining our referral process to make it easier for people to access support. The strategy recognised that the need for our mental health support services was just as great, if not greater, than when the charity was first established.

Since 1993, Mental Health Resource has been dedicated to supporting people with their mental and emotional wellbeing. We have proudly delivered services in Tunbridge Wells and throughout West Kent and created safe spaces for people and provided person-centred support for as long as people wanted or needed it. The Charity has only been able to deliver its services through funding from local authority contracts, charitable trusts and foundations and through the generosity of local organisations and individuals.

In the last year, however, it has become increasingly difficult to secure the funding necessary to sustain the Charity's services and its core operating costs. Rising costs, alongside the reduction in funding, means the Charity does not have sufficient funding to continue its work. The Board considered the option of one-off fundraising appeals and the selling of the property and concluded that this would only enable Mental Health Resource to sustain operations for a few more months, and would not be sufficient for the ongoing sustainability of the Charity. Despite exploring all other options available, including reduced operations and mergers with other organisations, the Board of Trustees have not been able to find a viable way forward.

With deep sadness, the difficult decision was made to close the charity and to stop delivering services at the end of January 2026.

The Trustees understand how much people rely on our services and how difficult this news will be. The staff team will support our clients through this transition and do all they can to help them to access other sources of support available locally.

The Board of Trustees and all the staff team are immensely proud of all that has been achieved over the past 30 years and how Mental Health Resource has helped to improve the mental wellbeing of thousands of people through the provision of wellbeing groups, activities, peer support groups, information and 1-1 support.

The Trustees heartfelt thanks go to our incredible team, whose dedication and compassion have been the heart of Mental Health Resource. All at Mental Health Resource are also deeply grateful to our funders, partners, volunteers, fundraisers, corporate partners and everyone in our community who has supported the charity throughout its journey.

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REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 31 MARCH 2025

As the Board of Trustees prepares to close the charity, they are planning and making decisions to ensure the charity does not become insolvent. This means that some funds will remain available at the end, which Mental Health Resource will gift to other charities, in accordance with the charity's Memorandum and Articles of Association.

Specifically, the charity owns the property at 2a Grosvenor Park, which will be gifted to another local charity, Crossways Community. Crossways Community has similar aims and objectives to Mental Health Resource and will explore how they can use the building to deliver mental health support to people in the Tunbridge Wells area. Even though there is great sadness about having to wind down the Charity, we are pleased that the legacy of Mental Health Resource will continue through Crossways Community.

Reserves policy

The charity has been committed to ensuring that clients with mental health conditions can access long-term support, as appropriate, to enable them to live well and independently. The charity's reserves in the past have been of sufficient scale to minimise the risk of short-term disruption to services brought about by short-term financial pressures.

However, given the challenging financial circumstances forcing the closure of Mental Health Resource, the charity's reserves have been used to enable an orderly wind-down of the charity and to facilitate the smooth transfer of activity.

Investment policy

The Charity's investment objective seeks to produce the best financial return within an acceptable level of risk while recognising that capital preservation is of paramount importance. The investment policy therefore requires the Charity to hold all of its assets in cash sterling, deposited with institutions with a minimum rating of BB -, and within the levels stipulated by the Financial Services Compensation Scheme guarantee.

Risk Management

The Board of Trustees conducted a review of the major risks to which the Charity is exposed. A Risk Management document identifying all major risks was prepared and agreed by the Board. The Trustees always identified one of the key risks to the Charity as being the inability to secure sufficient funding for our services and activities, or the withdrawal or termination of our key funding. A fundraising strategy was developed and approved, which sought to diversify income streams and build on the previous successes. Sadly, the charity was unable to achieve the targets set and was unable to secure the funding necessary to sustain its services from contracts, charitable trusts and foundations or from community fundraising.

Going Concern

The Trustees reviewed the Charity's financial position and assessed its ability to continue as a going concern, taking into account current and projected income, expenditure commitments, available reserves, and wider operating conditions.

The 2025/2026 budget forecasted an operating deficit of £131k. This deficit was driven primarily by the loss of key funding and increased operating costs. During the year, key income targets were not achieved, which further increased the deficit, meaning that the Charity was no longer able to generate the resources required to sustain its activities on a financially viable basis.

The Board of Trustees and senior management have explored all reasonable alternatives, including:

1. **Cost reductions** - The Charity has been able to make some savings on non-essential spend, but costs are largely fixed.
2. **Restructuring and collaborations** - The Charity explored potential mergers, but other charities facing similar financial pressures were unable to assume our liabilities. Options to reduce staffing were also reviewed; however, such reductions would materially impact service delivery and ultimately, our clients.
3. **Liquidating assets** – We considered the potential of removing the planning condition and selling our property; however, this would not be completed within the time frame available and would only generate a one-off injection of funding.
4. **Additional funding** – The Charity has exhausted all options to increase income through a variety of grant applications, contracts, fundraising, partnerships and trading income. A public appeal was also considered but again, this would only generate a one-off injection of funding and would not be sufficient to sustain the operations of the Charity.

As no feasible option has been identified that would enable the Charity to continue, the Trustees have concluded that the Charity is no longer a going concern. These financial statements have therefore been prepared on a basis other than going concern. Appropriate steps have been taken to begin winding down the charity, paying staff and suppliers and ensuring that all remaining obligations are met in accordance with legal and regulatory requirements.

Trustees' responsibilities statement

The Trustees (who are also directors of Tunbridge Wells Mental Health Resource Limited for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

**REPORT OF THE BOARD OF TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2025**

In preparing these 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 judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

In preparing this report, the Trustees have taken advantage of the small companies' exemptions provided by section 415A of the Companies Act 2006.

This report was approved by the Trustees on 17 December 2025 and signed on their behalf by:



.....
D Kelso
Chair of Board of Trustees

**INDEPENDENT EXAMINER'S REPORT TO THE BOARD OF TRUSTEES OF TUNBRIDGE WELLS
MENTAL HEALTH RESOURCE LIMITED**

FOR THE YEAR ENDED 31 MARCH 2025

I report to the Board of Trustees on my examination of the accounts of Tunbridge Wells Mental Health Resource Limited ("the charity") for the year ended 31 March 2025.

Responsibilities and Basis of Report

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

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

Independent Examiner's Statement

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

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

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

In carrying out my examination it has been identified that the charity is no longer a going concern and the financial statements have been prepared by use of a basis other than going concern, as set out in Note 1.

**INDEPENDENT EXAMINER'S REPORT TO THE BOARD OF TRUSTEES OF TUNBRIDGE WELLS
MENTAL HEALTH RESOURCE LIMITED**

FOR THE YEAR ENDED 31 MARCH 2025

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

Lindeyer Francis Ferguson Ltd

James Mathieson FCA

Lindeyer Francis Ferguson Limited

North House

198 High Street

Tonbridge

Kent TN9 1BE

Date: *19/12/25*

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2025

	Note	Unrestricted funds 2025 £	Designated funds 2025 £	Restricted funds 2025 £	Total funds 2025 £	Total funds 2024 £
Income from:						
Grants and donations	2	79,646	-	157,073	236,719	234,706
Charitable activities	3	205,300	-	21,626	226,926	236,987
Investments		12,134	-	-	12,134	11,483
Total income		297,080	-	178,699	475,779	483,176
Expenditure on:						
Raising funds	4	68,001	-	-	68,001	51,258
Charitable activities	5	287,017	1,785	193,529	482,331	405,472
Total expenditure		355,018	1,785	193,529	550,332	456,730
Net (expenditure)/income	8	(57,938)	(1,785)	(14,830)	(74,553)	26,446
Transfers between funds		105,975	(105,975)	-	-	-
Net movement in funds		48,037	(107,760)	(14,830)	(74,553)	26,446
Reconciliation of funds:						
Total funds brought forward		208,726	274,115	49,431	532,272	505,826
Total funds carried forward	13	256,763	166,355	34,601	457,719	532,272

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

**BALANCE SHEET
AS AT 31 MARCH 2025**

	Note	£	2025 £	2024 £
Fixed assets				
Tangible assets	10	-		176,215
Current assets				
Tangible assets	10	170,515	-	
Debtors	11	41,763	32,564	
Cash at bank and in hand		304,073	374,471	
		<u>516,351</u>	<u>407,035</u>	
Creditors: amounts falling due within one year	12	<u>(58,632)</u>	<u>(50,978)</u>	
Net current assets			457,719	356,057
Total net assets			<u>457,719</u>	<u>532,272</u>
Represented by the funds of the charity:				
Unrestricted funds			256,763	208,726
Designated funds			166,355	274,115
Restricted funds			34,601	49,431
	13		<u>457,719</u>	<u>532,272</u>

The charity's financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The trustees consider that the charity is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the charity to obtain an audit for the year in question in accordance with section 476 of the Act.

The trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The financial statements were approved and authorised for issue by the trustees on 17 December 2025 and signed on their behalf by:



.....
D Kelso
Trustee



.....
R North
Trustee

Company number: 02826452

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies

Basis of preparation of the financial statements

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Tunbridge Wells Mental Health Resource Limited meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The financial statements are prepared in pounds sterling, which is the functional currency of the charity, and rounded to the nearest £1.

The charity is expected to cease trading on 31 January 2026, and therefore the financial statements have been prepared on a basis other than that of the going concern. This is primarily due to a loss of key funding and increased operating costs, and the trustees have exhausted all funding options to increase income through other methods.

As a result, the financial statements have been prepared on the break-up basis, and they include adjustments necessary to reflect that preparation. This includes, where applicable, writing the charity's assets down to net realisable value and treating all fixed assets as current assets. No provision has been made for the future costs of terminating the charity as these were not committed to as at the reporting date, and there are no contracts which became onerous at that date.

The charity plans to gift the property to another charity with a similar objects, any unspent restricted funds at the date of closure will be returned to the donors, and all contracts are in the process of being terminated. Any funds available after meeting the closure costs will be donated to other charities with similar objects.

Status

The charity is a private company limited by guarantee registered in England and Wales. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is 2a Grosvenor Park, Tunbridge Wells, Kent, TN11 2BD.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2025

1 Accounting policies continued

Income

Income from grants and donations is recognised when the charity is entitled to the funds, the receipt is probable and the amount can be measured reliably. For donations, this is usually on receipt. For grants, this is usually when a formal offer is made in writing, unless the grant contains terms and conditions outside of the charity's control which must be met before the charity is entitled to the funds. Where grants are received in response to a proposal including a budgeted timescale, such that the timescale for the expenditure is implicit in the grant agreement, the income is recognised in accordance with that timescale.

Income from charitable activities is recognised over the period to which the income relates. For contracts, income is recognised to the extent that the contractual services have been supplied. For performance-related grants, income is recognised to the extent that performance-related criteria have been met.

Gifts in kind are included in the financial statements when the charity is entitled to them, when it is probable that the charity will receive the economic benefits, and when the fair value or value to the charity, as appropriate, can be measured with sufficient reliability.

Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. Direct costs, including direct staff costs are attributed to the relevant activity. Support costs, including support staff costs, are allocated to activities on the basis of the use of premises and income.

Support costs are those functions that assist the work of the charity but do not directly relate to the charitable activities, and include governance costs.

All expenditure is inclusive of irrecoverable VAT.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

1 Accounting policies continued

Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds can only be used for the particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Tangible fixed assets and depreciation

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Assets costing less than £500 are not capitalised. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Freehold land	Not depreciated
Freehold property / improvements	1% on cost
Fixtures and fittings	10% or 20% on cost
Computer equipment	33.3% on cost

Leased assets

Operating lease rentals are charged to the statement of financial activities as incurred.

Pensions

The charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

2 Income from grants and donations

	2025	2024
	£	£
Donations	50,637	65,232
Grants		
The Chapman Trust	2,000	-
The Cole Charitable Trust	-	1,000
Colyer Ferguson Charitable Trust	-	5,000
Co-Op Local Community Fund	500	-
Garfield Weston Foundation	10,000	10,000
The Kenora Charitable Foundation	20,000	20,000
Live Well Kent and Medway Innovation Fund	2,726	-
Kent Community Foundation	4,500	7,136
Kent County Council	100	-
The National Lottery Community Fund, RC London and South East Region	118,756	115,338
The National Lottery Community Fund, Awards for All	20,000	-
Nineveh Charitable Trust	-	1,000
Philip & Connie Phillips Foundation	5,000	-
The Smith and Mount Trust	-	5,000
South East Water Community Fund	-	5,000
St James' Place	2,500	-
	<u>236,719</u>	<u>234,706</u>

In the preceding period, restricted income from grants and donations was £156,626.

3 Income from charitable activities

	2025	2024
	£	£
Community support	39,409	46,939
Advocacy	186,967	190,048
Training	550	-
	<u>226,926</u>	<u>236,987</u>

In the preceding period, restricted income from charitable activities was £24,834.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

4 Expenditure on raising funds

		2025	2024
		£	£
Staff costs	See Note 9	37,051	32,144
Fundraising consultancy		1,900	300
Cost of fundraising events		711	965
Support costs	See Note 7	28,339	17,849
		<u>68,001</u>	<u>51,258</u>

In the preceding period, expenditure on raising funds from restricted funds was £Nil.

5 Expenditure on charitable activities

	Direct costs 2025 £	Support costs 2025 £	Total 2025 £	Total 2024 £
Community support	130,310	84,122	214,432	184,397
Advocacy	181,381	66,633	248,014	221,075
Training	13,375	6,510	19,885	-
	<u>325,066</u>	<u>157,265</u>	<u>482,331</u>	<u>405,472</u>
	See Note 6	See Note 7		

In the preceding period, expenditure on charitable activities from restricted funds was £170,480.

6 Direct costs

		2025	2024
		£	£
Staff costs	See Note 9	292,915	248,270
Recruitment and training		3,355	2,180
Activity costs		3,575	4,100
IT costs		519	122
Travel and volunteer expenses		7,388	7,793
Premises costs		9,881	9,233
Office costs		7,433	7,094
		<u>325,066</u>	<u>278,792</u>

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

7 Support costs

		2025	2024
		£	£
Staff costs	See Note 9	117,473	94,354
Recruitment and training		4,648	3,352
IT costs		13,788	12,026
Travel and volunteer expenses		589	321
Premises costs		20,055	17,735
Insurance		2,845	1,939
Office costs		12,218	2,718
Depreciation		6,560	7,516
Governance costs:			
Independent examination		3,120	3,200
Other fees payable to examiners		1,162	1,368
Legal and professional fees		3,146	-
		<u>185,604</u>	<u>144,529</u>

8 Net income

		2025	2024
		£	£
This is stated after charging:			
Depreciation		6,560	7,516
Independent examination		3,120	3,200
		<u>9,680</u>	<u>10,716</u>

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

9 Staff costs

	2025	2024
	£	£
Wages and salaries	405,631	339,755
Social security costs	28,770	23,785
Pension costs	13,038	11,228
	<u>447,439</u>	<u>374,768</u>

The average number of persons employed by the charity was:

	2025	2024
	No.	No.
Community support	6	9
Advocacy	5	6
Training	1	-
Administration and fundraising	6	5
	<u>18</u>	<u>20</u>

Full-time equivalent staff was an average of 13 (2024: 11).

No employee received remuneration amounting to more than £60,000 in either year.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

10 Tangible fixed assets

	Freehold property £	Fixtures, fittings & equipment £	Total £
Cost			
Brought forward	205,520	69,170	274,690
Additions	-	860	860
Carried forward	<u>205,520</u>	<u>70,030</u>	<u>275,550</u>
Depreciation			
Brought forward	37,380	61,095	98,475
Charge for the year	1,785	4,775	6,560
Carried forward	<u>39,165</u>	<u>65,870</u>	<u>105,035</u>
Net book value			
At 31 March 2025	<u>166,355</u>	<u>4,160</u>	<u>170,515</u>
At 31 March 2024	<u>168,140</u>	<u>8,075</u>	<u>176,215</u>

11 Debtors

	2025 £	2024 £
Trade debtors	23,263	6,555
Prepayments and accrued income	18,500	26,009
	<u>41,763</u>	<u>32,564</u>

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

12 Creditors: amounts falling due within one year

	2025	2024
	£	£
Trade creditors	3,740	3,721
Other tax and social security	7,943	-
Accruals and deferred income	46,949	47,257
	<u>58,632</u>	<u>50,978</u>

The movement on deferred income is as follows:

	2025	2024
	£	£
Balance at 1 April 2024	39,515	38,232
Released to income	(39,515)	(38,232)
Received in the year and deferred	39,936	39,515
Balance at 31 March 2025	<u>39,936</u>	<u>39,515</u>

Deferred income relates to grant income for which expenditure in future periods has been specified as part of the funding period.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

13 Statement of movements on funds - current year

	1 April 2024 £	Income £	Expenditure £	Transfers £	31 March 2025 £
General fund	208,726	297,080	(355,018)	105,975	256,763
Designated funds:					
Planned maintenance	4,100	-	-	(4,100)	-
Capital reserve	168,140	-	(1,785)	-	166,355
Future developments	90,000	-	-	(90,000)	-
Contingent liability	11,875	-	-	(11,875)	-
Total unrestricted funds	482,841	297,080	(356,803)	-	423,118
Community support	48,431	160,982	(182,829)	-	26,584
Advocacy	-	-	-	-	-
Training	-	17,717	(10,700)	-	7,017
Other	1,000	-	-	-	1,000
Total restricted funds	49,431	178,699	(193,529)	-	34,601
Total funds	532,272	475,779	(550,332)	-	457,719

The designated capital reserve fund represents the net book value of the freehold property.

The planned maintenance fund represents funds ringfenced for essential planned maintenance for the registered office where some of the charitable activities take place. The Trustees have decided to undesignate these funds and transfer them back to the general fund in 2024/25 to support the charity's core operations.

The future developments fund was previously created to support the development of existing services, and the introduction of new services over the next few years. The funds were intended to support initial implementation and trials ahead of securing funding to assure their longer-term sustainability. The Trustees have decided to undesignate these funds and transfer them back to the general fund in 2024/25 to support the charity's core operations.

The contingent liability fund represents the funds designated for the donation received of £11,875 in 2022/23 from a firm of solicitors in relation to money held which was unable to be returned to its legal owner. The charity has entered into a legal indemnity to return the funds should the legal owner come forward in future to claim them. Since the likelihood of repayment is considered possible but not probable at the balance sheet date, the amount was recognised in income. These funds have been undesignated to support the charity's core operations.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

13 Statement of movements on funds - current year continued

The transfer from designated funds represents the release of £105,975 to the general fund to use in the charity's everyday operations.

Restricted funds are money earmarked for activities stipulated by the funder and used for the objectives set by them. The Community support fund shown in the table above is composed of funding from various sources including:

The National Lottery Community Fund (RC London & SE Region) - to support and develop Hub activities.

The Kenora Charitable Foundation, The Smith and Mount Trust and Neville Golf Club - for the delivery of the Reachout Youth project.

The Nineveh Charitable trust - for the walking group.

Other restricted funds mainly comprise grants towards the Charity's Manager's employment costs.

14 Statement of movements on funds - prior year

	1 April				31 March
	2023	Income	Expenditure	Transfers	2024
	£	£	£	£	£
General fund	216,475	301,716	(284,465)	(25,000)	208,726
Designated funds:					
Planned maintenance	4,100	-	-	-	4,100
Capital reserve	169,925	-	(1,785)	-	168,140
Future developments	65,000	-	-	25,000	90,000
Contingent liability	11,875	-	-	-	11,875
Total unrestricted funds	467,375	301,716	(286,250)	-	482,841
Community support	38,451	168,310	(158,330)	-	48,431
Advocacy	-	-	-	-	-
Other	-	13,150	(12,150)	-	1,000
Total restricted funds	38,451	181,460	(170,480)	-	49,431
Total funds	505,826	483,176	(456,730)	-	532,272

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

15 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total funds £
Current year:			
Net current assets	423,118	34,601	457,719
	<u>423,118</u>	<u>34,601</u>	<u>457,719</u>
Prior year:			
Tangible fixed assets	176,215	-	176,215
Net current assets	306,626	49,431	356,057
	<u>482,841</u>	<u>49,431</u>	<u>532,272</u>

16 Related party transactions

The key management personnel are considered to be the Board of Trustees, the Charity Manager and the Finance Manager.

The trustees received no remuneration nor benefits, and were not reimbursed for any expenses.

The total employee benefits paid in respect of the key management personnel was £65,459 (2024: £62,835).

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

England & Wales - Charity number 1049854

Accounts



**TUNBRIDGE WELLS
MENTAL HEALTH RESOURCE LIMITED**

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

***FOR THE YEAR ENDED
31 MARCH 2024***

www.mentalhealthresource.org.uk
Registered charity number: 1049854
Registered company number: 02826452

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TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 MARCH 2024

Board of Trustees	C Burgess (appointed May 2024) M Guo D Kelso (appointed Chair in January 2024) R Lindsay E Muir (resigned March 2024) R North P Ryves (appointed March 2024)
Company number	02826452
Charity number	1049854
Trading name	Mental Health Resource
Registered and principal office	2a Grosvenor Park Tunbridge Wells Kent TN1 2BD
Charity manager	R Corry
Company secretary	R Morgan
Independent examiner	A S Healey FCA CTA DChA Lindeyer Francis Ferguson Limited North House 198 High Street Tonbridge Kent TN9 1BE
Solicitors	Cripps 22 Mount Ephraim Tunbridge Wells Kent TN4 8AS

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 31 MARCH 2024

The Board of Trustees of the charity present their annual report together with the financial statements of the charity Tunbridge Wells Mental Health Resource Limited for the year ended 31 March 2024. The trustees confirm that the annual report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019). This report is also the Directors' Report required by Company Law.

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated on 11 June 1993 and registered as a charity on 18 October 1995. It is governed by its Memorandum and Articles of Association.

The legal name of the charity is Tunbridge Wells Mental Health Resource Limited; however, its trading name is now Mental Health Resource, and this is what it is referred to throughout this report.

The Reference and Administrative details set out on page 1 form part of this report.

The directors of the company are also the charity trustees for the purposes of charity law and under the company's Articles of Association are known as members of the Council of Management. New trustees are recruited through an open recruitment process. Under the requirements of the Memorandum and Articles of Association at every Annual General Meeting one third of the trustees shall retire from office. The trustees to retire in every year shall be those who have been longest in office. A retiring trustee shall be eligible for re-election.

There is a formal procedure for the induction of members of the Board of Trustees. All trustees give their time voluntarily.

The Board of Trustees meet every two months and have responsibility for the strategic oversight of the Charity. The Board of Trustees is supported by two sub-committees – Finance and Risk and Marketing and Fundraising – which both meet at least quarterly. The Board of Trustees delegate the day-to-day management of the charity to the Charity Manager.

Aims, Objectives and Activities

We amended our Memorandum and Articles of Association in November 2023 and revised our charitable objects, which are now restricted to the following:

- a) *To improve the wellbeing of people with mental health conditions in Kent and the surrounding areas.*
- b) *To provide training and education on, and to disseminate information relating to, mental health matters.*

Our Vision

We believe in improved wellbeing for everyone.

Our Mission

We provide safe spaces and person-centred mental health support in our community to help people improve their wellbeing.

Our strategic aim

Our overall aim is to improve people's mental wellbeing.

Our strategic objectives

In order to improve people's mental wellbeing, we will

- a) enable people to be supported and valued
- b) provide opportunities for social connections
- c) raise awareness of mental health in the community and
- d) ensure people with mental health issues benefit from a well-run, sustainable organisation

Our aims and objectives fully reflect the purposes for which the charity was set up and the Theory of Change methodology has ensured that all our activities contribute to our aims and objectives.

The charity undertakes the following activities to achieve its aims and objectives:

- a) **Community Support** which comprises:
 - i. **The Hub:** our friendly wellbeing centre providing wellbeing activities and a safe space to talk; and our out-of-hours support
 - ii. **Reachout:** confidential, self-help support groups focusing on wellbeing and recovery
 - iii. **Reachout Youth:** helping young people share stories, develop coping strategies and make new friends
- b) **Assert:** a specialist independent mental health advocacy service provided to those detained under the Mental Health Act and community advocacy
- c) **Mental Health Training:** raising awareness of mental health with local organisations

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The Board of Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit in the review of our aim and objectives and in planning all activities. Further details on our activities and how they benefit the public are detailed in the following section.

Achievements and Performance

The Board of Trustees are very thankful to all the staff and volunteers for their hard work and dedication over the last year.

The Charity has continued its work of seeking to improve the mental wellbeing of local people. Last year we provided help and support for 900 clients, many of whom have complex and enduring mental health conditions, including anxiety, depression, bi-polar, obsessive-compulsive disorder, borderline personality disorder, post-traumatic stress disorder and schizophrenia. We are one of the few organisations in West Kent providing both long-term and short-term practical mental health support.

During the year, the Board of Trustees approved a revised organisational strategy for 2024-2027. This strategy was developed in consultation with staff, trustees, volunteers, clients and members of the public. The strategy recognises that the need for mental health support in our local community is increasing and that we need to increase our capacity to reach more people who may not be accessing mental health support.

We are grateful to all trustees who have served the charity over the year. And we are delighted to have welcomed new trustees to the Board, who have brought with them considerable skills, expertise and experience.

Funding and fundraising

The charity continues to work closely with its current strategic partners The Advocacy People, EK360 and Shaw Trust, for whom we are sub-contractors on Kent County Council and NHS Kent and Medway funded activities.

We are very grateful to receive funding from charitable trusts and foundations towards the work of our charity, including

- The Cole Charitable Trust
- Colyer Fergusson Charitable Trust
- Garfield Weston Foundation
- The Kenora Charitable Foundation
- Kent Community Foundation
- The Ninevah Charitable Trust
- South East Water Community Fund
- The National Lottery Community Fund
- The Smith and Mount Trust

In addition, we are thankful for the support we received from the following organisations:

A Plan
Bicycle Bakery
Bloomberg
Buss Murton

Henry Paul Funerals
Informa connect
Mint DJs
Nevill Golf Club

Southborough Lions club
St Augustine's School
St John's Tennis Club
The Sussex Arms

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Catch-A-Fire Agency	NFU Tun Wells	Sweetwoods Golf Club
Chatty Hatter PR The Big Chat	Pushkin Antiques	Tunbridge Wells Yard Sale
Digitom	RTW Constitutional Club	TW Boorman Funeral partners
Dovecote Inn	RTW Round Table	TW Constitutional Club
The Forum	Runway Training	TW Harriers
Grove Bowls Club	Rusthall FC	U3A
Grove End Housing	Skinners School	Westbury FM
HaesCooper	Soroptimists	West Kent Quakers

We are also very thankful for the support we have received from members of the local community who have donated money, their time, skills, or have undertaken various activities to raise funds for us, including:

Adnane Ayeb	Stephen Gurney	Marcel Medez and DJ cookie
Annie Bennett	Caroline Harwood	Keith Medhurst
Laura Bevan	Nathan Hobson and Chris	Di Morris
Nicola Buckner	Mark Holden	Jessica Moore
Derek Cross	Judy Horwood	John Rumery
Tim Cullen	Steph Hudson-Barnes	Howard Thomas
John Davies	James Humm	Nicole Piesse Turner
Millie Denten	Garry Jeffery	Hannah Stevens
Jo Dobson	Alex O'Connor	Paul Stevens
Sam Ellis	Kimberley Owen	Carolyn Swann
Carmel Farmer	Kevin Martin	Hana and Steve Wynne
Tanya Griffiths		

And the TW Half Marathon volunteers: Rebecca Lindsay, Spencer, Hillary, Laura, Dorothy Kelso, Ian Kelso, Craig Fleming, Caoimhe Fleming, Grace Fleming, Aline Fleming and Sophie Fleming.

Thank you too to all those individuals and organisations who have donated raffle prizes over the year.

Through support from the community this year, we have been able to raise £65,232 in donations. Thank you to everyone who supported our charity with a donation or grant.

Project Activity

Our activity is grouped into three categories:

- a) Community Support
- b) Advocacy
- c) Mental Health Training

The detailed annual summary of achievements for each category is as follows:

a) Community Support

In 2023/24 we helped 313 people through our community support programme and delivered nearly 800 mental health support sessions. 82% of our clients reported increased mental wellbeing as a result of accessing our services.

Many of our clients have complex and enduring mental health conditions which require long-term practical and emotional support and therefore all of our community projects provide a safe and caring environment which are not time-limited so that people can continue to access them for as long as they wish or need to.

Case study

Angela* has severe anxiety and was socially isolated and lonely. She lived on her own and could not go out of the home without a family member to provide some support. She wanted to attend our groups to socialise and meet other people.

Angela regularly attended one of our community groups, with her family member, where she was encouraged to talk about how she was feeling and to take part in activities. Over time, her confidence grew and she now attends on her own and engages positively within the group. She says:

“I started attending the group at Mental Health Resource so that I had the opportunity to socialise with other people otherwise I would be at home on my own. The group has allowed me the opportunity to speak in a safe place and have a supportive network around me. It has given me the confidence to socialise within this group and I will go out now otherwise I would just stay at home if it wasn't for this group. The staff have been very supportive, friendly and understanding of my illness and needs.”

Angela has also told us that through attending the group she has learned how to manage her anxiety and her confidence has increased, so much so that she has been on some trips to London with her family, that she would never have been able to do before.

* not her real name

Details of our community support projects are below.

The Hub



“The Hub is a heartbeat centre that is open for support of mental health as well as physical wellbeing. It has helped me to connect with others and not feel isolated.”

The Hub provides a range of support interventions to maintain and enhance mental and emotional wellbeing of people aged 18+ years. Clients are supported by staff and peers to enable people to manage their conditions and to work towards their personal goals in a supportive environment. To

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ensure that people continue to improve their mental wellbeing and maintain their recovery, people are able to access the Hub groups and activity for as long as they wish or need to.

Most of our activities were delivered in-person from our centre in Tunbridge Wells but we also deliver groups in community venues around Tunbridge Wells. We also continued to deliver telephone support to clients, where requested, responding to the needs of our clients. This support included regular 1-1 check in support calls, supporting people with whatever issues they faced, ad-hoc 1-1 telephone support when needed, and out-of-hours 1-1 telephone support at the weekend.

Anxiety, Personality Disorder, Bipolar, Borderline Personality Disorder, Self-Harming, Addiction, Isolation. And others.

During the year we provided weekly groups including:

Creative groups

- Creative writing
- Zoom Art group
- Art at Trinity
- Art at bowling club
- Needlecraft group
- Craft group, where clients are able to work on their own projects and learn skills from each other

Nature groups

- Community Allotment (from April to November only), which has provided a calm and quiet place for clients to connect with others and it has enabled people to engage with nature, learn new skills and to be active.
- A weekly Walking group and with the support of volunteers, we have grown the walking group to accommodate more clients.

Talking and social groups

- Women's talking group
- Men's talking group
- Mixed talking group
- Drop-in sessions, including an evening drop-in
- Community meal, where people could connect and eat a healthy freshly prepared two course meal.

All our peer support groups encourage clients to share their experiences and to learn from and support others. Most groups have a WhatsApp peer support group set up that is supported when needed by staff.

The mental health issues experienced by clients include anxiety, depression, bipolar, personality disorders, self-harming. In addition, some clients also have addictions, physical health and mobility issues, learning difficulties, are on benefits and low-incomes and experience isolation.

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In 2023/24 the Hub supported 242 people, and an evaluation of our activities showed:

- 97% said the Hub provided them with a safe space
- 97% felt more connected to others
- 93% reported that they are better able to manage their mental health
- 90% of clients felt more supported
- 86% reported improved mental and emotional wellbeing
- 86% felt more valued through coming to the Hub
- 79% reported that their confidence has increased since coming to the Hub
- 70% felt less stressed or anxious

The project is open access and people can refer themselves or be referred by other organisations and we have continued to receive and support new referrals during the year.

Mental Health Resource is a delivery partner within the Shaw Trust's Live Well Kent programme and provides emotional wellbeing support in West Kent through the delivery of short courses in creative arts, creative writing, the natural environment and peer support groups.

We continue to work well with a wide variety of other local partner organisations, including social prescribers working in GP practices, support workers, housing providers, Porchlight, Citizen's Advice, Nourish foodbank, community larders, social work teams, Kent Together, Look Ahead, Jobcentre Plus, and community mental health services. This has enabled us to refer and signpost clients to their services as required and also ensure that these organisations know of the services we provided.

The groups at the Hub have grown over the year and we expect to be able to offer more groups going forwards as we increase our staffing and volunteer capacity. We have continued to seek the views of clients throughout the year, asking what support they need and how we could meet that need, so that we can plan and deliver services based on a service user perspective.

Reachout Adults



“Reachout has really helped my anxiety. Without the group I would not leave home and have others to talk to.”

Reachout Adults supports people over the age of 18 with their emotional and mental health wellbeing by providing confidential, mental health peer support groups across West Kent. The groups operate in the smaller communities of Edenbridge, Paddock Wood and Southborough, and therefore can make a real difference to those people in these communities who need support but who may not be able to travel to nearby towns, because of anxiety or inability to travel.

The groups aim to provide a safe space for people to focus on their mental wellbeing and recovery in a caring and non-judgmental environment. They also provide a vital opportunity for group members to socialise with each other, build relationships and routine and so reduce isolation. Furthermore,

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clients are supported to take responsibility for their own health and wellbeing and to manage their own long term mental health conditions.

Each session consists of:

- A formal 'check-in' where group members can share how they are feeling, any news or updates from the week. Group members can share as much or as little as they would like.
- A wellbeing activity e.g. music, exercise, craft, discussions, mindfulness, games or quizzes. Visiting facilitators may deliver sessions.
- Chat with each other and building relationships with other group members.

All groups have an annual summer boat trip on the River Medway with a lunch afterwards. During the summer, the groups meet in the community, for example, in local coffee shops, parks or beauty spots for walks and mindful activities.

Clients who attend Reachout experience different mental health issues. Common mental health issues in the group are anxiety, depression and panic disorders. Other mental health conditions include personality disorders, bipolar and Obsessive Compulsive Disorder. In addition there are some group members on the Autistic Spectrum or who have a learning difference, and some have severe physical illness and mobility issues.

People can keep coming to Reachout groups for as long as they feel they need to and, in this way, these groups often help to keep group members well. The peer-relationships formed during sessions help relationships to develop outside of the group setting and so encourages peer-support in the community.

In 2023/24 Reachout groups have discussed kindness, grounding techniques, stress, food and mood and have enjoyed taking part in art and craft activities, walking, healthy eating sessions, music sessions and hand massages. Visiting facilitators also delivered sessions on chair-based exercises, singing and chair-based yoga. One of the groups also enjoyed a visit from a Pets as Therapy volunteer and his dog.

Reachout does not offer specific one to one support. However, all group members are signposted to other organisations and sources of support where needed. One-one support has included referrals to external organisations, crisis support, wellbeing support and support with making phone calls.

During the year, 36 people attended the groups and were able to access mental health support and enhance their mental health and wellbeing. A recent evaluation showed:

- 89% reported that they felt more supported and valued as a result of the Reachout groups
- 78% felt more connected to others as a result of the Reachout groups
- 78% felt better able to manage their condition as a result of the Reachout groups
- 78% felt better in themselves as a result of the Reachout groups

94% were satisfied with the support they have received from Reachout.

Referral to the groups is via a simple referral form. People can be referred to the groups via the website or directly to the member of staff. They can self-refer or be referred by another organisation,

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a family member, friend or support worker such as a Social Prescriber, Social Worker or Care Navigator.

Mental Health Service Feedback

Mental Health Resource is part of a delivery network funded by EK360, the lead provider for the Mental Health Service User Voice contract in Kent. As part of this contract, the Reachout project collects feedback across West Kent from group members, clients, members of the public, clients of other organisations, staff, carers and family members, about their experience of the mental health system. This feedback could be both positive and negative. This feedback is submitted to EK360 and is used to inform where changes need to be made within the mental health system.

As part of this project, we reach out and network with other organisations to promote the feedback project and to speak to their clients to gather feedback.

During the year we captured and reported the views of 121 people and visited 16 organisations.

Reachout Youth



“Reachout Youth has helped me massively. The improvement I have noticed in my mental health and in my wellbeing is amazing. It has changed my life and my whole outlook on life”.

Reachout Youth is a youth group for 13- to 19-year-olds who are experiencing emotional or mental health difficulties. The groups offer young people an informal and confidential space to share stories, reduce stigma, develop coping strategies and make friends. They provide opportunities to meet other young people who’ve had similar experiences, to share things they may not usually share with others, and to take part in a fun activity. Many of the young people who attend Reachout Youth have reported they feel lonely, misunderstood and struggle to feel accepted at school. Reachout Youth provides a safe-space for them to be themselves and to build friendships.

Sessions focus on wellbeing topics, including activities, games and discussions on themes surrounding mental health. We often run creative sessions based around a mental health theme which helps to initiate discussions and reflection. Topics this year have included exam stress and friendship issues, and we have encouraged group members to lead activities that they are interested in, such as board games, art and exercise.

This year the group has been delivered after school in Tunbridge Wells and Tonbridge. Occasionally the groups are delivered in the community, this year for example, sessions have taken place at a coffee shop, a local park and an ice-cream parlour. During the year, Reachout Youth has organised and conducted workshops and talks at various external locations, including delivering assemblies at a local secondary school, and giving talks to the YMCA and a Scouts group. This has enabled Reachout Youth

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to reach a wider audience and engage with different communities. Due to low attendance at the Tonbridge group, alternative ideas to engage young people are being considered.

The issues that the groups can help with are varied and include anxiety, low mood, stress, family relationships, friendships, bereavement, loneliness, isolation, and other long-term chronic mental health conditions. In addition young people can often face a number of challenges in their life, such as relationship issues and neurodevelopmental disorders. Reachout Youth provides a space where young people can explore how they are feeling and realise they are not alone.

Last year, we had contact with 35 young people, with 12 young people attending groups. In a recent evaluation:

- 80% felt better in themselves
- 80% felt more connected to others
- 60% felt less stressed
- 60% felt better able to manage their condition

To access the group, young people, their carers, or health professionals must register online or by phone before attending the group.

Young people are able to attend Reachout Youth until the age of 19. We are therefore able to provide vital continuity and support as a young person becomes a legal adult at the age of 18. This is particularly important if the young person has experienced the mental health system and is making the often uncertain and difficult transition from Children's to Adult Mental Health Services.

b) Advocacy

Assert



"Having an advocate present on my meeting meant so much. This was the most I have felt heard because I was able to ask for the doctor to explain things and I had not felt confident to do this before."

The Assert advocacy service provides Independent Mental Health Advocacy (IMHA) to people whose liberty is curtailed by the Mental Health Act, i.e. patients detained in hospital for assessment or treatment, released under restrictions and liable to recall, or placed in the care of the Local Authority. The service covers a variety of acute, rehabilitation and forensic wards across a large geographical area within Kent, including the Boroughs of Tonbridge & Malling, Sevenoaks, Tunbridge Wells, Maidstone, Dartford and Gravesham, Swanley and Gravesend.

All the work advocates undertake is through instructions from clients and is issue-based. The work can vary depending on the setting the client is in.

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In acute wards, clients are in an acute phase of illness, and often advocates are working with people who are extremely thought-disordered. In these settings often the first contact Assert have with the patient is when they arrive at the ward, having been removed from the community due to being a risk to themselves, others, or both.

The IMHA role is independent of the professionals in the hospital setting but the advocates work closely with hospital staff to obtain relevant information about patients so that they can carry out their work safely. The Assert staff work to ensure the clients feel able to speak to them, explain the confidentiality protocol and the support that the service provides. At this stage of admission the Assert team are often the bridge between clients/patients and NHS staff.

The IMHA will listen to the client and help them to voice what is important to them regarding their treatment and care. Patients are within these settings often heavily medicated, and the work involves supporting them to understand their rights; the surroundings they find themselves in; what is happening to them and why; the requirements of them while on an acute ward; ensuring their rights are secured; and providing them the opportunity to ask questions and give feedback on their experiences of their treatment and care within this setting.

The issues that the Assert team support clients with includes accessing the leave they are entitled to, speaking to doctors and ensuring that they feel and are heard and informing clients of their rights to aftercare. The service supports people to express themselves and empowers them to advocate for themselves, but with the knowledge that they can re-refer at any time.

The Assert service also supports people housed in rehabilitation units in the area. Advocates support clients in expressing their views regarding the treatment and care within these settings, and also support clients to be able to have a voice in where they are moved on to next – this could be closer to relatives, or further away from temptations or situations that previously have contributed to a relapse. The work here remains issue-based, but there can be more issues such as supporting to voice views on treatment and care then support to ensure appropriate placement and care moving forward is in place, and support from other services is engaged.

Assert also supports clients in medium or low forensic settings. Some patients will have been removed from prisons having become acutely unwell, others will either have been transferred directly from acute wards or courts. All patients in these settings are deemed to pose a risk to the public and in these settings the patients may need support over long stays, and crimes committed are discussed in detail at meetings held. Advocates can hear harrowing details, but still support the client to ensure their views and wishes are heard. All staff have supervision and time for debriefs when working with these clients.

As well as the statutory IMHA service, Assert also provides community advocacy service and addresses the disadvantage experienced by people with poor mental health when dealing with external agencies. The issues the Assert team support community clients with vary greatly. Often the support provided is to ensure the client can express a view regarding treatment and care from the community mental health team, GP practices or housing providers.

In the financial year 2023/24 staff the service worked with 586 clients on 1,172 issues. In total, the service provided over 6,500 hours of advocacy over the year.

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The service supported improvements to people's mental wellbeing, as follows:

- 100% of clients said that the Assert service helped them to have a voice in meetings, supporting and helping them to be clear on what they wished to raise
- 96% reported that the advocacy support helped them to have a say about what decisions were being made about them or for them
- 94% reported that the advocacy support helped them to have a say about what they needed or wanted to achieve
- 94% felt supported by the advocate regarding the advocacy issue
- 94% felt empowered and encouraged by the advocate helping them to speak up for themselves

In addition:

- 97% said that the Assert service explained to them information regarding their legal rights
- 96% reported that they were happy with the support offered
- 96% felt to Advocacy service was accessible

All people who access the service are over 18 years of age. Clients come from a range of backgrounds and for many English is not their first language. All who access the service have a diagnosed mental health issue, which can range from acutely unwell and detained in a hospital setting, to stable and living within the community. All community clients are residents of Kent, living within the area Kent County Council commissioning area.

Referrals to the service are made through the contract lead, The Advocacy People, and can be made by detained patients and community clients directly, or by professionals, such as community outreach services, mental health professionals, probation and housing services staff, friends or carers with client consent.

Case study

Client A has been detained under the Mental Health Act for several years and has previously asked for advocacy support from the Assert service to work with him on several issues. The client contacted the Assert team as he felt that there were issues with confidentiality on the ward with staff. He wanted to raise this directly with staff with IMHA support, rather than make a complaint, and to ensure that this did not happen again, to himself, or other patients on the ward.

The client felt nervous about raising the issue with staff and about possible repercussions. The advocate spent time with client and was able to explain how the advocacy service could help, and assured him that there should not be any negative impacts from him raising his views, but if there were any he could contact us again straight away.

The advocate met with the client and ascertained that the issue was staff disclosing confidential information about his care plan in the communal area of the ward; the client being told he could not have the door shut when he was on a phone call to his family or solicitor; and messages not being passed on to him by staff. The client wanted the advocate to help him raise these concerns with the ward manager.

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A meeting was arranged with the ward manager and the advocate and client attended together. The advocate supported the client in expressing his views and wishes. The ward manager took everything the client had to say on board and said that they would speak to all staff to remind them of confidentiality at all times and clients' rights to privacy. The ward manager explained that patients can use the phone with the door shut for private phone calls and that messages should always be passed straight on to patients (in writing through their room door if they were not on ward).

The advocacy work ensured that the client was able to express his views, gain clarity on the working rules of the ward, and this also brought about a system change in ward cultures. The client felt valued and empowered to challenge blanket restrictions and rules.

c) Mental Health Training

"Your presentation was so moving. Everyone was so impressed with you, and the charity. I am sure this is going to be a great year, and we will be able to help your very worthwhile charity."

The Charity is committed to reducing the stigma of mental illness and raising awareness of mental health in the community. We regularly give talks at events and to corporates about what mental health is and the support available for people experiencing mental illness. This year we have delivered talks at various events, societies and organisations, as part of Charity of the Year events and other fundraising activities.

As part of our new strategy for 2024-2027, we recently recruited a Mental Health Trainer who will be delivering short courses on mental health to specific groups of people in our community as well as mental health training to local organisations and businesses.

Treasurer's report

The Charity's income reported an increase on the prior year to £483,176 (2022/23: £437,912). This was driven by a rise in both grants and donations to £234,706 (2022/23: £194,598) partially offset by a fall in revenue generated by charitable activities to £236,987 (2022/23: £241,724). Income was also boosted by a substantial amount of interest earned - £11,483 (2022/23: £1,590).

Total income therefore rose by £45,264 overall, partially offset by a £17,912 increase in expenditure due to the effects of inflation, and also the filling of several vacancies in the early part of the year. Our success in driving fundraising meant that overall the charity reported a surplus for the year of £26,446 (2022/23 deficit: £906).

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Income by Type (£k)



■ Donations ■ Grants ■ Charitable Activities

Expenditure by Activity (£k)



■ Community Support ■ Advocacy

Reserves increased to £532,272 (2022/23: £505,826).

Of this our Designated Funds amount to £274,115 of which £172,240 is made up of the charity's freehold property of £168,140 and £4,100 put aside for essential maintenance of the building. A new designated fund of £65,000 was created last year to support the introduction of new and expansion of existing services to meet growing demand which have now commenced in April 2024, and a further £11,875 as a contingent liability. We have this year added a further £25,000 to our designated funds to further support implementation of our strategic initiatives over the coming year.

£49,431 of the Reserves is restricted, representing funds that must be spent on specific projects in the future as agreed with funders. General reserves amount to £208,726.

Cash at bank and in hand has increased to £374,471 (2022/23: £339,202).

We have received the support of many organisations and individuals in addition to the funding received from our strategic partner organisations and grant-making charitable trusts, without which many of our activities would not take place.

Reserves policy

The charity is committed to ensuring clients with mental health conditions can access long-term support as appropriate to enable them to live well and independently. For many clients, the charity's support is crucial to their wellbeing and any disruption to this support would create significant distress. The charity's reserves need to be of sufficient scale to minimise the risk of short-term disruption to services brought about by short or long-term financial pressures. As it can take sometimes six months or more for funders to respond to applications for funding, the Board of Trustees consider that it is necessary to hold reserves of around four to eight months of running costs to ensure:

1. the continuation of long-term services provided to clients during a time of financial uncertainty
2. the smooth transfer of activity during any run-down of services necessitated by any funding shortfalls

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3. the continuation of funding for core staff to promote long term sustainability whilst securing new funding sources

4. sufficient funding is available to maintain and enhance the building to meet client requirements and safety.

Four to eight months' running costs are forecast to be c. £178,000 – £356,000 so the amount of free unrestricted reserves of £200,651 (the General fund less tangible fixed assets not covered by designated funds) held at the end of the year, is about 4.5 months of running costs and is within the range and therefore appropriate.

Trustees review the level of reserves annually.

Investment policy

The Charity's investment objective seeks to produce the best financial return within an acceptable level of risk while recognising that capital preservation is of paramount importance. The investment policy therefore requires the Charity to hold all of its assets in cash sterling, deposited with institutions with a minimum rating of BB -, and within the levels stipulated by the Financial Services Compensation Scheme guarantee.

Risk Management

The Board of Trustees has conducted a review of the major risks to which the Charity is exposed. A Risk Management document identifying all major risks has been prepared and agreed by the Board. This is currently reviewed twice a year to ensure greater control and governance.

The Trustees have always identified one of the key risks to the Charity as being the withdrawal or termination of funding of our main contracts and as such is working to develop strong working relationships with contractors, developing current projects and introducing new projects to ensure the long- term security of the organisation. A fundraising strategy has been formalised and prioritised.

Plans for the Future

We have updated our organisational strategy for 2024-2027, which prioritises increasing the numbers of people we support through our existing projects, services and activities, as well as delivering mental health support to new groups of people. We have just recruited a Volunteer Coordinator and a Mental Health Trainer to help meet these aims. The Mental Health Trainer will be delivering short mental health awareness courses to specific groups of people.

We also know that we can only do what we do by working together, in partnership, with other organisations, creating good relationships to facilitate effective referrals into our services, and having up-to-date information on local services so that we can also refer and signpost people onto.

In all our planning of activities we recognise the differing needs and wishes of clients and client voice will be key to the design and delivery of our services. We will ensure that we take appropriate steps

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in the mitigation of risks associated with current and future development of projects, services and activities.

We will continue to endeavour to seek new and diverse sources of income, securing short, medium and long-term funding for the charity to enable us to continue to provide the much-needed support to improve people's mental wellbeing.

Going Concern

The Trustees consider that the charity's reserves as at 31 March 2024 are sufficient for Mental Health Resource to be considered a going concern for 2024/25. This assessment is made in the light of the following:

1. Mental Health Resource's forecast cash reserves at the end of financial year 2023/24
2. Mental Health Resource's budget and projections for financial year 2024/25
3. Mental Health Resource's future plans

Trustees' responsibilities statement

The Trustees (who are also directors of Tunbridge Wells Mental Health Resource Limited for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these 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 judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

**REPORT OF THE BOARD OF TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2024**

In preparing this report, the Trustees have taken advantage of the small companies' exemptions provided by section 415A of the Companies Act 2006.

This report was approved by the Trustees on 27 September 2024 and signed on their behalf by:



.....
D Kelso
Chair of Board of Trustees

INDEPENDENT EXAMINER'S REPORT TO THE BOARD OF TRUSTEES OF TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

FOR THE YEAR ENDED 31 MARCH 2024

I report to the Board of Trustees on my examination of the accounts of Tunbridge Wells Mental Health Resource Limited ("the charity") for the year ended 31 March 2024.

Responsibilities and Basis of Report

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

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

Independent Examiner's Statement

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

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

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

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


.....
A S Healey FCA CTA DChA

Date: 28 October 2024

Lindeyer Francis Ferguson Limited
North House
198 High Street
Tonbridge
Kent TN9 1BE

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2024

	Note	Unrestricted funds 2024 £	Designated funds 2024 £	Restricted funds 2024 £	Total funds 2024 £	Total funds 2023 £
Income from:						
Grants and donations	2	78,080	-	156,626	234,706	194,598
Charitable activities	3	212,153	-	24,834	236,987	241,724
Investments		11,483	-	-	11,483	1,590
Total income		301,716	-	181,460	483,176	437,912
Expenditure on:						
Raising funds	4	51,258	-	-	51,258	52,980
Charitable activities	5	233,207	1,785	170,480	405,472	385,838
Total expenditure		284,465	1,785	170,480	456,730	438,818
Net income / (expenditure)	8	17,251	(1,785)	10,980	26,446	(906)
Transfers between funds		(25,000)	25,000	-	-	-
Net movement in funds		(7,749)	23,215	10,980	26,446	(906)
Reconciliation of funds:						
Total funds brought forward		216,475	250,900	38,451	505,826	506,732
Total funds carried forward	14	208,726	274,115	49,431	532,272	505,826

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

BALANCE SHEET
AS AT 31 MARCH 2024


	Note	£	2024 £	£	2023 £
Fixed assets					
Tangible assets	10		176,215		179,188
Current assets					
Debtors	11	32,564		42,549	
Cash at bank and in hand		374,471		339,202	
			<u>407,035</u>	<u>381,751</u>	
Creditors: amounts falling due within one year	12	(50,978)		(55,113)	
Net current assets			356,057		326,638
Total net assets			<u>532,272</u>		<u>505,826</u>
Represented by the funds of the charity:					
Unrestricted funds			208,726		216,475
Designated funds			274,115		250,900
Restricted funds			49,431		38,451
	14		<u>532,272</u>		<u>505,826</u>

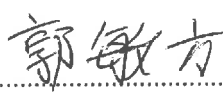
The charity's financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The trustees consider that the charity is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the charity to obtain an audit for the year in question in accordance with section 476 of the Act.

The trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The financial statements were approved and authorised for issue by the trustees on 27 September 2024 and signed on their behalf by:


.....
D Kelso
Trustee


.....
M Guo
Trustee

Company number: 02826452

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies

Basis of preparation of the financial statements

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Tunbridge Wells Mental Health Resource Limited meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The financial statements are prepared in pounds sterling, which is the functional currency of the charity, and rounded to the nearest £1.

The Trustees have assessed that there are no significant doubts over the charity's ability to continue as a going concern. As a result, the financial statements have been prepared on a going concern basis.

Status

The charity is a private company limited by guarantee registered in England and Wales. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is 2a Grosvenor Park, Tunbridge Wells, Kent, TN1 2BD.

Income

Income from grants and donations is recognised when the charity is entitled to the funds, the receipt is probable and the amount can be measured reliably. For donations, this is usually on receipt. For grants, this is usually when a formal offer is made in writing, unless the grant contains terms and conditions outside of the charity's control which must be met before the charity is entitled to the funds. Where grants are received in response to a proposal including a budgeted timescale, such that the timescale for the expenditure is implicit in the grant agreement, the income is recognised in accordance with that timescale.

Income from charitable activities is recognised over the period to which the income relates. For contracts, income is recognised to the extent that the contractual services have been supplied. For performance-related grants, income is recognised to the extent that performance-related criteria have been met.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies continued

Gifts in kind are included in the financial statements when the charity is entitled to them, when it is probable that the charity will receive the economic benefits, and when the fair value or value to the charity, as appropriate, can be measured with sufficient reliability.

Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. Direct costs, including direct staff costs are attributed to the relevant activity. Support costs, including support staff costs, are allocated to activities on the basis of the use of premises and income.

Support costs are those functions that assist the work of the charity but do not directly relate to the charitable activities, and include governance costs.

All expenditure is inclusive of irrecoverable VAT.

Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds can only be used for the particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Tangible fixed assets and depreciation

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Assets costing less than £500 are not capitalised. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Freehold land	Not depreciated
Freehold property / improvements	1% on cost
Fixtures and fittings	10% or 20% on cost
Computer equipment	33.3% on cost

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

1 Accounting policies continued

Leased assets

Operating lease rentals are charged to the statement of financial activities as incurred.

Pensions

The charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2 Income from grants and donations

	2024	2023
	£	£
Donations	65,232	68,858
Grants		
Awards for All	-	9,984
BBC Children in Need	-	10,285
The Cole Charitable Trust	1,000	-
Colyer Ferguson Charitable Trust	5,000	7,500
Gallagher Charities Trust	-	500
Garfield Weston Foundation	10,000	-
Shaw Trust Innovation Fund	-	1,828
Involve Kent	-	1,800
The Kenora Charitable Foundation	20,000	-
Kent Community Foundation	7,136	10,000
Kent County Council	-	8,134
The National Lottery Community Fund	115,338	73,709
Ninevah Charitable Trust	1,000	-
Paragon Trust	-	1,000
Sir Thomas Smythe	-	1,000
The Smith and Mount Trust	5,000	-
South East Water Community Fund	5,000	-
	<u>234,706</u>	<u>194,598</u>

In the preceding period, restricted income from grants and donations was £126,543.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

3	Income from charitable activities	2024	2023
		£	£
	Community support	46,939	40,225
	Advocacy	190,048	201,499
	Training	-	-
		<u>236,987</u>	<u>241,724</u>

In the preceding period, restricted income from charitable activities was £24,834.

4	Expenditure on raising funds	2024	2023
		£	£
	Staff costs See Note 9	32,144	25,355
	Fundraising consultancy	300	3,750
	Cost of fundraising events	965	2,251
	Support costs See Note 7	17,849	21,624
		<u>51,258</u>	<u>52,980</u>

In the preceding period, expenditure on raising funds from restricted funds was £3,750.

5	Expenditure on charitable activities	Direct costs	Support costs	Total	Total
		2024	2024	2024	2023
		£	£	£	£
	Community support	108,807	75,590	184,397	168,710
	Advocacy	169,985	51,090	221,075	217,128
	Training	-	-	-	-
		<u>278,792</u>	<u>126,680</u>	<u>405,472</u>	<u>385,838</u>
		See Note 6	See Note 7		

In the preceding period, expenditure on charitable activities from restricted funds was £141,340.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

6	Direct costs	2024	2023
		£	£
	Staff costs See Note 9	248,270	237,147
	Recruitment and training	2,180	6,319
	Activity costs	4,100	8,190
	IT costs	122	919
	Travel and volunteer expenses	7,793	6,715
	Premises costs	9,233	7,999
	Office costs	7,094	8,270
		<u>278,792</u>	<u>275,559</u>
7	Support costs	2024	2023
		£	£
	Staff costs See Note 9	94,354	89,597
	Recruitment and training	3,352	2,521
	IT costs	12,026	7,376
	Travel and volunteer expenses	321	371
	Premises costs	17,735	13,906
	Insurance	1,939	1,805
	Office costs	2,718	6,801
	Bad debts	-	(1,584)
	Depreciation	7,516	6,862
	Governance costs:		
	Independent examination	3,200	3,000
	Other fees payable to examiners	1,368	1,248
		<u>144,529</u>	<u>131,903</u>
8	Net income	2024	2023
		£	£
	This is stated after charging:		
	Depreciation	7,516	6,862
	Independent examination	3,200	3,000
		<u>10,716</u>	<u>9,862</u>

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

9 Staff costs

	2024	2023
	£	£
Wages and salaries	339,755	322,246
Social security costs	23,785	20,336
Pension costs	11,228	9,517
	<u>374,768</u>	<u>352,099</u>

The average number of persons employed by the charity was:

	2024	2023
	No.	No.
Community support	9	9
Advocacy	6	6
Administration and fundraising	5	5
	<u>20</u>	<u>20</u>

Full-time equivalent staff was an average of 11 (2023: 11).

No employee received remuneration amounting to more than £60,000 in either year.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

10 Tangible fixed assets

	Freehold property £	Fixtures, fittings & equipment £	Total £
Cost			
Brought forward	205,520	64,627	270,147
Additions	-	4,543	4,543
Carried forward	<u>205,520</u>	<u>69,170</u>	<u>274,690</u>
Depreciation			
Brought forward	35,594	55,365	90,959
Charge for the year	1,786	5,730	7,516
Carried forward	<u>37,380</u>	<u>61,095</u>	<u>98,475</u>
Net book value			
At 31 March 2024	<u>168,140</u>	<u>8,075</u>	<u>176,215</u>
At 31 March 2023	<u>169,926</u>	<u>9,262</u>	<u>179,188</u>

11 Debtors

	2024 £	2023 £
Trade debtors	6,555	18,331
Prepayments and accrued income	26,009	24,218
	<u>32,564</u>	<u>42,549</u>

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

12 Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	3,721	9,474
Other tax and social security	-	430
Accruals and deferred income	47,257	45,209
	<u>50,978</u>	<u>55,113</u>

The movement on deferred income is as follows:

	2024	2023
	£	£
Balance at 1 April 2023	38,232	-
Released to income	(38,232)	-
Received in the year and deferred	39,515	38,232
Balance at 31 March 2024	<u>39,515</u>	<u>38,232</u>

Deferred income relates to grant income for which expenditure in future periods has been specified as part of the funding period.

13 Contingent liability

In 2022/23, the charity received a donation of £11,875 from a firm of solicitors in relation to money held which was unable to be returned to its legal owner. The charity has entered into a legal indemnity to return the funds should the legal owner come forward in future to claim them. Since the likelihood of repayment is considered possible but not probable at the balance sheet date, the amount has been recognised in income. As repayment in the future is possible, a designated fund has been set up to ringfence the funds.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024**

14 Statement of movements on funds - current year

	1 April 2023 £	Income £	Expenditure £	Transfers £	31 March 2024 £
General fund	216,475	301,716	(284,465)	(25,000)	208,726
Designated funds:					
Planned maintenance	4,100	-	-	-	4,100
Capital reserve	169,925	-	(1,785)	-	168,140
Future developments	65,000	-	-	25,000	90,000
Contingent liability	11,875	-	-	-	11,875
Total unrestricted funds	467,375	301,716	(286,250)	-	482,841
Community support	38,451	168,310	(158,330)	-	48,431
Advocacy	-	-	-	-	-
Other	-	13,150	(12,150)	-	1,000
Total restricted funds	38,451	181,460	(170,480)	-	49,431
Total funds	505,826	483,176	(456,730)	-	532,272

The designated capital reserve fund represents the net book value of the freehold property.

The planned maintenance fund represents funds ringfenced for essential planned maintenance for the registered office where some of the charitable activities take place.

The future developments fund has been created to support the development of existing and the introduction of new services over the next few years. The funds are intended to support initial implementation and trials ahead of securing funding to assure their longer-term sustainability. The Trustees expect to use £33,000 of this fund in 2024/25 to support two new fixed term appointments (Mental Health Trainer and Volunteer Coordinator), and the balance in the following year. A further £25,000 has been added to the future developments fund to support implementation of Mental Health Resource's strategy which is expected to be used over the next two years.

Restricted funds are money earmarked for activities stipulated by the funder and used for the objectives set by them. The Community support fund shown in the table above is composed of funding from various sources including:

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2024

14 Statement of movements on funds - current year continued

The National Lottery Community Fund (RC London & SE Region) - to support and develop Hub activities.

The Kenora Charitable Foundation, The Smith and Mount Trust and Neville Golf Club - for the delivery of the Reachout Youth project.

The Ninevah Charitable trust - for the walking group.

Other restricted funds mainly comprise grants towards the Charity's Manager's employment costs.

15 Statement of movements on funds - prior year

	1 April 2022 £	Income £	Expenditure £	Transfers £	31 March 2023 £
General fund	299,776	286,535	(291,943)	(77,893)	216,475
Designated funds:					
Planned maintenance	4,100	-	-	-	4,100
Capital reserve	170,692	-	(1,785)	1,018	169,925
Future developments	-	-	-	65,000	65,000
Contingent liability	-	-	-	11,875	11,875
Total unrestricted funds	474,568	286,535	(293,728)	-	467,375
Community support	26,199	138,877	(126,625)	-	38,451
Advocacy	480	-	(480)	-	-
Other	5,485	12,500	(17,985)	-	-
Total restricted funds	32,164	151,377	(145,090)	-	38,451
Total funds	506,732	437,912	(438,818)	-	505,826

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2024

16 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total funds £
Current year:			
Tangible fixed assets	176,215	-	176,215
Net current assets	306,626	49,431	356,057
	<u>482,841</u>	<u>49,431</u>	<u>532,272</u>
Prior year:			
Tangible fixed assets	179,188	-	179,188
Net current assets	288,187	38,451	326,638
	<u>467,375</u>	<u>38,451</u>	<u>505,826</u>

17 Related party transactions

The key management personnel are considered to be the Board of Trustees, the Charity Manager and the Finance Manager.

The trustees received no remuneration nor benefits, and were not reimbursed for any expenses.

The total employee benefits paid in respect of the key management personnel was £62,835 (2023: £59,433).

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

England & Wales - Charity number 1049854

Accounts



**TUNBRIDGE WELLS
MENTAL HEALTH RESOURCE LIMITED**

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED
31 MARCH 2023

www.mentalhealthresource.org.uk
Registered charity number: 1049854
Registered company number: 02826452

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TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 MARCH 2023

Board of Trustees	S Cliff (resigned November 2022) A Donald (resigned May 2022) M Guo D Kelso (appointed April 2023) R Lindsay (Interim Chair from August 2023) E Muir R North P O'Neill (appointed May 2023, resigned August 2023) T Taylor (resigned November 2022) N Thorn (Chair, resigned August 2023)
Company number	02826452
Charity number	1049854
Trading name	Mental Health Resource
Registered and principal office	2a Grosvenor Park Tunbridge Wells Kent TN1 2BD
Charity manager	R Corry
Company secretary	R Morgan
Independent examiner	A S Healey FCA CTA DChA Lindeyer Francis Ferguson Limited North House 198 High Street Tonbridge Kent TN9 1BE
Solicitors	Cripps 22 Mount Ephraim Tunbridge Wells Kent TN4 8AS

The Board of Trustees of the charity present their annual report together with the financial statements of the charity Tunbridge Wells Mental Health Resource Limited for the year ended 31 March 2023. The trustees confirm that the annual report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019). This report is also the Directors' Report required by Company Law.

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated on 11 June 1993 and registered as a charity on 18 October 1995. It is governed by its Memorandum and Articles of Association.

The legal name of the charity is Tunbridge Wells Mental Health Resource Limited; however, its trading name is now Mental Health Resource, and this is what it is referred to throughout this report.

The Reference and Administrative details set out on page 1 form part of this report.

The directors of the company are also the charity trustees for the purposes of charity law and under the company's Articles of Association are known as members of the Council of Management. New trustees are recruited through an open recruitment process. Under the requirements of the Memorandum and Articles of Association at every Annual General Meeting one third of the trustees shall retire from office. The trustees to retire in every year shall be those who have been longest in office. A retiring trustee shall be eligible for re-election.

There is a formal procedure for the induction of members of the Board of Trustees. All trustees give their time voluntarily.

The Board of Trustees meet every two months and have responsibility for the strategic oversight of the Charity. The Board of Trustees is supported by two sub-committees – Finance and Risk and Marketing, Campaigning and Fundraising – which both meet at least quarterly. The Board of Trustees delegate the day-to-day management of the charity to the Charity Manager.

Aims, Objectives and Activities

Our charity's purposes as set out in the company's Memorandum of Association are to 'relieve persons with mental health problems in the Tunbridge Wells area by ... providing services with the object of improving their conditions of life'.

Our Vision

We believe in improved wellbeing for everyone.

Our Mission

We provide safe spaces and person-centred mental health support in our community to help people improve their wellbeing.

Our strategic aim

Our overall aim is to improve people's mental wellbeing.

Our strategic objectives

In order to improve people's mental wellbeing, we will

- a) enable people to be supported and valued
- b) provide opportunities for social connections
- c) raise awareness of mental health in the community and
- d) ensure people with mental health issues benefit from a well-run, sustainable organisation

Our aims and objectives fully reflect the purposes for which the charity was set up and the Theory of Change methodology has ensured that all our activities contribute to our aims and objectives.

The charity undertakes the following activities to achieve its aims and objectives:

- a) Community Support which comprises:
 - i. The Hub: our friendly wellbeing centre providing wellbeing activities and a safe space to talk; and our out-of-hours support
 - ii. Reachout: confidential, self-help support groups focusing on wellbeing and recovery
 - iii. Reachout Youth: helping young people share stories, develop coping strategies and make new friends
- b) Assert: a specialist independent mental health advocacy service provided to those detained under the Mental Health Act and community advocacy
- c) Mental Health Training: raising awareness of mental health with local organisations

The Board of Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit in the review of our aim and objectives and in planning all activities. Further details on our activities and how they benefit the public are detailed in the following section.

Achievements and Performance

The Board of Trustees are very thankful to all the staff and volunteers for their hard work and dedication over the last year.

The Charity has continued its work of seeking to improve the mental wellbeing of local people. Last year we provided help and support for over 900 clients, many of whom have complex and enduring mental health conditions, including anxiety, depression, bi-polar, obsessive-compulsive disorder, borderline personality disorder, post-traumatic stress disorder and schizophrenia. We are one of the few organisations in West Kent providing both long-term and short-term practical mental health support.

This year we have continued to strengthen our governance and have welcomed new trustees to the Board, who have brought with them considerable skills, expertise and experience.

Funding and fundraising

The charity continues to work closely with its current strategic partners The Advocacy People, EK360 and Shaw Trust, for whom we are sub-contractors on Kent County Council and NHS Kent and Medway funded activities.

We were delighted to have been awarded three-year funding in January 2023 from the National Lottery Community Fund for our Hub project. We also received an extension grant from BBC Children in Need for our Reachout Youth project and funding from Kent County Council Early Help Grant for one of our Tunbridge Wells groups. We also received grants from other charitable trusts and foundations, including Kent Community Foundation, Colyer Fergusson Trust, Sir Thomas Smythe's Charity and Paragon Trust.

In addition, we are particularly grateful for the financial support we received from organisations including the following organisations:

Corporates, businesses & societies		
Asda	Index Digital	St Margarets church
Better Gov	LagoDiComo Bar & Restaurant	Stowe Family Law
Bloomberg	Maslins	SWITCH at The Forum & Mint DJs
Buss Murton	Michael Lonsdale Group	The Bicycle Bakery
Casa da Claudia	Pushkin Antiques	The Forum & The Sussex Arms
Castle Fine Art	Qlic IT for Charities	The Ivy
Chatty Hatter PR The Big Chat	Rusthall FC	The Warren
Dylan Miles Ltd	Sandersons UK	Tom Tudor-Pole
Esure Insurance	Sankeys	Tunbridge Wells Borough Council
Gallagher	Southborough Lions Club	Waitrose
Haescooper Accountants	St John's Tennis Club	West Kent Quakers
Humor Street Art		

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We are also very thankful for the support and commitment we have received from members of the local community who have undertaken various activities to raise funds for us.

Individuals

Laura Bevan	Judy Horwood	Family & friends of Libby Notley
Tim Cullen	Ben Kidd and family	Kimberley Owen
Carmel Farmer	Rebecca Lindsay and Spencer	Howard Thomas
Kate Godsmark	Jacob and Kevin Martin	Sarah Thomas
Clare Hall	Keith Medhurst	Joseph Trinder
Richard Harrington	Alex O'Connor	Nicole Piesse Turner
Sabrina Hazelden	Phil O'Neill	Chris Woodward
Bill Hills	Richard and Tom North	Hana and Steve Wynne

Through support from the community this year, we have been able to raise £68,858 in donations. Thank you to everyone who supported our charity with a donation or grant.

Project Activity

Our activity is grouped into three categories:

- a) Community Support
- b) Advocacy
- c) Mental Health Training

The detailed annual summary of achievements for each category is as follows:

a) Community Support

In 2022/23 we helped 365 people through our community support programme and 88% of our clients reported increased mental wellbeing as a result of accessing our services. Our community support projects are detailed below.

Many of our clients have complex and enduring mental health conditions which require long-term practical and emotional support and therefore all of our community projects provide a safe and caring environment which are not time-limited so that people can continue to access them for as long as they wish or need to.

The Hub



"I have made some friends, become more confident, learnt from others and learnt to manage my anxiety better. I feel that I have something for me."

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The Hub provides a range of support interventions to maintain and enhance mental and emotional wellbeing of people aged 18+ years. Clients are supported by staff and peers to enable people to manage their conditions and to work towards their personal goals in a supportive environment. To ensure that people continue to improve their mental wellbeing and maintain their recovery, people are able to access the Hub groups and activity for as long as they wish or need to.

We have been able to lift restrictions that were imposed as a result of the pandemic and at the beginning of the year, we were able to provide most of our groups in-person. Most of our activities were delivered from our centre in Tunbridge Wells but we also resumed delivery of groups in a couple of community venues around Tunbridge Wells. We also continued to deliver support to clients remotely, where requested.

During the last year we maintained the delivery of 1-1 support, responding to the needs of our clients which varied from person to person. We continued to provide remote support, including:

- Regular 1-1 check in support calls, supporting people with whatever issues they faced, providing tools, and helping them to develop strategies for coping.
- Ad-hoc 1-1 telephone support when needed.
- Group telephone calls for the men's peer support group, enabling people to connect with each other and to provide peer support. Towards the end of the year this group transitioned from the group telephone call to meeting in-person.
- A creative arts course on zoom, with clients able to use the Hub if they do not have the IT equipment at home and wish to be part of the group.
- Bulletins via Facebook and other social media platforms passing on community information and tips for how people could manage their mental and emotional wellbeing along with what is going on in the community updated on a daily basis where possible.
- Out-of-hours 1-1 telephone support at the weekend.

During the year we also delivered group telephone calls out-of-hours on a Sunday to facilitate peer support through a space to connect with others and share experiences. Even when this group resumed meeting in-person, the numbers attending remained low and people reported that they were also accessing other provision, so we decided to pause the delivery and to review need and demand.

We have provided the following weekly Creative groups:

- Creative writing
- Zoom Art group
- Art at Trinity
- Art at bowling club
- Needlecraft group

We delivered Nature groups:

- Community Allotment (from April to November only), which has provided a calm and quiet place for clients to connect with others and it has enabled people to engage with nature, learn new skills and to be active.
- A weekly Walking group and with the support of volunteers, we have grown the walking group to accommodate more clients.

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We also facilitate regular weekly Talking groups, which provide opportunities to connect with and learn from others and we deliver a Women's group, a separate Men's group and a Mixed talking group. In addition we also provided a weekly Community meal, where people could connect and eat a healthy freshly prepared two course meal.

We were pleased that we were able to set up new groups during the year. We re-instated the drop-in sessions at the Hub on a Monday morning and started a new out of hours support group on a Wednesday evening in order to allow existing clients and potential new client to visit the groups and understand the support we offer especially at a time when access to other community support is restricted.

We also started a new 'healthy eating on a budget course', which provided tools to help people to understand food labels and to buy the best value products that were also healthy options. And people were then shown and able to get involved in the cooking of healthy and low-cost recipes, which they could replicate at home.

We were also able to respond to demand from clients and have put on a new weekly craft group, where clients are able to work on their own projects and learn skills from each other.

All our peer support groups encourage clients to share their experiences and to learn from and support others. Most groups have a WhatsApp peer support group set up that is supported when needed by staff.

In 2022/23 the Hub supported 303 people and an evaluation of our activities showed:

- 91% felt more supported
- 91% felt better in themselves
- 91% felt more connected to others
- 83% felt more confident
- 80% felt more valued
- 69% felt they had opportunities to learn from others
- 69% felt less stressed
- 63% felt less lonely

The project is open access and people can refer themselves or be referred by other organisations and we have continued to receive and support new referrals during the year.

Mental Health Resource is a delivery partner within the Shaw Trust's Live Well Kent programme and provides emotional wellbeing support in West Kent through the delivery of short courses in creative arts, creative writing, and the natural environment.

We continue to work well with a wide variety of other local partner organisations, including social prescribers working in GP practices, Porchlight, Citizen's Advice, Nourish foodbank, community ladders, social work teams, Kent Together, Look Ahead, Jobcentre Plus, and community mental health services. This has enabled us to refer and signpost clients to their services and also ensure that they knew of the services we provided.

We have continued to seek the views of clients throughout the year, asking what support they need and how we could meet that need, so that we can plan and deliver services based on a service user perspective.

Reachout Adults



"This group has meant a lot to me. It gives me somewhere to go and I have made lots of friends. It has really helped my mental health and I am so grateful for everything."

Reachout Adults supports people over the age of 18 with their mental health and wellbeing by providing confidential, mental health peer support groups across West Kent. The groups operate in the smaller communities of Southborough, Edenbridge and Paddock Wood and therefore can make a real difference to those people in these communities who need support but who may find travelling difficult. The groups aim to provide a safe space for people to focus on their mental wellbeing and recovery in a caring and non-judgmental environment. They also provide a vital opportunity for group members to socialise with each other, build relationships and routine and so reduce isolation. Furthermore, clients are supported to take responsibility for their own health and wellbeing and to manage their own long term mental health conditions.

Clients who attend Reachout experience different mental health issues. These include, anxiety, depression, stress, isolation, loneliness, personality disorders, bi-polar and schizophrenia. The groups also support members who are on the autistic spectrum and people with early signs of dementia and their carers. Clients can attend for as long as they feel they need to and, in this way, these groups often help to keep group members well. The peer-relationships formed during sessions help relationships to develop outside of the group setting and so encourages peer-support in the community.

In 2022/23 the Reachout groups continued to meet on a fortnightly basis in community venues and have enjoyed taking part in wellbeing activities such as a regular "check-in", craft, mindfulness, discussion topics, quizzes, Lego and games.

During the year, 39 people attended the groups and were able to access mental health support and enhance their mental health and wellbeing. The groups benefited people as follows:

- 93% reported improved wellbeing and feeling better in themselves
- 100% felt more supported and valued
- 87% reported that they felt more confident
- 93% felt more connected to others
- 93% felt better able to manage their mental health condition

Referral to the groups is via a simple referral form. People can refer themselves to the project or can be referred by professionals and other organisations, including support workers, GPs, occupational

therapists, counsellors, police & community police, Kent County Council community wardens, faith ministers, domestic abuse organisations and hostels. Once a referral is made, staff will contact the client and complete a further, more in-depth assessment and risk assessment, where necessary.

Mental Health Resource is part of a delivery network funded by EK360, the lead provider for the Service User Voice contract in Kent. As part of this contract, the Reachout project actively seeks out people's views about the mental health system in West Kent. People are encouraged to have a voice in the shaping, development and delivery of mental health services by completing surveys and providing feedback to service providers. These views are used to review systems and identify where improvements need to be made. Feedback is collected by networking with other organisations and promoting Mental Health Service Feedback. Posters about this project have been distributed in local communities and feedback has also been collected from Mental Health Resource clients. During the year we captured and reported the views of 120 people.

The Reachout Project Manager networks with other organisations, for example, attending the Local Mental Health Network meetings. Reachout has a good relationship with these organisations and seeks to work with them to not only promote the work of Reachout and Mental Health Service Feedback but also to strive for an excellent, "joined-up" and collaborative approach to mental health support in West Kent.

Reachout Youth



"Reachout Youth literally saved my life"

The Reachout Youth project provides two weekly groups for young people aged 13-19 who are experiencing emotional or mental health difficulties. The groups offer young people an informal, fun and confidential space to share stories, reduce stigma, develop coping strategies and make friends. They provide opportunities to meet other young people who've had similar experiences, and to share things they may not usually shared with others. Many of the young people who attend Reachout Youth have reported they feel lonely, misunderstood and struggle to feel accepted at school. Reachout Youth provides a safe-space for them to be themselves and to build friendships.

Sessions focus on wellbeing, including activities, games and discussions on themes surrounding mental health. We often run creative sessions based around a mental health theme which helps to initiate discussions and reflection. Themes and activities we have covered over the year include: relaxation, junk collaging, poetry and music, Halloween craft, life drawing, baking, bubble wrap painting, mental health over Christmas, candle making, Christmas crafts, new years intensions, body image, games night, revision tips, nutrition and hydration, bracelet making, resilience, sleep, stigma, slime making, transgender awareness, pottery, loneliness, tactile collages, macrame keyrings, the teenage brain, pancake making, self-soothe boxes.

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Guest speakers are also invited to deliver sessions on specialist subjects. This year we have had various organisations deliver workshops on: healthy relationships, CV writing, puppet making, stop motion animation and screen-printing. We also took part in a community arts project called Lasting Impressions.

The Tunbridge Wells group met in-person for the whole year, and we continued to deliver one weekly group on Zoom. This ensured that young people who struggled to go out or who found it difficult to travel could still access mental health support. However, in response to feedback from the young people, in January 2023 we stopped delivering the group remotely and started meeting in-person at the Youth Hub in Tonbridge.

The issues that the groups can help with are varied and include anxiety, low mood, stress, family relationships, friendships, bereavement, autism, ADHD, loneliness, isolation, and other long-term chronic mental health conditions. Young people can often face a number of challenges in their life, such as family breakdown, relationship issues and learning who they are, and it is therefore even more important for Reachout Youth to provide stable, non-judgemental support.

During the last year, we supported 23 young people and achieved the following outcomes:

- 88% felt more supported
- 88% felt less lonely
- 82% felt better in themselves

There is an open referral process for the project and young people can self-refer and other referrals are also received from the Kent County Council Youth Hubs, schools, GPs, other youth clubs/agencies, support workers, community police, community wardens and faith ministers.

Young people are able to attend Reachout Youth until the age of 19. We are therefore able to provide vital continuity and support as a young person becomes a legal adult at the age of 18. This is particularly important if the young person has experienced the mental health system and is making the often uncertain and difficult transition from Children's to Adult Mental Health Services.

b) Advocacy

Assert



"Many thanks for all the support you have given. I appreciate this so much, and I know I would not have been listened to or responded to so quickly without it."

Assert is a specialist advocacy service which provides:

- statutory advocacy as specified in the 2007 amendments to The Mental Health Act (1983);

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- short-term, issue-based advocacy to people with a mental health diagnosis living in the community.

The service is provided across West Kent, Maidstone, Dartford, Gravesham and Swanley and Assert is an established partner within Kent Advocacy and funded by The Advocacy People.

The statutory service supplies Independent Mental Health Advocate (IMHA) to people whose liberty is curtailed by the Mental Health Act, i.e. patients detained in hospital for assessment or treatment, released under restrictions and liable to recall, or placed in the care of the Local Authority. The IMHA service covers a variety of acute, rehab and forensic wards across our area and it also covers smaller satellite units when the need arises.

All the work advocates undertake is through instructions from clients and is issue-based. The work can vary depending on the setting the client is in.

In acute wards, clients are in an acute phase of illness, and often advocates are working with people who are extremely thought disordered. In these settings often the first contact Assert have with the patient is when they arrive at the ward, having been removed from the community due to being a risk to themselves, others, or both.

The IMHA role is independent of the professionals in the hospital setting but the advocates work closely with hospital staff to obtain relevant information about patients so that they can carry out their work safely. The Assert staff work to ensure the clients feel able to speak to them, explain the confidentiality protocol and the support that the service provides. At this stage of admission the Assert team are often the bridge between clients/patients and NHS staff.

The IMHA will listen to the client and help them to voice what is important to them regarding their treatment and care. Patients are within these settings often heavily medicated, and the work involves supporting them to understand their rights; the surroundings they find themselves in; what is happening to them and why; the requirements of them while on an acute ward; ensuring their rights are secured; and providing them the opportunity to ask questions and give feedback on their experiences of their treatment and care within this setting.

The issues that the Assert team support clients with includes accessing the leave they are entitled to, speaking to doctors and ensuring that they feel and are heard and informing clients of their rights to aftercare. The service supports people to express themselves and empowers them to advocate for themselves, but with the knowledge that they can re-refer at any time.

The Assert service also supports people housed in rehabilitation units in the area. Advocates support clients in expressing their views regarding the treatment and care within these settings, and also support clients to be able to have a voice in where they are moved on to next – this could be closer to relatives, or further away from temptations or situations that previously have contributed to a relapse. The work here remains issue-based, but there can be more issues such as supporting to voice views on treatment and care then support to ensure appropriate placement and care moving forward is in place, and support from other services is engaged.

Assert also supports clients in medium or low forensic settings. Some patients will have been removed from prisons having become acutely unwell, others will either have been transferred directly from

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acute wards or courts. All patients in these settings are deemed to pose a risk to the public and in these settings the patients may need support over long stays, and crimes committed are discussed in detail at meetings held. Advocates can hear harrowing details, but still support the client to ensure their views and wishes are heard. All staff have supervision and time for debriefs when working with these clients.

As well as the statutory IMHA service, Assert also provides community advocacy service and addresses the disadvantage experienced by people with poor mental health when dealing with external agencies. The issues the Assert team support community clients with vary greatly. Often the support provided is to ensure the client can express a view regarding treatment and care from the community mental health team, GP practices or housing providers.

In the financial year 2022/23 staff resumed working on the wards, and the project worked with 566 clients on 1,059 issues. In total, the service provided 6,748 hours of advocacy over the year, which is an 8% increase on the previous year (5,619 hours were spent on IMHA advocacy and 1,129 hours on community advocacy).

The service supported improvements to people's mental wellbeing, as follows:

- 100% of clients felt valued by the advocate working with them
- 100% felt supported by the advocate regarding the advocacy issue
- 96% of clients felt empowered and encouraged by the advocate helping them speak up for themselves
- 100% of clients, where relevant, were given information regarding their legal rights
- 100% of clients were helped to have their say about what they needed/wanted to achieve
- Advocacy support helped 99% of clients to have their say about what decisions were being made about them or for them

During the year, Kent County Council undertook a re-tender process for the delivery of advocacy services across Kent. We are delighted that our partnership application with The Advocacy People was successful so that we can continue to work in partnership with them in the delivery of advocacy support.

c) Mental Health Training

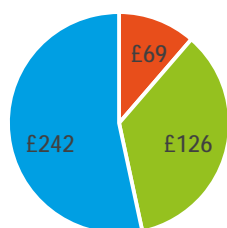
"Your presentation was excellent and very informative"

The Charity is committed to reducing the stigma of mental illness and raising awareness of mental health in the community. We regularly give talks at events and to corporates about what mental health is and the support available for people experiencing mental illness. This year we have delivered talks at various events at societies and organisations, as part of Charity of the Year events and other fundraising activities.

Treasurer's report

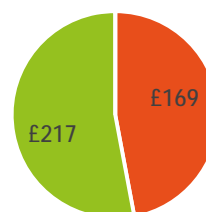
The Charity's income reported an increase on the prior year to £437,912 (2021/22: as restated £419,400). This was driven by a rise in both grants and donations to £194,598 (2021/22: £192,848) and an increase in revenue generated by charitable activities to £241,724 (2021/22: as restated £226,153) with the latter driven by the results of our Advocacy project. However, while total income rose by £18,512, this was more than offset by a £39,393 increase in expenditure due to the effects of inflation, and also the filling of several vacancies in the early part of the year. Our decision to maintain our services across the year despite a short gap in funding for one of our key projects meant that overall the charity reported a small deficit for the year of £906 (2021/22 surplus: £19,975).

Income by Type (£k)



■ Donations ■ Grants ■ Charitable Activities

Expenditure by Activity (£k)



■ Community Support ■ Advocacy

Reserves decreased slightly to £505,826 (2021/22: as restated £506,732).

Of this our Designated Funds amount to £250,900 of which £174,025 is made up of the charity's freehold property of £169,925 and £4,100 put aside for essential maintenance of the building. A new designated fund of £65,000 has been created this year to support the introduction of new and expansion of existing services to meet growing demand, and a further £11,875 as a contingent liability.

£38,451 of the Reserves is restricted, representing funds that must be spent on specific projects in the future as agreed with funders. General reserves amount to £216,475.

Cash at bank and in hand has increased to £339,202 (2021/22: £332,780).

We have received the support of many organisations and individuals in addition to the funding received from our strategic partner organisations and grant-making charitable trusts, without which many of our activities would not take place.

Reserves policy

The charity is committed to ensuring clients with mental health conditions can access long-term support as appropriate to enable them to live well and independently. For many clients, the charity's support is crucial to their wellbeing and any disruption to this support would create significant distress. The charity's reserves need to be of sufficient scale to minimise the risk of short-term disruption to

services brought about by short or long-term financial pressures. As it can take sometimes six months or more for funders to respond to applications for funding, the Board of Trustees consider that it is necessary to hold reserves of around four to eight months of running costs to ensure:

1. the continuation of long-term services provided to clients during a time of financial uncertainty
2. the smooth transfer of activity during any run-down of services necessitated by any funding shortfalls
3. the continuation of funding for core staff to promote long term sustainability whilst securing new funding sources
4. sufficient funding is available to maintain and enhance the building to meet client requirements and safety.

Four to eight months' running costs are forecast to be c. £163,000 – £325,000 so the amount of free unrestricted reserves of £216,475 held at the end of the year, is about 5.3 months of running costs and is within the range and therefore appropriate.

Trustees review the level of reserves annually.

Investment policy

The Charity's investment objective seeks to produce the best financial return within an acceptable level of risk while recognising that capital preservation is of paramount importance. The investment policy therefore requires the Charity to hold all of its assets in cash sterling, deposited with institutions with a minimum rating of BB -, and within the levels stipulated by the Financial Services Compensation Scheme guarantee.

Risk Management

The Board of Trustees has conducted a review of the major risks to which the Charity is exposed. A Risk Management document identifying all major risks has been prepared and agreed by the Board. This is currently reviewed twice a year to ensure greater control and governance.

The Trustees have always identified one of the key risks to the Charity as being the withdrawal or termination of funding of our main contracts and as such is working to develop strong working relationships with contractors, developing current projects and introducing new projects to ensure the long- term security of the organisation. A fundraising strategy has been formalised and prioritised.

Plans for the Future

We are in the process of refreshing our organisational strategy, with the help of Cranfield Trust, and the strategy will be finalised later this year. However, we know that the need for mental health support in our local community is increasing and we need to reach more people who may not be accessing mental health support. Therefore, we will be developing and piloting new projects and the

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FOR THE YEAR ENDED 31 MARCH 2023

trustees have designated funds to support this new activity. We will also look at how we can increase our capacity through the involvement of volunteers.

We also know that we can only do what we do by working together, in partnership, with other organisations, creating good relationships to facilitate effective referrals into our services, and having up-to-date information on local services so that we can also refer and signpost people onto.

In all our planning of activities we recognise the differing needs and wishes of clients and client voice will be key to the design and delivery of our services. We will ensure that we take appropriate steps in the mitigation of risks associated with current and future development of projects, services and activities.

We will endeavour to seek new and diverse sources of income, securing short, medium and long-term funding for the charity to enable us to continue to provide the much-needed support to improve people's mental wellbeing.

Going Concern

The charity is now in a relatively stable financial position with funding confirmed for all four services (Hub, Reachout, Reachout Youth and Assert) for the next three years.

The Trustees consider that the charity's reserves as at 31 March 2023 are sufficient for Mental Health Resource to be considered a going concern for 2023/24. This assessment is made in the light of the following:

1. Mental Health Resource's forecast cash reserves at the end of financial year 2022/23
2. Mental Health Resource's budget and projections for financial year 2023/24
3. Mental Health Resource's future plans

Trustees' responsibilities statement

The Trustees (who are also directors of Tunbridge Wells Mental Health Resource Limited for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these 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 judgments and accounting estimates that are reasonable and prudent;

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

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- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

In preparing this report, the Trustees have taken advantage of the small companies' exemptions provided by section 415A of the Companies Act 2006.

This report was approved by the Trustees on 29 September 2023 and signed on their behalf by:

R Lindsay
Interim Chair of Board of Trustees

INDEPENDENT EXAMINER'S REPORT TO THE BOARD OF TRUSTEES OF TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

FOR THE YEAR ENDED 31 MARCH 2023

I report to the Board of Trustees on my examination of the accounts of Tunbridge Wells Mental Health Resource Limited ("the charity") for the year ended 31 March 2023.

Responsibilities and Basis of Report

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

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

Independent Examiner's Statement

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

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

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

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

A S Healey FCA CTA DChA

Date: 3 November 2023

Lindeyer Francis Ferguson Limited
North House
198 High Street
Tonbridge
Kent TN9 1BE

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2023

		Unrestricted funds 2023	Designated funds 2023	Restricted funds 2023	Total funds 2023	Total funds 2022 Restated
	Note	£	£	£	£	£
Income from:						
Grants and donations	3	68,055	-	126,543	194,598	192,848
Charitable activities	4	216,890	-	24,834	241,724	226,153
Other trading activities		-	-	-	-	50
Investments		1,590	-	-	1,590	349
Total income		286,535	-	151,377	437,912	419,400
Expenditure on:						
Raising funds	5	49,230	-	3,750	52,980	40,580
Charitable activities	6	242,713	1,785	141,340	385,838	358,845
Total expenditure		291,943	1,785	145,090	438,818	399,425
Net (expenditure) / income	9	(5,408)	(1,785)	6,287	(906)	19,975
Transfers between funds		(77,893)	77,893	-	-	-
Net movement in funds		(83,301)	76,108	6,287	(906)	19,975
Reconciliation of funds:						
Total funds brought forward						
As originally stated		283,674	174,792	32,164	490,630	475,677
Prior period adjustment		16,102	-	-	16,102	11,080
As restated		299,776	174,792	32,164	506,732	486,757
Total funds carried forward	15	216,475	250,900	38,451	505,826	506,732

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

BALANCE SHEET
AS AT 31 MARCH 2023

		2023		2022
	Note	£	£	Restated £
Fixed assets				
Tangible assets	11		179,188	173,974
Current assets				
Debtors	12	42,549		20,261
Cash at bank and in hand		339,202		332,780
		<u>381,751</u>		<u>353,041</u>
Creditors: amounts falling due within one year	13	(55,113)		(20,283)
Net current assets			326,638	332,758
Total net assets			<u>505,826</u>	<u>506,732</u>
Represented by the funds of the charity:				
Unrestricted funds			216,475	299,776
Designated funds			250,900	174,792
Restricted funds			38,451	32,164
	15		<u>505,826</u>	<u>506,732</u>

The charity's financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The trustees consider that the charity is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the charity to obtain an audit for the year in question in accordance with section 476 of the Act.

The trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The financial statements were approved and authorised for issue by the trustees on 29 September 2023 and signed on their behalf by:

R Lindsay
Trustee

M Guo
Trustee

Company number: 02826452

1 Accounting policies

Basis of preparation of the financial statements

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Tunbridge Wells Mental Health Resource Limited meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The financial statements are prepared in pounds sterling, which is the functional currency of the charity, and rounded to the nearest £1.

The Trustees have assessed that there are no significant doubts over the charity's ability to continue as a going concern. As a result, the financial statements have been prepared on a going concern basis.

Status

The charity is a private company limited by guarantee registered in England and Wales. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is 2a Grosvenor Park, Tunbridge Wells, Kent, TN1 2BD.

Income

Income from grants and donations is recognised when the charity is entitled to the funds, the receipt is probable and the amount can be measured reliably. For donations, this is usually on receipt. For grants, this is usually when a formal offer is made in writing, unless the grant contains terms and conditions outside of the charity's control which must be met before the charity is entitled to the funds. Where grants are received in response to a proposal including a budgeted timescale, such that the timescale for the expenditure is implicit in the grant agreement, the income is recognised in accordance with that timescale.

Income from charitable activities is recognised over the period to which the income relates. For contracts, income is recognised to the extent that the contractual services have been supplied. For performance-related grants, income is recognised to the extent that performance-related criteria have been met.

1 Accounting policies continued

Gifts in kind are included in the financial statements when the charity is entitled to them, when it is probable that the charity will receive the economic benefits, and when the fair value or value to the charity, as appropriate, can be measured with sufficient reliability.

Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. Direct costs, including direct staff costs are attributed to the relevant activity. Support costs, including support staff costs, are allocated to activities on the basis of the use of premises and income.

Support costs are those functions that assist the work of the charity but do not directly relate to the charitable activities, and include governance costs.

All expenditure is inclusive of irrecoverable VAT.

Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds can only be used for the particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Tangible fixed assets and depreciation

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Assets costing less than £500 are not capitalised. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Freehold land	Not depreciated
Freehold property / improvements	1% on cost
Fixtures and fittings	10% or 20% on cost
Computer equipment	33.3% on cost

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

1 Accounting policies continued

Leased assets

Operating lease rentals are charged to the statement of financial activities as incurred.

Pensions

The charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2 Prior period restatement

A prior period restatement adjustment has been made to increase income in the prior period by £5,022 and the prior period opening reserves by £11,080. The adjustment relates to the correction of an error in the recognition of income in the correct period.

3 Income from grants and donations

	2023	2022
	£	£
Donations	68,858	46,902
Grants		
Awards for All	9,984	-
BBC Children in Need	10,285	9,785
Colyer Ferguson	7,500	-
Gallagher Charities Trust	500	5,000
Innovation Fund	1,828	-
Involve Kent	1,800	-
Kent Community Fund	10,000	13,763
Kent County Council	8,134	2,000
Media Trust	-	2,000
The National Lottery Community Fund	73,709	109,187
Paragon Trust	1,000	1,000
Sir Thomas Smythe	1,000	2,000
Coronavirus Job Retention Scheme and other Covid grants	-	1,211
	194,598	192,848
	194,598	192,848

In the preceding period, restricted income from grants and donations was £138,919.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

4	Income from charitable activities		
		2023	2022
		£	£
	Community support	40,225	40,048
	Advocacy	201,499	186,105
	Training	-	-
		<u>241,724</u>	<u>226,153</u>

In the preceding period, restricted income from charitable activities was £24,834.

5	Expenditure on raising funds		
		2023	2022
		£	£
	Staff costs	25,355	24,059
	Fundraising consultancy	3,750	1,050
	Cost of fundraising events	2,251	575
	Travel and volunteer expenses	-	21
	Support costs See Note 8	21,624	14,875
		<u>52,980</u>	<u>40,580</u>

In the preceding period, expenditure on raising funds from restricted funds was £15,895.

6	Expenditure on charitable activities				
		Direct	Support	Total	Total
		costs	costs	2023	2022
		2023	2023	2023	2022
		£	£	£	£
	Community support	112,521	56,189	168,710	169,093
	Advocacy	163,038	54,090	217,128	189,752
	Training	-	-	-	-
		<u>275,559</u>	<u>110,279</u>	<u>385,838</u>	<u>358,845</u>
		See Note 7	See Note 8		

In the preceding period, expenditure on charitable activities from restricted funds was £155,553.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

7	Direct costs	2023 £	2022 £
	Staff costs	237,147	229,573
	Recruitment and training	6,319	8,140
	Activity costs	8,190	7,782
	IT costs	919	645
	Travel and volunteer expenses	6,715	2,093
	Premises costs	7,999	8,460
	Office costs	8,270	8,428
		<u>275,559</u>	<u>265,121</u>
		<u><u>275,559</u></u>	<u><u>265,121</u></u>
8	Support costs	2023 £	2022 £
	Staff costs	89,597	73,425
	Recruitment and training	2,521	-
	IT costs	7,376	7,891
	Travel and volunteer expenses	371	40
	Premises costs	13,906	8,219
	Insurance	1,805	1,626
	Office costs	6,801	7,142
	Bad debts	(1,584)	1,931
	Depreciation	6,862	4,143
	Governance costs:		
	Independent examination	3,000	2,820
	Other fees payable to examiners	1,248	1,362
		<u>131,903</u>	<u>108,599</u>
		<u><u>131,903</u></u>	<u><u>108,599</u></u>
9	Net income	2023 £	2022 £
	This is stated after charging:		
	Depreciation	6,862	4,143
	Independent examination	3,000	2,820
		<u>6,862</u>	<u>4,143</u>
		<u><u>3,000</u></u>	<u><u>2,820</u></u>

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

10 Staff costs

	2023	2022
	£	£
Wages and salaries	322,246	300,653
Social security costs	20,336	17,437
Pension costs	9,517	8,967
	<u>352,099</u>	<u>327,057</u>

The average number of persons employed by the charity was:

	2023	2022
	No.	No.
Community support	9	10
Advocacy	6	6
Administration and fundraising	5	5
	<u>20</u>	<u>21</u>

Full-time equivalent staff was an average of 11 (2022: 11).

No employee received remuneration amounting to more than £60,000 in either year.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

11 Tangible fixed assets

	Freehold property £	Fixtures, fittings & equipment £	Total £
Cost			
Brought forward	204,502	53,570	258,072
Additions	1,018	11,057	12,075
Disposals	-	-	-
Carried forward	<u>205,520</u>	<u>64,627</u>	<u>270,147</u>
Depreciation			
Brought forward	33,810	50,288	84,098
Charge for the year	1,784	5,077	6,861
Eliminated on disposal	-	-	-
Carried forward	<u>35,594</u>	<u>55,365</u>	<u>90,959</u>
Net book value			
At 31 March 2023	<u>169,926</u>	<u>9,262</u>	<u>179,188</u>
At 31 March 2022	<u>170,692</u>	<u>3,282</u>	<u>173,974</u>

12 Debtors

	2023 £	2022 £
Trade debtors	18,331	1,175
Prepayments and accrued income	24,218	19,086
	<u>42,549</u>	<u>20,261</u>

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

13 Creditors: amounts falling due within one year

	2023	2022
	£	£
Trade creditors	9,474	8,169
Other tax and social security	430	6,814
Accruals and deferred income	45,209	5,300
	<u>55,113</u>	<u>20,283</u>

During the prior period funds were held as agent on behalf of Venture Together in respect of its Future Store activity. Funds received as agent totalled £Nil (2022: £2,667) and funds paid as agent totalled £Nil (2022: £4,797). A management fee of £Nil (2022: £50) was levied and the final balance of £Nil (2022: £7,543) was remitted to Venture Together.

14 Contingent liability

During the year, the charity received a donation of £11,875 from a firm of solicitors in relation to money held which was unable to be returned to its legal owner. The charity has entered into a legal indemnity to return the funds should the legal owner come forward in future to claim them. Since the likelihood of repayment is considered possible but not probable at the balance sheet date, the amount has been recognised in income. As repayment in the future is possible, a designated fund has been set up to ringfence the funds.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

15 Statement of movements on funds - current year

	1 April 2022 Restated £	Income £	Expenditure £	Transfers £	31 March 2023 £
General fund	299,776	286,535	(291,943)	(77,893)	216,475
Designated funds:					
Planned maintenance	4,100	-	-	-	4,100
Capital reserve	170,692	-	(1,785)	1,018	169,925
Future developments	-	-	-	65,000	65,000
Contingent liability	-	-	-	11,875	11,875
Total unrestricted funds	474,568	286,535	(293,728)	-	467,375
Community support	26,199	138,877	(126,625)	-	38,451
Advocacy	480	-	(480)	-	-
Other	5,485	12,500	(17,985)	-	-
Total restricted funds	32,164	151,377	(145,090)	-	38,451
Total funds	506,732	437,912	(438,818)	-	505,826

The designated capital reserve fund represents the net book value of the freehold property.

The planned maintenance fund represents funds ringfenced for essential planned maintenance for the registered office where some of the charitable activities take place.

The future developments fund has been created to support the development of existing and the introduction of new services over the next few years. The funds are intended to support initial implementation and trials ahead of securing funding to assure their longer term sustainability.

Restricted funds are money earmarked for activities stipulated by the funder and used for the objectives set by them. The Community support fund shown in the table above is composed of funding from various sources including:

The National Lottery Community Fund (RC London & SE Region) - to support and develop Hub activities.

The Kent Community Foundation - to support our allotment project, and core costs.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

15 Statement of movements on funds - current year continued

BBC Children in Need – to deliver support groups for young people.

16 Statement of movements on funds - prior year

Restated	1 April 2021 £	Income £	Expenditure £	Transfers £	31 March 2022 £
General fund	270,330	255,647	(226,201)	-	299,776
Designated funds:					
Planned maintenance	4,100	-	-	-	4,100
Capital reserve	172,468	-	(1,776)	-	170,692
Total unrestricted funds	446,898	255,647	(227,977)	-	474,568
Community support	39,859	154,300	(167,960)	-	26,199
Advocacy	-	720	(240)	-	480
Other	-	8,733	(3,248)	-	5,485
Total restricted funds	39,859	163,753	(171,448)	-	32,164
Total funds	486,757	419,400	(399,425)	-	506,732

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2023

17 Analysis of net assets between funds

	Unrestricted funds £	Restricted funds £	Total funds £
Current year:			
Tangible fixed assets	179,188	-	179,188
Net current assets	288,187	38,451	326,638
	<u>467,375</u>	<u>38,451</u>	<u>505,826</u>
Prior year:			
Tangible fixed assets	173,974	-	173,974
Net current assets	300,594	32,164	332,758
	<u>474,568</u>	<u>32,164</u>	<u>506,732</u>

18 Related party transactions

The key management personnel are considered to be the Board of Trustees, the Charity Manager and the Finance Manager.

The trustees received no remuneration or benefits, and were not reimbursed for any expenses.

The total employee benefits paid in respect of the key management personnel was £59,433 (2022: £48,962).

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

England & Wales - Charity number 1049854

Accounts



**TUNBRIDGE WELLS
MENTAL HEALTH RESOURCE LIMITED**

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

***FOR THE YEAR ENDED
31 MARCH 2022***

www.mentalhealthresource.org.uk
Registered charity number: 1049854
Registered company number: 02826452

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TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 MARCH 2022

Board of Trustees	D Bellinger-Brown (resigned July 2021) S Cliff (appointed May 2021) A Donald (Treasurer; resigned May 2022) M Guo (appointed May 2021; Treasurer from May 2022) R Lindsay (Vice Chair) E Muir R North T Taylor (appointed May 2021) N Thorn (Chair)
Company number	02826452
Charity number	1049854
Trading name	Mental Health Resource
Registered and principal office	2a Grosvenor Park Tunbridge Wells Kent TN1 2BD
Charity manager	R Corry
Company secretary	H Collins
Independent examiner	A S Healey FCA CTA DChA Lindeyer Francis Ferguson Limited North House 198 High Street Tonbridge Kent TN9 1BE
Solicitors	Cripps 22 Mount Ephraim Tunbridge Wells Kent TN4 8AS

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

The Board of Trustees of the charity present their annual report together with the financial statements of the charity Tunbridge Wells Mental Health Resource Limited for the year ended 31 March 2022. The trustees confirm that the annual report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019). This report is also the Directors' Report required by Company Law.

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated on 11 June 1993 and registered as a charity on 18 October 1995. It is governed by its Memorandum and Articles of Association.

The legal name of the charity is Tunbridge Wells Mental Health Resource Limited; however, its trading name is now Mental Health Resource, and this is what it is referred to as throughout this report.

The Reference and Administrative details set out on page 1 form part of this report.

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles of Association are known as members of the Council of Management. New trustees are recruited through an open recruitment process. Under the requirements of the Memorandum and Articles of Association at every Annual General Meeting one third of the trustees shall retire from office. The trustees to retire in every year shall be those who have been longest in office. A retiring trustee shall be eligible for re-election.

There is a formal procedure for the induction of members of the Board of Trustees. All trustees give their time voluntarily.

The Board of Trustees meet every two months and have responsibility for the strategic oversight of the Charity. The Board of Trustees is supported by two sub-committees – Finance and Risk and Marketing, Campaigning and Fundraising – which both meet at least quarterly. The Board of Trustees delegate the day-to-day management of the charity to the Charity Manager.

Aims, Objectives and Activities

Our charity's purposes as set out in the company's Memorandum of Association are to 'relieve persons with mental health problems in the Tunbridge Wells area by ... providing services with the object of improving their conditions of life'.

Our Vision

We believe in improved wellbeing for everyone.

Our Mission

We provide safe spaces and person-centred mental health support in our community to help people improve their wellbeing.

Our strategic aim

Our overall aim is to improve people's mental wellbeing.

Our strategic objectives

In order to improve people's mental wellbeing, we will

- a) enable people to be supported and valued
- b) provide opportunities for social connections
- c) raise awareness of mental health in the community and
- d) ensure people with mental health issues benefit from a well-run, sustainable organisation

Our aims and objectives fully reflect the purposes for which the charity was set up and the Theory of Change methodology has ensured that all our activities contribute to our aims and objectives.

The charity undertakes the following activities to achieve its aims and objectives:

- a) **Community Support** which comprises:
 - i. **The Hub:** our friendly wellbeing centre providing wellbeing activities and a safe space to talk; and our out-of-hours support
 - ii. **Reachout:** confidential, self-help support groups focusing on wellbeing and recovery
 - iii. **Reachout Youth:** helping young people share stories, develop coping strategies and make new friends
- b) **Assert:** a specialist independent mental health advocacy service provided to those detained under the Mental Health Act and community advocacy
- c) **Mental Health Training:** raising awareness of mental health with local organisations

The Board of Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit in the review of our aim and objectives and in planning all activities. Further details on our activities and how they benefit the public are detailed in the following section.

Achievements and Performance and how our activities deliver Public Benefit

The ongoing Covid-19 pandemic continued to provide challenges to how we delivered our services and support to clients. As a result of the easing of restrictions we were able to do more work in-person with our clients, although we continued to do risk assessments to ensure we delivered all activities as safely as possible.

As well as resuming some face-face activity, Mental Health Resource continued to provide support remotely to clients remotely through 1-1 telephone calls, video calls, telephone group calls, WhatsApp groups and peer support groups, Zoom groups, text support, Facebook interactive chats and electronic bulletins.

The Board of Trustees are very thankful to all the staff and volunteers for their hard work, commitment and adaptability over the last year. We are also grateful to all our funders and supporters who recognised the challenges of Covid-19 and the impact on our clients, and who have maintained their financial support and commitment during this time, which has enabled us to continue to provide mental health support to our clients.

Community fundraising activity has again been different to how we would have planned and together with our fundraisers we have sought creative ways of raising unrestricted income. We were delighted to have been awarded the Mayor Of Tunbridge Wells' Charity of the Year. In addition, many members of the community supported us through different sponsorship events and initiatives.

The Charity has continued its work of seeking to improve the mental wellbeing of local people. Last year we provided help and support for over 800 clients, many of whom have complex and enduring mental health conditions, including anxiety, depression, bi-polar, obsessive-compulsive disorder, borderline personality disorder, post-traumatic stress disorder and schizophrenia. We are one of the few organisations in West Kent providing both long-term and short-term practical mental health support.

This year we have continued to strengthen our governance and have welcomed new trustees to the Board, who have brought with them considerable skills, expertise and experience.

Funding and fundraising

The charity continues to work closely with its current strategic partners The Advocacy People, EK360 and Shaw Trust, for whom we are sub-contractors on Kent County Council and Clinical Commissioning Group funded activities.

We continued to receive funding from the National Lottery Community Fund and BBC Children in Need. We also received grants from other charitable trusts and foundations, including Kent Community Foundation, Colyer Fergusson Trust, Kent County Council, Sir Thomas Smythe's Charity, and Paragon Trust.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

In addition, we are particularly grateful for the financial support we received organisations including Gallagher Charities Trust, Media Trust, Tunbridge Wells Round Table and Tonbridge Round Table.

We were delighted to have been chosen as the Mayor of Tunbridge Wells' Charity of the Year. And we are also very thankful for the support and commitment we have received from members of the local community who have undertaken various activities to raise funds for us. Unfortunately, there are too many people to mention by name, however, as well as our regular donors, we would also like to give special thanks to:

Corporates, businesses & societies

- A Plan Tunbridge Wells
- Asda Tunbridge Wells
- Bicycle Bakery
- Bloomberg
- Buss Murton
- Digitom Video Production
- Go Scoble
- Howdens Insurance
- Index Digital magazine
- John Lewis & Partners (Paddock Wood & Tonbridge)
- Maslins Accountants
- Obsidian Healthcare group
- Runway Training
- Rusthall FC

- Stash Agency
- St Augustine's School
- St John's Tennis Club
- St Luke's Church
- St Margaret's church
- Tim Cullen & the Forum
- Tonbridge & Tunbridge Wells Community Services
- Tracy Gee Estate Agents
- TW Boorman Funeral Partners
- The Nevill Golf Club
- The Sussex Pub
- West Kent Quakers

Individuals

- Dave Thompson
- Denise Stukins
- Hana & Steve Wynne
- Jemma Moulonge
- Jessica Moore
- Laura Collins
- Lisa Whitehouse Yoga and Mindfulness
- Paul Maghie
- Rebecca Lindsay
- Samuel Hill
- Sarah Thomas
- Stephen's Road Committee

Through support from the community this year, we have been able to raise £46,902 in donations. Thank you to everyone who supported our charity with a donation or grant.

Project Activity

Our activity is grouped into three categories:

- a) Community Support
- b) Advocacy
- c) Mental Health Training

The detailed annual summary of achievements for each category is as follows:

a) Community Support

In 2021/22 we helped 258 people through our community support programme and 85% of our clients reported increased mental wellbeing. Our community support projects are detailed below.

REPORT OF THE BOARD OF TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2022

Many of our clients have complex and enduring mental health conditions which require long-term practical and emotional support and therefore all of our community projects provide a safe and caring environment which are not time-limited so that people can continue to access them for as long as they wish or need to.

The Hub



“The Hub saved my life, as I had given up. I was instantly made to feel welcome, there was no pressure to do anything but be myself. Nobody told me to pull myself together and get on with it. Just knowing the Hub is there if I need them helps me to stay calmer and less stressed.”

The Hub provides a range of support interventions to maintain and enhance mental and emotional wellbeing of people aged 18+ years. Clients are supported by staff and peers to manage their conditions and to work towards their personal goals in a supportive environment that nurtures and empowers. Activities are normally delivered from our centre in Tunbridge Wells but during the Covid-19 pandemic we continued to deliver support to clients remotely as well as in-person where we were able to do so.

During the last year we continued to provide tailored 1-1 support, responding to the needs of our clients which varied from person to person. The restrictions, and the changing guidance, continued to impact on people’s mental wellbeing and issues that we supported clients with included stress, fear, anxiety, discrimination, connection and involvement with the local community, loneliness, isolation, housing issues, anti-social neighbours, physical health, employment, relationships, access to benefits and domestic violence.

We continued to provide remote support, including

- Regular 1-1 telephone calls, supporting people with whatever issues they faced, providing tools and helping them to develop strategies for coping
- Group telephone calls, enabling people to connect with each other and to provide much-needed peer support. Many of our clients do not have access to smart phones, laptops or have broadband or contract mobiles, so to be inclusive we provided a freephone telephone conference facility that people could easily access.
- A WhatsApp peer support group
- A creative arts course on zoom
- An interactive chat facility via Facebook
- An email bulletin with updates and tips for how people could manage their mental and emotional wellbeing

During the year we also delivered a dedicated out-of-hours support on a Sunday when access to other community support is restricted. We provided 1-1 telephone support and group telephone calls to facilitate peer support through a space to connect with others and share experiences.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

We were also able to provide in-person 1-1 support for those who were most in need from our premises in Tunbridge Wells.

We continued to deliver groupwork on our allotment, which has provided a calm and quiet place for clients to connect with others and enabled people to engage with nature, learn new skills and to be active. We also continued to deliver outdoor groups and a walking group.

When restrictions lifted, we resumed some of our in-person activity including our client lunches, art groups, and peer support and talking groups. All our peer support groups encourage clients to share their experiences and to learn from and support others. With all our face-face activity we had to restrict numbers to enable us to ensure the health and safety of our clients.

In addition, volunteers also provided regular befriending support to clients who were housebound or socially isolated.

To enable people to continue to improve their mental wellbeing and maintain their recovery, people are able to access the Hub groups and activity for as long as they wish or need to.

In 2021/22 the Hub supported 193 people and an evaluation of our activities showed:

- 91% felt more supported
- 86% felt better in themselves
- 83% felt more connected to others
- 78% felt more confident
- 74% felt more valued
- 70% felt they had opportunities to learn from others
- 61% felt less stressed
- 61% felt less lonely

The project is open access and people can refer themselves or be referred by other organisations and we have continued to receive and support new referrals during the year.

Mental Health Resource is a delivery partner within the Shaw Trust's Live Well Kent programme and provides emotional wellbeing support in West Kent. During the year, we successfully bid for further Live Well Kent funding and were commissioned to deliver short courses in creative arts, creative writing, and the natural environment.

We continue to work well with a wide variety of other local partner organisations, including social prescribers working in GP practices, Porchlight, Citizen's Advice, Nourish foodbank, community larders, social work teams, Kent Together, Look Ahead, Jobcentre Plus, and community mental health services. This has enabled us to refer and signpost clients to their services and also ensure that they knew of the services we provided.

We have continued to seek the views of clients throughout the year, asking what support they need and how we could meet that need, so that we can plan and deliver services based on a service user perspective.

Reachout Adults



"I attend Reachout because I know I will not be shamed for what I'm going through. Reachout has made me feel less alone and more connected to others. I find it helps me because I am able to get back out into the community."

Reachout Adults supports people over the age of 18 with their mental health and wellbeing by providing confidential, mental health peer support groups across West Kent. The groups operate in the smaller communities of Southborough, Edenbridge and Paddock Wood and therefore can make a real difference to those people in these communities who need support but who may find travelling difficult. The groups aim to provide a safe space for people to focus on their mental wellbeing and recovery in a caring and non-judgmental environment. They also provide a vital opportunity for group members to socialise with each other, build relationships and routine and so reduce isolation. Furthermore, clients are supported to take responsibility for their own health and wellbeing and to manage their own long term mental health conditions.

Clients who attend Reachout experience different mental health issues. These include, anxiety, depression, stress, isolation, loneliness, personality disorders, bi-polar and schizophrenia. The groups also support members who are on the autistic spectrum and people with early signs of dementia and their carers. One of the unique strengths of the Reachout groups is that they are not time-limited. Clients can therefore attend for as long as they feel they need to and, in this way, these groups often help to keep group members well. The peer-relationships formed during sessions help relationships to develop outside of the group setting and so encourages peer-support in the community.

In 2021/22 as Covid-19 restrictions lifted we were able to meet both indoors and outdoors with 1-1 telephone support where required and the occasional zoom group, especially when weather was inclement. In the summer the groups met up for social and sporting activities. The groups continued to meet on a fortnightly basis in community venues and have enjoyed taking part in wellbeing activities such as a regular "check-in", craft, mindfulness, discussion topics, quizzes, Lego and games.

During the year, 40 people attended the groups and were able to access mental health support and enhance their mental health and wellbeing. The groups benefited people as follows:

- 82% reported improved wellbeing and feeling better in themselves
- 82% felt more supported and valued
- 73% reported that they felt more confident
- 70% felt more connected to others

Referral to the groups is via a simple referral form. People can refer themselves to the project or can be referred by professionals and other organisations, including support workers, GPs, occupational therapists, counsellors, police & community police, Kent County Council community wardens, faith ministers, domestic abuse organisations and hostels. Once a referral is made, staff will contact the client and complete a further, more in-depth assessment and risk assessment, where necessary.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

During this year, there was a change in the Reachout Project Manager. Because of this staff change, the Edenbridge and Paddock Wood Reachout group were temporarily put on hold at the end of 2021. A new Reachout Project Manager was appointed in January 2022 with a focus of starting these groups again as soon as possible. The new groups were formed with a mixture of new and existing clients. The Edenbridge group was re-launched at the end of February 2022 and the Paddock Wood group at the start of March 2022. The Southborough group is well-established and continued to operate during this period. At the end of March 2022, we were supporting 27 clients on a regular basis through the Reachout groups.

Mental Health Resource is part of a delivery network funded by EK360, the lead provider for the Service User Voice contract in Kent. As part of this contract, the Reachout project actively seeks out people's views about the mental health system in West Kent. People are encouraged to have a voice in the shaping, development and delivery of mental health services by completing surveys and providing feedback to service providers. These views are used to review systems and identify where improvements need to be made. Feedback is collected by networking with other organisations and promoting Mental Health Service Feedback. Posters about this project have been distributed in local communities and feedback has also been collected from Mental Health Resource clients. During the year we captured and reported the views of 64 people.

The Reachout Project Manager networks with other organisations, for example, attending the Local Mental Health Network meetings. Reachout has a good relationship with these organisations and seeks to work with them to not only promote the work of Reachout and Mental Health Service Feedback but also to strive for an excellent, "joined-up" and collaborative approach to mental health support in West Kent.

Reachout Youth



“Reachout Youth has helped me open up about my problems and start talking.”

The Reachout Youth project provides two weekly groups for young people aged 13-19 who are experiencing emotional or mental health difficulties. The groups offer young people an informal, fun and confidential space to share stories, reduce stigma, develop coping strategies and make friends. They provide opportunities to meet other young people who've had similar experiences, and to share things they may not usually shared with others. Many of the young people who attend Reachout Youth have reported they feel lonely, misunderstood and struggle to feel accepted at school. Reachout Youth provides a safe-space for them to be themselves and to build friendships.

Sessions focus on wellbeing, including activities, games and discussions on themes surrounding mental health. We often run creative sessions based around a mental health theme which helps to initiate discussions and reflection. We also invite guest speakers to deliver sessions on specialist subjects such as relationships and CV writing.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

At the beginning of the year, both Reachout Youth groups were meeting on zoom. But with the lifting of Covid-19 restrictions the Tunbridge Wells group was able to meet back in-person again. The activities covered in the groups this year has included slime making, identity masks, mandala drawing, cooking, origami, quizzes, board games, puppet making and collaging. Topics covered have included body image, self-esteem, managing change, sex & relationships, self-harm, stress and relaxation techniques, nutrition and hydration, resilience, sleep, and the stigma around mental health.

Alongside the in-person Reachout Youth group in Tunbridge Wells, we continued to deliver one weekly group on Zoom. This ensured that young people who struggled to go out or who found it difficult to travel could still access mental health support.

The issues that the groups can help with are varied and include anxiety, low mood, stress, family relationships, friendships, bereavement, autism, ADHD, loneliness, isolation, and other long-term chronic mental health conditions. Young people can often face a number of challenges in their life, such as family breakdown, relationship issues and learning who they are, and it is therefore even more important for Reachout Youth to provide stable, non-judgemental support.

Young people are able to attend Reachout Youth until the age of 19. We are therefore able to provide vital continuity and support as a young person becomes a legal adult at the age of 18. This is particularly important if the young person has experienced the mental health system and is making the often uncertain and difficult transition from Children's to Adult Mental Health Services.

There is an open referral process for the project and young people can self-refer and other referrals are also received from the Kent County Council Youth Hubs, schools, GPs, other youth clubs/agencies, support workers, community police, community wardens and faith ministers.

During the last year, we supported 25 young people and achieved the following outcomes:

- 100% of young people agreed or strongly agreed that they have formed new friendships as a result of attending the Reachout Youth groups
- 80% felt more connected to others
- 60% reported that they had learnt new skills and tools to help deal with situations, and
- 60% reported they had learnt new ways of looking after their wellbeing

b) Advocacy

Assert



"Thanks for being there today it really helped."

Assert is a specialist advocacy service which provides:

- statutory advocacy as specified in the 2007 amendments to The Mental Health Act (1983); and
- short-term, issue-based advocacy to people with a mental health diagnosis living in the community.

The service is provided across West Kent, Maidstone, Dartford, Gravesham and Swanley and Assert is an established partner within Kent Advocacy and funded by The Advocacy People.

The statutory service supplies Independent Mental Health Advocate (IMHA) to people whose liberty is curtailed by the Mental Health Act, i.e. patients detained in hospital for assessment or treatment, released under restrictions and liable to recall, or placed in the care of the Local Authority. The IMHA service covers a variety of acute, rehab and forensic wards across our area and it also covers smaller satellite units when the need arises.

All the work advocates undertake is through instructions from clients and is issue-based. The work can vary depending on the setting the client is in.

In acute wards, clients are in an acute phase of illness, and often advocates are working with people who are extremely thought disordered. In these settings often the first contact Assert have with the patient is when they arrive at the ward, having been removed from the community due to being a risk to themselves, others, or both.

The IMHA role is independent of the professionals in the hospital setting but the advocates work closely with hospital staff to obtain relevant information about patients so that they can carry out their work safely. The Assert staff work to ensure the clients feel able to speak to them, explain the confidentiality protocol and the support that the service provides. At this stage of admission the Assert team are often the bridge between clients/patients and NHS staff.

The IMHA will listen to the client and help them to voice what is important to them regarding their treatment and care. Patients are within these settings often heavily medicated, and the work involves supporting them to understand their rights; the surroundings they find themselves in; what is happening to them and why; the requirements of them while on an acute ward; ensuring their rights are secured; and providing them the opportunity to ask questions and give feedback on their experiences of their treatment and care within this setting.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

The issues that the Assert team support clients with includes accessing the leave they are entitled to, speaking to doctors and ensuring that they feel and are heard and informing clients of their rights to aftercare. The service supports people to express themselves and empowers them to advocate for themselves, but with the knowledge that they can re-refer at any time.

The Assert service also supports people housed in rehabilitation units in the area. Advocates support clients in expressing their views regarding the treatment and care within these settings, and also support clients to be able to have a voice in where they are moved on to next – this could be closer to relatives, or further away from temptations or situations that previously have contributed to a relapse. The work here remains issue-based, but there can be more issues such as supporting to voice views on treatment and care then support to ensure appropriate placement and care moving forward is in place, and support from other services is engaged.

Assert also supports clients in medium or low forensic settings. Some patients will have been removed from prisons having become acutely unwell, others will either have been transferred directly from acute wards or courts. All patients in these settings are deemed to pose a risk to the public and in these settings the patients may need support over long stays, and crimes committed are discussed in detail at meetings held. Advocates can hear harrowing details, but still support the client to ensure their views and wishes are heard. All staff have supervision and time for debriefs when working with these clients.

As well as the statutory IMHA service, Assert also provides community advocacy service and addresses the disadvantage experienced by people with poor mental health when dealing with external agencies. The issues the Assert team support community clients with varies greatly. Often the support provided is to ensure the client can express a view regarding treatment and care from the community mental health team, GP practices or housing providers.

Along with all other projects, the Assert project transitioned to remote ways of working and were able to offer additional contact to clients and professionals through Lifesize, a video communications platform. However, where there was a need for an in-person IMHA service we were able to work in person on wards during the pandemic, particularly when a patient was unable to engage remotely.

In the financial year 2021/22 the project worked with 544 clients on 1,023 issues (150 cases were through community advocacy and 873 cases through Independent Mental Health Advocacy). In total, the service provided 6,235 hours of advocacy over the year, which is an 8% increase on the previous year.

The service supported improvements to people's mental wellbeing, as follows:

- 100% were given the opportunity to be supported
- 100% were given the opportunity to be informed of their rights where applicable

c) Mental Health Training

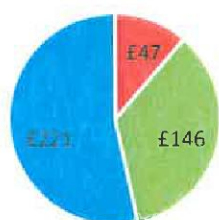
"Your presentation was excellent and there was lots of great feedback so thank you very much."

The Charity is committed to reducing the stigma of mental illness and raising awareness of mental health in the community. We regularly give talks at events and to corporates about what mental health is and the support available for people experiencing mental illness. This year we have delivered talks at various events at churches, street parties, as part of Charity of the Year events and other fundraising activities.

Treasurer's report

The Charity's income reported an increase on the prior year to £414,378 (2020/21: £400,704). This was driven by a rise in both grants and donations to £192,848 (2020/21: £181,844) and an increase in revenue generated by charitable activities to £221,131 (2020/21: £215,564) with the latter driven by the results of our Advocacy project. However, while total income rose by £13,674, this was more than offset by a £38,204 increase in expenditure due to more of our charitable services moving from a remote platform (a necessity during the pandemic) to in-person activities, which incurs higher costs. Overall, the charity reported a surplus for the year of £14,953 (2020/21: £39,483).

Income by Type (£k)



■ Donations ■ Grants ■ Charitable Activities

Expenditure by Activity (£k)



■ Community Support ■ Advocacy

Reserves increased to £490,630 (2020/21: £475,677); of this, £174,792 represents designated funds made up of the charity's freehold property of £170,692 and £4,100 put aside for essential maintenance of the building. £32,164 of the reserves is restricted, representing funds that must be spent on specific projects in the following year. General reserves have risen to £283,674; excluding other fixed assets of £3,282, the charity's free reserves are £280,392.

Cash at bank and in hand has increased to £332,780 (2020/21: £305,352).

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

We have received the support of many organisations and individuals in addition to the funding received from our strategic partner organisations and grant-making charitable trusts, without which many of our activities would not take place.

Reserves policy

The charity is committed to ensuring clients with mental health conditions can access long-term support as appropriate to enable them to live well and independently. For many clients, the charity's support is crucial to their wellbeing and any disruption to this support would create significant distress. The charity's reserves need to be of sufficient scale to minimise the risk of short-term disruption to services brought about by short or long-term financial pressures. As it can take sometimes six months or more for funders to respond to applications for funding, the Board of Trustees consider that it is necessary to hold reserves of around six to twelve months of running costs to ensure:

1. the continuation of long terms services provided to clients during a time of financial uncertainty
2. the smooth transfer of activity during any run-down of services necessitated by any funding shortfalls
3. the continuation of funding for core staff to promote long term sustainability whilst securing new funding sources
4. sufficient funding is available to maintain and enhance the building to meet client requirements and safety

Six to twelve months' running costs are forecast to be c. £194,000 - £388,000, so the amount of free unrestricted reserves of £280,392 held at the end of the year is within this range and therefore appropriate. In the financial year ended 31/03/2023, the unrestricted reserves may decrease as reserves are used to ensure the continuation of some of our core activities which are not currently fully funded.

Investment policy

The Charity's investment objective seeks to produce the best financial return within an acceptable level of risk while recognising that capital preservation is of paramount importance. The investment policy therefore requires the Charity to hold all of its assets in cash sterling, deposited with institutions with a minimum rating of A-, and within the levels stipulated by the Financial Services Compensation Scheme guarantee.

Risk Management

The Board of Trustees has conducted a review of the major risks to which the Charity is exposed. A Risk Management document identifying all major risks has been prepared and agreed by the Board. This is currently reviewed twice a year to ensure greater control and governance.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

REPORT OF THE BOARD OF TRUSTEES FOR THE YEAR ENDED 31 MARCH 2022

As we emerge from the Covid-19 restrictions, the Board of Trustees is also regularly reviewing the measures that the charity needs to put in place for resuming all in-person activity to meet the needs of clients and also ensure the safety of clients and staff.

The Trustees have always identified one of the key risks to the Charity as being the withdrawal or termination of funding of our main contracts and as such is working to develop strong working relationships with contractors, developing current projects and introducing new projects to ensure the long-term security of the organisation. A fundraising strategy has been formalised and prioritised.

Plans for the Future

As Covid-19 restrictions lift, there will continue to be an impact on how we deliver services. In all our planning of activities we recognise the differing needs and wishes of clients and our duty of care to staff and clients. We will begin to resume our face-face activity and will also continue to deliver some services and activities remotely, as we know that is what some of our clients still want.

We continue to review our strategic plan regularly to identify how we achieve our strategic objectives and prioritise and improve our work on supporting people with mental health issues in the community.

We will ensure that we take appropriate steps in the mitigation of risks associated with current and future development of new projects, services and activities.

We will endeavour to seek new and diverse sources of income, securing short, medium and long-term funding for the charity to enable us to continue to provide the much-needed support to improve people's mental wellbeing.

Going Concern

The Board of Trustees acknowledge and recognise the ongoing potential impact of the Covid-19 pandemic on the future operations of the charity, its beneficiaries and stakeholders, and on wider society.

We remain confident that given the measures we have in place for in-person activity, the ongoing ability to deliver some services remotely, the commitment from our main funders and our current level of reserves that we are well placed to adjust financially.

The Trustees consider that the charity's reserves as at 31 March 2022 are sufficient for Mental Health Resource to be considered a going concern for 2022/23. This assessment is made in the light of the following:

1. Mental Health Resource's forecast cash reserves at the end of financial year 2021/22
2. Mental Health Resource's budget & projections for financial year 2022/23
3. Mental Health Resource's future plans

Trustees' responsibilities statement

The Trustees (who are also directors of Tunbridge Wells Mental Health Resource Limited for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these financial statements, the Trustees are required to:

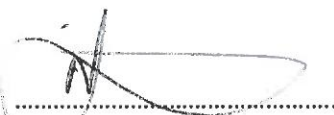
- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charities SORP;
- make judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume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

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies' exemption.

This report was approved by the Trustees, on 30th September 2022 and signed on their behalf by:



N Thorn
Chair of Board of Trustees

**INDEPENDENT EXAMINER'S REPORT TO THE BOARD OF TRUSTEES OF TUNBRIDGE WELLS
MENTAL HEALTH RESOURCE LIMITED**

FOR THE YEAR ENDED 31 MARCH 2022

I report to the Board of Trustees on my examination of the accounts of Tunbridge Wells Mental Health Resource Limited ("the charity") for the year ended 31 March 2022.

Responsibilities and Basis of Report

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

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

Independent Examiner's Statement

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

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

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

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


A S Healey FCA CTA DCHA

Date: 4 November 2022

Lindeyer Francis Ferguson Limited
North House
198 High Street
Tonbridge
Kent TN9 1BE

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2022

	Note	Unrestricted funds 2022 £	Designated funds 2022 £	Restricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income from:						
Grants and donations	2	53,929	-	138,919	192,848	181,844
Charitable activities	3	196,297	-	24,834	221,131	215,564
Other trading activities		50	-	-	50	2,300
Investments		349	-	-	349	996
Total income		250,625	-	163,753	414,378	400,704
Expenditure on:						
Raising funds	4	24,685	-	15,895	40,580	25,687
Charitable activities	5	201,516	1,776	155,553	358,845	335,534
Total expenditure		226,201	1,776	171,448	399,425	361,221
Net income and net movement in funds	8	24,424	(1,776)	(7,695)	14,953	39,483
Reconciliation of funds:						
Total funds brought forward		259,250	176,568	39,859	475,677	436,194
Total funds carried forward	13	283,674	174,792	32,164	490,630	475,677

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

BALANCE SHEET
AS AT 31 MARCH 2022


	Note	£	2022 £	£	2021 £
Fixed assets					
Tangible assets	10		173,974		177,453
Current assets					
Debtors	11	4,159		17,607	
Cash at bank and in hand		332,780		305,352	
		<u>336,939</u>		<u>322,959</u>	
Creditors: amounts falling due within one year	12	(20,283)		(24,735)	
Net current assets			316,656		298,224
Total net assets			<u>490,630</u>		<u>475,677</u>
Represented by the funds of the charity:					
Unrestricted funds			283,674		259,250
Designated funds			174,792		176,568
Restricted funds			32,164		39,859
	13		<u>490,630</u>		<u>475,677</u>

The charity's financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.


The trustees consider that the charity is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the charity to obtain an audit for the year in question in accordance with section 476 of the Act.

The trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The financial statements were approved and authorised for issue by the trustees on 30 September 2022 and signed on their behalf by:



N Thorn
Trustee



M Guo
Trustee

Company number: 02826452

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies

Basis of preparation of the financial statements

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Tunbridge Wells Mental Health Resource Limited meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The financial statements are prepared in pounds sterling, which is the functional currency of the charity, and rounded to the nearest £1.

In preparing the accounts the trustees have considered the impact of the COVID-19 pandemic on the charity's operations. The trustees are satisfied that there are no material uncertainties over the charity's going concern status. Further information is provided in the Report of the Board of Trustees.

Status

The charity is a private company limited by guarantee registered in England and Wales. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is 2a Grosvenor Park, Tunbridge Wells, Kent, TN1 2BD.

Income

Income from grants and donations is recognised when the charity is entitled to the funds, the receipt is probable and the amount can be measured reliably. For donations, this is usually on receipt. For grants, this is usually when a formal offer is made in writing, unless the grant contains terms and conditions outside of the charity's control which must be met before the charity is entitled to the funds. Where grants are received in response to a proposal including a budgeted timescale, such that the timescale for the expenditure is implicit in the grant agreement, the income is recognised in accordance with that timescale.

Income from charitable activities is recognised over the period to which the income relates. For contracts, income is recognised to the extent that the contractual services have been supplied. For performance-related grants, income is recognised to the extent that performance-related criteria have been met.

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

1 Accounting policies continued

Gifts in kind are included in the financial statements when the charity is entitled to them, when it is probable that the charity will receive the economic benefits, and when the fair value or value to the charity, as appropriate, can be measured with sufficient reliability.

Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. Direct costs, including direct staff costs are attributed to the relevant activity. Support costs, including support staff costs, are allocated to activities on the basis of the use of premises and income.

Support costs are those functions that assist the work of the charity but do not directly relate to the charitable activities, and include governance costs.

All expenditure is inclusive of irrecoverable VAT.

Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds can only be used for the particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Tangible fixed assets and depreciation

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Assets costing less than £500 are not capitalised. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Freehold land	Not depreciated
Freehold property / improvements	1% on cost
Fixtures and fittings	10% or 20% on cost
Computer equipment	33.3% on cost

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS FOR THE YEAR ENDED 31 MARCH 2022

1 Accounting policies continued

Leased assets

Operating lease rentals are charged to the statement of financial activities as incurred.

Pensions

The charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

2 Income from grants and donations

	2022	2021
	£	£
Donations	46,902	32,127
Grants		
BBC Children in Need	9,785	9,593
Gallagher Charities Trust	5,000	-
Kent Community Fund	13,763	15,000
Kent County Council	2,000	-
Media Trust	2,000	-
The National Lottery Community Fund	109,187	109,187
Paragon Trust	1,000	-
Sir Thomas Smythe	2,000	-
Town and Country Housing (Peabody Group)	-	5,000
Coronavirus Job Retention Scheme and other Covid grants	1,211	10,937
	<u>192,848</u>	<u>181,844</u>

In the preceding period, restricted income from grants and donations was £149,022.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

3	Income from charitable activities	2022 £	2021 £
	Community support	40,048	44,097
	Advocacy	181,083	168,166
	Training	-	3,301
		<u>221,131</u>	<u>215,564</u>

In the preceding period, restricted income from charitable activities was £25,184.

4	Expenditure on raising funds	2022 £	2021 £
	Staff costs	24,059	18,725
	Fundraising consultancy	1,050	-
	Cost of fundraising events	575	56
	Travel and volunteer expenses	21	-
	Support costs See Note 7	14,875	6,906
		<u>40,580</u>	<u>25,687</u>

5	Expenditure on charitable activities	Direct costs 2022 £	Support costs 2022 £	Total 2022 £	Total 2021 £
	Community support	118,525	50,568	169,093	152,161
	Advocacy	146,596	43,156	189,752	181,174
	Training	-	-	-	2,199
		<u>265,121</u>	<u>93,724</u>	<u>358,845</u>	<u>335,534</u>
		See Note 6	See Note 7		

In the preceding period, expenditure on charitable activities from restricted funds was £169,291.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

6 Direct costs	2022	2021
	£	£
Staff costs	229,573	221,463
Recruitment and training	8,140	3,320
Activity costs	7,782	7,974
IT costs	645	745
Travel and volunteer expenses	2,093	625
Premises costs	8,460	6,727
Office costs	8,428	9,583
	<u>265,121</u>	<u>250,437</u>
7 Support costs	2022	2021
	£	£
Staff costs	73,425	67,170
Recruitment and training	-	25
IT costs	7,891	6,179
Travel and volunteer expenses	40	5
Premises costs	8,219	6,256
Insurance	1,626	1,196
Office costs	7,142	3,891
Bad debts	1,931	-
Depreciation	4,143	3,009
Governance costs:		
Independent examination	2,820	2,700
Other fees payable to examiners	1,362	1,572
	<u>108,599</u>	<u>92,003</u>
8 Net income	2022	2021
	£	£
This is stated after charging:		
Depreciation	4,143	3,009
Independent examination	2,820	2,700
	<u>7,963</u>	<u>5,709</u>

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

9 Staff costs	2022 £	2021 £
Wages and salaries	300,653	283,133
Social security costs	17,437	15,503
Pension costs	8,967	8,722
	<u>327,057</u>	<u>307,358</u>

The average number of persons employed by the charity was:

	2022 No.	2021 No.
Community support	10	10
Advocacy	6	6
Administration and fundraising	5	5
	<u>21</u>	<u>21</u>

Full-time equivalent staff was an average of 11 (2021: 11).

No employee received remuneration amounting to more than £60,000 in either year.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

10 Tangible fixed assets

	Freehold property £	Fixtures, fittings & equipment £	Total £
Cost			
Brought forward	204,502	65,482	269,984
Additions	-	664	664
Disposals	-	(12,576)	(12,576)
Carried forward	<u>204,502</u>	<u>53,570</u>	<u>258,072</u>
Depreciation			
Brought forward	32,034	60,497	92,531
Charge for the year	1,776	2,367	4,143
Eliminated on disposal	-	(12,576)	(12,576)
Carried forward	<u>33,810</u>	<u>50,288</u>	<u>84,098</u>
Net book value			
At 31 March 2022	<u>170,692</u>	<u>3,282</u>	<u>173,974</u>
At 31 March 2021	<u>172,468</u>	<u>4,985</u>	<u>177,453</u>

11 Debtors

	2022 £	2021 £
Trade debtors	1,175	14,565
Prepayments and accrued income	2,984	3,042
	<u>4,159</u>	<u>17,607</u>

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

12 Creditors: amounts falling due within one year	2022	2021
	£	£
Trade creditors	8,169	3,571
Other tax and social security	6,814	4,314
Accruals and deferred income	5,300	7,127
Funds held as agent	-	9,723
	<u>20,283</u>	<u>24,735</u>

During the period funds were held as agent on behalf of Venture Together in respect of its Future Store activity. Funds received as agent totalled £2,667 (2021: £41,051) and funds paid as agent totalled £4,797 (2021: £29,028). A management fee of £50 (2021: £2,300) was levied and the final balance of £7,543 was remitted to Venture Together.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

13 Statement of movements on funds - current year

	1 April 2021 £	Income £	Expenditure £	Transfers £	31 March 2022 £
General fund	259,250	250,625	(226,201)	-	283,674
Designated funds:					
Planned maintenance	4,100	-	-	-	4,100
Capital reserve	172,468	-	(1,776)	-	170,692
Total unrestricted funds	435,818	250,625	(227,977)	-	458,466
Community support	39,859	154,300	(167,960)	-	26,199
Advocacy	-	720	(240)	-	480
Other	-	8,733	(3,248)	-	5,485
Total restricted funds	39,859	163,753	(171,448)	-	32,164
Total funds	475,677	414,378	(399,425)	-	490,630

The designated capital reserve fund represents the net book value of the freehold property.

The planned maintenance fund represents funds ringfenced for essential planned maintenance for the registered office where some of the charitable activities take place.

Restricted funds are money earmarked for activities stipulated by the funder and used for the objectives set by them. The Community support fund shown in the table above is composed of funding from various sources including:

BBC Children in Need – to deliver support groups for young people.

EK360 - to deliver peer support groups across West Kent and to collect Mental Health Service Feedback.

Kent Community Foundation – for delivery of out-of-hours mental health support.

Kent County Council – for supervision costs.

The National Lottery Community Fund - to support and develop Hub activities.

Sir Thomas Smythe’s Charity - for delivery of out-of-hours mental health support.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

14 Statement of movements on funds - prior year

	1 April 2020 £	Income £	Expenditure £	Transfers £	31 March 2021 £
General fund	237,819	226,498	(205,067)	-	259,250
Designated funds:					
Planned maintenance	4,100	-	-	-	4,100
Capital reserve	174,244	-	(1,776)	-	172,468
Total unrestricted funds	416,163	226,498	(206,843)	-	435,818
Community support	20,031	173,706	(153,878)	-	39,859
Advocacy	-	500	(500)	-	-
Total restricted funds	20,031	174,206	(154,378)	-	39,859
Total funds	436,194	400,704	(361,221)	-	475,677

The prior period fund movements have been amended to remove restricted income of £18,913, expenditure of £14,913 and funds carried forward of £4,000, as it has been determined that the income is in the nature of a contract for the provision of services rather than a grant. This had no effect on the overall result or funds.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

15 Analysis of net assets between funds

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Tangible fixed assets	173,974	-	173,974
Net current assets	284,492	32,164	316,656
	<u>458,466</u>	<u>32,164</u>	<u>490,630</u>
Prior year:			
Tangible fixed assets	177,453	-	177,453
Net current assets	258,365	39,859	298,224
	<u>435,818</u>	<u>39,859</u>	<u>475,677</u>

16 Related party transactions

The key management personnel are considered to be the Board of Trustees, the Charity Manager and the Finance Manager.

The trustees received no remuneration or benefits, and were not reimbursed for any expenses.

The total employee benefits paid in respect of the key management personnel was £48,962 (2021: £36,330).

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

England & Wales - Charity number 1049854

Accounts



**TUNBRIDGE WELLS
MENTAL HEALTH RESOURCE LIMITED**

ANNUAL REPORT AND UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED
31 MARCH 2021

www.mentalhealthresource.org.uk
Registered charity number: 1049854
Registered company number: 02826452

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TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

REFERENCE AND ADMINISTRATIVE DETAILS FOR THE YEAR ENDED 31 MARCH 2021

Board of Trustees	D Bellinger-Brown A Donald (Treasurer) D Hardie (deceased Jan 2021) R Lindsay E Muir R North (appointed March 2021) N Thorn (Chair)
Company number	02826452
Charity number	1049854
Trading name	Mental Health Resource
Registered and principal office	2a Grosvenor Park Tunbridge Wells Kent TN1 2BD
Charity manager	R Corry
Company secretary	H Collins
Independent examiner	A S Healey FCA CTA DChA Lindeyer Francis Ferguson Limited North House 198 High Street Tonbridge Kent TN9 1BE
Solicitors	Cripps 22 Mount Ephraim Tunbridge Wells Kent TN4 8AS

The Board of Trustees of the charity present their annual report together with the financial statements of the charity Tunbridge Wells Mental Health Resource Limited for the year ended 31 March 2021. The trustees confirm that the annual report and financial statements of the company comply with the current statutory requirements, the requirements of the company's governing document and the provisions of the Statement of Recommended Practice (SORP), applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019). This report is also the Directors' Report required by Company Law.

Structure, Governance and Management

The organisation is a charitable company limited by guarantee, incorporated on 11 June 1993 and registered as a charity on 18 October 1995. It is governed by its Memorandum and Articles of Association.

The legal name of the charity is Tunbridge Wells Mental Health Resource Limited; however, its trading name is now Mental Health Resource, and this is what it is referred to throughout this report.

The Reference and Administrative details set out on page 1 form part of this report.

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles of Association are known as members of the Council of Management. New trustees are recruited through an open recruitment process. Under the requirements of the Memorandum and Articles of Association at every Annual General Meeting one third of the trustees shall retire from office. The trustees to retire in every year shall be those who have been longest in office. A retiring trustee shall be eligible for re-election.

There is a formal procedure for the induction of members of the Board of Trustees. All trustees give their time voluntarily.

The Board of Trustees meet every two months and have responsibility for the strategic oversight of the Charity. The Board of Trustees is supported by two sub-committees – Finance and Strategy and Marketing, Campaigning and Fundraising – which both meet at least quarterly. The Board of Trustees delegate the day-to-day management of the charity to the Charity Manager.

Sadly, David Hardie, one of our trustees and the founder of the charity, passed away in January 2021. David, along with a small group of Tunbridge Wells residents, established the charity in response to the lack of mental health services in their area. Their vision was to build a new mental health resource centre, a safe and caring environment for people suffering from mental ill health, to increase their self-confidence and feel a full and valued member of society. These remain the tenets of the charity today.

Aims, Objectives and Activities

Our charity's purposes as set out in the company's Memorandum of Association are to 'relieve persons with mental health problems in the Tunbridge Wells area by ... providing services with the object of improving their conditions of life'.

Our Vision

We believe in improved wellbeing for everyone.

Our Mission

We provide safe spaces and person-centred mental health support in our community to help people improve their wellbeing.

Our strategic aim

Our overall aim is to improve people's mental wellbeing.

Our strategic objectives

In order to improve people's mental wellbeing, we will

- a) enable people to be supported and valued
- b) provide opportunities for social connections
- c) raise awareness of mental health in the community and
- d) ensure people with mental health issues benefit from a well-run, sustainable organisation

Our aims and objectives fully reflect the purposes for which the charity was set up and the Theory of Change methodology has ensured that all our activities contribute to our aims and objectives.

The charity undertakes the following activities to achieve its aims and objectives:

- a) Community Support:
 - i. The Hub: our friendly wellbeing centre providing wellbeing activities and a safe space to talk; and our out-of-hours support
 - ii. Reachout: confidential, self-help support groups focusing on wellbeing and recovery
 - iii. Reachout Youth: helping young people share stories, develop coping strategies and make new friends
- b) Assert: a specialist independent mental health advocacy service provided to those detained under the Mental Health Act and community advocacy
- c) Mental Health Training: raising awareness of mental health with local organisations

The Board of Trustees have referred to the guidance contained in the Charity Commission's general guidance on public benefit in the review of our aim and objectives and in planning all activities. Further details on our activities and how they benefit the public are detailed in the following section.

Achievements and Performance and how our activities deliver Public Benefit

2020/21 was a challenging year for everyone with the Covid-19 pandemic and the national lockdowns. The Board of Trustees are very thankful to all the staff and volunteers for their hard work and commitment over the last year as well as all the Charity's supporters and funders, who have enabled us to continue to provide mental health support to our clients.

For our clients, Covid-19 deeply heightened their anxiety levels with many experiencing deteriorating mental and physical health, sleep problems and further isolation from the community. Clients faced additional difficulties with benefit claims, housing issues, anti-social neighbours, feelings of loneliness and panic attacks. There was also an increased number of people expressing feelings of suicide.

Mental Health Resource quickly adapted following the lock down and was able to provide support to clients remotely through 1-1 telephone calls, video calls, telephone group calls, WhatsApp groups and peer support groups, Zoom groups, text support, Facebook interactive chats and electronic bulletins. In addition, we have been able to provide face-to-face support to our most vulnerable clients, in a covid-secure way. We are particularly grateful to Crossways Community for allowing us to use their Kitchen Table premises from the early stages of lockdown and adapting it to comply with social distancing requirements, so that we could safely meet clients in person.

We are grateful for the flexibility, resourcefulness and commitment shown by our staff in delivering the amended services so quickly. We are also grateful to all our funders who recognised the challenges of Covid-19 and the impact on our clients, and who have maintained their financial support and commitment during this time.

Our income from planned community fundraising decreased because fundraising events were cancelled or curtailed, however we were successful in securing funding from charitable trusts to cover the additional costs of transitioning to remote ways of working. In addition, many members of the community supported us through different sponsorship events and crowdfunding initiatives.

The Charity has continued its work of seeking to improve the mental wellbeing of local people. Last year we provided help and support for nearly 950 clients, many of whom have complex and enduring mental health conditions, including anxiety, depression, bi-polar, obsessive-compulsive disorder, borderline personality disorder, post-traumatic stress disorder and schizophrenia. We are one of the few organisations in West Kent providing both long-term and short-term practical mental health support.

This year we have continued to strengthen our governance and advertised for new trustees with specific skills. We appointed one new trustee in the year and have appointed another three since the year end.

During the year, we developed a new partnership with Compaid charity. Many of our clients lack access to IT and we have been able to refer some of our clients so that they are loaned equipment and receive 1-1 training on how to use it.

We continued to work closely with other organisations such as Porchlight and Citizen's Advice.

Funding and fundraising

The charity continues to work closely with its current strategic partners; Shaw Trust, The Advocacy People and Engaging Kent, for whom we are sub-contractors on Kent County Council and Clinical Commissioning Group funded activities.

We continued to receive funding from the National Lottery Community Fund and BBC Children in Need. We also received funding from other charitable trusts and foundations, including Kent Community Foundation, Colyer Fergusson Trust and Kent Combined Members Fund.

In addition, we are particularly grateful for the fundraising support we received from the following organisations:

- Countryside Property
- Paragon Trust
- Tesco Bags of Help COVID-19 Communities Fund
- Neighbourly Covid-19 Community Fund

We are also very thankful for the support and commitment we have received from members of the local community who have undertaken various activities to raise funds for us. Unfortunately, there are too many people to mention by name, however, we would like to give special thanks to:

- Tunbridge Wells Borough Council
- Bicycle Bakery
- Maslins Accountants
- TW Boorman
- John Lewis & Partners and Waitrose (Paddock Wood & Tonbridge)
- MBM Consulting
- Flow Tunbridge Wells
- Cripps
- Creasey's
- Sweetwoods Seniors Golf Club
- Lisa Whitehouse Yoga and Mindfulness
- John Vanek
- Kelly Heasman
- Jemma Moulange
- Samuel Hill
- TW Quakers
- West Kent Masons
- All our regular donors

Through support from the community this year, we have been able to raise £32,127 in donations. Thank you to everyone who supported our charity with a donation or grant.

Project Activity

Our activity is grouped into three categories:

- a) Community Support
- b) Advocacy
- c) Mental Health Training

The detailed annual summary of achievements for each category is as follows:

a) Community Support

In 2020/2021 we helped 180 people through our community support programme and 88% of our clients reported increased mental wellbeing. Our community support projects are detailed below.

Many of our clients have complex and enduring mental health conditions ranging from anxiety, depression, PTSD, bipolar, borderline personality disorder, psychosis, schizophrenia, self-harm, obsessive-compulsive disorders, eating disorders and suicidal feelings. These conditions require long-term practical and emotional support and therefore all of our projects provide a safe and caring environment which are not time-limited so that people can continue to access them for as long as they wish or need to.

The Hub



"I really don't know what I would have done without you all; my head was all over the place. I can't thank you enough."

The Hub provides a range of support interventions to maintain and enhance mental and emotional wellbeing of people aged 18+ years. Clients are supported by staff and peers to manage their conditions and to work towards their personal goals in a supportive environment that nurtures and empowers. Activities are normally delivered from our centre in Tunbridge Wells but during the Covid-19 pandemic we have delivered support to clients remotely.

During the last year we have continued to provide tailored 1-1 support as the needs of our clients increased during this time. Issues have been exacerbated by the pandemic and the restrictions, and include mental ill health, stress, fear, housing issues, anti-social neighbours, physical health, employment, relationships, benefits, discrimination, productivity, connection and involvement with the local community, loneliness, isolation, racism and domestic violence.

We adapted our services to provide

- Regular 1-1 telephone calls, supporting people with whatever issues they faced, providing tools and helping them to develop strategies for coping

REPORT OF THE BOARD OF TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

- Group telephone calls, enabling people to connect with each other and to provide much-needed peer support. Many of our clients do not have access to smart phones, laptops or have broadband or contract mobiles, so to be inclusive we provided a freephone telephone conference facility that people could easily access.
- A WhatsApp peer support group
- A creative arts course on zoom
- An interactive chat facility via facebook
- An email bulletin with updates and tips for how people could manage their mental and emotional wellbeing

The peer support enables people to share their experiences and to learn from others.

During the year we also delivered a dedicated out-of-hours support on a Sunday when access to other community support is restricted. We provided 1-1 telephone support and group telephone calls to facilitate peer support through a space to connect with others and share experiences.

We were also able to provide in-person 1-1 support for those who were most in need. During the first lockdown we were able to use the café of Crossways Community in Tunbridge Wells, to provide support through a perspex screen. When restrictions lifted, we were able to provide this 1-1 support from our premises in Tunbridge Wells.

We have also been able to resume work on our allotment, which has enabled people to engage with nature, learn new skills and connect with others. During the year we have also delivered outdoor groups and a walking group.

In 2020/21 The Hub supported 130 people. An evaluation of our activities showed:

- 58% reported feeling better in themselves and had improved wellbeing as a result of accessing our services
- 50% reported feeling better supported
- 50% said they felt more valued
- 50% said they felt more connected to others
- 42% reported feeling less isolated
- 38% reported increased levels of confidence

The project is open access and people can refer themselves or be referred by other organisations and we have continued to receive and support new referrals during the year.

We have maintained our good working relationships with local organisations, including Shaw Trust, social prescribers working in GP practices, Porchlight, Citizens Advice, Nourish foodbank, Kent Together, Look Ahead, Jobcentre Plus, and community mental health services. This has enabled us to refer and signpost clients to their services and also ensure that they knew of the services we provided.

Time 4 U is a volunteer programme that supports clients who are housebound or socially isolated. This year two volunteers supported our clients through lockdown by providing regular contact.

We have continued to seek the views of clients throughout the year, asking what support they need and how we could meet that need, so that we can plan and deliver services based on a service user perspective.

Mental Health Resource is a delivery partner within the Shaw Trust's Live Well Kent programme and provides emotional wellbeing support in West Kent. We continue to work well with a wide variety of other local partner organisations.

Reachout Adults



"Reachout has made a huge difference to me in how I manage my anxiety. I feel supported by the group. As I had to shield myself during the lockdowns, seeing other people really helped via the Zoom meetings."

The Reachout Adults project helps people, aged 18+, with their mental health and wellbeing issues by providing confidential, mental health peer support groups across West Kent. The groups operate in Southborough, Edenbridge and Paddock Wood and focus on mental wellbeing and recovery in a caring and non-judgmental environment. Clients are supported to take responsibility for their own health and wellbeing and to manage their own long term mental health conditions.

These issues include anxiety, depression, stress, isolation, loneliness and those with long term and more complex mental health who are able to live in community safely.

The group is open access and also supports those on the autistic spectrum and people with early signs of dementia.

Pre-Covid-19, the groups met on a fortnightly basis in community venues and they also arranged and planned their own social activities. During the last year, the group peer support was delivered by telephone or zoom group calls on a weekly basis with additional 1-1 telephone support provided. In the summer we made the most of the relaxation in restrictions and the nice weather and the groups were able to meet up outside to do walk and talk groups and land art.

During the year, 32 people attended the groups and were able to access mental health support and enhance their mental health and wellbeing. The groups benefited people as follows:

- 88% reporting improved wellbeing
- 92% reporting feeling less anxious or stressed
- 100% reporting feeling better supported
- 96% reporting feeling less isolated

People can refer themselves to the project or can be referred by professionals and other organisations, including support workers, GPs, occupational therapists, counsellors, police & community police, Kent County Council community wardens, faith ministers, domestic abuse organisations and hostels.

Mental Health Resource is part of a delivery network funded by Engaging Kent, the lead provider for the Service User Voice contract in Kent. As part of this contract, the Reachout project actively seeks out the views of clients on the mental health system in West Kent. Clients are encouraged to have a voice in the shaping, development and delivery of mental health services by completing surveys and providing feedback to service providers. These views are used to review systems and identify where improvements need to be made. During the year we captured and reported the views of 91 people.

Our Reachout Manager attends bi-monthly Local Mental Health Network meetings, and any other appropriate local West Kent meetings, and continues to have good relationships with other organisations.

Reachout Youth



"Reachout Youth helped me when I thought I couldn't get through I feel less alone and understand it's normal to have bad days. Thank you."

The Reachout Youth project provides two weekly groups for young people aged 13-19 who are experiencing emotional or mental health difficulties. The groups offer young people an informal, fun and confidential space to share stories, reduce stigma, develop coping strategies and make friends. They provide opportunities to meet other young people who've had similar experiences, and to share things they may not usually shared with others.

Sessions focus on wellbeing, including activities, games and discussions on themes surrounding mental health. We often run creative sessions based around a mental health theme which helps to initiate discussions and reflection. We also invite guest speakers to deliver sessions on specialist subjects. Themes and activities this year have included identity mask-making, body image, self-esteem, slime making, peer-pressure, cooking, collaging, self-soothing object making, origami and how to cope with anxiety.

Due to the pandemic, we have adapted our services and delivered the groups on Zoom. In addition, we sent regular emails with tips on how they could support their mental wellbeing. We also provided text support and 1-1 telephone calls. For the online groups, we sent out art packs filled with all the materials needed for our creative sessions.

The issues that the groups can help with are varied and include anxiety, low mood, stress, family relationships, friendships, bereavement, autism, ADHD, loneliness, isolation, and other long-term chronic mental health.

REPORT OF THE BOARD OF TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

There is an open referral process for the project and young people can self-refer and other referrals are also received from the Kent County Council Youth Hubs, schools, GPs, other youth clubs/agencies, support workers, community police, community wardens and faith ministers.

During the last year, we supported 20 young people and achieved the following outcomes:

- 75% of the young people had improved mental and emotional wellbeing
- 75% said that they were less stress and anxious
- 75% demonstrated increased confidence and self-belief as a result of learning new skills and tools to deal with stressful life events, and
- 85% of the young people were less lonely or socially isolated

b) Advocacy

Assert



"Thank you for attending my ward review meeting this morning, it made a real difference to have you there remotely. I was able to have time to speak and understand what was happening more regarding the treatment."

Assert is a specialist advocacy service which provides:

- statutory advocacy as specified in the 2007 amendments to The Mental Health Act (1983);
- short-term, issue-based advocacy to people with a mental health diagnosis living in the community.

The statutory service supplies Independent Mental Health Advocate (IMHA) to people whose liberty is curtailed by the Mental Health Act, i.e. patients detained in hospital for assessment or treatment, released under restrictions and liable to recall, or placed in the care of the Local Authority. The IMHA service covers a variety of acute, rehab and forensic wards across our area and it also covers smaller satellite units when the need arises.

The aim of the community advocacy service is to address the disadvantage experienced by people with poor mental health when dealing with external agencies.

Assert provides this service across West Kent, Maidstone, Dartford, Gravesham and Swanley and is an established partner within Kent Advocacy and funded by The Advocacy People.

Along with all other projects, the Assert project transitioned to remote ways of working and were able to offer additional contact to clients and professionals through Lifesize, a video communications platform.

REPORT OF THE BOARD OF TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

In the financial year 2020/21 the project worked with 782 clients on 1,371 issues (125 clients were supported with community advocacy and 657 clients through the Independent Mental Health Advocacy). The service supported improvements to people's mental wellbeing, as follows:

- 100% were given the opportunity to be supported
- 100% were given the opportunity to be informed of their rights where applicable

c) Mental Health Training

"A huge thank you! The feedback from the training has been really positive and the way you pitched it really hit the spot!"

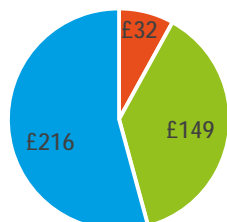
The Charity runs training workshops which are designed to raise awareness of mental health, help people to understand mental health issues, recognise signs of mental health problems and identify support for people experiencing mental illness. We run bespoke courses tailor-made to organisations' requirements and also run the Mental Health First Aid (MHFA) training.

This year we have delivered workshops to Tunbridge Wells Borough Council, and MHFA training for employees of a local voluntary sector organisation. All workshops and training have been very well received.

Treasurer's report

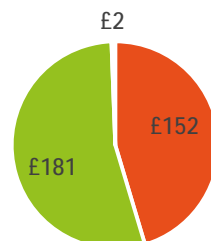
The charity's income reported a slight fall on the prior year to £400,704 (2019/20: £412,686). While grants and donations rose to £181,844 (2019/20: £153,407) largely due to funding from The National Lottery Community Fund and the Kent Community Fund, 2020/21 saw a decrease in income from charitable contracts due to a reduction in funding relating to the Charity's Advocacy project and a slight decrease in funding received with regards to our Community Support services. This reduction in income was more than offset by a decrease in expenditure to £361,221 (2019/20: £392,810), primarily reflecting lower costs and overheads as a result of charitable services moving to a remote platform rather than face to face (necessitated by the global pandemic). Overall the charity reported a surplus for the year of £39,483 (2019/20: £19,876).

Income by Type (£k)



■ Donations ■ Grants ■ Charitable Activities

Expenditure by Activity (£k)



■ Community Support ■ Advocacy ■ Training

Reserves increased to £475,677 (2019/20: £436,194); of this, £176,568 represents designated funds made up of the charity's freehold property of £172,468 and £4,100 put aside for essential maintenance of the building. £43,859 of the reserves is restricted, representing funds that must be spent on specific projects in the following year. General reserves have risen to £255,250; excluding other fixed assets of £4,985, the charity's free reserves are £250,265.

Cash at bank and in hand has increased to £305,352 (2019/20: £233,299).

We have received the support of many organisations and individuals in addition to the funding received from our strategic partner organisations and grant-making charitable trusts, without which many of our activities would not take place.

Reserves policy

The Trustees recognise the necessity to hold reserves of around six months to:

- support the continuation of services provided to service users in times of financial uncertainty;
- maintain and enhance the building to meet service user requirements and safety;
- continue to fund core staff to promote long term sustainability whilst securing new funding sources;
- ensure continuation of activity during any run-down period.

Six months' running costs are forecast to be £212,498 and so the free unrestricted reserves held of £250,265 at the reporting date are in line with the policy level.

Investment policy

The Charity's investment objective seeks to produce the best financial return within an acceptable level of risk while recognising that capital preservation is of paramount importance. The investment policy therefore requires the Charity to hold all of its assets in cash sterling, deposited with institutions with a minimum rating of A-, and within the levels stipulated by the Financial Services Compensation Scheme guarantee.

Risk Management

The Board of Trustees has conducted a review of the major risks to which the Charity is exposed. A Risk Management document identifying all major risks has been prepared and agreed by the Board. This is currently reviewed twice a year to ensure greater control and governance.

As we emerge from the Covid-19 restrictions, the Board of Trustees is also regularly reviewing the measures that the charity needs to put in place for resuming all in-person activity to meet the needs of clients and also ensure the safety of clients and staff.

The Trustees have always identified one of the key risks to the Charity as being the withdrawal or termination of funding of our main contracts and as such is working to develop strong working relationships with contractors, developing current projects and introducing new projects to ensure the long-term security of the organisation. A fundraising strategy has been formalised and prioritised.

Plans for the Future

We continue to review our strategic plan regularly to identify how we achieve our strategic objectives and prioritise and improve our work on supporting people with mental health issues in the community.

We will ensure that we take appropriate steps in the mitigation of risks associated with current and future development of new projects, services and activities.

Covid-19 will continue to have an impact on how we deliver services. In all our planning of activities we recognise the differing needs and wishes of clients and our duty of care to staff and clients. We will be resuming some face-face activity where it is safe and practicable to do so and will also continue to deliver some services and activities remotely. For the time being all indoor activity will be with 1m+ social distancing measures in place.

We will endeavour to seek new and diverse sources of income, securing short, medium and long-term funding for the charity to enable us to continue to provide the much-needed support to improve people's mental wellbeing.

We will build on the work we did during the year to strengthen and develop our Board of Trustees and ensure we have a well-run organisation. We will be updating our constitution in line with best practice guidance.

Going Concern

The Board of Trustees acknowledge and recognise the ongoing potential impact of the Covid-19 pandemic on the future operations of the charity, its beneficiaries and stakeholders, and on wider society.

REPORT OF THE BOARD OF TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

We remain confident that given the measures we have in place for in-person activity, the ongoing ability to deliver some services remotely, the commitment from our main funders and our current level of reserves that we are well placed to adjust financially.

The Trustees consider that the charity's reserves as at 31st March 2021 are sufficient for Mental Health Resource to be considered a going concern for 2021/22. This assessment is made in the light of the following:

1. Mental Health Resource's forecast cash reserves at the end of financial year 2020/21
2. Mental Health Resource's budget & projections for financial year 2021/22
3. The additional work undertaken in the light of the Covid-19 pandemic and the commitment of existing funders
4. Mental Health Resource's future plans

Trustees' responsibilities statement

The Trustees (who are also directors of Tunbridge Wells Mental Health Resource Limited for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial year. Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing these 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 judgments and accounting estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

The Trustees are responsible for the maintenance and integrity of the corporate and financial information included on the charitable company's website.

This report has been prepared in accordance with the provisions applicable to companies entitled to the small companies exemption.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

REPORT OF THE BOARD OF TRUSTEES
FOR THE YEAR ENDED 31 MARCH 2021

This report was approved by the Trustees, on 28 September 2021 and signed on their behalf by:

N Thorn
Chair of Board of Trustees

INDEPENDENT EXAMINER'S REPORT TO THE BOARD OF TRUSTEES OF TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

FOR THE YEAR ENDED 31 MARCH 2021

I report to the Board of Trustees on my examination of the accounts of Tunbridge Wells Mental Health Resource Limited ("the charity") for the year ended 31 March 2021.

Responsibilities and Basis of Report

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

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

Independent Examiner's Statement

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

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

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

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

A S Healey FCA CTA DChA

Date: 1 November 2021

Lindeyer Francis Ferguson Limited
North House
198 High Street
Tonbridge
Kent TN9 1BE

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2021

	Note	Unrestricted funds 2021 £	Designated funds 2021 £	Restricted funds 2021 £	Total funds 2021 £	Total funds 2020 £
Income from:						
Grants and donations	2	32,822	-	149,022	181,844	153,407
Charitable activities	3	171,467	-	44,097	215,564	256,818
Other trading activities		2,300	-	-	2,300	860
Investments		996	-	-	996	1,601
Total income		207,585	-	193,119	400,704	412,686
Expenditure on:						
Raising funds	4	7,167	-	18,520	25,687	30,980
Charitable activities	5	182,987	1,776	150,771	335,534	361,830
Total expenditure		190,154	1,776	169,291	361,221	392,810
Net income and net movement in funds	8	17,431	(1,776)	23,828	39,483	19,876
Reconciliation of funds:						
Total funds brought forward		237,819	178,344	20,031	436,194	416,318
Total funds carried forward	13	255,250	176,568	43,859	475,677	436,194

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

BALANCE SHEET
AS AT 31 MARCH 2021

	Note	£	2021 £	£	2020 £
Fixed assets					
Tangible assets	10		177,453		176,767
Current assets					
Debtors	11	17,607		49,635	
Cash at bank and in hand		305,352		233,299	
			<u>322,959</u>	<u>282,934</u>	
Creditors: amounts falling due within one year	12	(24,735)		(23,507)	
Net current assets			298,224		259,427
Total net assets			<u>475,677</u>		<u>436,194</u>
Represented by the funds of the charity:					
Unrestricted funds			255,250		237,819
Designated funds			176,568		178,344
Restricted funds			43,859		20,031
	13		<u>475,677</u>		<u>436,194</u>

The charity's financial statements have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

The trustees consider that the charity is entitled to exemption from the requirement to have an audit under the provisions of section 477 of the Companies Act 2006 ("the Act") and members have not required the charity to obtain an audit for the year in question in accordance with section 476 of the Act.

The trustees acknowledge their responsibilities for complying with the requirements of the Companies Act 2006 with respect to accounting records and the preparation of financial statements.

The financial statements were approved and authorised for issue by the trustees on 28 September 2021 and signed on their behalf by:

N Thorn
Trustee

A Donald
Trustee

Company number: 02826452

1 Accounting policies

Basis of preparation of the financial statements

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019) - (Charities SORP (FRS 102)), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

Tunbridge Wells Mental Health Resource Limited meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

The financial statements are prepared in pounds sterling, which is the functional currency of the charity, and rounded to the nearest £1.

In preparing the accounts the trustees have considered the impact of the COVID-19 pandemic on the charity's operations. The trustees are satisfied that there are no material uncertainties over the charity's going concern status. Further information is provided in the Report of the Board of Trustees.

Status

The charity is a private company limited by guarantee registered in England and Wales. In the event of the charity being wound up, the liability in respect of the guarantee is limited to £10 per member of the charity. The address of the registered office is 2a Grosvenor Park, Tunbridge Wells, Kent, TN1 2BD.

Income

Income from grants and donations is recognised when the charity is entitled to the funds, the receipt is probable and the amount can be measured reliably. For donations, this is usually on receipt. For grants, this is usually when a formal offer is made in writing, unless the grant contains terms and conditions outside of the charity's control which must be met before the charity is entitled to the funds. Where grants are received in response to a proposal including a budgeted timescale, such that the timescale for the expenditure is implicit in the grant agreement, the income is recognised in accordance with that timescale.

Income from charitable activities is recognised over the period to which the income relates. For contracts, income is recognised to the extent that the contractual services have been supplied. For performance-related grants, income is recognised to the extent that performance-related criteria have been met.

1 Accounting policies continued

Gifts in kind are included in the financial statements when the charity is entitled to them, when it is probable that the charity will receive the economic benefits, and when the fair value or value to the charity, as appropriate, can be measured with sufficient reliability.

Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably.

Expenditure is classified by activity. Direct costs, including direct staff costs are attributed to the relevant activity. Support costs, including support staff costs, are allocated to activities on the basis of the use of premises and income.

Support costs are those functions that assist the work of the charity but do not directly relate to the charitable activities, and include governance costs.

All expenditure is inclusive of irrecoverable VAT.

Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the trustees in furtherance of the general objectives of the charity and which have not been designated for other purposes.

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes. The aim and use of each designated fund is set out in the notes to the financial statements.

Restricted funds can only be used for the particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

1 Accounting policies continued

Tangible fixed assets and depreciation

Tangible fixed assets are carried at cost, net of depreciation and any provision for impairment. Assets costing less than £500 are not capitalised. Depreciation is provided at rates calculated to write off the cost of fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Freehold land	Not depreciated
Freehold property / improvements	1% on cost
Fixtures and fittings	10% or 20% on cost
Computer equipment	33.3% on cost

Leased assets

Operating lease rentals are charged to the statement of financial activities as incurred.

Pensions

The charity operates a defined contribution pension scheme and the pension charge represents the amounts payable by the charity to the fund in respect of the year.

Financial instruments

The charity only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

2	Income from grants and donations	2021 £	2020 £
	Donations	32,127	45,598
	Grants		
	BBC Children in Need	9,593	9,906
	Kent Community Fund	15,000	5,000
	Kent Police & Crime Commissioner	-	12,705
	The National Lottery Community Fund	109,187	54,594
	The Tim Lewis Trust	-	9,254
	Town and Country Housing (Peabody Group)	5,000	10,450
	Coronavirus Job Retention Scheme and other Covid grants	10,937	-
	Other grants	-	3,400
	Gifts in kind	-	2,500
		<u>181,844</u>	<u>153,407</u>

In the preceding period, restricted income from grants and donations was £103,064.

3	Income from charitable activities	2021 £	2020 £
	Community support	44,097	54,061
	Advocacy	168,166	199,457
	Training	3,301	3,300
		<u>215,564</u>	<u>256,818</u>

In the preceding period, restricted income from charitable activities was £47,053.

4	Expenditure on raising funds	2021 £	2020 £
	Staff costs	18,725	18,454
	Cost of fundraising events	56	1,382
	Support costs	6,906	11,144
		<u>25,687</u>	<u>30,980</u>

See Note 7

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

5 Expenditure on charitable activities

	Direct costs 2021 £	Support costs 2021 £	Total 2021 £	Total 2020 £
Community support	103,245	48,916	152,161	155,989
Advocacy	145,688	35,486	181,174	202,757
Training	1,504	695	2,199	3,084
	<u>250,437</u>	<u>85,097</u>	<u>335,534</u>	<u>361,830</u>
	See Note 6	See Note 7		

In the preceding period, expenditure on charitable activities from restricted funds was £139,653.

6 Direct costs

	2021 £	2020 £
Staff costs	221,463	218,587
Recruitment and training	3,320	1,644
Activity costs	7,974	26,719
IT costs	745	2,429
Travel and volunteer expenses	625	9,155
Premises costs	6,727	7,910
Office costs	9,583	5,217
	<u>250,437</u>	<u>271,661</u>

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

7	Support costs	2021 £	2020 £
	Staff costs	67,170	57,520
	Recruitment and training	25	879
	IT costs	6,179	8,877
	Travel and volunteer expenses	5	331
	Premises costs	6,256	16,680
	Insurance	1,196	1,059
	Office costs	3,891	7,048
	Depreciation	3,009	4,726
	Governance costs:		
	Independent examination	2,700	2,700
	Other fees payable to examiners	1,572	1,493
		<u>92,003</u>	<u>101,313</u>
		<u><u>92,003</u></u>	<u><u>101,313</u></u>
8	Net income	2021 £	2020 £
	This is stated after charging:		
	Depreciation	3,009	4,726
	Independent examination	2,700	2,700
		<u>2,700</u>	<u>2,700</u>
		<u><u>2,700</u></u>	<u><u>2,700</u></u>
9	Staff costs	2021 £	2020 £
	Wages and salaries	283,133	270,472
	Social security costs	15,503	15,505
	Pension costs	8,722	8,584
		<u>307,358</u>	<u>294,561</u>
		<u><u>307,358</u></u>	<u><u>294,561</u></u>

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

9 Staff costs continued

The average number of persons employed by the charity was:

	2021 No.	2020 No.
Community support	10	9
Advocacy	6	6
Administration and fundraising	5	5
	<u>21</u>	<u>20</u>

Full-time equivalent staff was an average of 11 (2020: 11).

No employee received remuneration amounting to more than £60,000 in either year.

10 Tangible fixed assets

	Freehold property £	Fixtures, fittings & equipment £	Total £
Cost			
Brought forward	204,502	61,787	266,289
Additions	-	3,695	3,695
Disposals	-	-	-
Carried forward	<u>204,502</u>	<u>65,482</u>	<u>269,984</u>
Depreciation			
Brought forward	30,258	59,264	89,522
Charge for the year	1,776	1,233	3,009
Eliminated on disposal	-	-	-
Carried forward	<u>32,034</u>	<u>60,497</u>	<u>92,531</u>
Net book value			
At 31 March 2021	<u>172,468</u>	<u>4,985</u>	<u>177,453</u>
At 31 March 2020	<u>174,244</u>	<u>2,523</u>	<u>176,767</u>

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

11 Debtors	2021 £	2020 £
Trade debtors	14,565	47,924
Prepayments and accrued income	3,042	1,711
	<u>17,607</u>	<u>49,635</u>
	<u><u>17,607</u></u>	<u><u>49,635</u></u>
12 Creditors: amounts falling due within one year	2021 £	2020 £
Trade creditors	3,571	8,393
Other tax and social security	4,314	4,179
Accruals and deferred income	7,127	10,935
Funds held as agent	9,723	-
	<u>24,735</u>	<u>23,507</u>
	<u><u>24,735</u></u>	<u><u>23,507</u></u>

Deferred income relates to fees charged in advance. During the year, opening deferred income of £2,400 was released and incoming resources of £Nil were deferred.

During the period funds were held as agent on behalf of Venture Together in respect of its Future Store activity. Funds received as agent totalled £41,051 and funds paid as agent totalled £29,028. A management fee of £2,300 was levied.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

13 Statement of movements on funds - current year

	1 April 2020 £	Income £	Expenditure £	Transfers £	31 March 2021 £
General fund	237,819	207,585	(190,154)	-	255,250
Designated funds:					
Planned maintenance	4,100	-	-	-	4,100
Capital reserve	174,244	-	(1,776)	-	172,468
Total unrestricted funds	416,163	207,585	(191,930)	-	431,818
Community support	20,031	192,619	(168,791)	-	43,859
Advocacy	-	500	(500)	-	-
Total restricted funds	20,031	193,119	(169,291)	-	43,859
Total funds	436,194	400,704	(361,221)	-	475,677

The designated capital reserve fund represents the net book value of the freehold property.

The planned maintenance fund represents funds ringfenced for essential planned maintenance for the registered office where some of the charitable activities take place.

Restricted funds are money earmarked for activities stipulated by the funder and used for the objectives set by them. The Community support fund shown in the table above is composed of funding from various sources including:

The National Lottery Community Fund - to support and develop Hub activities.

BBC Children in Need – to deliver support groups for young people.

Kent Community Foundation – costs of transitioning to remote support during Covid-19 crisis and out of hours support.

Colyer Fergusson Charitable Trust – to provide remote support during Covid-19 crisis.

Kent Combined Members Fund – costs of teleconferencing during Covid-19 crisis.

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

13 Statement of movements on funds - current year continued

Town and Country Housing (Peabody Group) – provision of creative arts sessions during Covid-19.

Shaw Trust – to deliver mental health service user voice contract across West Kent.

Engaging Kent – to deliver peer support and emotional wellbeing activities as part of the Live Well Kent programme.

14 Statement of movements on funds - prior year

	1 April 2019 £	Income £	Expenditure £	Transfers £	31 March 2020 £
General fund	226,631	262,569	(251,381)	-	237,819
Designated funds:					
Planned maintenance	4,100	-	-	-	4,100
Capital reserve	176,020	-	(1,776)	-	174,244
Total unrestricted funds	<u>406,751</u>	<u>262,569</u>	<u>(253,157)</u>	<u>-</u>	<u>416,163</u>
Community support	9,567	150,117	(139,653)	-	20,031
Total restricted funds	<u>9,567</u>	<u>150,117</u>	<u>(139,653)</u>	<u>-</u>	<u>20,031</u>
Total funds	<u><u>416,318</u></u>	<u><u>412,686</u></u>	<u><u>(392,810)</u></u>	<u><u>-</u></u>	<u><u>436,194</u></u>

TUNBRIDGE WELLS MENTAL HEALTH RESOURCE LIMITED

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2021

15 Analysis of net assets between funds

	Unrestricted funds 2021 £	Restricted funds 2021 £	Total funds 2021 £
Tangible fixed assets	177,453	-	177,453
Net current assets	254,365	43,859	298,224
	<u>431,818</u>	<u>43,859</u>	<u>475,677</u>
Prior year:			
Tangible fixed assets	176,767	-	176,767
Net current assets	239,396	20,031	259,427
	<u>416,163</u>	<u>20,031</u>	<u>436,194</u>

16 Related party transactions

The key management personnel are considered to be the Board of Trustees, the Charity Manager and the Finance Manager.

The trustees received no remuneration or benefits, and were not reimbursed for any expenses.

The total employee benefits paid in respect of the key management personnel was £36,330 (2020: £33,946).