SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

England & Wales · Charity number 1069945

Details

Other names	SUTTON DROP-IN CLUB
Status	Registered
Legal form	Charitable company
Company number	03549053
Registered	1998-06-05
Register	View on the Charity Commission register

Contact

Address	63 Downs Road Sutton SM2 5NR
Phone	02087700172
Email	admin@smhf.org.uk
Website	www.smhf.org.uk

Activities

Objects: (1) TO PROMOTE ANY CHARITABLE PURPOSE FOR THE BENEFIT OF PEOPLE WITH MENTAL HEALTH PROBLEMS AND THEIR CARERS RESIDENT IN THE LONDON BOROUGH OF SUTTON, IN PARTICULAR, BUT WITHOUT PREJUDICE TO THE GENERALITY OF THE FOREGOING, BY PROVIDING FACILITIES FOR RECREATION OR OTHER LEISURE-TIME OCCUPATION IN THE INTEREST OF SOCIAL WELFARE AND WITH THE OBJECT OF IMPROVING THEIR CONDITIONS OF LIFE; (2) FOR OTHER CHARITABLE PURPOSES AS THE TRUSTEES, IN THEIR DISCRETION SHALL FROM TIME TO TIME DETERMINE.

Activities: Sutton Mental Health Foundation provides services for adults with mental health problems living independently in the London Borough of Sutton. These include- A drop in to find friendship and support in a relaxed and unstructured atmosphere- Activities to promote wellbeing and good health- Peer Support and Recovery training- Welfare and benefits advice- a Crisis Cafe

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Classification

- **How:** Provides Services, Provides Advocacy/advice/information
- **What:** Disability
- **Who:** People With Disabilities

Geography

- **Area of benefit:** LONDON BOROUGH OF SUTTON
- Sutton

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-29	£635,055	£688,217	£811,412	46
2024-03-29	£728,383	£712,160	£864,574	22
2023-03-29	£667,668	£592,161	£848,351	20
2022-03-29	£649,707	£520,517	£772,844	15
2020-09-30	£240,033	£210,493	-	-

Trustees

Name	Role	Appointed
Carol Butler	Chair	2025-03-20
Dominika Skwarek		2021-06-23
Dr Sarah Rachel Garner		2025-11-03
Heather Vernon		2020-12-02
Martin Bransby Faiers		2025-07-01
Naomi Kenny		2018-04-09
Steve Ofori		2021-06-23
Teresa Willis		2026-04-30

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SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

England & Wales - Charity number 1069945

Accounts

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and not having a Share Capital)

ANNUAL REPORT AND ACCOUNTS
FOR THE 12 MONTHS FROM 30 MARCH 2024 TO 29 MARCH 2025

Sutton Mental Health Foundation
63 Downs Road
Belmont
Surrey
SM2 5NR

Telephone:
020 8770 0172

E-mail
admin@smhf.org.uk

Company Number: 03549053
Registered Charity Number: 1069945

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REPORT OF THE TRUSTEES
SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

Charity Name:	Sutton Mental Health Foundation Charity Company
Company Registration Number:	03549053
Charity Registration Number:	1069945
Registered Office:	63 Downs Road Belmont, Surrey SM2 5NR
Chair:	Peter Thomas
Treasurer:	Stephen Ofori
Trustees:	Carol Driver (from 20th March 2025)
	Naomi Kenny
	Heather Vernon
	Isobel Hayes (resigned 05th April 2024)
	Dominika Skwarek
	Martin Bransby Faiers (from 01st July 2025))
Chief Executive Officer (CEO)	Lisa Lancefield
Operational Services Manager:	Ovie Oboh
Peer Support Co-ordinator and Community Liaison Lead:	Carol Jacques
Bankers:	Lloyds TSB Bank 49 High Street Sutton, Surrey
	The Co-operative Bank p.l.c. 1 Balloon Street Manchester M4 4BE
	Cambridge & Counties Bank Charnwood Court 5b New Walk Leicester LE1 6TE
	The Charity Bank 182 High Street Tonbridge TN9 1BE

	Hampshire Trust Bank 55 Bishopsgate London EC2N 3AS
	Monmouthshire Building Society John Frost Square Newport NP20 1PX
	Redwood Bank Limited The Nexus Building Broadway Letchworth Garden City SG6 3TA
	United Trust Bank 1 Ropemaker St London EC2Y 9AW
Independent auditors:	Kingston Burrowes Audit Ltd 308 Ewell Road Surbiton Surrey, KT6 7AL

Our Aims and objectives

Our charity's purpose, as set out in the objects contained in the company's revised articles of association is to:

> promote any charitable purposes for the benefit of people with mental health problems resident in the London Borough of Sutton and other areas of the UK at the trustees' discretion.

Within these Objects, we aim to provide high quality support to residents of the London Borough Sutton who have experienced mental distress or who are at risk of doing so. Most services are provided free of charge to users, subject to capacity, although a charge may be made for services which provide direct benefit to individuals or small groups.

Ensuring our work delivers our aims

The Trustees seek continually to review the services provided and to adapt them to changing needs. In particular, the Trustees seek to involve the people who use the Foundation's services in developing, delivering and evaluating these services to ensure that they meet the relevant needs as fully as possible. We do this through regular feedback and evaluation of services, and through holding monthly community meetings, where members and users of our services can raise questions and issues with staff.

Accordingly, the Board of Trustees has complied with the duty in Section 17, Charities Act 2011, to have regard to the Public Benefit guidance published by the Charity Commission.

The focus of our work

Our main objectives for the year continued to be providing a wide range of high-quality support and wellbeing activities to people experiencing mental ill health, and developing these services to meet the unprecedented increase in demand across all areas of our work, in line with local and national trends,

To this end we have provided:

- Drop-in services, support and wellbeing activities through our day service, Belmont Connect, and our seasonal Sunday Drop-in.
- A non-clinical alternative to A&E for those seeking support in a mild to moderate mental health crisis through our Crisis Café service.
- Intentional Peer Support for those needing more focused nonclinical support over a longer period.
- Free counselling to individuals in need.
- Outreach to local communities facing the highest levels of health inequalities, to understand their mental health needs and work with them on meeting those needs.

- Support to those using mental health services to have a say in the development of local mental health services, through Sutton 1 in 4 and Sutton Commissioning Advisory Group.

We have also:

- Continued to tackle the stigma which affects those with Mental Health issues.
- Focused on developing partnerships across the community - with the Refugee and Migrant Network, Hong Kong and Ukrainian Communities and South London Listens.

Report of the year

As with last year, demand for all our services has continued to rise in line with local and national trends. The number of people supported across all SMHF services Demand for mental health support has risen by 18% in the 12 months to end March 2025.

Belmont Connect

The Belmont Connect day service has for many years received much of its funding from the London Borough of Sutton, with additional activities and services paid for by public donation. During this reporting period, funding from the London Borough of Sutton was brought into a joint commissioning arrangement with the Peer Support funding from the ICB, in the form of a new "Community prevention and well being service".

In essence, the shape of these services remains very similar, but there is a growing emphasis on outreach into the community, and we are exploring options for a digital service – both of which will increase awareness of our service and access to support in a timely manner.

The drop-in has continued to open at Belmont 3 days per week, serving affordable food - a light lunch and snacks on 2 days and a full cooked lunch on Fridays.

Support workers and trained volunteers are available to speak to people in need and assist with applications for PIP, blue badges etc. We also have weekly bookable advice sessions run by Sutton Citizen's Advice Bureau, along with pop-up clinics on returning to work, dentistry and drug and alcohol support. We also have a housing support worker to support anyone with housing issues.

Free wellbeing activities run 4 days per week, including Yoga, Line dancing and Therapeutic Art, Retro Gaming, Indoor Tennis (run in partnership with Sutton Tennis & Squash club) a book club (hosted by Wallington Library), Sewing, Falun Daffa and Meditation. Our Signpost Sutton Talks run throughout the year and provide information on issues affecting those with mental health.

Monthly Community Meetings offer a forum for people using the service to give feedback and offer suggestions for how the service can be developed. Members are encouraged to organise their own independent programme activities to promote their wellbeing, known as Activ8. These include a dining club and outings to places of interest. The Foundation is often able to arrange discounted or free tickets to these events.

Intentional Peer Support Service (IPS)

Our Intentional Peer Support Service offers one to one peer support in the community; individuals can self-refer, although many are referred by primary care and other VCSE organisations. Our team of IPS workers provide peer support in a number of different contexts, including the acute psychiatric ward at Springfield Hospital and the Accident and Emergency Department at St Helier Hospital. IPS workers also run the Sutton Hearing Voices Group which supports people who experience intrusive voices and thoughts and is part of the National Hearing Voices Network.

In addition, we offer accredited training in Intentional Peer Support (IPS) twice a year. The training and IPS work can offer an important route back into work for people with lived experience, as well as helping others rebuild their confidence and make progress in their recovery journey. During the year the number of people we have worked with through the IPS Service has more than doubled.

As outlined above, during the course of this reporting period, funding for this service was brought into a joint commissioning arrangement with the Belmont Connect Service from LBS, in the form of a new "Community prevention and wellbeing service".

Perinatal Peer Support

Our IPS workers continue to offer one to one support to women during pregnancy and after giving birth, as part of our peer support project. The Foundation continues to work in partnership with Homestart Sutton to offer a perinatal support group to pregnant women and new mums struggling with their mental health and isolation.

IPS Outreach

The increase in individuals supported by Peer Support this year in part highlights the success of our outreach efforts. IPS workers have been actively present in various community spaces, engaging with people who may need mental health support but face barriers to accessing it. By meeting individuals where they are, we've been able to connect with and respond to a broader range of needs.

This year, our outreach has continued at key locations such as the Sutton Library Be Well Hub and the Homestart Perinatal Group. IPS workers have also regularly attended Chatty Wednesdays at Oru, hosted sessions at the Oru shop, and collaborated with the Sutton Refugee and Migrant Network. Additionally, we now support WHOOSH St Helier, a group of parents who meet regularly at Tweedale School to share experiences and receive support.

The Community Dye Bed Project

This unique initiative is a collaboration between our Peer Support workers and a local mindfulness practitioner, blending mental health support with gardening, mindfulness, and creative stitching. The project has been generously offered a growing space in the Oru roof garden in Sutton, where participants cultivate plants used to naturally dye the threads and fabrics for their mindful stitching practice.





The group meets weekly on Fridays to tend the garden, with the last Friday of each month dedicated to mindful stitching sessions held at Whitehall Museum in Cheam. This combination of nature, creativity, and community offers a gentle and grounding way to support mental wellbeing.

Seasonal Sunday Drop In: In your Corner

We secured continuation funding from NHSE Health and Inequalities Programme to run our seasonal "In Your Corner" a Sunday support service from October 24 to end March 25. The service offered a safe, warm space and a hot meal at a subsidised rate. Support workers were on hand to talk if needed. Funding also provided for an outreach worker a few hours a week to work in four key estates - Shanklin Village, St Helier, Roundshaw and Benhill Estates, promoting Mental wellbeing and access to SMHF support services. Further funding has been secured for 25-26 through LBS Sutton Cost of Living Charities Fund.

Sutton Crisis Café

We continue to run the Sutton Crisis Café on behalf of the South West London Integrated Care Board (ICB). This service provides nonclinical, non-judgemental, out-of-hours support to adults living in the London Borough of Sutton who are experiencing—or feel they may be approaching—a mild to moderate mental health crisis, offering an alternative to attending A&E.

Open every evening from 6:30pm to 11:00pm, 365 days a year, the service is staffed by individuals trained in Intentional Peer Support, many of whom bring valuable lived experience to their roles. Our team also includes staff with expertise in areas such as eating disorders, substance use, and other complex conditions.

Over the past year, the service has seen a 16% rise in users and an 18% increase in crisis support appointments.

Outreach and Support Groups

Our outreach worker has continued to engage with many of the diverse communities across Sutton to better understand and support their mental health needs. Over the past year, we have launched several new support groups in response to the feedback we've received. These include:

- The Brazilian Ladies Wellbeing Group, offering a safe and supportive space for women to connect and share.
- An LGBTQ+ Mental Health Support Group, focused on support, inclusion and mental wellbeing.
- The Supportive Circle, designed to help parents of neurodivergent children of all ages manage their own mental health and build community.

Transformation Peer Support

The Foundation continues its collaboration with South West London St George's Mental Health Trust, offering support to individuals accessing secondary services and working closely with recovery and support teams. We remain committed to providing essential assistance alongside clinical care, helping people navigate what is often a challenging phase in their mental health journey.

We also work in partnership with other VCSE (Voluntary, Community, and Social Enterprise) organisations in Sutton and across the ICB area. Our IPS workers play a key role in shifting perceptions around mental illness and enhancing clinical understanding in Sutton, drawing on their lived experience and a person-centred approach to care. Over the past year, the service has experienced a 44% rise in referrals, reflecting both growing demand and the impact of our work.

SMHF Counselling

We have continued to provide placements for up to 4 student councillors, supervised by an experienced clinical supervisor. One of the original students, now qualified, is also volunteering with us while developing her practice. Counselling is currently free, and lasts on average for 12 weeks, although this can be extended depending on need. During the year we began to develop a business case to expand the service and look at a partially paid counselling model. We have secured support for the service in the coming year from the incoming Captain of Banstead Downs Golf Club, who has made us his Charity of the Year (October 2025 – September 2026).

User Engagement and Co-production

The Foundation continues to support and facilitate meetings of the Sutton 1in4 Network, and the Sutton Mental Health (Service User) Commissioning Advisory Group, or CAG, to bring the voice of service users to various groups and panels dealing with adult mental health in the borough.

The Voyager

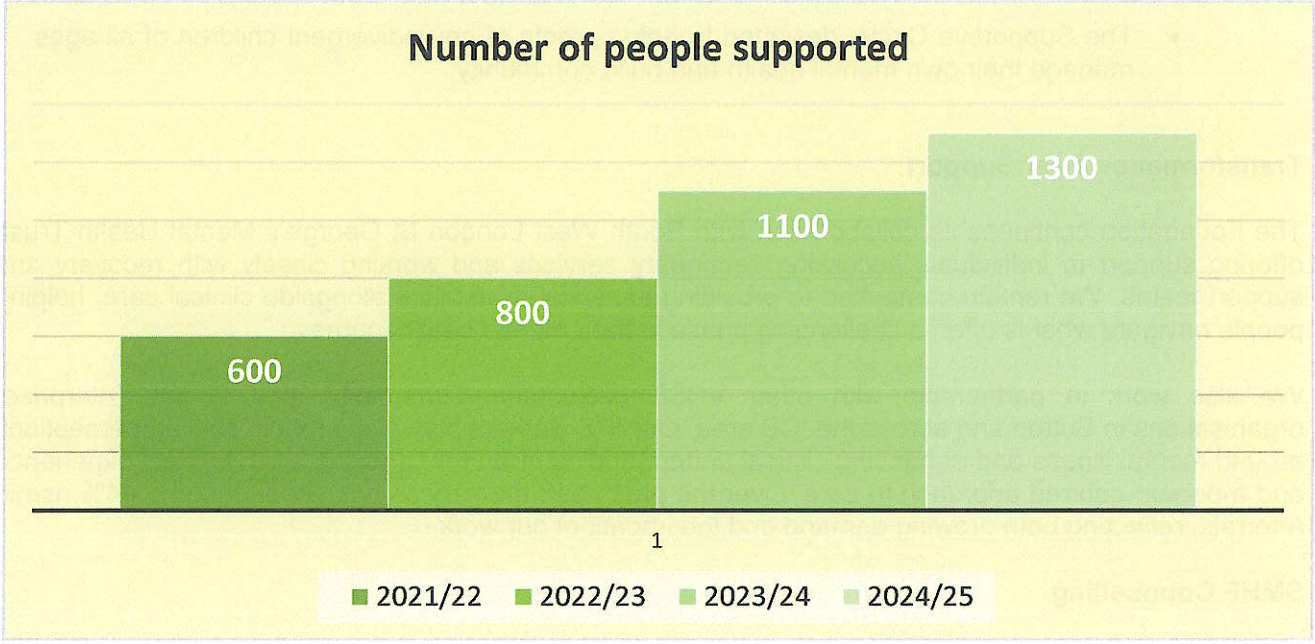
Our in-house magazine, The Voyager, continues to be produced by a dedicated team of volunteers and is distributed across the borough.

Governance and Internal Procedures

- During this year, the Foundation has focussed on trustee recruitment, to strengthen the board and increase skills available.

Achievements and performance

The Foundation provided direct support to over 1,300 people in this period (an increase of 8% on 2023/24).



We worked with:

- 330 people through the Belmont Connect service (up 5% on last year)
- 427 people (234 new) through Sutton Crisis Café (up 5% on last year)
- 227 people (157 new) through Intentional Peer Support (up 89% on last year)
- 254 people (149 new) through Transformation (up 44% on last year)
- 71 people (31 new) through In Your Corner (Sunday) service (up 13% on last year)
- 29 (22 new) received counselling (up 45% on last year)

Provided:

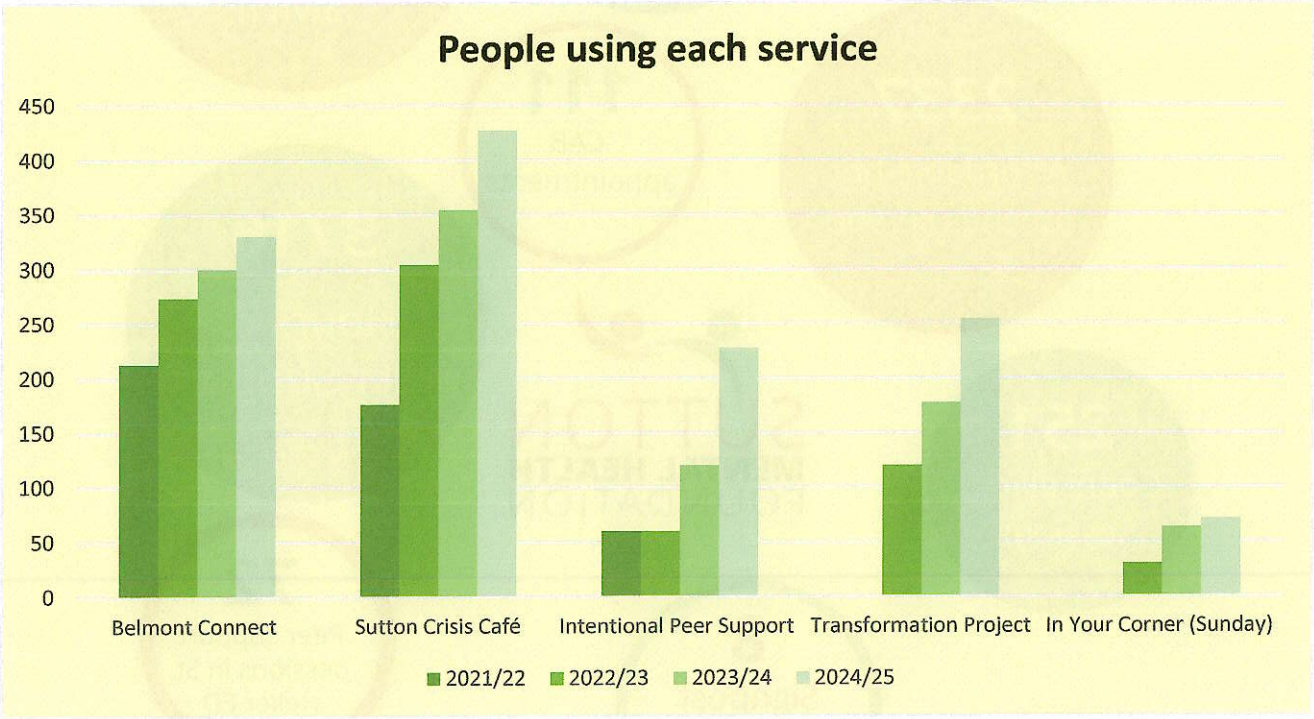
- 1713 hours of one-to-one Intentional Peer Support (an increase of 34%) plus a further 1,099 hours of Transformation peer support (down 24%)
- 1,073 crisis support appointments
- 251 free counselling sessions
- 212 housing and general support appointments
- 72 peer support sessions in St Helier ED
- 28 peer support sessions on Ward 3 at Springfield
- 111 Citizen's Advice appointments

Ran:

- 615 free activity sessions
- 8 Signpost Sutton talks
- 1 Course (on Menopause)
- 2 Intentional Peer Support Training Courses
- 27 In Your Corner (Sunday) sessions

Held:

- 365 crisis support groups
- 5 OCD support group meetings
- 10 Community meetings
- 11 New members mornings
- 47 Hearing Voices group meetings



April 2024 - March 2025



Building relationships and resilience.

SMHF staff worked closely with service users, NHS and voluntary sector colleagues and the London Borough of Sutton throughout this period.

We continued to work with a wide range of local community and voluntary organisations including Community Action Sutton, Homestart Sutton, Inspire, Sutton Women's Centre, Sutton Healthwatch, St Mungo's, Sutton Housing Partnership, Sutton Night Watch, and Citizens' Advice Sutton.

We attended a range of local meetings and fora including Sutton Together, the Anti- Poverty Forum, Sutton Safeguarding Adults Board (SSAB), Community Engagement sub-group (SSAB); Learning & Development sub-group (SSAB); The Hoarding Panel; St. Helier Mental Health Partnership Group; South West London St Georges' Mental health Trust's DIAM meeting, Sutton Primary Care Networks; and Sutton Adult Mental Health Partnership Board.

We also attended numerous fairs and gave presentations to various local groups and NHS teams throughout this period.

In addition, we continue to take an active role in the Be Well Initiative and other events with South London Listens and Citizen's UK.

Funding

Our main funders in the 2024-25 period were:

London Borough of Sutton to maintain our Belmont Connect service.

South West London ICB to fund our Peer Support services & CAG support, and continued funding **NHS England** funding to run a Crisis Café in Sutton.

South West London St George's Mental Health Trust to provide Peer Support to their Transformation Project.

In addition, we received grants from:

Citizen's UK Be Well Grants
SW London ICB Health & Inequalities Fund

We have also received a number of personal, charitable and corporate donations which give us a degree of freedom to supplement the services which we are contracted to provide and to explore new possibilities.

We are grateful to several generous donors who supported our work, including Cheam and Sutton Rotary, Trinity Church Sutton, The Ahmadiyya Muslim Women's Association. We are also grateful to the many individuals who have chosen to support our work during this period by their generous personal donations.

Plans for 2025-26

- Complete Contribute to a wider review of local Crisis Café Services.
- Create a diverse fundraising strategy
- Update the strategic plan in light of local, national and global challenges
- Develop a digital service to meet wider mental health needs in Sutton

Structure, Governance and Management

Governing Document

The Company is a charitable company limited by guarantee. Its governing documents are its Memorandum and Articles of Association.

Trustees

The directors of the Company are also charity trustees for the purpose of charity law. They are elected at the Annual General Meeting of the company and one third of them retire in rotation each year.

The Board seeks members who understand the needs of people who use mental health services, who reflect the diversity of the community and who can contribute to the business needs of the Company. People with direct experience of mental distress are actively welcomed to serve on the Board.

During this period, the Board had a broad mix of skills drawn from Psychotherapy & Counselling, the NHS, Social Services, Commercial Finance, the Charitable sector and Teaching. All made contributions to the work of the company by sharing their expertise with staff and in other ways.

In the event of the Company being wound up Trustees are required to contribute an amount not exceeding £1.

Organisational Structure

The Board of Trustees meets approximately every 6 weeks face to face or online via MS Teams and is responsible for the strategic direction and policy of the Company.

Day to day responsibility for the provision of the services rest with the Chief Executive along with the Service Managers. The Chief Executive is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. The Service Managers have responsibility for the day to day operational management of the Centre, individual supervision of the staff team and also ensuring that the team continue to develop their skills and working practices in line with good practice.

The remuneration of the charity's key management personnel is set by the Board of Trustees, taking into account the charity's financial position and the amount paid for comparable roles in comparable organisations.

Risk Management

The Board of Trustees is responsible for the management of the risks faced by the Company. Risks are identified, assessed and reviewed throughout the year. The Company's risk management processes are reviewed every year and the Risk Register every six months.

The key controls used by the Company include:

- Risk Register
- Formal Board agendas, minutes and action logs
- Strategic planning, budgeting and management accounting
- Established organisational structure and lines of reporting
- Formal written policies and procedures
- Clear authorisation and approval levels
- Vetting procedures as required by law for the protection of vulnerable adults

The Board of Trustees is satisfied that the major risks identified through the risk management processes established for the Company have been adequately mitigated where necessary. It is recognised that systems can only provide reasonable but no absolute assurance that major risks have been adequately managed.

The Company recognises the importance of its relationships with its main funders, the South West London Integrated Care Board (Sutton Place), South West London St George's Mental Health Trust and the London Borough of Sutton. It also seeks to work closely with statutory service providers, local VCSE partners and third sector funders and charitable trusts.

Financial Review

The results of the Company for the 12 months to 29 March 2025 are set out on pages 20 to 32.

The gross income of the company for the period was £635,055, 13% of income came from the London Borough of Sutton, 21% from South West London St George's Mental Health Trust and 61% from NHS Sutton.

Gross expenditure amounted to £688,217, giving a net deficit of £53,162.

Unrestricted funds:

General fund: Balance: £154,577
Held to meet costs which fall outside the scope of restricted or designated funding, including costs arising from new initiatives and in response to specific needs for which no funding has been received.

Designated Funds:

Business Continuity Fund: Balance: £50,000
This fund has been set up by the Board to be held in reserve in case of cessation of funding by either (or both) the Local Authority and Clinical Commissioning Group (NHS Sutton) to enable the organisation to maintain its activities for a limited period where appropriate whilst seeking to secure alternative funding.

Building Fund: Balance: £370,787
Represents the funds raised and used to purchase the premises and to refurbish them, less accrued depreciation. This fund represents the value of fixed assets and is not held in cash.

Fund for Future Obligations: Balance: £50,000
Funds held in reserve to meet any adjustment costs resulting from future loss of funding, such as redundancy payments.

Building Sinking Fund Balance: £10,000
Funds Held in Reserve for future capital building expense.

IT Sinking Fund Balance: £10,000
Funds Held in Reserve for future IT upgrade expense.

Total Unrestricted and Designated Funds: Balance: £645,364

Restricted funds

Belmont Connect Learn Support Balance: £Nil

Belmont Connect Centre was funded by a contract with the London Borough of Sutton, with activities and classes funded by donations from the public. Any deficit has been funded by the General Reserve.

Crisis House Fund: (formerly Safe House Fund) Balance: £20,842
A fund derived mainly from funds raised by the Mayor's charity in 2012/14 to support the development of crisis support services.

Crisis Café Balance: £70,309
This represents the balance of provision by NHS Sutton for Sutton Crisis Café.

Hearing Voices: Balance: £567
Fund to support the Sutton Hearing Voices Network and associated groups.

Transformation IPS Balance: £36,469
This represents the balance of provision by SWLStG Mental Health Trust to establish a Peer Support Service as part of their Transformation Project.

Peer Support and User Engagement Balance: £8,347
This represents the balance of provision by NHS Sutton for Peer Support and User Engagement.

Renovation: Balance: £11,719
The residue of a fund set up to provide for the modernisation of the Foundation's premises in 2011. This fund is now being used for improvements and repairs to the building as and when they are required.

Sunday Service Balance: £17,795
Funds Held in Reserve for future Sunday sessions.

Total Restricted Funds: Balance: £166,048

Investment Policy

Apart from the Building Fund, which is represented by the depreciated value of the Freehold Property, its original improvements and the 2011 refurbishment, fund balances are held in bank current and deposit accounts or as cash and as such are immediately available. To increase returns on funds which are not expected to be spent in the short term, the decision has been taken to invest some of the funds in limited fixed term bonds and savings accounts.

Reserves Policy

The reserves policy calls for two months operating expenditure to be held as reserves in the general funds. The general funds balance during the fiscal period was typically between £100,000 - £160,000 which averages at two to three months cover based on average monthly operating expenditure of circa £50,000 per month.

In addition to this there are future obligations and business continuity reserves of £100,000.

The Trustees have continued to seek new opportunities for the Foundation, whilst seeking to manage costs. The current costs of most activities were fully met during the year. The Trustees continue to keep costs under regular review.

These unrestricted reserves are held in readily realisable assets which the Trustees consider to be assets that are easily converted into cash.

Serious Incidents

There have been no Serious Incidents affecting the Charity in this period.

Statement of Trustee Responsibilities

The Trustees (who are also Directors of Sutton Mental Health Foundation for the purposes of Company Law) are responsible for producing the Trustees' Report and the Financial Statements in accordance with applicable law and United Kingdom accounting standards (United Kingdom General Accounting Standards)

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 apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

REPORT OF THE TRUSTEES
SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

The Trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the Charitable Company and to enable them to ensure that the Financial Statements comply with the Companies Act 2006.

They are responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- There is no relevant audit information of which the Charitable Company's auditor is unaware; and
- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

Auditors

Kingston Burrowes Audit Ltd have been appointed as the Charity's auditor during the year and has expressed its willingness to continue in that capacity.

Exemption Statement

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

Approved and signed on behalf of the Trustees
Sutton Mental Health Foundation Charity Company
63 Downs Road
Belmont
Surrey
SM2 5NR

Trustee
Carol Driver

Treasurer
Stephen Ofori

Date: 11/12/25

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and Not Having a Share Capital)

Opinion

We have audited the financial statements of Sutton Mental Health Foundation Charity Company for the twelve months ended 29 March 2025 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at the twelve months ended 29 March 2025, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the trustees annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the directors' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

K.C. Fisher

Kevin Fisher BA FCA CTA (*Senior Statutory Auditor*)
For an on behalf of Kingston Burrowes Audit Ltd
Statutory Auditors

308 Ewell Road
Surbiton
Surrey, KT6 7AL

15 – 12 – 2025

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and Not Having a Share Capital)

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE TWELVE MONTHS ENDED 29 MARCH 2025

	Notes	Total Unrestricted funds £	Total Restricted funds £	Total Funds 2025 £
Income				
Donations and legacies	2	6,411	800	7,211
Charitable activities	3	10,740	603,339	614,079
Investments	4	13,687	-	13,687
Other	5	78	-	78
Total		30,916	604,139	635,055
Expenditure				
Charitable activities	6	86,149	602,068	688,217
Total		86,149	602,068	688,217
Net income/(expenditure)	8	(55,233)	2,071	(53,162)
Transfers between funds	14 & 15	(22,742)	22,742	-
Net movement in funds		(77,975)	24,813	(53,162)
Reconciliation of funds				
Fund balances brought forward	14 & 15	723,339	141,235	864,574
Fund balances carried forward	14 & 15	£645,364	£166,048	£811,412

All income and expenditure derive from continuing activities.

The statement of financial activities includes all recognised gains and losses.

The notes form part of these financial statements

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE TWELVE MONTHS ENDED 29 MARCH 2024

	Notes	Total Unrestricted funds £	Total Restricted funds £	Total Funds 2024 £
Income				
Donations and legacies	2	5,941	-	5,941
Charitable activities	3	6,054	701,571	707,625
Investments	4	10,651	-	10,651
Other	5	4,166	-	4,166
Total		26,812	701,571	728,383
Expenditure				
Charitable activities	6	(14,157)	726,317	712,160
Total		(14,157)	726,317	712,160
Net income/(expenditure)	8	40,969	(24,746)	16,223
Transfers between funds	14 & 15	10,657	(10,657)	-
Net movement in funds		51,626	(35,403)	16,223
Reconciliation of funds				
Fund balances brought forward	14 & 15	671,713	176,638	848,351
Fund balances carried forward	14 & 15	£723,339	£141,235	£864,574

All income and expenditure derive from continuing activities.

The statement of financial activities includes all recognised gains and losses.

The notes form part of these financial statements.

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

BALANCE SHEET AS AT 29 MARCH 2025

	Notes	2025		2024	
		£	£	£	£
FIXED ASSETS					
Tangible assets	11		370,787		372,781
CURRENT ASSETS					
Debtors	12	115,239		52,521	
Cash at bank and in hand		492,528		488,213	
		607,767		540,734	
CREDITORS: Amounts falling due within one year	13	167,142		48,941	
NET CURRENT ASSETS			440,625		491,793
NET ASSETS	16		£811,412		£864,574
FUNDS					
Unrestricted funds	14		645,364		723,339
Restricted funds	15		166,048		141,235
TOTAL FUNDS			£811,412		£864,574

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

Approved by the Board of Trustees on and signed on their behalf by 11/12/2025

Carol Driver
Trustee

Stephen Ofori
Treasurer

The notes form part of these financial statements.

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

CASH FLOW STATEMENT
(Incorporating Income and Expenditure account)

FOR THE TWELVE MONTHS ENDED 29 MARCH 2025

	2025 £	2024 £
Net cash used in operating activities (see below)	(9,372)	(94,532)
Cash flow from investing activities		
Interest received	13,687	10,651
Increase / (decrease) in cash in the year	4,315	(83,881)
Cash brought forward	488,213	572,094
Cash carried forward	£492,528	£488,213
Analysis of cash		
Cash at bank	£492,528	£488,213

	2025 £	2024 £
Reconciliation of net income to net cash flow from operating activities		
Operating (deficit) / surplus on ordinary activities	(53,162)	16,223
Adjustments for non-cash items:		
Depreciation	1,994	1,994
Increase in debtors	(62,718)	(22,521)
Increase / (decrease) in creditors	118,201	(79,577)
	4,315	(83,881)
Adjustment for investing activities		
Interest receivable	(13,687)	(10,651)
Net cash used in operating activities	£(9,372)	£(94,532)

NOTES TO THE FINANCIAL STATEMENTS FOR THE TWELVE MONTHS ENDED 29 MARCH 2025

1. ACCOUNTING POLICIES

a) Basis of Preparation

The charity constitutes a public benefit entity as defined by FRS 102. 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

b) Income Recognition

Income is included in the Statement of Financial Activities when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Grant income is recognised in accordance with agreed budgets and timeframes. Amounts received but which relate to future reporting periods are accounted for as deferred income. In the case of multi-year grants, the aggregate amount of future instalments not yet received and which are subject to satisfactory performance is disclosed as a contingent asset.

c) Expenditure and Irrecoverable VAT

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Expenditure on charitable activities comprises the costs of running the various activities and services for the charity's beneficiaries

Expenditure includes those costs of a direct nature which can be allocated to a specific activity. It also includes indirect costs, including governance costs that do not relate to a specific activity but are necessary to support them.

Irrecoverable VAT is charged as a cost against the associated expense heading.

d) Fund Accounting

Unrestricted general funds are those funds which are freely available for use in furtherance of the objects of the charity and which have not been designated for specific purposes.

Designated funds are unrestricted funds which have been set aside by the trustees for specific purposes.

Restricted funds are funds which can only be used in accordance with specific restrictions imposed by the donor or which have been raised for a particular purpose.

e) Fixed Assets and Depreciation

Depreciation is provided so as to write off the cost of each asset over its estimated useful life at the following annual rates:

Freehold Land	Nil
Freehold Property improvements	43 years straight line
Office equipment and computers	3 years straight line
Furniture and fixtures	5 years straight line

f) Debtors and creditors within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

g) Pension costs

The charity operates a defined contribution scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
	£	£	£	£
Donations	£6,411	£800	£7,211	£5,941

All of the £5,941 received in 2024 related to unrestricted funds.

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
	£	£	£	£
Grants and contracts	£10,740	£603,339	£614,079	£707,625

Of the £707,625 received in 2024, £6,054 related to unrestricted funds and £701,571 related to restricted funds.

4. INVESTMENT INCOME

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
	£	£	£	£
Bank interest	£13,687	£Nil	£13,687	£10,651

All of the £10,651 received in 2024 related to unrestricted funds.

5. OTHER INCOME

	Unrestricted Funds	Restricted Funds	Total 2025	Total 2024
	£	£	£	£
Rental and other income	£78	£Nil	£78	£4,166

All of the £4,166 received in 2024 related to unrestricted funds.

6. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Direct Costs	Support Costs	Total 2025	Total 2024
	£	£	£	£
Salaries	564,669	-	564,669	570,921
Staff and volunteer costs	57,932	-	57,932	48,141
Events and activities	979	-	979	1,273
Premises	-	6,065	6,065	34,769
General office	-	41,994	41,994	41,847
Professional fees	-	10,984	10,984	9,615
Governance (note 7)	-	3,600	3,600	3,600
Depreciation	-	1,994	1,994	1,994
	£623,580	£64,637	£688,217	£712,160

Of the £712,160 expenditure in 2024, £(14,157) was charged to unrestricted funds and £726,317 was charged to restricted funds.

7. GOVERNANCE COSTS

	Total 2025 £	Total 2024 £
Audit fees	3,600	3,600
	£3,600	£3,600

8. NET INCOME

Net income for the year is stated after charging:

	2025 £	2024 £
- Auditor's remuneration	£3,600	£3,600
- Depreciation	£1,994	£1,994

9. TRUSTEES' REMUNERATION AND EXPENSES

The trustees neither received nor waived any remuneration during the year (2024: £Nil) nor were they reimbursed any expenses.

10. STAFF COSTS

	Total 2025 £	Total 2024 £
Wages and salaries	529,891	531,928
Social security costs	26,757	28,925
Pension costs	8,021	10,068
	£564,669	£568,938

There was no employee who received total employee benefits (excluding employer pension costs) in excess of £60,000 in either year.

Total employee benefits received by key management amounted to £160,006. (2024: £166,436) Under FRS102 employee benefits include gross salary, benefits in kind, employer's national insurance and employer's pension contributions.

The average number of employees, calculated on a full-time equivalent basis, analysed by function was:

	2025 Number	2024 Number
Direct charitable activities	13.5	15.0
Management and support	7.0	7.0
	20.5	22.0

11. TANGIBLE FIXED ASSETS

	Freehold Land	Freehold Property	Fixtures and Fittings	Office and Computer equipment	Total
	£	£	£	£	£
Cost					
At 30 March 2024	300,000	85,746	23,249	28,108	437,103
Additions	-	-	-	-	-
At 29 March 2025	300,000	85,746	23,249	28,108	437,103
Depreciation					
At 30 March 2024	-	12,965	23,249	28,108	64,322
Charge in year	-	1,994	-	-	1,994
At 29 March 2025	-	14,959	23,249	28,108	66,316
Net book value					
At 29 March 2025	£300,000	£70,787	£Nil	£Nil	£370,787
At 29 March 2024	£300,000	£72,781	£Nil	£Nil	£372,781

12. DEBTORS

	2025	2024
	£	£
Other debtors	114,506	52,231
Prepayments	733	290
	£115,239	£52,521

13. CREDITORS – amounts falling due within one year

	2025	2024
	£	£
Accruals	5,567	3,600
Deferred income	148,110	36,882
Other creditors	13,465	8,459
	£167,142	£48,941

14. UNRESTRICTED FUNDS

	29 March 2024 £	Income £	Expenditure £	Project transfers £	29 March 2025 £
General fund	230,558	30,916	84,155	(22,742)	154,577
Designated funds:					
Business continuity	50,000	-	-	-	50,000
Future obligations	50,000	-	-	-	50,000
Building fund	372,781	-	1,994	-	370,787
IT refresh	10,000	-	-	-	10,000
Building sinking	10,000	-	-	-	10,000
	£723,339	£30,916	£86,149	£(22,742)	£645,364

Comparative information for the analysis of unrestricted funds in the previous year is as follows:

	29 March 2023 £	Income £	Expenditure £	Project transfers £	29 March 2024 £
General fund	186,938	26,812	(36,808)	(20,000)	230,558
Designated funds:					
Business continuity	50,000	-	-	-	50,000
Future obligations	50,000	-	-	-	50,000
Building fund	374,775	-	1,994	-	372,781
Crisis Café fund	10,000	-	20,657	10,657	-
IT refresh	-	-	-	10,000	10,000
Building sinking	-	-	-	10,000	10,000
	£671,713	£26,812	£(14,157)	£10,657	£723,339

The purpose of each fund is set out in the Report of the Trustees.

15. RESTRICTED FUNDS

	29 March 2024	Income	Expenditure	Project transfers	29 March 2025
	£	£	£	£	£
Belmont Connect Learn Support	1,156	80,250	104,148	22,742	-
Crisis House Fund (formerly Safe House)	20,842	-	-	-	20,842
Crisis Café	61,017	254,250	244,958		70,309
Hearing Voices	1,607	-	1,040	-	567
Transformation IPS	25,746	134,840	124,117	-	36,469
Peer Support Works and User Engagement	9,469	110,474	111,596	-	8,347
Renovation	11,719	-	-	-	11,719
Sunday service	9,679	24,325	16,209	-	17,795
	£141,235	£604,139	£602,068	£22,742	166,048

Comparative information for the analysis of restricted funds in the previous year is as follows:

	29 March 2023	Income	Expenditure	Project transfers	29 March 2024
	£	£	£	£	£
Belmont Connect Learn Support	1,156	86,275	86,275	-	1,156
Crisis House Fund (formerly Safe House)	20,842	-	-	-	20,842
Crisis Café	48,685	277,350	254,361	(10,657)	61,017
Hearing Voices	3,147	-	1,540	-	1,607
Transformation IPS	64,594	99,779	138,627	-	25,746
Peer Support Works and User Engagement	25,389	213,079	228,999	-	9,469
Renovation	12,825	-	1,106	-	11,719
Sunday service	-	25,088	15,409	-	9,679
	£176,638	£701,571	£726,317	£(10,657)	£141,235

The purpose of each fund is set out in the Report of the Trustees.

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible fixed assets £	Net current assets £	Total 2025 £
Restricted Funds:			
Hearing Voices	-	567	567
Crisis House Fund (formerly Safe House)	-	20,842	20,842
Crisis Café	-	70,309	70,309
Renovation	-	11,719	11,719
Belmont Connect Learn Support	-	-	-
Transformation IPS	-	36,469	36,469
Peer Support Works and User Engagement	-	8,347	8,347
Sunday Service	-	17,795	17,795
		166,048	166,048
Designated Funds:			
Business Continuity	-	50,000	50,000
Future Obligations	-	50,000	50,000
Building Fund	370,787	-	370,787
IT refresh	-	10,000	10,000
Building sinking	-	10,000	10,000
	370,787	120,000	490,787
Unrestricted Funds:			
General Fund	-	154,577	177,319
Total	£370,787	£440,625	£811,412

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS ../cont'd

Comparative information for the analysis of the net assets between the funds in the previous year is as follows:

	Tangible fixed assets £	Net current assets £	Total 2024 £
Restricted Funds:			
Hearing Voices	-	1,607	1,607
Crisis House Fund (formerly Safe House)	-	20,842	20,842
Crisis Café	-	61,017	61,017
Renovation	-	11,719	11,719
Belmont Connect Learn Support	-	1,156	1,156
Transformation IPS	-	25,746	25,746
Peer Support Works and User Engagement	-	9,469	9,469
Sunday Service	-	9,679	9,679
	-	141,235	141,235
Designated Funds:			
Business Continuity	-	50,000	50,000
Future Obligations	-	50,000	50,000
Building Fund	372,781	-	372,781
Crisis Café Fund	-	-	-
IT refresh	-	10,000	10,000
Building sinking	-	10,000	10,000
	372,781	120,000	492,781
Unrestricted Funds:			
General Fund	-	230,558	230,558
Total	£372,781	£491,793	£864,574

17. RELATED PARTY TRANSACTIONS

There were no transactions with related parties in 2025 or 2024.

18. CONTINGENT ASSETS

Total grant funding awarded as at 29 March 2025 but not yet received and recognised due to recognition criteria not being met amounts to £997,768. (2024: £403,083)

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

England & Wales - Charity number 1069945

Accounts

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and not having a Share Capital)

ANNUAL REPORT AND ACCOUNTS
FOR THE 12 MONTHS FROM 30 MARCH 2023 TO 29 MARCH 2024

Sutton Mental Health Foundation
63 Downs Road
Belmont
Surrey
SM2 5NR

Telephone:
020 8770 0172

E-mail
admin@smhf.org.uk

Company Number: 03549053
Registered Charity Number: 1069945

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INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and Not Having a Share Capital)

Charity Name:	Sutton Mental Health Foundation Charity Company
Company Registration Number:	03549053
Charity Registration Number:	1069945
Registered Office:	63 Downs Road Belmont, Surrey SM2 5NR
Chair:	Peter Thomas
Treasurer:	Stephen Ofori
Trustees:	Naomi Kenny
	Heather Vernon
	Isobel Hayes (resigned 5 April 2024)
	Dominika Skwarek
Chief Executive Officer (CEO)	Lisa Lancefield
Operational Services Manager:	Ovie Oboh
Peer Support Co-ordinator and Community Liaison Lead:	Carol Jacques
Bankers:	Lloyds TSB Bank 49 High Street Sutton, Surrey
	The Co-operative Bank p.l.c. 1 Balloon Street Manchester M4 4BE
	The Charity Bank 182 High Street Tonbridge TN9 1BE
	Hampshire Trust Bank 55 Bishopsgate London EC2N 3AS
	Monmouthshire Building Society John Frost Square Newport NP20 1PX

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

	Redwood Bank Limited The Nexus Building Broadway Letchworth Garden City SG6 3TA
	United Trust Bank 1 Ropemaker St London EC2Y 9AW
Independent auditors:	Kingston Burrowes Audit Ltd 308 Ewell Road Surbiton Surrey, KT6 7AL

Our Aims and objectives

Our charity's purpose, as set out in the objects contained in the company's revised articles of association is to:

> promote any charitable purposes for the benefit of people with mental health problems resident in the London Borough of Sutton and other areas of the UK at the trustees' discretion.

Within these Objects, we aim to provide high quality support to residents of the London Borough Sutton who have experienced mental distress or who are at risk of doing so. Most services are provided free of charge to users, subject to capacity, although a charge may be made for services which provide direct benefit to individuals or small groups.

Ensuring our work delivers our aims

The Trustees seek continually to review the services provided and to adapt them to changing needs. In particular, the Trustees seek to involve the people who use the Foundation's services in developing, delivering and evaluating these services to ensure that they meet the relevant needs as fully as possible. We do this through regular feedback and evaluation of services, and through holding monthly community meetings, where members and users of our services can raise questions and issues with staff.

Accordingly, the Board of Trustees has complied with the duty in Section 17, Charities Act 2011, to have regard to the Public Benefit guidance published by the Charity Commission.

The focus of our work

Our main objectives for the year continued to be providing a wide range of high-quality support and wellbeing activities to people experiencing mental ill health, and developing these services to meet the unprecedented increase in demand across all areas of our work, in line with local and national trends,

To this end we have provided:

- Drop-in services, support and wellbeing activities through our day service, Belmont Connect, and our seasonal Sunday Drop-in
- A non-clinical alternative to A&E for those seeking support in a mild to moderate mental health crisis through our Crisis Café service
- Intentional Peer Support for those needing more focused nonclinical support over a longer period
- Free psychodynamic counselling to individuals in need through our pilot counselling service

- Outreach to local communities facing the highest levels of health inequalities, to understand their mental health needs and work with them on meeting those needs.

- Support to those using mental health services to have a say in the development of local mental health services, through Sutton 1 in 4 and Sutton Commissioning Advisory Group

We have also:

- Worked to tackle the stigma which affects those with Mental Health issues.

- Updated our strategic plan following our staff awayday (also attended by volunteers, service users and members of the Board)

- Continued to develop partnerships locally and across South West London to ensure that the needs and challenges faced by our service users are understood and their voices are heard in the work to tackle the fundamental problems affecting mental health, such as housing and the cost-of-living crisis.

- Continued to update our governance and internal procedures.

Report of the year

This has been a period of unprecedented demand in all areas of our work, in line with local and national trends. Demand for mental health support has continued to rise, with a 37.5% increase of people supported across all SMHF services in the 12 months to end March 2024.

Belmont Connect

The Belmont Connect day service is funded by the London Borough of Sutton, with additional activities and services paid for by public donation.

The drop-in service opens 3 days per week, serving affordable food - a light lunch and snacks on 2 days and a full cooked lunch on Fridays.

Support workers are available to speak to people in need and assist with applications for PIP, blue badges etc. We also have weekly bookable advice sessions run by Sutton Citizen's Advice Bureau, along with pop-up clinics on returning to work, drug and alcohol support. We also have a housing support worker to support anyone with housing issues.

Free wellbeing activities run 4 days per week, including Yoga, Line dancing and Therapeutic Art along with periodic Signpost Sutton Talks and free courses. Our IT hub offers free computer access. This year we have extended our free activities with Retro Gaming, Indoor Tennis (run in partnership with Sutton Tennis & Squash club) a book club (hosted by Wallington Library), and Ladies' Yoga which is part of our mental health outreach activities with the Ahmadiyya Muslim Women's Association.

Monthly Community Meetings offer a forum for people using the service to give feedback and offer suggestions for how the service can be developed. Members are encouraged to organise their own independent programme activities to promote their wellbeing, known as Activ8. These include a dining club and outings to places of interest. The Foundation is often able to arrange discounted or free tickets to these events.

Our Signpost Sutton Talks run throughout the year and provide information on issues affecting those with mental health. During the year talks covered: ADHD In Adults, the Bags Of Taste scheme, Coping at Christmas, Counselling, Hate Crime, Menopause and Oral Health

This year the Belmont Connect became a Be Well Hub, part of a network of spaces and groups across South West London offering mental health support. This initiative is supported by Citizens UK as part of South London Listens.

Seasonal Sunday Drop In: In your Corner

We secured continuation funding from NHSE Health and Inequalities Programme to run our seasonal "In Your Corner" a Sunday support service. Following the success of our initial project, we secured further funding to run the service January – April 24 and again from October 24 to end March 25. The service offers a safe, warm space and a hot meal at a subsidised rate. Support workers were on hand to talk if needed. Throughout the year and outreach worker will be targeting some of the most deprived areas of the borough; Shanklin Village, St Helier, Roundshaw and Benhill Estates. Promoting Mental wellbeing and access to SMHF support services.

SMHF Counselling

We have continued to pilot a psychodynamic counselling service, funded through general reserves. We now have 4 student counsellors working on Mondays and Tuesdays from Belmont Connect and seeing up to 4 people each, supervised by an experienced clinical supervisor. Counselling is currently free, and lasts generally up to 12 weeks, depending on need.

Sutton Crisis Café

This service was set up in partnership with South West London Integrated Care Board (ICB) and funded by NHS England. It offers nonclinical, non-judgemental support to adults in the London Borough of Sutton who are experiencing, or feel they are at risk of, a mild to moderate mental health crisis, as an alternative to A&E. It is open from 6.30pm to 11pm every evening, 365 days of the year. Staff are trained in Intentional Peer Support, and many have their own lived experience. We also have staff experienced in eating disorders, drug and alcohol use, and a range of other conditions.

This year we appointed an outreach crisis support worker to work with communities in Sutton at greatest risk of health inequalities, including minority ethnic groups, refugee and migrant communities and LGBTQ+ groups. During the year the service has seen a 16% increase in users and an 18% increase in crisis support appointments.

Intentional Peer Support Service (IPS)

The Foundation offers Peer Support, funded by South West London ICB. We manage a team of IPS workers who provide peer support in a number of different contexts, including the acute psychiatric ward at Springfield Hospital and the Accident and Emergency Department at St Helier Hospital. Individual appointments for peer support are arranged at various locations in the local community and for particular client groups. IPS workers also run the Sutton Hearing Voices Group which supports people who experience intrusive voices and thoughts and is part of the National Hearing Voices Network.

In addition, we offer accredited training in Intentional Peer Support (IPS) twice a year. The training and IPS work offers a route back into work for a number of people with lived experience, as well as helping others rebuild their confidence and make progress in their recovery journey. During the year the number of people we have worked with through the IPS Service has doubled.

High Intensity Users

During this year we completed work to pilot peer support interventions with high intensity users of Emergency Department services at St Helier Hospital. This work showed the benefits of using Peer support workers to support people with six of more visits to the Emergency Department in 6 months to help them access more suitable alternative support. However, this needs to be done in conjunction with other services for it to be really effective. The report of the project was shared with SW London ICB.

Physical Health Checks for those with Serious Mental Illness (SMI)

During this year we completed work with all GP practices in the Borough to engage with people on the Serious Mental Illness Register and support them to access their annual physical health check. This work, in partnership with the local GPs and Primary Care Networks, has resulted in a significant increase locally in the uptake of Physical Health Checks among this target group.

Perinatal Peer Support

Our IPS workers continue to offer one to one support to women during pregnancy and after giving birth, as part of our peer support project. The Foundation continues to work in partnership with Homestart Sutton to offer a perinatal support group to pregnant women and new mums struggling with their mental health and isolation.

Outreach

Our IPS workers have embraced the Be Well Initiative, and several have completed the training and represented SMHF, Sutton and people with lived experience at events across London. We are also now involved with the Be Well Hubs in Sutton's libraries attending Parents and Carers Mental Wellbeing and Advice Sessions, once a month.

Transformation Peer Support

The Foundation continues to work with South West London St George's Mental Health Trust to support people engaging with secondary services and the recovery and support teams. We continue to support people alongside clinical services and offer very vital assistance at what is a very difficult time in their mental health journey. We work alongside other VCSE (Voluntary, Community, and Social Enterprise) partners in Sutton and across the ICB area, and our IPS workers are helping to change the perception of mental illness and the understanding of clinicians working in Sutton, through their expertise as people with lived experience and
their person-centred approach to care. During the year the service has seen a 47% increase in referrals.

User Engagement and Co-production

The Foundation continues to support and facilitate the Sutton 1in4 Network, a community organisation for people in Sutton who have experience of mental distress, with the intention of improving local mental health services and providing mutual support.

We also support the Sutton Mental Health (Service User) Commissioning Advisory Group, or CAG, which brings together local service users and commissioners to discuss and shape mental health commissioning in the borough. During this year these groups have been engaged in conversations with service users around Priorities for Sutton Adult Mental Health Partnership Board, and gathering views from users of Sutton Home Treatment Team, Sutton Crisis Café and SMHF's Intentional Peer Support Service.

The Foundation also supports people with experience of using mental health services to represent Sutton Service Users on the various Service User panels and committees of the London Borough of Sutton and the NHS Sutton Clinical Commissioning Group, South West London St George's Mental Health Trust and the Sutton Primary Care Networks. We also support them to respond to consultations by service commissioners, and to comment on the design, commissioning, performance and review of mental health services in the borough.

The Voyager

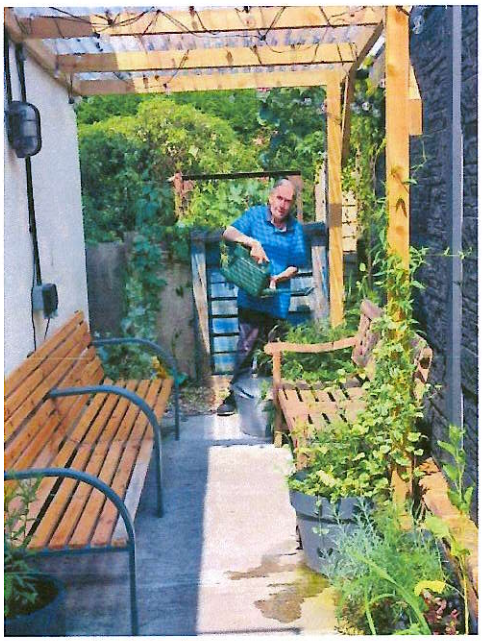
Our in-house magazine, The Voyager, is written, compiled, and edited by our service users. It provides a comprehensive and regularly updated directory of local mental health services as well as entertaining articles, opinion pieces, art and poetry.

SMHF Awayday

In June of 2023 we held an Awayday to bring together staff, volunteers, service user representatives and members of the Board to think strategically about current and future challenges and opportunities for the Foundation. Over the course of the day we considered the Foundation's Unique Selling Points, priorities from now to 2028 and talked about project plans to take some of this work forward. We rounded the day off with some Crazy Golf. Outcomes from the day have been incorporated into our revised Strategic Plan and have informed actions and new project developments.

Garden and Building Upgrade

This year we used the money kindly donated to us by Barratts and other donors to improve our outdoor space to create a welcoming and relaxing outdoor area. We also improved our interview room and increased energy efficiency by removing unused doors.



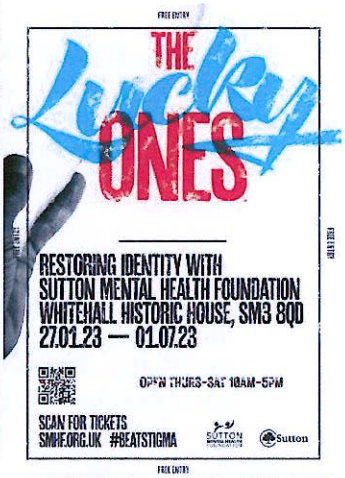
Reducing Stigma Around Mental Health

The Lucky Ones Exhibition at Whitehall in Cheam was co curated by Members of the Belmont Connect Day Service with LB Sutton Heritage Department. Our aim was to present people's personal experience of Mental Illness and Mental Health services, alongside a history of Mental Health Services in the Borough. By adding a powerful personal dimension to the history we hoped to use these personal stories to educate people about the continuing realities of mental health treatment, and challenge people's perceptions of what it is to be mentally ill.

The exhibition opened in January 2023, and by the time of closing, in July 2023, had been visited by over 8,000 people.

SMHF also took part in LB Sutton's **Sutton Steams Ahead Festival**, promoting conversations around mental health through drawing, and an exhibition and dramatic performance promoting awareness of Seasonal Affective Disorder (SAD).









Governance and Internal Procedures

- During this year, the Foundation has finalised our work on governance and internal procedures.
- We have completed the updating of IT in the organisation with the support of local not for profit IT company, Cygnet.
- We have employed a bookkeeper and updated our accounting systems, moving fully to an online version of SAGE.
- We have implemented the Mental Health Services Data Set collection, in line with statutory requirements.
- We have undertaken negotiations around the re-procurement of the Crisis Café, Peer Support and Belmont Connect Services.

Achievements and performance

Providing support.
The Foundation provided direct support to over 1,100 people in this period.

We worked with:
- 315 people through the Belmont Connect service
- 354 people (234 new) through Sutton Crisis Café
- 120 people (82 new) through Intentional Peer Support
- 177 people (113 new) through Transformation
- 63 people (37 new) through In Your Corner (Sunday) service
- 20 (15 new) received counselling

Provided:
- 1,280 hours of one-to-one peer support (IPS) and 1,452 of Transformation
- 1,227 crisis support appointments
- 214 counselling sessions
- 200 housing and general support appointments
- 75 peer support sessions in St Helier ED
- 35 peer support sessions on Ward 3 at Springfield
- 130 Citizen's Advice appointments

Ran:
- 488 Activity sessions
- 8 Signpost Sutton talks
- 3 Courses (on Diabetes, Pain Management and IBS)
- 2 Intentional Peer Support Training Courses
- 28 In Your Corner (Sunday) sessions

Held:
- 366 crisis support groups
- 9 OCD support group meetings
- 10 Community meetings
- 12 New members mornings
- 48 Hearing Voices group meetings
- 36 EUPD support group meetings
- 10 Sutton 1 in 4 meetings
- 10 Commissioning Advisory Group meetings


April 2023 - March 2024
354
People used Sutton Crisis Cafe
524
new people used our services
1100
People Supported
23
Intentional Peer Support Workers Trained
130
CAB appointments
2324
Peer Support sessions
214
Counselling Sessions
SUTTON
MENTAL HEALTH
FOUNDATION
75
Peer support sessions in St Helier ED
8
Signpost Sutton Talks
488
free activity sessions at Belmont
1227
Crisis support appointments
200
housing & support appointments

Building relationships and resilience.

SMHF staff worked closely with service users, NHS and voluntary sector colleagues and the London Borough of Sutton throughout this period.

We continued to work with a wide range of local community and voluntary organisations including Community Action Sutton, Homestart Sutton, Inspire, Sutton Women's Centre, Sutton Healthwatch, St Mungo's, Sutton Housing Partnership, Spire, Sutton Night Watch, and Citizens' Advice Sutton.

We attended a range of local meetings and fora including Sutton Together, the Anti- Poverty Forum, Sutton Safeguarding Adults Board (SSAB), Community Engagement sub-group (SSAB); Learning & Development sub-group (SSAB); The Hoarding Panel; St. Helier Mental Health Partnership Group; Sutton Suicide Prevention Partnership Group; South West London St Georges' Mental health Trust's DIAM meeting, Sutton Adult Community Mental Health Transformation Partnership; High Intensity Users Group; Sutton Primary Care Networks; and Sutton Adult Mental Health Partnership Board.

We also attended numerous fairs and gave presentations to various local groups and NHS teams throughout this period.

In addition, we have developed our links across the South West London ICB area, taking an active role in the Be Well Initiative and other events with South London Listens and South West London St George's.

Funding

Our main funders in the 2023-24 period were:

London Borough of Sutton to maintain our Belmont Connect service.

South West London ICB to fund our Peer Support services & CAG support, and continued funding **NHS England** funding to run a Crisis Café in Sutton.

South West London St George's Mental Health Trust to provide Peer Support to their Transformation Project.

In addition, we received grants from:

LB Sutton – Sutton Steams Ahead Project
SW London ICB Health & Inequalities Fund

We have also received a number of personal, charitable and corporate donations which give us a degree of freedom to supplement the services which we are contracted to provide and to explore new possibilities. We are very grateful to have been chosen as the joint Chair's Charity for Cheam and Sutton Rotary.

We are grateful to several generous donors who supported our work, including John Lewis, Cheam and Sutton Rotary, Waitrose, Trinity Church Sutton, The Ahmadiyya Muslim Women's Association (Cheam and Sutton Branches) and Holy Cross School. We are also grateful to the many individuals who have chosen to support our work during this period by their generous personal donations.

Plans for 2024-25

- Complete commissioning to secure future of Sutton crisis café and our peer support and day services.
- Focus on diversifying funding, seeking new opportunities and secure continued funding for the housing and support worker post.
- Expand the counselling service and seek funding.

Structure, Governance and Management

Governing Document

The Company is a charitable company limited by guarantee. Its governing documents are its Memorandum and Articles of Association.

Trustees

The directors of the Company are also charity trustees for the purpose of charity law. They are elected at the Annual General Meeting of the company and one third of them retire in rotation each year.

The Board seeks members who understand the needs of people who use mental health services, who reflect the diversity of the community and who can contribute to the business needs of the Company. People with direct experience of mental distress are actively welcomed to serve on the Board.

During this period, the Board had a broad mix of skills drawn from Psychotherapy & Counselling, the NHS, Social Services, Commercial Finance, the Charitable sector and Teaching. All made contributions to the work of the company by sharing their expertise with staff and in other ways.

In the event of the Company being wound up Trustees are required to contribute an amount not exceeding £1.

Organisational Structure

The Board of Trustees meets approximately every 6 weeks face to face or online via MS Teams and is responsible for the strategic direction and policy of the Company.

Day to day responsibility for the provision of the services rest with the Chief Executive along with the Service Managers. The Chief Executive is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met. The Service Managers have responsibility for the day to day operational management of the Centre, individual supervision of the staff team and also ensuring that the team continue to develop their skills and working practices in line with good practice. The remuneration of the charity's key management personnel is set by the Board of Trustees, taking into account the charity's financial position and the amount paid for comparable roles in comparable organisations.

Risk Management

The Board of Trustees is responsible for the management of the risks faced by the Company. Risks are identified, assessed and reviewed throughout the year. The Company's risk management processes are reviewed every year and the Risk Register every six months.
The key controls used by the Company include:

- Risk Register
- Formal Board agendas, minutes and action logs
- Strategic planning, budgeting and management accounting
- Established organisational structure and lines of reporting
- Formal written policies and procedures
- Clear authorisation and approval levels
- Vetting procedures as required by law for the protection of vulnerable adults

The Board of Trustees is satisfied that the major risks identified through the risk management processes established for the Company have been adequately mitigated where necessary. It is recognised that systems can only provide reasonable but no absolute assurance that major risks have been adequately managed.

The Company recognises the importance of its relationships with its main funders, the South West London Integrated Care Board (Sutton Place), South West London St George's Mental Health Trust and the London Borough of Sutton. It also seeks to work closely with statutory service providers, local VCSE partners and third sector funders and charitable trusts.

Financial Review

The results of the Company for the 12 months to 29 March 2024 are set out on pages 20 to 32.

The gross income of the company for the period was £728,383, 11% of income came from the London Borough of Sutton, 18% from South West London St George's Mental Health Trust and 55% from NHS Sutton.

Gross expenditure amounted to £712,160, giving a net surplus of £16,223.

Unrestricted funds:

General fund: Balance: £230,558
Held to meet costs which fall outside the scope of restricted or designated funding, including costs arising from new initiatives and in response to specific needs for which no funding has been received.

Designated Funds:

Business Continuity Fund: Balance: £50,000
This fund has been set up by the Board to be held in reserve in case of cessation of funding by either (or both) the Local Authority and Clinical Commissioning Group (NHS Sutton) to enable the organisation to maintain its activities for a limited period where appropriate whilst seeking to secure alternative funding.

Building Fund: Balance: £372,781
Represents the funds raised and used to purchase the premises and to refurbish them, less accrued depreciation. This fund represents the value of fixed assets and is not held in cash.

Fund for Future Obligations: Balance: £50,000
Funds held in reserve to meet any adjustment costs resulting from future loss of funding, such as redundancy payments.

Building Sinking Fund Balance: £10,000
Funds Held in Reserve for future capital building expense.

IT Sinking Fund Balance: £10,000
Funds Held in Reserve for future IT upgrade expense.

Total Unrestricted and Designated Funds: Balance: £723,339

Restricted funds

Belmont Connect Learn Support Balance: £1,156

Belmont Connect Centre was funded by a contract with the London Borough of Sutton, with activities and classes funded by donations from the public. Any deficit has been funded by the General Reserve.

Crisis House Fund: (formerly Safe House Fund) Balance: £20,842
A fund derived mainly from funds raised by the Mayor's charity in 2012/14 to support the development of crisis support services.

Crisis Café Balance: £61,017
This represents the balance of provision by NHS Sutton for Sutton Crisis Café.

Hearing Voices: Balance: £1,607
Fund to support the Sutton Hearing Voices Network and associated groups.

Transformation IPS Balance: £25,746
This represents the balance of provision by SWLStG Mental Health Trust to establish a Peer Support Service as part of their Transformation Project.

Peer Support and User Engagement Balance: £9,469
This represents the balance of provision by NHS Sutton for Peer Support and User Engagement.

Renovation: Balance: £11,719
The residue of a fund set up to provide for the modernisation of the Foundation's premises in 2011. This fund is now being used for improvements and repairs to the building as and when they are required.

Sunday Service Balance: £9,679
Funds Held in Reserve for future Sunday sessions.

Total Restricted Funds: Balance: £141,235

Investment Policy

Apart from the Building Fund, which is represented by the depreciated value of the Freehold Property, its original improvements and the 2011 refurbishment, fund balances are held in bank current and deposit accounts or as cash and as such are immediately available. To increase returns on funds which are not expected to be spent in the short term, the decision has been taken to invest some of the funds in limited fixed term bonds and savings accounts.

Reserves Policy

The reserves policy calls for two months operating expenditure to be held as reserves in the general funds. The general funds balance during the fiscal period was typically between £100,000 - £160,000 which averages at two to three months cover based on average monthly operating expenditure of circa £50,000 per month.

In addition to this there are future obligations and business continuity reserves of £100,000.

The Trustees have continued to seek new opportunities for the Foundation, whilst seeking to manage costs. The current costs of most activities were fully met during the year. The Trustees continue to keep costs under regular review.

These unrestricted reserves are held in readily realisable assets which the Trustees consider to be assets that are easily converted into cash.

Serious Incidents

There have been no Serious Incidents affecting the Charity in this period.

Statement of Trustee Responsibilities

The Trustees (who are also Directors of Sutton Mental Health Foundation for the purposes of Company Law) are responsible for producing the Trustees' Report and the Financial Statements in accordance with applicable law and United Kingdom accounting standards (United Kingdom General Accounting Standards)

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 apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and Not Having a Share Capital)

The Trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the Charitable Company and to enable them to ensure that the Financial Statements comply with the Companies Act 2006.

They are responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- There is no relevant audit information of which the Charitable Company's auditor is unaware; and
- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

Auditors

A resolution to re-appoint as Auditors Messrs. Myrus Smith, Chartered Accountants, Norman House, 8 Burnell Road, Sutton, Surrey SM1 4BW was adopted at the Annual General Meeting on 18 January 2024. Since this resolution was taken, Myrus Smith has merged with Kingston Burrowes Audit Ltd, 308 Ewell Road, Surbiton, Surrey, KT6 7AL.

Exemption Statement

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

Approved and signed on behalf of the Trustees
Sutton Mental Health Foundation Charity Company
63 Downs Road
Belmont
Surrey
SM2 5NR

Chair
Peter Thomas

Treasurer
Stephen Ofori

Date: 9/12/2024

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and Not Having a Share Capital)

Opinion

We have audited the financial statements of Sutton Mental Health Foundation Charity Company for the twelve months ended 29 March 2024 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at the twelve months ended 29 March 2024, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the trustees annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the directors' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Kevin Fisher BA FCA CTA (*Senior Statutory Auditor*)
For an on behalf of Kingston Burrowes Audit Ltd
Statutory Auditors

308 Ewell Road
Surbiton
Surrey, KT6 7AL

12th December 2024

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and Not Having a Share Capital)

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE TWELVE MONTHS ENDED 29 MARCH 2024

	Notes	Total Unrestricted funds £	Total Restricted funds £	Total Funds 2024 £
Income				
Donations and legacies	2	5,941	-	5,941
Charitable activities	3	6,054	701,571	707,625
Investments	4	10,651	-	10,651
Other	5	4,166	-	4,166
Total		26,812	701,571	728,383
Expenditure				
Charitable activities	6	(14,157)	726,317	712,160
Total		(14,157)	726,317	712,160
Net income/(expenditure)	8	40,969	(24,746)	16,223
Transfers between funds	14 & 15	10,657	(10,657)	-
Net movement in funds		51,626	(35,403)	16,223
Reconciliation of funds				
Fund balances brought forward	14 & 15	671,713	176,638	848,351
Fund balances carried forward	14 & 15	£723,339	£141,235	£864,574

All income and expenditure derive from continuing activities.

The statement of financial activities includes all recognised gains and losses.

The notes form part of these financial statements

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE TWELVE MONTHS ENDED 29 MARCH 2024

	Notes	Total Unrestricted funds £	Total Restricted funds £	Total Funds 2023 £
Income				
Donations and legacies	2	19,451	10,000	29,451
Charitable activities	3	1,943	625,640	627,583
Investments	4	1,693	-	1,693
Other	5	8,941	-	8,941
Total		32,028	635,640	667,668
Expenditure				
Charitable activities	6	41,355	550,806	592,161
Total		41,355	550,806	592,161
Net income/(expenditure)	8	(9,327)	84,834	75,507
Transfers between funds	14 & 15	10,500	(10,500)	-
Net movement in funds		1,173	74,334	75,507
Reconciliation of funds				
Fund balances brought forward	14 & 15	670,540	102,304	772,844
Fund balances carried forward	14 & 15	£671,713	£176,638	£848,351

All income and expenditure derive from continuing activities.

The statement of financial activities includes all recognised gains and losses.

The notes form part of these financial statements.

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

BALANCE SHEET AS AT 29 MARCH 2024

	Notes	2024		2023	
		£	£	£	£
FIXED ASSETS					
Tangible assets	11		372,781		374,775
CURRENT ASSETS					
Debtors	12	52,521		30,000	
Cash at bank and in hand		488,213		572,094	
		540,734		602,094	
CREDITORS: Amounts falling due within one year	13	48,941		128,518	
NET CURRENT ASSETS			491,793		473,576
NET ASSETS	16		£864,574		£848,351
FUNDS					
Unrestricted funds	14		723,339		671,713
Restricted funds	15		141,235		176,638
TOTAL FUNDS			£864,574		£848,351

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

Approved by the Board of Trustees on and signed on their behalf by 5/12/2024

Peter Thomas
Chair

Stephen Ofori
Treasurer

The notes form part of these financial statements.

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

CASH FLOW STATEMENT
(Incorporating Income and Expenditure account)

FOR THE TWELVE MONTHS ENDED 29 MARCH 2024

	2024 £	2023 £
Net cash (used in) / generated from operating activities (see below)	(94,532)	253,524
Cash flow from investing activities		
Interest received	10,651	1,693
(Decrease) / increase in cash in the year	(83,881)	255,217
Cash brought forward	572,094	316,877
Cash carried forward	£488,213	£572,094
Analysis of cash		
Cash at bank	£488,213	£572,094

Reconciliation of net income to net cash flow from operating activities	2024 £	2023 £
Operating surplus on ordinary activities	16,223	75,507
Adjustments for non-cash items:		
Depreciation	1,994	1,994
(Increase) / decrease in debtors	(22,521)	60,959
(Decrease) / increase in creditors	(79,577)	116,757
	(83,881)	255,217
Adjustment for investing activities		
Interest receivable	(10,651)	(1,693)
Net cash (used in) / generated from operating activities	£(94,532)	£253,524

1. ACCOUNTING POLICIES

a) Basis of Preparation

The charity constitutes a public benefit entity as defined by FRS 102. 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

b) Income Recognition

Income is included in the Statement of Financial Activities when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Grant income is recognised in accordance with agreed budgets and timeframes. Amounts received but which relate to future reporting periods are accounted for as deferred income. In the case of multi-year grants, the aggregate amount of future instalments not yet received and which are subject to satisfactory performance is disclosed as a contingent asset.

c) Expenditure and Irrecoverable VAT

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Expenditure on charitable activities comprises the costs of running the various activities and services for the charity's beneficiaries

Expenditure includes those costs of a direct nature which can be allocated to a specific activity. It also includes indirect costs, including governance costs that do not relate to a specific activity but are necessary to support them.

Irrecoverable VAT is charged as a cost against the associated expense heading.

d) Fund Accounting

Unrestricted general funds are those funds which are freely available for use in furtherance of the objects of the charity and which have not been designated for specific purposes.

Designated funds are unrestricted funds which have been set aside by the trustees for specific purposes.

Restricted funds are funds which can only be used in accordance with specific restrictions imposed by the donor or which have been raised for a particular purpose.

e) Fixed Assets and Depreciation

Depreciation is provided so as to write off the cost of each asset over its estimated useful life at the following annual rates:

Freehold Land	Nil
Freehold Property improvements	43 years straight line
Office equipment and computers	3 years straight line
Furniture and fixtures	5 years straight line

f) Debtors and creditors within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

g) Pension costs

The charity operates a defined contribution scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£
Donations	5,941	-	5,941	18,951
Donation in kind	-	-	-	10,500
	£5,941	£Nil	£5,941	£29,451

Of the £29,451 received in 2023, £19,451 related to unrestricted funds and £10,000 related to restricted funds.

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£
Grants and contracts	£6,054	£701,571	£707,625	£627,583

Of the £627,583 received in 2023, £1,943 related to unrestricted funds and £625,640 related to restricted funds.

4. INVESTMENT INCOME

	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£
Bank interest	£10,651	£Nil	£10,651	£1,693

All of the £1,693 received in 2023 related to unrestricted funds.

5. OTHER INCOME

	Unrestricted Funds	Restricted Funds	Total 2024	Total 2023
	£	£	£	£
Rental and other income	£4,166	£Nil	£4,166	£8,941

Of the £8,941 received in 2023, £8,941 related to unrestricted funds and £Nil restricted funds.

6. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Direct Costs	Support Costs	Total 2024	Total 2023
	£	£	£	£
Salaries	570,921	-	570,921	489,341
Staff and volunteer costs	48,141	-	48,141	12,073
Travel outings	1,273	-	1,273	2,064
Events and activities	-	-	-	17,825
Premises	-	34,769	34,769	20,315
General office	-	41,847	41,847	35,864
Professional fees	-	9,615	9,615	8,415
Governance (note 7)	-	3,600	3,600	4,270
Depreciation	-	1,994	1,994	1,994
	£620,335	£91,825	£712,160	£592,161

Of the £592,161 expenditure in 2023, £41,355 was charged to unrestricted funds and £550,806 was charged to restricted funds.

7. GOVERNANCE COSTS

	Total 2024 £	Total 2023 £
Wages and salaries	-	910
Audit fees	3,600	3,360
	£3,600	£4,270

8. NET INCOME

Net income for the year is stated after charging:

	2024 £	2023 £
- Auditor's remuneration	£3,600	£3,360
- Depreciation	£1,994	£1,994

9. TRUSTEES' REMUNERATION AND EXPENSES

The trustees neither received nor waived any remuneration during the year (2023: £Nil) nor were they reimbursed any expenses.

10. STAFF COSTS

	Total 2024 £	Total 2023 £
Wages and salaries	531,928	451,147
Social security costs	28,925	31,867
Pension costs	10068	7,237
	£568,938	£490,251

There was no employee who received total employee benefits (excluding employer pension costs) in excess of £60,000 in either year.

Total employee benefits received by key management amounted to £166,436. (2023: £45,503) Under FRS102 employee benefits include gross salary, benefits in kind, employer's national insurance and employer's pension contributions.

The average number of employees, calculated on a full-time equivalent basis, analysed by function was:

	2024 Number	2023 Number
Direct charitable activities	15	15
Management and support	7	5
	22	20

11. TANGIBLE FIXED ASSETS

	Freehold Land	Freehold Property	Fixtures and Fittings	Office and Computer equipment	Total
	£	£	£	£	£
Cost					
At 30 March 2023	300,000	85,746	23,249	28,108	437,103
Additions	-	-	-	-	-
At 29 March 2024	300,000	85,746	23,249	28,108	437,103
Depreciation					
At 30 March 2023	-	10,971	23,249	28,108	62,328
Charge in year	-	1,994	-	-	1,994
At 29 March 2024	-	12965	23,249	28,108	64,322
Net book value					
At 29 March 2024	£300,000	£72,781	£Nil	£Nil	£372,781
At 29 March 2023	£300,000	£74,775	£Nil	£Nil	£374,775

12. DEBTORS

	2024	2023
	£	£
Other debtors	52,231	30,000
Prepayments	290	-
	£52,521	£30,000

13. CREDITORS – amounts falling due within one year

	2024	2023
	£	£
Accruals	3,600	3,600
Deferred income	36,882	116,757
Other creditors	8,459	8,161
	£48,941	£128,518

14. UNRESTRICTED FUNDS

	29 March 2023 £	Income £	Expenditure £	Project transfers £	29 March 2024 £
General fund	186,938	26,812	(36,808)	(20,000)	230,558
Designated funds:					
Business continuity	50,000	-	-	-	50,000
Future obligations	50,000	-	-	-	50,000
Building fund	374,775	-	1,994	-	372,781
Crisis Café fund	10,000	-	20,657	10,657	-
IT refresh	-	-	-	10,000	10,000
Building sinking	-	-	-	10,000	10,000
	£671,713	£26,812	£(14,157)	£10,657	£723,339

Comparative information for the analysis of unrestricted funds in the previous year is as follows:

	29 March 2022 £	Income £	Expenditure £	Project transfers £	29 March 2023 £
General fund	183,335	32,028	38,925	10,500	186,938
Designated funds:					
Training	436	-	436	-	-
Business continuity	50,000	-	-	-	50,000
Future obligations	50,000	-	-	-	50,000
Building fund	376,769	-	1,994	-	374,775
Crisis Café fund	10,000	-	-	-	10,000
	£670,540	£32,028	£41,355	£10,500	£671,713

The purpose of each fund is set out in the Report of the Trustees.

15. RESTRICTED FUNDS

	29 March 2023 £	Income £	Expenditure £	Project transfers £	29 March 2024 £
Belmont Connect Learn Support	1,156	86,275	86,275	-	1,156
Crisis House Fund (formerly Safe House)	20,842	-	-	-	20,842
Crisis Café	48,685	277,350	254,361	(10,657)	61,017
Hearing Voices	3,147	-	1,540	-	1,607
Transformation IPS	64,594	99,779	138,627	-	25,746
Peer Support Works and User Engagement	25,389	213,079	228,999	-	9,469
Renovation	12,825	-	1,106	-	11,719
Sunday service	-	25,088	15,409	-	9,679
	£176,638	£701,571	£726,317	£(10,657)	£141,235

Comparative information for the analysis of restricted funds in the previous year is as follows:

	29 March 2022 £	Income £	Expenditure £	Project transfers £	29 March 2023 £
Belmont Connect Learn Support	-	92,051	90,895	-	1,156
Crisis House Fund (formerly Safe House)	20,842	-	-	-	20,842
Crisis Café	13,452	253,013	213,780	(4,000)	48,685
IT for Mental Health	1,943	-	1,943	-	-
Hearing Voices	3,147	-	-	-	3,147
Transformation IPS	36,048	154,668	126,122	-	64,594
Peer Support Works and User Engagement	7,877	135,908	111,896	(6,500)	25,389
Housing Support Worker	6,170	-	6,170	-	-
Renovation	12,825	-	-	-	12,825
	£102,304	£635,640	£550,806	£(10,500)	£176,638

The purpose of each fund is set out in the Report of the Trustees.

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible fixed assets £	Net current assets £	Total 2024 £
Restricted Funds:			
Hearing Voices	-	1,607	1,607
Crisis House Fund (formerly Safe House)	-	20,842	20,842
Crisis Café	-	61,017	61,017
Renovation	-	11,719	11,719
Belmont Connect Learn Support	-	1,156	1,156
Transformation IPS	-	25,746	25,746
Peer Support Works and User Engagement	-	9,469	9,469
Sunday Service	-	9,679	9,679
	-	141,235	141,235
Designated Funds:			
Business Continuity	-	50,000	50,000
Future Obligations	-	50,000	50,000
Building Fund	372,781	-	372,781
Crisis Café Fund	-	-	-
IT refresh	-	10,000	10,000
Building sinking	-	10,000	10,000
	372,781	120,000	492,781
Unrestricted Funds:			
General Fund	-	230,558	230,558
Total	£372,781	£491,793	£864,574

NOTES TO THE FINANCIAL STATEMENTS AS AT THE TWELVE MONTHS ENDED 29 MARCH 2024

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS ../cont'd

Comparative information for the analysis of the net assets between the funds in the previous year is as follows:

	Tangible fixed assets £	Net current assets £	Total 2023 £
Restricted Funds:			
Hearing Voices	-	3,147	3,147
Crisis House Fund (formerly Safe House)	-	20,842	20,842
Crisis Café	-	48,685	48,685
Renovation	-	12,825	12,825
Belmont Connect Learn Support	-	1,156	1,156
Wellbeing	-	-	-
IT for Mental Health	-	-	-
Transformation IPS	-	64,594	64,594
Peer Support Works and User Engagement	-	25,389	25,389
Housing Support Worker	-	-	-
	-	176,638	176,638
Designated Funds:			
PSW Training	-	-	-
Business Continuity	-	50,000	50,000
Future Obligations	-	50,000	50,000
Building Fund	374,775	-	374,775
Crisis Café Fund	-	10,000	10,000
	374,775	110,000	484,775
Unrestricted Funds:			
General Fund	-	186,938	186,938
Total	£374,775	£473,576	£848,351

17. RELATED PARTY TRANSACTIONS

There were no transactions with related parties in 2024 or 2023.

18. CONTINGENT ASSETS

Total grant funding awarded as at 29 March 2024 but not yet received and recognised due to recognition criteria not being met amounts to £403,083. (2023: £604,333)

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

England & Wales - Charity number 1069945

Accounts

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and not having a Share Capital)

ANNUAL REPORT AND ACCOUNTS
FOR THE 12 MONTHS FROM 30 MARCH 2022 TO 29 MARCH 2023

SUTTON
MENTAL HEALTH
FOUNDATION
connect · learn · support

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E-mail
admin@smhf.org.uk

Company Number: 03549053
Registered Charity Number: 1069945

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SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and not having a Share Capital)

Report of the Trustees for the twelve months ended 29 March 2023

Charity Name:	Sutton Mental Health Foundation Charity Company
Company Registration Number:	03549053
Charity Registration Number:	1069945
Registered Office:	63 Downs Road Belmont, Surrey SM2 5NR
Chair:	Peter Thomas
Treasurer:	Stephen Ofori
Trustees:	Naomi Kenny
	Heather Vernon
	Isobel Hayes
	Dominika Skwarek
Chief Executive Officer (CEO)	Lisa Lancefield
Operational Services Manager:	Ovie Oboh
Peer Support Co-ordinator and Community Liaison Lead:	Carol Jacques
Bankers:	Lloyds TSB Bank 49 High Street Sutton, Surrey
	The Charities Official Investment Fund (COIF) St Alphage House 2 Fore Street London EC2Y 5AQ
	The Charity Bank 182 High Street Tonbridge TN9 1BE
	Hampshire Trust Bank 55 Bishopsgate London EC2N 3AS

	Monmouthshire Building Society John Frost Square Newport NP20 1PX
	Redwood Bank Limited The Nexus Building Broadway Letchworth Garden City SG6 3TA
	United Trust Bank 1 Ropemaker St London EC2Y 9AW
Independent auditors:	Myrus Smith Chartered Accountants Norman House, 8 Burnell Road Sutton, Surrey SM1 4BW

Report of the year

In this year Sutton Mental Health Foundation has focussed on consolidating our new services and diversifying our offer to address the increased mental health need post-pandemic, which has been heightened by the cost of living crisis. We also continued to develop the organisation's infrastructure, to provide a solid foundation for future development.

Demand for mental health support has continued to rise, with all SMHF services seeing an increase in numbers, so much so that our 12-month figures are similar to, or exceed the figures reported in the previous 18 month period.

Almost all of our activities are now in person and face to face, although many staff continue hybrid working to enable us to make the most use of our premises.

Organisational Development

During this year, the foundation worked with a local not for profit IT company to review and restructure our IT and information security in compliance with GDPR and NHS requirements. We also continued to work on our financial and accounting procedures to accommodate the increase in staffing and income over the period. We conducted our first staff survey and the Board have reviewed their handbook, policies and procedures.

Project Development

During this year we have continued our focus on reducing stigma around Mental Health. Working with LB Sutton Heritage Department, Members of the Belmont Connect explored the history of mental health in the Borough, alongside their own personal mental health history. This co-curated exhibition at Whitehall Museum in Cheam combined art and lived experience to look at the themes of stigma and identity. The exhibition ran from January to July 23 and to end March 23 was seen by around 2,500 people.

In response to the cost-of-living crisis and increased mental health need in the community we secured funding from NHSE Health and Inequalities Programme to run "In Your Corner" a Sunday support service, for 6 months. Visitors benefitted from a safe, warm space and a hot meal at a subsidised rate. Support workers were on hand to talk if needed. Through outreach, the service targeted some of the most deprived areas of the borough; Shanklin Village, St Helier, Roundshaw and Benhill Estate. The service was well received and much appreciated, and we hope to repeat this in the coming winter.

Increased mental health need has led to longer waiting lists and it is apparent that the need for talking therapies is greater than ever. In January, SMHF began to pilot a psychodynamic counselling service, funded through general reserves. We now have 2 student counsellors working on Mondays and Tuesdays from Belmont Connect and seeing up to 4 people each, supervised by an experienced clinical supervisor. Counselling is currently free, and lasts generally up to 12 weeks, depending on need.

We received funding from the NHS to pilot a project to employ peer support workers to engage with people using the emergency department intensively. The aim of the project was to understand the potential underlying mental health reasons for attending the Emergency Department, and to provide emotional / psychosocial support as opposed to the traditional medical model. In this way it was hoped to improve their recovery and break the cycle to HIU of ED. The pilot began in January 2023 and is due to finish in Autumn 2023.

Through Signpost Sutton talks at the Belmont Connect, we have continued to inform people about issues affecting those with mental health. During the year talks covered: Suicide Prevention Awareness, Intentional Peer Support, Diabetes in Mental Health, How to save on your energy bills. We have also run free courses on a diverse range of subjects: Menopause and Mental Health, Managing Pain, Creative Writing, IT for Mental Health; Irritable Bowel Syndrome.

Objects, Aims, Objectives and Activities

Charitable Objects
The revised articles of association provide that the objects of the Company shall be to promote any charitable purposes for the benefit of people with mental health problems resident in the London Borough of Sutton and other areas of the UK at the trustees' discretion.

Public Benefit
Within these Objects, the Company's public benefit aim is to provide high quality support to residents of Sutton who have experienced mental distress or who are at risk of doing so. Most services are provided free of charge to users, subject to capacity, although a charge may be made for services which provide direct benefit to individuals or small groups.
The Trustees seek continually to review the services provided and to adapt them to changing needs. In particular, the Trustees seek to involve the people who use the Foundation's services in developing, delivering and evaluating these services to ensure that they meet the relevant needs as fully as possible.

Accordingly, the Board of Trustees has complied with the duty in Section 17, Charities Act 2011, to have regard to the Public Benefit guidance published by the Charity Commission.

Activities
The Company's principal activities are as follows:

Belmont Connect
Belmont Connect is a drop-in service commissioned and paid for by the London Borough of Sutton, with additional activities and services paid for by public donation.

The drop in opens 3 days per week, serving affordable food - a light lunch and snacks on 2 days and a full cooked lunch on Fridays. Support workers are available to speak to people in need and assist with applications for PIP, blue badges etc.

Free wellbeing activities run 4 days per week, along with periodic Signpost Sutton Talks and free courses. Our IT hub offers free computer access.

Monthly Community Meetings offer a forum for people using the service to give feedback and offer suggestions for how the service can be developed. Members are encouraged to organise their own independent programme activities to promote their wellbeing, known as Activ8. These include a dining club and outings to places of interest. The Foundation is often able to arrange discounted or free tickets to these events.

Advice and Support
The Foundation does not offer advice directly but supports people to access advice from other organisations, through signposting, setting up and supporting at appointments, form filling and assisting with telephone enquiries. During the year Sutton Citizens' Advice Bureau attended the service weekly, and there were weekly pop-up advice sessions from Inspire and Employment advisors from the Mental Health Trust.

For part of the year, the Foundation continued to offer Housing support, via a full-time worker. Given the increasingly difficult housing situation and the impact housing issues have on mental health and wellbeing, we hope to resume this post in 2023.

User engagement and co-production
The Foundation continues to support and facilitate the Sutton 1in4 Network, a community organisation for people in Sutton who have experience of mental distress, with the intention of improving local mental health services and providing mutual support.

We also facilitate the Sutton Mental Health (Service User) Commissioning Advisory Group, or CAG, which brings together local service users and commissioners to discuss and shape mental health commissioning in the borough. During this year these groups have been engaged in the review of the South West London St George's Safeguarding policy, scrutinising the Transformation of Mental Health Services in Sutton as well as the response to the Covid-19 Pandemic.

The Foundation also supports people with experience of using mental health services to represent Sutton Service Users on the various Service User panels and committees of the London Borough of Sutton and the NHS Sutton Clinical Commissioning Group, South West London St George's Mental Health Trust and the Sutton Primary Care Networks. We also support them to respond to consultations by service commissioners, and to comment on the design, commissioning, performance and review of mental health services in the borough.

Both groups meet monthly online.

Peer Support Service
The Foundation offers Peer Support, funded by SW London Integrated Care Board (Sutton Place). We offer accredited training in Intentional Peer Support (IPS) twice a year and manage a team of IPS workers who provide peer support in a number of different contexts, including the acute psychiatric ward at Springfield Hospital and the Accident and Emergency Department at St Helier Hospital. Individual appointments for peer support are arranged at various locations in the local community and for particular client groups. Peer support workers also run the Sutton Hearing Voices Group which supports people who experience intrusive voices and thoughts and is part of the National Hearing Voices Network.

Physical Health Checks
Following the successful pilot, funding has been secured to work with all GP practices in the Borough to engage with people on the Serious Mental Illness Register and support them to access their annual physical health check. This work is funded until 23/24.

Perinatal Peer Support
Our IPS workers continue to offer one to one support to women during pregnancy and after giving birth, as part of our peer support project. The Foundation continues to work in partnership with Homestart Sutton to offer a perinatal support group to pregnant women and new mums struggling with their mental health and isolation.

Transformation Peer Support
The Foundation continues to work with South West London St George's Mental Health Trust in a project to transform Mental Health Services in Sutton. Now in the second year of the 3 year contract we work closely with the trust and other Voluntary Sector partners to provide peer support as an integral part of the secondary care treatment pathway.

Sutton Crisis Café
This service offers non clinical, non-judgemental support to adults in the London Borough of Sutton who are experiencing, or feel they are at risk of, a mild to moderate mental health crisis, as an alternative to A&E. It is open from 6.30pm to 11pm every evening, 365 days of the year and is funded to July 2024. Staff are trained in Intentional Peer Support and many have their own lived experience. The Service was independently evaluated in July 2022 and the model overwhelmingly endorsed by service users, clinicians and VCSE stakeholders alike. A further two years of funding, to July 2024, was confirmed.

Structure, Governance and Management

Governing Document
The Company is a charitable company limited by guarantee. Its governing documents are its Memorandum and Articles of Association.

Trustees
The directors of the Company are also charity trustees for the purpose of charity law. They are elected at the Annual General Meeting of the company and one third of them retire in rotation each year.

The Board seeks members who understand the needs of people who use mental health services, who reflect the diversity of the community and who can contribute to the business needs of the Company. People with direct experience of mental distress are actively welcomed to serve on the Board.

During this period, the Board had a broad mix of skills drawn from Psychotherapy & Counselling, the NHS, Social Services, Commercial Finance, the Charitable sector and Teaching. All made contributions to the work of the company by sharing their expertise with staff and in other ways.

In the event of the Company being wound up Trustees are required to contribute an amount not exceeding £1.

Organisational Structure
The Board of Trustees meets approximately every 6 weeks online via MS Teams and is responsible for the strategic direction and policy of the Company.

The managers are responsible for the day to day running of the Company's activities and for the supervision and development of its staff. The remuneration of the charity's key management personnel is set by the Board of Trustees, taking into account the charity's financial position and the amount paid for comparable roles in comparable organisations.

The Board of Trustees is responsible for the management of the risks faced by the Company. Risks are identified, assessed and reviewed throughout the year. The Company's risk management processes are reviewed annually.
The key controls used by the Company include:

- Formal Board agendas, minutes and action logs.
- Strategic planning, budgeting and management accounting
- Established organisational structure and lines of reporting
- Formal written policies and procedures
- Clear authorisation and approval levels
- Vetting procedures as required by law for the protection of vulnerable adults.

The Board of Trustees is satisfied that the major risks identified through the risk management processes established for the Company have been adequately mitigated where necessary. It is recognised that systems can only provide reasonable but no absolute assurance that major risks have been adequately managed.

The Company recognises the importance of its relationships with its main funders, the South West London Integrate Care Board (Sutton Place), South West London St George's Mental Health Tryst and the London Borough of Sutton. It also seeks to work closely with statutory service providers, local VCSE partners and third sector funders and charitable trusts.

Achievements and performance



1. Providing support.

The Foundation provided direct support to over 800 people in this period.

We worked with:
274 through the Belmont Connect service
304 people (232 new) through Sutton Crisis Café
60 people (26 new) through Intentional Peer Support
120 people (103 new) through Transformation
30 people through the new In Your Corner (Sunday) service

Provided:
1,236 sessions of peer support (IPS) & 1,075 Transformation
1,039 crisis support appointments
106 housing and support appointments
18 IT hub appointments
111 CAB appointments

Ran:
405 Activity sessions
7 Signpost Sutton talks
4 courses incl. 1 at Whitehall / 1 online
2 IT for Mental Health courses
1 event for World Mental Health Day
2 Intentional Peer Support Training Courses
6 In Your Corner (Sunday) sessions

Held:
365 crisis support groups
11 OCD support group meetings
5 Community meetings
11 New members mornings
47 Hearing Voices group meetings & 17 Transformation Hearing Voices group meeting
16 EUPD support group meetings
11 Sutton 1 in 4 meetings
11 Commissioning Advisory Group meetings

2. Building relationships and resilience.

SMHF staff worked closely with service users, NHS and voluntary sector colleagues and the London Borough of Sutton throughout this period in the development of the Sutton Adult Mental Health Partnership Board, projects around Health and Inequalities and training Physician Associates.

We continued to work with a wide range of local community and voluntary organisations including Community Action Sutton, Homestart Sutton, Inspire, Sutton Women's Centre, Sutton Healthwatch, St Mungo's, Sutton Housing Partnership, Spire, Sutton Night Watch, and Citizens' Advice Sutton.

We attended a range of local meetings and fora including Sutton Together, the Anti- Poverty Forum, Sutton Safeguarding Adults Board (SSAB), Community Engagement sub-group (SSAB); Learning & Development sub-group (SSAB); Hoarding Panel;

St. Helier Mental Health Partnership Group; Sutton Suicide Prevention Partnership Group; Southwest London St Georges' Mental health Trust's DIAM meeting, Sutton Adult Community Mental Health Transformation Partnership; High Intensity Users Group; Sutton Primary Care Networks; and Sutton Adult Mental Health Partnership Board.

We also attended numerous fairs and gave presentations to a number of local groups and NHS teams throughout this period.

3. Funding.

Our main funders were:

London Borough of Sutton to maintain our Belmont Connect service (to March 2023).

South West London ICB to fund our Peer Support services & CAG support, and continued funding **NHS England** funding to pilot a Crisis Café in Sutton.

South West London St George's Mental Health Trust to provide Peer Support to their Transformation Project.

In addition, we received grants from:

Sutton College Community Learning Programme for our IT for Mental Health courses.

We have also received a number of personal, charitable and corporate donations which give us a degree of freedom to supplement the services which we are contracted to provide and to explore new possibilities. We are very grateful to have been chosen as the joint Chair's Charity for Cheam and Sutton Rotary.

We are grateful to several generous donors who supported our work, including Primark Stores Ltd, Cheam and Sutton Rotary, Waitrose, Trinity Church Sutton and the Sutton Mayor's Fund. We are also grateful to the many individuals who have chosen to support our work during this period by their generous personal donations.

Plans for 2023-24

- Increase engagement in our services by targeting young people, and groups experiencing health inequalities in the borough as identified in the Core 20 plus definition
- Secure continued funding for the housing and support worker post
- Evaluate the counselling service and seek to expand if successful
- Hold a staff Away Day to contribute to the SMHF strategic plan
- Prepare for and successfully engage with the SW London ICB's upcoming recommissioning of our services by 2024
- Complete the implementation of SAGE Accounting in line with SORPS
- Develop plans to diversify funding

Financial Review

The results of the Company for the twelve months to 29 March 2023 are set out on pages 18 to 29.

The gross income of the company for the period was £667,668, 17% of income came from the London Borough of Sutton, 18% from South West London St George's Mental Health Trust and 51% from NHS Sutton.

Gross expenditure amounted to £592,161 giving a net surplus of £75,507.

Unrestricted funds:

General fund: Balance: £186,938
Held to meet costs which fall outside the scope of restricted or designated funding, including costs arising from new initiatives and in response to specific needs for which no funding has been received.

Designated Funds:

Business Continuity Fund: Balance: £50,000
This fund has been set up by the Board to be held in reserve in case of cessation of funding by either (or both) the Local Authority and Clinical Commissioning Group (NHS Sutton) to enable the organisation to maintain its activities for a limited period where appropriate whilst seeking to secure alternative funding

Building Fund: Balance: £374,775
Represents the funds raised and used to purchase the premises and to refurbish them, less accrued depreciation. This fund represents the value of fixed assets and is not held in cash

Fund for Future Obligations: Balance: £50,000
Funds held in reserve to meet any adjustment costs resulting from future loss of funding, such as redundancy payments.

Training activities: Balance: £Nil
Fund to represent the surplus or deficit on training activities.

Crisis Café Fund Balance: £10,000
Donation designated for upgrades to building and outside space for the benefit of crisis café and other visitors

Total Unrestricted and Designated Funds: Balance: £671,713

Restricted funds

Belmont Connect Learn Support Balance: £1,156

Belmont Connect Centre was funded by a contract with the London Borough of Sutton, with activities and classes funded by donations from the public. Any deficit has been funded by the General Reserve.

Crisis House Fund: (formerly Safe House Fund) Balance: £20,842
A fund derived mainly from funds raised by the Mayor's charity in 2012/14 to support the development of crisis support services.

Crisis Café Balance: £48,685
This represents the balance of provision by NHS Sutton for Sutton Crisis Café.

IT for Mental Health Balance: £Nil
Grant funding to run beginners IT courses to tackle digital exclusion

Hearing Voices: Balance: £3,147
Fund to support the Sutton Hearing Voices Network and associated groups.

Transformation IPS Balance: £64,594
This represents the balance of provision by SWLStG Mental Health Trust to establish a Peer Support Service as part of their Transformation Project

Peer Support and User Engagement Balance: £25,389
This represents the balance of provision by NHS Sutton for Peer Support and User Engagement

Housing Support Worker Balance: £Nil
Balance of covid relief funding to pay for a 6-month Housing Support Worker post until May 2022

Renovation: Balance: £12,825
The residue of a fund set up to provide for the modernisation of the Foundation's premises in 2011. This fund is now being used for improvements and repairs to the building as and when they are required.

Total Restricted Funds: £176,638

Investment Policy

Apart from the Building Fund, which is represented by the depreciated value of the Freehold Property, its original improvements and the 2011 refurbishment, fund balances are held in bank current and deposit accounts or as cash and as such are immediately available. To increase returns on funds which are not expected to be spent in the short term, the decision has been taken to invest some of the funds in limited fixed term bonds and savings accounts.

Reserves Policy

The reserves policy calls for two months operating expenditure to be held as reserves in the general funds. The general funds balance during the fiscal period was typically between £100,000 - £160,000 which averages at two to three months cover based on average monthly operating expenditure of circa £50,000 per month.

In addition to this there are future obligations and business continuity reserves of £100,000.

The Trustees have continued to seek new opportunities for the Foundation, whilst seeking to manage costs. The current costs of most activities were fully met during the year. The Trustees continue to keep costs under regular review.

These unrestricted reserves are held in readily realisable assets which the Trustees consider to be assets that are easily converted into cash.

Statement of Trustee Responsibilities

The Trustees (who are also Directors of Sutton Mental Health Foundation for the purposes of Company Law) are responsible for producing the Trustees' Report and the Financial Statements in accordance with applicable law and United Kingdom accounting standards (United Kingdom General Accounting Standards)

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 apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the Charitable Company and to enable them to ensure that the Financial Statements comply with the Companies Act 2006.

They are responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- There is no relevant audit information of which the Charitable Company's auditor is unaware; and
- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

Auditors

A resolution to re-appoint as Auditors Messrs. Myrus Smith, Chartered Accountants, Norman House, 8 Burnell Road, Sutton, Surrey SM1 4BW was adopted at the Annual General Meeting on 8 December 2022.

Exemption Statement

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

Approved and signed on behalf of the Trustees
Sutton Mental Health Foundation Charity Company
63 Downs Road
Belmont
Surrey
SM2 5NR

Chair
Peter Thomas

Treasurer
Stephen Ofori

Date: 21st December, 2023.

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and Not Having a Share Capital)

Opinion

We have audited the financial statements of Sutton Mental Health Foundation Charity Company for the twelve months ended 29 March 2023 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at the twelve months ended 29 March 2023, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the trustees annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the directors' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

K C Fisher

Kevin Fisher BA FCA CTA (*Senior Statutory Auditor*)
For and on behalf of Myrus Smith, Statutory Auditor

Norman House
8 Burnell Road
Sutton, Surrey
SM1 4BW

22 December 2023

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and Not Having a Share Capital)

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE TWELVE MONTHS ENDED 29 MARCH 2023

	Notes	Total Unrestricted funds £	Total Restricted funds £	Total Funds 2023 £
Income				
Donations and legacies	2	19,451	10,000	29,451
Charitable activities	3	1,943	625,640	627,583
Investments	4	1,693	-	1,693
Other	5	8,941	-	8,941
Total		32,028	635,640	667,668
Expenditure				
Charitable activities	6	41,355	550,806	592,161
Total		41,355	550,806	592,161
Net income/(expenditure)	8	(9,327)	84,834	75,507
Transfers between funds	14 & 15	10,500	(10,500)	-
Net movement in funds		1,173	74,334	75,507
Reconciliation of funds				
Fund balances brought forward	14 & 15	670,540	102,304	772,844
Fund balances carried forward	14 & 15	£671,713	£176,638	£848,351

All income and expenditure derive from continuing activities.

The statement of financial activities includes all recognised gains and losses.

The notes form part of these financial statements

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE EIGHTEEN MONTHS ENDED 29 MARCH 2022

	Notes	Total Unrestricted funds £	Total Restricted funds £	Total Funds 2022 £
Income				
Donations and legacies	2	40,627	-	40,627
Charitable activities	3	-	604,953	604,953
Investments	4	654	-	654
Other	5	2,660	813	3,473
Total		43,941	605,766	649,707
Expenditure				
Charitable activities	6	4,902	515,615	520,517
Total		4,902	515,615	520,517
Net income/(expenditure)	8	39,039	90,151	129,190
Transfers between funds	14 & 15	32,362	(32,362)	-
Net movement in funds		71,401	57,789	129,190
Reconciliation of funds				
Fund balances brought forward	14 & 15	599,139	44,515	643,654
Fund balances carried forward	14 & 15	£670,540	£102,304	£772,844

All income and expenditure derive from continuing activities.

The statement of financial activities includes all recognised gains and losses.

The notes form part of these financial statements.

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and Not Having a Share Capital)

BALANCE SHEET AS AT 29 MARCH 2023

	Notes	2023		2022	
		£	£	£	£
FIXED ASSETS					
Tangible assets	11		374,775		376,769
CURRENT ASSETS					
Debtors	12	30,000		90,959	
Cash at bank and in hand		572,094		316,877	
		602,094		407,836	
CREDITORS: Amounts falling due within one year	13	128,518		11,761	
NET CURRENT ASSETS			473,576		396,075
NET ASSETS	16		£848,351		£772,844
FUNDS					
Unrestricted funds	14		671,713		670,540
Restricted funds	15		176,638		102,304
TOTAL FUNDS			£848,351		£772,844

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

Approved by the Board of Trustees on 21/12 **2023**
and signed on their behalf by

Peter Thomas
Chair

Stephen Ofori
Treasurer

The notes form part of these financial statements.

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

CASH FLOW STATEMENT
(Incorporating Income and Expenditure account)

FOR THE TWELVE MONTHS ENDED 31 MARCH 2023

	2023 £	2022 £
Net cash generated from / (used in) operating activities (see below)	253,524	49,317
Cash flow from investing activities		
Interest received	1,693	654
Increase / (Decrease) in cash in the year	255,217	49,971
Cash brought forward	316,877	266,906
Cash carried forward	£572,094	£316,877
Analysis of cash		
Cash at bank	£572,094	£316,877

	2023 £	2022 £
Reconciliation of net income to net cash flow from operating activities		
Operating surplus on ordinary activities	75,507	129,190
Adjustments for non-cash items:		
Depreciation	1,994	4,027
Decrease /(Increase) in debtors	60,959	955,617)
(Decrease) / increase in creditors	116,757	(27,629)
	255,217	49,971
Adjustment for investing activities		
Interest receivable	(1,693)	(654)
Net cash used in operating activities	£253,524	£49,317

NOTES TO THE FINANCIAL STATEMENTS FOR THE TWELVE MONTHS ENDED 29 MARCH 2023

1. ACCOUNTING POLICIES

a) Basis of Preparation

The charity constitutes a public benefit entity as defined by FRS 102. 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

b) Income Recognition

Income is included in the Statement of Financial Activities when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Grant income is recognised in accordance with agreed budgets and timeframes. Amounts received but which relate to future reporting periods are accounted for as deferred income. In the case of multi-year grants, the aggregate amount of future instalments not yet received and which are subject to satisfactory performance is disclosed as a contingent asset.

c) Expenditure and Irrecoverable VAT

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Expenditure on charitable activities comprises the costs of running the various activities and services for the charity's beneficiaries

Expenditure includes those costs of a direct nature which can be allocated to a specific activity. It also includes indirect costs, including governance costs that do not relate to a specific activity but are necessary to support them.

Irrecoverable VAT is charged as a cost against the associated expense heading.

d) Fund Accounting

Unrestricted general funds are those funds which are freely available for use in furtherance of the objects of the charity and which have not been designated for specific purposes.

Designated funds are unrestricted funds which have been set aside by the trustees for specific purposes.

Restricted funds are funds which can only be used in accordance with specific restrictions imposed by the donor or which have been raised for a particular purpose.

e) Fixed Assets and Depreciation

Depreciation is provided so as to write off the cost of each asset over its estimated useful life at the following annual rates:

Freehold Land	Nil
Freehold Property improvements	43 years straight line
Office equipment and computers	3 years straight line
Furniture and fixtures	5 years straight line

f) Debtors and creditors within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

g) Pension costs

The charity operates a defined contribution scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
Donations	8,951	10,000	18,951	30,050
Legacies	-	-	-	
Donation in kind	10,500	-	10,500	10,577
	£19,451	£10,000	£29,451	£40,627

Of the £40,627 received in 2022, £40,627 related to unrestricted funds and £Nil related to restricted funds.

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Grants and contracts	1,943	625,640	627,583	604,953
	£1,943	£625,640	£627,583	£604,953

Of the £604,953 received in 2022, £Nil related to unrestricted funds and £604,953 related to restricted funds.

4. INVESTMENT INCOME

	Unrestricted Funds	Restricted Funds	Total 2023	Total 2022
Bank interest	£1,693	£Nil	£1,693	£654

All of the £654 received in 2022 related to unrestricted funds.

5. OTHER INCOME

	Unrestricted Funds £	Restricted Funds £	Total 2023 £	Total 2022 £
Rental and other income	8,941	-	8,941	2,660
Kitchen income	-	-	-	813
	£8,941	£Nil	£8,941	£3,473

Of the £3,473 received in 2022, £2,660 related to unrestricted funds and £813 restricted funds.

6. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Direct Costs £	Support Costs £	Total 2023 £	Total 2022 £
Salaries	463,315	26,026	489,341	421,818
Staff and volunteer costs	-	12,073	12,073	10,663
Travel outings	-	2,064	2,064	1,003
Events and activities	-	17,825	17,825	16,318
Premises	-	20,315	20,315	30,195
General office	-	35,864	35,864	29,681
Publicity	-	-	-	57
Professional fees	-	8,415	8,415	1,979
Governance (note 7)	-	4,270	4,270	4,776
Depreciation	-	1,994	1,994	4,027
	£463,315	£128,846	£592,161	£520,517

Of the £520,517 expenditure in 2022, £4,902 was charged to unrestricted funds and £515,615 was charged to restricted funds.

7. GOVERNANCE COSTS

	Total 2023 £	Total 2022 £
Wages and salaries	910	1,116
Audit fees	3,360	3,660
	£4,270	£4,776

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) for the year is stated after charging:

	2023	2022
- Auditor's remuneration	£3,360	£3,660
- Depreciation	£1,994	£4,027

9. TRUSTEES' REMUNERATION AND EXPENSES

The trustees neither received nor waived any remuneration during the year (2022: £Nil) nor were they reimbursed any expenses.

10. STAFF COSTS

	Total 2023 £	Total 2022 £
Wages and salaries	451,147	396,291
Social security costs	31,867	21,779
Pension costs	7,237	3,748
	£490,251	£421,818

There was no employee who received total employee benefits (excluding employer pension costs) in excess of £60,000 in either year.

Total employee benefits received by key management amounted to £45,503. Under FRS102 employee benefits include gross salary, benefits in kind, employer's national insurance and employer's pension contributions.

The average number of employees, calculated on a full-time equivalent basis, analysed by function was:

	2023 Number	2022 Number
Direct charitable activities	15	11
Management and support	5	4
	20	15

11. TANGIBLE FIXED ASSETS

	Freehold Land	Freehold Property	Fixtures and Fittings	Office and Computer equipment	Total
	£	£	£	£	£
Cost					
At 30 March 2022	300,000	85,746	23,249	28,108	437,103
Additions	-	-	-	-	-
At 29 March 2023	300,000	85,746	23,249	28,108	437,103
Depreciation					
At 30 March 2022	-	8,977	23,249	28,108	60,334
Charge in year	-	1,994	-	-	1,994
At 29 March 2023	--	10,971	23,249	28,108	62,328
Net book value					
At 29 March 2023	£300,000	£74,775	£Nil	£Nil	£374,775
At 29 March 2022	£300,000	£79,769	£Nil	£Nil	£376,769

12. DEBTORS

	2023	2022
	£	£
Other debtors	30,000	88,487
Prepayments	-	2,472
	£30,000	£90,959

13. CREDITORS – amounts falling due within one year

	2023	2022
	£	£
Accruals	3,600	3,600
Deferred income	116,757	-
Other creditors	8,161	8,161
	£128,518	£11,761

14. UNRESTRICTED FUNDS

	29 March 2022 £	Income £	Expenditure £	Project transfers £	29 March 2023 £
General fund	183,335	32,028	38,925	10,500	186,938
Designated funds:					
Training	436	-	436	-	-
Business continuity	50,000	-	-	-	50,000
Future obligations	50,000	-	-	-	50,000
Building fund	376,769	-	1,994	-	374,775
Crisis Café fund	10,000	-	-	-	10,000
	£670,540	£32,028	£41,355	£10,500	£671,713

Comparative information for the analysis of unrestricted funds in the previous year is as follows:

	1 Oct 2020 £	Income £	Expenditure £	Project transfers £	29 March 2022 £
General fund	117,907	33,941	875	32,362	183,335
Designated funds:					
Training	436	-	-	-	436
Business continuity	50,000	-	-	-	50,000
Future obligations	50,000	-	-	-	50,000
Building fund	380,796	-	4,027	-	376,769
Crisis Café fund	-	10,000	-	-	10,000
	£599,139	£43,941	£4,902	£32,362	£670,540

The purpose of each fund is set out in the Report of the Trustees.

15. RESTRICTED FUNDS

	29 March 2022 £	Income £	Expenditure £	Project transfers £	29 March 2023 £
Belmont Connect Learn Support	-	92,051	90,895	-	1,156
Crisis House Fund (formerly Safe House)	20,842	-	-	-	20,842
Crisis Café	13,452	253,013	213,780	(4,000)	48,685
Wellbeing	-	-	-	-	-
IT for Mental Health	1,943	-	1,943	-	-
Hearing Voices	3,147	-	-	-	3,147
Transformation IPS	36,048	154,668	126,122	-	64,594
Peer Support Works and User Engagement	7,877	135,908	111,896	(6,500)	25,389
Housing Support Worker	6,170	-	6,170	-	-
Renovation	12,825	-	-	-	12,825
	£102,304	£635,640	£550,806	£(10,500)	£176,638

Comparative information for the analysis of restricted funds in the previous year is as follows:

	1 Oct 2020 £	Income £	Expenditure £	Project transfers £	29 March 2022 £
Belmont Connect Learn Support	-	113,313	130,951	17,638	-
Crisis House Fund (formerly Safe House)	22,342	-	1,500	-	20,842
Crisis Café	-	157,993	144,541	-	13,452
Wellbeing	-	15,000	15,000	-	-
IT for Mental Health	-	1,943	-	-	1,943
Hearing Voices	3,187	-	40	-	3,147
Transformation IPS	-	120,000	33,952	(50,000)	36,048
Peer Support Works and User Engagement	3,325	174,825	170,273	-	7,877
Housing Support Worker	-	22,692	16,522	-	6,170
Renovation	15,661	-	2,836	-	12,825
	£44,515	£605,766	£515,615	£(32,362)	£102,304

The purpose of each fund is set out in the Report of the Trustees.

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible fixed assets £	Net current assets £	Total 2023 £
Restricted Funds:			
Hearing Voices	-	3,147	3,147
Crisis House Fund (formerly Safe House)	-	20,842	20,842
Crisis Café	-	48,685	48,685
Renovation	-	12,825	12,825
Belmont Connect Learn Support	-	1,156	1,156
Wellbeing	-	-	-
IT for Mental Health	-	-	-
Transformation IPS	-	64,594	64,594
Peer Support Works and User Engagement	-	25,389	25,389
Housing Support Worker	-	-	-
	-	176,638	176,638
Designated Funds:			
PSW Training	-	-	-
Business Continuity	-	50,000	50,000
Future Obligations	-	50,000	50,000
Building Fund	374,775	-	374,775
Crisis Café Fund	-	10,000	10,000
	374,775	110,000	484,775
Unrestricted Funds:			
General Fund	-	186,938	186,938
Total	£374,775	£473,576	£848,351

NOTES TO THE FINANCIAL STATEMENTS
AS AT THE TWELVE MONTHS ENDED 29 MARCH 2023

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS ../cont'd

Comparative information for the analysis of the net assets between the funds in the previous year is as follows:

	Tangible fixed assets £	Net current assets £	Total 2022 £
Restricted Funds:			
Hearing Voices	-	3,147	3,147
Crisis House Fund (formerly Safe House)	-	20,842	20,842
Crisis Café	-	13,452	13,452
Renovation	-	12,825	12,825
Belmont Connect Learn Support	-	-	-
Wellbeing	-	-	-
IT for Mental Health	-	1,943	1,943
Transformation IPS	-	36,048	36,048
Peer Support Works and User Engagement	-	7,877	7,877
Housing Support Worker	-	6,170	6,170
	-	102,304	102,304
Designated Funds:			
PSW Training	-	436	436
Business Continuity	-	50,000	50,000
Future Obligations	-	50,000	50,000
Building Fund	376,769	-	376,769
Crisis Café Fund	-	10,000	10,000
	376,769	110,436	487,205
Unrestricted Funds:			
General Fund	-	183,335	183,335
Total	£376,769	£396,075	£772,844

17. RELATED PARTY TRANSACTIONS

There were no transactions with related parties in 2023 or 2022.

18. CONTINGENT ASSETS

Total grant funding awarded as at 31 March 2023 but not yet received and recognised due to recognition criteria not being met amounts to £604,333.

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

England & Wales - Charity number 1069945

Accounts

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and not having a Share Capital)

ANNUAL REPORT AND ACCOUNTS
FOR THE 18 MONTHS FROM 1 OCTOBER 2020 TO 29 MARCH 2022

Sutton Mental Health Foundation
63 Downs Road
Belmont
Surrey
SM2 5NR

Telephone:
020 8770 0172

E-mail
admin@smhf.org.uk

Company Number: 03549053
Registered Charity Number: 1069945

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SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and not having a Share Capital)

Report of the Trustees for the eighteen months ended 29 March 2022

Charity Name:	Sutton Mental Health Foundation Charity Company
Company Registration Number:	03549053
Charity Registration Number:	1069945
Registered Office:	63 Downs Road Belmont, Surrey SM2 5NR
Chair:	
	Peter Thomas
Treasurer:	Malcolm Booth (until 1 December 2020)
	Stephen Ofori (acting Treasurer from 3 March 2021; Treasurer from 23 June 2021)
Trustees:	
	Malcolm Booth (until 1 December 2020)
	David Jones (until 1 December 2020)
	Naomi Kenny
	Natalie Rogers (until 18 June 2021)
	Heather Vernon (from 1 December 2020)
	Isobel Hayes (from 23 June 2021)
	Dominika Skwarek (from 23 June 2021)
Acting Chief Executive Officer (CEO)	Lisa Lancefield (from 4 December 2020 until 31 December 2021)
Chief Executive Officer (CEO)	Lisa Lancefield (from 1 January 2022)
Operational Services Manager:	Ovie Oboh

Peer Support Co-ordinator and	
Community Liaison Lead:	Carol Jacques
User Engagement and Co-production	
Adviser:	Lisa Lancefield (until 3 December 2020)
Bankers:	Lloyds TSB Bank 49 High Street Sutton, Surrey
	The Charities Official Investment Fund (COIF) St Alphage House 2 Fore Street London EC2Y 5AQ
	Hampshire Trust Bank 55 Bishopsgate London EC2N 3AS
	Monmouthshire Building Society John Frost Square Newport NP20 1PX
	Redwood Bank Limited The Nexus Building Broadway Letchworth Garden City SG6 3TA
	United Trust Bank 1 Ropemaker St London EC2Y 9AW
Independent auditors:	Myrus Smith Chartered Accountants Norman House, 8 Burnell Road Sutton, Surrey SM1 4BW

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and not having a Share Capital)

Report of the Trustees for the eighteen months ended 29 March 2022

Report on the Year

Recovery from Covid-19

For the first half of this 18-month period (October 2020-March 2022), the Covid-19 pandemic and the associated restrictions continued to impact our services, and much of our service continued to be delivered online or via the telephone. For some of our members who need personal contact this was a real problem. To mitigate this, we instigated limited face to face appointments in the Autumn and brought back in person activities as and when it was safe to do so. Some of the changes we made as a result of Covid, such as the booking ahead of appointments and activities, remain in place, and this has helped us to manage the increased demand for our services we have seen. By the end of the period our Drop-In had returned 3 days per week and we were offering bookable activities across 4 days per week.

Due to pressures on the building and an increased range of projects, we continue with hybrid working patterns and online meetings using Teams, where this is appropriate.

Organisational Development

We continued to review our IT, HR, financial and administrative processes to improve the operation of our organisation and the delivery of services. A range of new policies were developed and approved by the Board in October 2020-March 2022.

From the beginning of December 2021 we appointed an acting Chief Officer to oversee the continued development of the organisation and in January 2022 we confirmed this appointment as one of permanent Chief Executive (reporting to the Board) to be supported by a full time administrator.

Project Development

From November 2020 we worked closely with the CCG to plan and fund the launch of a Crisis Café in Sutton. Funding for a years' pilot and a further 2 years operational costs was confirmed in April 2021, and we opened the Sutton Crisis Café in August 2021. At the time of writing (July 2022) the service has successfully undergone an independent evaluation and we have had confirmation of a further two years of funding for this project up to 2023/4.

We continued to develop a range of additional services for our clients at the Belmont Centre (Belmont Connect), and received 3 months funding to provide a Wellbeing Line for people under mental health stress due to Covid (Jan – March 2021) as well as Covid Recovery Funding for a Mental Health Housing and Support Worker (6 months post). During 2021 we worked with the SW London and St George's Mental Health Trust to develop a service to provide Peer Support for a range of clients, which we began to roll out in January 2022 as part of their Transformation Project.

Despite the pandemic we have developed several new services and projects in this period as well as continuing to provide our traditional Peer Support, Belmont Connect and SMI Healthcheck Services. SMHF continues to be major player in the provision of voluntary sector mental health services in Sutton.

Structure, Governance and Management

Governing Document

The Company is a charitable company limited by guarantee. Its governing documents are its Memorandum and Articles of Association.

Trustees

The directors of the Company are also charity trustees for the purpose of charity law. They are elected at the Annual General Meeting of the company and one third of them retire in rotation each year.

The Board seeks members who understand the needs of people who use mental health services, who reflect the diversity of the community and who can contribute to the business needs of the Company. People with direct experience of mental distress are actively welcomed to serve on the Board.

During this period, the Board had a broad mix of skills drawn from Psychotherapy & Counselling, the NHS, Social Services, Commercial Finance, the Charitable sector and Teaching. All made contributions to the work of the company by sharing their expertise with staff and in other ways.

In the event of the Company being wound up Trustees are required to contribute an amount not exceeding £1.

Organisational Structure

The Board of Trustees meets approximately every 6 weeks online via MS Teams and is responsible for the strategic direction and policy of the Company.

The managers are responsible for the day to day running of the Company's activities and for the supervision and development of its staff. The remuneration of the charity's key management personnel is set by the Board of Trustees, taking into account the charity's financial position and the amount paid for comparable roles in comparable organisations.

The Board of Trustees is responsible for the management of the risks faced by the Company. Risks are identified, assessed and reviewed throughout the year. The Company's risk management processes are reviewed annually.

The key controls used by the Company include:

- Formal Board agendas, minutes and action logs.
- Strategic planning, budgeting and management accounting
- Established organisational structure and lines of reporting
- Formal written policies and procedures
- Clear authorisation and approval levels
- Vetting procedures as required by law for the protection of vulnerable adults.

The Board of Trustees is satisfied that the major risks identified through the risk management processes established for the Company have been adequately mitigated where necessary. It is recognised that systems can only provide reasonable but no absolute assurance that major risks have been adequately managed.

The Company recognises the importance of its relationships with its main funders, the Sutton Clinical Commissioning Group (NHS Sutton) and the London Borough of Sutton. It also seeks to work closely with statutory service providers, particularly the South West London and St George's Mental Health NHS Trust, Community Action Sutton and third sector funders and charitable trusts.

Objects, Aims, Objectives and Activities

Charitable Objects

The revised articles of association provide that the objects of the Company shall be to promote any charitable purposes for the benefit of people with mental health problems resident in the London Borough of Sutton and other areas of the UK at the trustees' discretion.

Public Benefit

Within these Objects, the Company's public benefit aim is to provide high quality support to residents of Sutton who have experienced mental distress or who are at risk of doing so. Most services are provided free of charge to users, subject to capacity, although a charge may be made for services which provide direct benefit to individuals or small groups.
The Trustees seek continually to review the services provided and to adapt them to changing needs. In particular, the Trustees seek to involve the people who use the Foundation's services in developing, delivering and evaluating these services to ensure that they meet the relevant needs as fully as possible.

Accordingly, the Board of Trustees has complied with the duty in Section 17, Charities Act 2011, to have regard to the Public Benefit guidance published by the Charity Commission.

Activities

The Company's principal activities are as follows:

Belmont Connect

Belmont Connect is a drop-in service commissioned and paid for by the London Borough of Sutton, with additional activities and services paid for by public donation. During the covid restrictions it offered telephone support and online activities, gradually returning to face-to-face activities with limited places available for advance booking. In response to needs arising from the pandemic, we also opened a bookable IT hub to enable those without access to the internet to use our computers for online meetings appointments and shopping while libraries etc were closed.

By the end of the reporting period, the Drop-in had returned 3 days per week, with some food available on set days. In addition to social support, we also ran a range of free activities and courses built around the 5 ways to well-being, (some of which are online) as well as supporting user-led activities. During this time we also developed an IT for Mental Health Course, funded by Sutton College, to help those struggling with digital access, which was a real issue for some service users in the pandemic. The Connect service continues to have a strong ethos of community and mutual support.

Advice and Support

The Foundation does not offer advice directly but supports people to access advice from other organisations, through signposting, setting up and supporting at appointments, form filling and assisting with telephone enquiries. Sutton Citizens' Advice Bureau attends the service weekly, and Inspire are now offering a drug and alcohol pop-in a couple of times a week at the Belmont Centre.

SMHF was approached by Sutton Council during the pandemic to provide a Wellbeing Support Line to Sutton residents for 12 weeks during January – March 2021. This was a freephone number which operated 4 hours per day, 5 days per week to provide 'support and listening' to callers to the service, as well as signposting to other organisations/services that would be able to provide support/advice. In addition, we provided weekly online activities including a coffee morning, drama and art for wellbeing.

In response to increasing need for housing support during the pandemic, SMHF secured funding from LB Sutton Covid Relief Fund for a 6-month Mental Health Housing and Support Worker post. This enabled us to put in place dedicated support for people with urgent mental health and/or housing needs which proved a very much needed service. This funding has now come to an end, but we are keen to look for further funding as this sort of support continues to be very much needed in the local community.

User engagement and co-production

The Foundation continues to support and facilitate the Sutton 1in4 Network, a community organisation for people in Sutton who have experience of mental distress, with the intention of improving local mental health services and providing mutual support.

We also facilitate the Sutton Mental Health (Service User) Commissioning Advisory Group, or CAG, which brings together local service users and commissioners to discuss and shape mental health commissioning in the borough. During the period of this report these groups have been engaged in the coproduction of the Sutton Crisis Café and the Transformation of Mental Health Services in Sutton as well as the responses to the Covid-19 Pandemic.

The Foundation also supports people with experience of using mental health services to represent Sutton Service Users on the various Service User panels and committees of the London Borough of Sutton and the NHS Sutton Clinical Commissioning Group, South West London St George's Mental Health Trust and the Sutton Primary Care Networks. We also support them to respond to consultations by service commissioners, and to comment on the design, commissioning, performance and review of mental health services in the borough.

Since the Pandemic this work has continued online.

Peer Support Service

The Foundation offers Peer Support, funded by Sutton CCG. We offer accredited training in International Peer Support (IPS) and manage a team of IPS workers who provide peer support in a number of different contexts, including the acute psychiatric ward at Springfield Hospital and the Accident and Emergency Department at St Helier Hospital. Individual appointments for peer support are arranged at various locations in the local community and for particular client groups. Peer support workers also run the Sutton Hearing Voices Group which supports people who experience intrusive voices and thoughts and is part of the National Hearing Voices Network.

Work on the ward and in A&E was suspended during the pandemic, and face to face meetings were replaced with telephone support. However, by the end of the reporting period IPS Workers were able to return to most activities face to face, as well as developing new areas of work.

Physical Health Checks

Following the ending of pandemic restrictions, we have finally been able to pilot an innovative approach to using peer support workers to engage people on the Serious Mental Illness Register to access their GP for a physical health check. These people are known to be very hard to reach, and low take up has been a persistent problem across the country,

despite various incentives and initiatives. Our IPS staff have worked with 2 GP practices and successfully engaged with a high percentage of SMI patients to attend physical health check appointments and increase engagement with GP services.

Perinatal Peer Support

Our IPS workers continue to offer one to one support to women during pregnancy and after giving birth, as part of our peer support project. The Foundation was also able to secure additional funding, from the Mayor's Charitable Fund and the Open Work Foundation, to work in partnership with Homestart Sutton to offer a perinatal support group to women who had had babies during the pandemic, and experienced the very particular issues of being new mothers during a period of great difficulty and isolation.

Transformation Peer Support

The Foundation was approached in December 2020 to partner the South West London St George's Mental Health Trust in a project to transform Mental Health Services in Sutton by offering Peer Support as an integral part of the treatment pathway. We have been commissioned for three years to provide 3 fte peer support posts and are working closely with the trust and other Voluntary Sector partners to develop peer support in this environment.

Sutton Crisis Café

Following an intensive period of consultation and coproduction, the Foundation launched a pilot of a Sutton Crisis Café with funding from Sutton CCG and NHS England. Initially for 9 months, but then with a 3 month extension, the service was to be evaluated in May/June 22, and if successful will be funded for a further 2 years. The service offers non clinical, non-judgemental support to adults in the London Borough of Sutton who are experiencing a mild to moderate mental health crisis, as an alternative to A&E. It is open from 6.30pm to 11pm every evening, 365 days of the year.

Achievements and performance

Oct 2020 - March 2022

1. Providing support.

The Foundation provided direct support to over 700 people in this period.

In total we worked with over 524 new people:
213 through the Belmont Connect service
176 through Sutton Crisis Café
135 through peer support

Provided:
3251 sessions of peer support
323 crisis support sessions
205 housing and support appointments
41 IT hub appointments
78 CAB appointments

Ran:
479 Activity sessions
13 Signpost Sutton talks
6 Online courses
1 IT for Mental Health course
1 event at the Sound Lounge
3 Intentional Peer Support Training Courses

Held:
13 OCD support group meetings
56 Hearing Voices group meetings
16 Sutton 1 in 4 meetings
17 Commissioning Advisory Group meetings

2. Building relationships and resilience.

SMHF staff worked closely with service users, NHS and voluntary sector colleagues and the London Borough of Sutton to:

- successfully co-produce and launch Sutton Crisis Café
- initiate a Transformation Peer Support Service
- run a Covid Support Line
- and develop/pilot a Housing support initiative
- provide a support group for Covid Mums
- oversee the development and work of the Sutton Crisis Café

We continued to work with a wide range of local community and voluntary organisations including Community Action Sutton, Homestart Sutton, Inspire, Sutton Women's Centre, Sutton Healthwatch, St Mungo's, Sutton Housing Partnership, Spire, Sutton Night Watch, and Citizens' Advice Sutton.

We attended a range of local meetings and for a including Sutton Together, the Anti-Poverty Forum, Sutton Safeguarding Adults Board, and co-chaired others, including Community Voices Group and the Sutton High Intensity Users Group.

We also attended numerous fairs and gave presentations to a number of local groups and NHS teams throughout this period

3. Funding.

Our main funders were:

London Borough of Sutton to maintain our Connect service for a further 18 months, to September 2022, alongside an additional 3 months funding to run a Covid Wellbeing Line. We also secured Covid Relief Funding for a 6-month Mental Health and Housing Support Worker post.

Sutton CCG\SWLondon CCG to fund our Peer Support services, and with them we were successful in a bid for **NHS England** funding to pilot a Crisis Café in Sutton.

South West London St George's Mental Health Trust who have committed 3 years of funding to enable us to provide Peer Support to their Transformation Project.

In addition we received grants from:

Sutton College Community Learning Programme for our IT for Mental Health courses

The Open Work Foundation who generously match funded our perinatal peer support group for Covid Mums, jointly run with who Home Start Sutton, along with the **Mayor of Sutton**

Sutton Nursing Association for purchasing PPE

We have also received a number of personal, charitable and corporate donations which give us a degree of freedom to supplement the services which we are contracted to provide and to explore new possibilities. We are very grateful to have been chosen as the joint Mayor's Charity for two years, from April 2020 to March 2022, and to the various supporters of this initiative who have given so generously.

We are grateful to several generous donors who supported our work, including Anytime Fitness, Barratt Charitable Foundation, Subsea 7, Taylor Wimpey, Cheam and Sutton Rotary, Charity Walk for Peace, Waitrose, and St Dunstan's PTFA. We are also grateful to the many individuals who have chosen to support our work during this period by their generous personal donations.

Plans for 2022-23

- Conduct a review of our accommodation. We have established a staff/Board subcommittee to take this forward.
- Consolidate and secure the future of the Sutton Crisis Café. An external evaluation will take place in May/June 2022
- Complete the internal changes, such as the implementation of Charity Log and new management structures.
- Increase the number of trained Intentional Peer Support Workers.
- Increase engagement with black and minority ethnic communities, and young people in the borough.
- Secure further funding for a housing and support work post
- Pilot a counselling service to be available through SMHF
- Continue to develop services to enhance the wellbeing of adults with mental health problems in the London Borough of Sutton.

Financial Review

The results of the Company for the eighteen months to 29 March 2022 are set out on pages 20 to 31.

The gross income of the company for the period was £649,707, 17% of income came from the London Borough of Sutton, 18% from South West London St George's Mental Health Trust and 51% from NHS Sutton.

Gross expenditure amounted to £520,717 giving a net surplus of £129,190.

Unrestricted funds:

General fund: Balance: £183,335
Held to meet costs which fall outside the scope of restricted or designated funding, including costs arising from new initiatives and in response to specific needs for which no funding has been received.

Designated Funds:

Business Continuity Fund: Balance: £50,000
This fund has been set up by the Board to be held in reserve in case of cessation of funding by either (or both) the Local Authority and Clinical Commissioning Group (NHS Sutton) to enable the organisation to maintain its activities for a limited period where appropriate whilst seeking to secure alternative funding

Building Fund: Balance: £376,769
Represents the funds raised and used to purchase the premises and to refurbish them, less accrued depreciation. This fund represents the value of fixed assets and is not held in cash

Fund for Future Obligations: Balance: £50,000
Funds held in reserve to meet any adjustment costs resulting from future loss of funding, such as redundancy payments.

Training activities: Balance: £436
Fund to represent the surplus or deficit on training activities.

Crisis Café Fund Balance: £10,000

Donation designated for upgrades to building and outside space for the benefit of crisis café and other visitors

Total Unrestricted and Designated Funds: Balance: £670,540

Restricted funds

Belmont Connect Learn Support
Belmont Connect Centre was funded by a contract with the London Borough of Sutton, with activities and classes funded by donations from the public. Any deficit has been funded by the General Reserve.

Crisis House Fund: (formerly Safe House Fund) Balance: £20,842
A fund derived mainly from funds raised by the Mayor's charity in 2012/14 to support the development of crisis support services.

Crisis Café Balance: £13,452
This represents the balance of provision by NHS Sutton for Sutton Crisis Café.

Wellbeing
Funding from LB Sutton to run a 3-month Wellbeing Support Line during Covid

IT for Mental Health Balance: £1,943
Grant funding to run beginners IT courses to tackle digital exclusion

Hearing Voices: Balance: £3,147
Fund to support the Sutton Hearing Voices Network and associated groups.

Transformation IPS Balance: £36,048
This represents the balance of provision by SWLStG Mental Health Trust to establish a Peer Support Service as part of their Transformation Project

Peer Support and User Engagement Balance: £7,877
This represents the balance of provision by NHS Sutton for Peer Support and User Engagement

Housing Support Worker Balance: £6,170
Balance of covid relief funding to pay for a 6-month Housing Support Worker post until May 2022

Renovation: Balance: £12,825
The residue of a fund set up to provide for the modernisation of the Foundation's premises in 2011. This fund is now being used for improvements and repairs to the building as and when they are required.

Total Restricted Funds:

Balance: £102,304

Investment Policy

Apart from the Building Fund, which is represented by the depreciated value of the Freehold Property, its original improvements and the 2011 refurbishment, fund balances are held in bank current and deposit accounts or as cash and as such are immediately available. To increase returns on funds which are not expected to be spent in the short term, the decision has been taken to invest some of the funds in limited fixed term bonds and savings accounts.

Reserves Policy

The reserves policy calls for reserves to be held in the general funds in the range of two months operating expenditure. Based on the last period expenses this would be an average of £45,000 per month (£90,000 in total). In addition to this there are future obligations and business continuity reserves of £100,000.

The Trustees have continued to seek new opportunities for the Foundation, whilst seeking to manage costs. The current costs of most activities were fully met during the year. The Trustees continue to keep costs under regular review.

These unrestricted reserves are held in readily realisable assets which the Trustees consider to be assets that are easily converted into cash.

Statement of Trustee Responsibilities

The Trustees (who are also Directors of Sutton Mental Health Foundation for the purposes of Company Law) are responsible for producing the Trustees' Report and the Financial Statements in accordance with applicable law and United Kingdom accounting standards (United Kingdom General Accounting Standards)

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 apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the Charitable Company and to enable them to ensure that the Financial Statements comply with the Companies Act 2006.

They are responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- There is no relevant audit information of which the Charitable Company's auditor is unaware; and
- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

Auditors

A resolution to re-appoint as Auditors Messrs. Myrus Smith, Chartered Accountants, Norman House, 8 Burnell Road, Sutton, Surrey SM1 4BW was adopted at the Annual General Meeting on 23 June 2021.

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and not having a Share Capital)

Report of the Trustees for the eighteen months ended 29 March 2022

Exemption Statement

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

Approved and signed on behalf of the Trustees
Sutton Mental Health Foundation Charity Company
63 Downs Road
Belmont
Surrey
SM2 5NR

Chair
Peter Thomas

Treasurer
Stephen Ofori

Date: 13/12/2022

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and Not Having a Share Capital)

Opinion

We have audited the financial statements of Sutton Mental Health Foundation Charity Company for the eighteen months ended 29 March 2022 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at the eighteen months ended 29 March 2022, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the trustees annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the directors' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.



Kevin Fisher BA FCA CTA (*Senior Statutory Auditor*)
For and on behalf of Myrus Smith, Statutory Auditor

Norman House
8 Burnell Road
Sutton, Surrey
SM1 4BW

15-12- 2022

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and Not Having a Share Capital)

STATEMENT OF FINANCIAL ACTIVITIES
INCLUDING INCOME AND EXPENDITURE ACCOUNT
FOR THE EIGHTEEN MONTHS ENDED 29 MARCH 2022

	Notes	Total Unrestricted funds £	Total Restricted funds £	Total Funds 2022 £
Income				
Donations and legacies	2	40,627	-	40,627
Charitable activities	3	-	604,953	604,953
Investments	4	654	-	654
Other	5	2,660	813	3,473
Total		43,941	605,766	649,707
Expenditure				
Charitable activities	6	4,902	515,615	520,517
Total		4,902	515,615	520,517
Net income/(expenditure)	8	39,039	90,151	129,190
Transfers between funds	14 & 15	32,362	(32,362)	-
Net movement in funds		71,401	57,789	129,190
Reconciliation of funds				
Fund balances brought forward	14 & 15	599,139	44,515	643,654
Fund balances carried forward	14 & 15	£670,540	£102,304	£772,844

All income and expenditure derive from continuing activities.

The statement of financial activities includes all recognised gains and losses.

The notes form part of these financial statements.

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE EIGHTEEN MONTHS ENDED 29 MARCH 2022

	Notes	Total Unrestricted funds £	Total Restricted funds £	Total Funds 2020 £
Income				
Donations and legacies	2	48,632	-	48,632
Charitable activities	3	-	189,296	189,296
Investments	4	740	-	740
Other	5	575	790	1,365
Total		49,947	190,086	240,033
Expenditure				
Charitable activities	6	3,030	207,463	210,493
Total		3,030	207,463	210,493
Net income/(expenditure)	8	46,917	(17,377)	29,540
Transfers between funds	14 & 15	(20,006)	20,006	-
Net movement in funds		26,911	2,629	29,540
Reconciliation of funds				
Fund balances brought forward	14 & 15	572,228	41,886	614,114
Fund balances carried forward	14 & 15	£599,139	£44,515	£643,654

All income and expenditure derive from continuing activities.

The statement of financial activities includes all recognised gains and losses.

The notes form part of these financial statements.

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and Not Having a Share Capital)

BALANCE SHEET AS AT 29 MARCH 2022

	Notes	2022		2020	
		£	£	£	£
FIXED ASSETS					
Tangible assets	11		376,769		380,796
CURRENT ASSETS					
Debtors	12	90,959		35,342	
Cash at bank and in hand		316,877		266,906	
		407,836		302,248	
CREDITORS: Amounts falling due within one year	13	11,761		39,390	
NET CURRENT ASSETS			396,075		262,858
NET ASSETS	16		£772,844		£643,654
FUNDS					
Unrestricted funds	14		670,540		599,139
Restricted funds	15		102,304		44,515
TOTAL FUNDS			£772,844		£643,654

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

Approved by the Board of Trustees on 13-12- **2022**
and signed on their behalf by

Peter Thomas
Chair

15/12/2022

Stephen Ofori
Treasurer

The notes form part of these financial statements.

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY
(A Company Limited by Guarantee and Not Having a Share Capital)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE EIGHTEEN MONTHS ENDED 29 MARCH 2022

1. ACCOUNTING POLICIES

a) Basis of Preparation

The charity constitutes a public benefit entity as defined by FRS 102. 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

b) Income Recognition

Income is included in the Statement of Financial Activities when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Grant income is recognised in accordance with agreed budgets and timeframes. Amounts received but which relate to future reporting periods are accounted for as deferred income. In the case of multi-year grants, the aggregate amount of future instalments not yet received and which are subject to satisfactory performance is disclosed as a contingent asset.

c) Expenditure and Irrecoverable VAT

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Expenditure on charitable activities comprises the costs of running the various activities and services for the charity's beneficiaries

Expenditure includes those costs of a direct nature which can be allocated to a specific activity. It also includes indirect costs, including governance costs that do not relate to a specific activity but are necessary to support them.

Irrecoverable VAT is charged as a cost against the associated expense heading.

d) Fund Accounting

Unrestricted general funds are those funds which are freely available for use in furtherance of the objects of the charity and which have not been designated for specific purposes.

Designated funds are unrestricted funds which have been set aside by the trustees for specific purposes.

Restricted funds are funds which can only be used in accordance with specific restrictions imposed by the donor or which have been raised for a particular purpose.

e) Fixed Assets and Depreciation

Depreciation is provided so as to write off the cost of each asset over its estimated useful life at the following annual rates:

Freehold Land	Nil
Freehold Property improvements	43 years straight line
Office equipment and computers	3 years straight line
Furniture and fixtures	5 years straight line

f) Debtors and creditors within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

g) Pension costs

The charity operates a defined contribution scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2020
Donations	30,050	-	30,050	£48,632
Legacies	10,577	-	10,577	-
	£40,627	£Nil	£40,627	£48,632

Of the £48,632 received in 2020, £48,632 related to unrestricted funds and £Nil related to restricted funds.

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2020 £
Grants and contracts	-	604,953	604,953	189,298
	£Nil	£604,953	£604,953	£189,298

Of the £189,298 received in 2020, £Nil related to unrestricted funds and £189,298 related to restricted funds.

4. INVESTMENT INCOME

	Unrestricted Funds	Restricted Funds	Total 2022	Total 2020
Bank interest	£654	£Nil	£654	£740

All of the £740 received in 2020 related to unrestricted funds.

5. OTHER INCOME

	Unrestricted Funds £	Restricted Funds £	Total 2022 £	Total 2020 £
Rental and other income	2,660	-	2,660	575
Kitchen income	-	813	813	790
	£2,660	£813	£3,473	£1,365

Of the £1,365 received in 2020, £575 related to unrestricted funds and £790 restricted funds.

6. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Direct Costs £	Support Costs £	Total 2022 £	Total 2020 £
Salaries	335,998	85,820	421,818	161,196
Staff and volunteer costs	-	10,663	10,663	2,778
Travel outings	-	1,003	1,003	36
Events and activities	-	16,318	16,318	
Premises	-	30,195	30,195	19,143
General office	-	29,681	29,681	20,896
Publicity	-	57	57	308
Professional fees	-	1,979	1,979	200
Governance (note 7)	-	4,776	4,776	2,906
Depreciation	-	4,027	4,027	3,030
	£335,998	£184,519	£520,517	£210,493

Of the £210,493 expenditure in 2020, £130,114 was charged to unrestricted funds and £80,379 was charged to restricted funds.

7. GOVERNANCE COSTS

	Total 2022 £	Total 2020 £
Wages and salaries	1,116	650
Audit fees	3,660	2,256
	£4,776	£2,906

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) for the year is stated after charging:

	2022	2020
- Auditor's remuneration	£3,660	£2,256
- Depreciation	£4,027	£3,030

9. TRUSTEES' REMUNERATION AND EXPENSES

The trustees neither received nor waived any remuneration during the year (2020: £Nil) nor were they reimbursed any expenses.

10. STAFF COSTS

	Total 2022 £	Total 2020 £
Wages and salaries	396,291	155,697
Social security costs	21,779	4,389
Pension costs	3,748	1,760
	£421,818	£161,846

There was no employee who received total employee benefits (excluding employer pension costs) in excess of £60,000 in either year.

The only key management personnel recognised during the year were the Trustees. The Trustees received no employee benefits as per Note 9.

The average number of employees, calculated on a full-time equivalent basis, analysed by function was:

	2022 Number	2020 Number
Direct charitable activities	11	4
Management and support	4	1
	15	5

11. TANGIBLE FIXED ASSETS

	Freehold Land	Freehold Property	Fixtures and Fittings	Office and Computer equipment	Total
	£	£	£	£	£
Cost					
At 1 October 2020	300,000	85,746	23,249	28,108	437,103
Additions	-	-	-	-	-
At 29 March 2022	300,000	85,746	23,249	28,108	437,103
Depreciation					
At 1 October 2020	-	5,986	23,249	27,072	56,307
Charge in year	-	2,991	-	1,036	4,027
At 29 March 2022	-	8,977	23,249	28,108	60,334
Net book value					
At 29 March 2022	£300,000	£76,769	£Nil	£Nil	£376,769
At 30 September 2020	£300,000	£79,760	£Nil	£1,036	£380,796

12. DEBTORS

	2022	2020
	£	£
Other debtors	88,487	33,312
Prepayments	2,472	2,030
	£90,959	£35,342

13. CREDITORS – amounts falling due within one year

	2022	2020
	£	£
Accruals	3,600	1,890
Deferred income	-	37,500
Other creditors	8,161	-
	£11,761	£39,390

14. UNRESTRICTED FUNDS

	1 Oct 2020 £	Income £	Expenditure £	Project transfers £	29 March 2022 £
General fund	117,907	33,941	875	32,382	183,335
Designated funds:					
Training	436	-	-	-	436
Business continuity	50,000	-	-	-	50,000
Future obligations	50,000	-	-	-	50,000
Building fund	380,796	-	4,027	-	376,769
Crisis Café fund	-	10,000	-	-	10,000
	£599,139	£43,941	£4,902	£32,382	£670,540

Comparative information for the analysis of unrestricted funds in the previous year is as follows:

	1 Oct 2019 £	Income £	Expenditure £	Project transfers £	30 Sept 2020 £
General fund	87,966	49,947	-	(20,006)	117,907
Designated funds:					
Training	436	-	-	-	436
Business continuity	50,000	-	-	-	50,000
Future obligations	50,000	-	-	-	50,000
Building fund	383,826	-	3,030	-	380,796
	£572,228	£49,947	£3,030	£(20,006)	£599,139

The purpose of each fund is set out in the Report of the Trustees.

15. RESTRICTED FUNDS

	1 Oct 2020 £	Income £	Expenditure £	Project transfers £	29 March 2022 £
Belmont Connect Learn Support	-	113,313	130,951	17,638	-
Crisis House Fund (formerly Safe House)	22,342	-	1,500	-	20,842
Crisis Café	-	157,993	144,541	-	13,452
Wellbeing	-	15,000	15,000	-	-
IT for Mental Health	-	1,943	-	-	1,943
Hearing Voices	3,187	-	40	-	3,147
Transformation IPS	-	120,000	33,952	(50,000)	36,048
Peer Support Works and User Engagement	3,325	174,825	170,273	-	7,877
Housing Support Worker	-	22,692	16,522	-	6,170
Renovation	15,661	-	2,836	-	12,825
	£44,515	£605,766	£515,615	£(32,362)	£102,304

Comparative information for the analysis of restricted funds in the previous year is as follows:

	1 Oct 2019 £	Income £	Expenditure £	Project transfers £	30 Sept 2020 £
Belmont Connect Learn Support	-	70,539	82,203	11,664	-
Safe House	22,630	-	288	-	22,342
Client Development	-	21,158	47,556	26,398	-
1 in 4	-	2,510	674	(1,836)	-
Hearing Voices	3,227	-	40	-	3,187
Physical Health	-	10,039	3,766	(6,273)	-
Peer Support Works	-	64,276	57,203	(7,073)	-
Sunday Drop in	-	5,250	2,026	(3,224)	-
Renovation	15,661	-	-	-	15,661
Perinatal	-	-	310	310	-
Mental Health	368	16,314	13,397	40	3,325
	£41,886	£190,086	£207,463	£20,006	£44,515

The purpose of each fund is set out in the Report of the Trustees.

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible fixed assets £	Net current assets £	Total 2022 £
Restricted Funds:			
Hearing Voices	-	3,147	3,147
Crisis House Fund (formerly Safe House)	-	20,842	20,842
Crisis Café	-	13,452	13,452
Renovation	-	12,825	12,825
Belmont Connect Learn Support	-	-	-
Wellbeing	-	-	-
IT for Mental Health	-	1,943	1,943
Transformation IPS	-	36,048	36,048
Peer Support Works and User Engagement	-	7,877	7,877
Housing Support Worker	-	6,170	6,170
	-	102,304	102,304
Designated Funds:			
PSW Training	-	436	436
Business Continuity	-	50,000	50,000
Future Obligations	-	50,000	50,000
Building Fund	376,769	-	376,769
Crisis Café Fund	-	10,000	10,000
	376,769	110,436	487,205
Unrestricted Funds:			
General Fund	-	183,335	183,335
Total	£376,769	£396,075	£772,844

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS ../cont'd

Comparative information for the analysis of the net assets between the funds in the previous year is as follows:

	Tangible fixed assets £	Net current assets £	Total 2020 £
Restricted Funds:			
Hearing Voices	-	3,187	3,187
Safe House	-	22,342	22,342
Mental Health		3,325	3,325
Renovation	-	15,661	15,661
	-	44,515	44,515
Designated Funds:			
PSW Training	-	436	436
Business Continuity	-	50,000	50,000
Future Obligations	-	50,000	50,000
Building Fund	380,796	-	380,796
	380,796	100,436	481,232
Unrestricted Funds:			
General Fund	-	117,907	117,907
Total	£380,796	£262,858	£643,654

17. RELATED PARTY TRANSACTIONS

There were no transactions with related parties in 2022 or 2020.

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

England & Wales - Charity number 1069945

Accounts

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and not having a Share Capital)

ANNUAL REPORT AND ACCOUNTS
FOR THE 12 MONTHS to 30 SEPTEMBER 2020

Sutton Mental Health Foundation
63 Downs Road
Belmont
Surrey
SM2 5NR

Telephone:
020 8770 0172

E-mail
admin@smhf.org.uk

Company Number: 3549053
Registered Charity Number: 1069945

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SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and not having a Share Capital)

Report of the Trustees for the twelve months ended 30 September 2020

Charity Name:	Sutton Mental Health Foundation Charity Company
Company Registration Number:	3549053
Charity Registration Number:	1069945
Registered Office:	63 Downs Road Belmont, Surrey SM2 5NR
Chair:	David Jones (until 21 July 2020) Peter Thomas (from 21 July 2020)
Treasurer:	Malcolm Booth (until 1 December 2020)
Trustees:	Christopher Akass (until 4 August 2020) David Jones (until 1 December 2020) Naomi Kenny Natalie Rogers Peter Thomas Heather Vernon (from 1 December 2020)
Company Secretary:	Carol Jacques (until 28 January 2020)
Operational Services Manager:	Ovie Oboh
Peer Support Co-ordinator and Community Liaison Lead:	Carol Jacques
User Engagement and Co-production Adviser:	Lisa Lancefield

Bankers:	Lloyds TSB Bank 49 High Street Sutton, Surrey The Charities Official Investment Fund (COIF) St Alphage House 2 Fore Street London EC2Y 5AQ
Independent auditors:	Myrus Smith Chartered Accountants Norman House, 8 Burnell Road Sutton, Surrey SM1 4BW

Report on the year

In the first half of this year, SMHF sought external consultancy support to enhance its managerial capability and strengthen its operations. Following this work, the Trustees received a robust report identifying key action points to enable the organisation to develop and thrive in an increasingly demanding and competitive environment.

The second half of the year (from mid March 2020) was marked by the coronavirus pandemic, during which most routine activities were suspended or replaced by remote contact. SMHF managed to maintain contact with almost all of its users and developed a strong network of contacts using telephone, email and its website. All staff remained fully active during this period, mostly working from home and attending meetings online. Free online activities were developed to replace the wellbeing activities we used to offer. Significant improvements were made to the organization's IT facilities to make this possible.

From July, preparations were made for a gradual return to face to face activity, including one to one support by appointment at our base in Belmont. We were able to undertake maintenance and repairs to our facilities whilst the premises were closed.

The Company adopted revised Articles of Association at its Annual General Meeting in December 2019.

Structure, Governance and Management

Governing Document

The Company is a charitable company limited by guarantee. Its governing documents are its Memorandum and Articles of Association.

Trustees

The directors of the Company are also charity trustees for the purpose of charity law. They are elected at the Annual General Meeting of the company and one third of them retire in rotation each year.

The Board seeks members who understand the needs of people who use mental health services, who reflect the diversity of the community and who can contribute to the business

needs of the Company. People with direct experience of mental distress are actively welcomed to serve on the Board.

During the year the board had a broad mix of skills drawn from commerce, administration, social work, human relations, IT, teaching, psychiatry and counselling. Several Trustees have direct experience of mental health problems and of using mental health services. All made contributions to the work of the company by sharing their expertise with staff and in other ways.

In the event of the Company being wound up Trustees are required to contribute an amount not exceeding £1.

Organisational Structure

The Board of Trustees meets at least bi-monthly and is responsible for the strategic direction and policy of the Company. The Secretary also sits on the Board but does not vote.

The managers are responsible for the day to day running of the Company's activities and for the supervision and development of its staff. The remuneration of the charity's key management personnel is set by the Board of Trustees, taking into account the charity's financial position and the amount paid for comparable roles in comparable organisations.

The Board of Trustees is responsible for the management of the risks faced by the Company. Risks are identified, assessed and reviewed throughout the year. The Company's risk management processes are reviewed annually.

The key controls used by the Company include:

- Formal Board agendas
- Strategic planning, budgeting and management accounting
- Established organisational structure and lines of reporting
- Formal written policies
- Clear authorisation and approval levels
- Vetting procedures as required by law for the protection of vulnerable adults.

The Board of Trustees is satisfied that the major risks identified through the risk management processes established for the Company have been adequately mitigated where necessary. It is recognised that systems can only provide reasonable but no absolute assurance that major risks have been adequately managed.

The Company recognises the importance of its relationships with its main funders, the Sutton Clinical Commissioning Group (NHS Sutton) and the London Borough of Sutton. It also seeks to work closely with statutory service providers, particularly the South West London and St George's Mental Health NHS Trust, Community Action Sutton and third sector funders and charitable trusts.

Objects, Aims, Objectives and Activities

Charitable Objects

The revised articles of association provide that the objects of the Company shall be to promote any charitable purposes for the benefit of people with mental health problems resident in the London Borough of Sutton and other areas of the UK at the trustees' discretion.

Public Benefit

Within these Objects, the Company's public benefit aim is to provide high quality support to residents of Sutton who have experienced mental distress or who are at risk of doing so. Most services are provided free of charge to users, subject to capacity, although a charge may be made for services which provide direct benefit to individuals or small groups.

The Trustees seek continually to review the services provided and to adapt them to changing needs. In particular, the Trustees seek to involve the people who use the Foundation's services in developing, delivering and evaluating these services to ensure that they meet the relevant needs as fully as possible.

Accordingly the Board of Trustees has complied with the duty in Section 17, Charities Act 2011, to have regard to the Public Benefit guidance published by the Charity Commission.

Activities

The Company's principal activities are as follows:

Belmont Connect

Belmont Connect is a drop-in service commissioned and paid for by the London Borough of Sutton. Prior to the Covid-19 pandemic it opened on four weekdays and on Sundays offering a safe and welcoming environment and social support to people with experience of severe mental distress. During the application of Government restrictions due to Covid,

support was provided remotely, by telephone or through the internet. The Connect service has a strong ethos of community and mutual support.

Advice services

The Foundation does not offer advice directly but has access to Sutton Citizens' Advice Bureau and directs users to sources of advice as necessary.

User engagement and co-production

The Foundation has supported the Sutton 1in4 Network, a community organisation for people in Sutton who have experience of mental distress, with the intention of improving local mental health services and providing mutual support. The Foundation also supports people with experience of using mental health services to respond to consultations by service commissioners of the London Borough of Sutton and the NHS Sutton Clinical Commissioning Group on the design, commissioning, performance and review of mental health services in the borough. During the Pandemic this work continued online.

Peer support

The Foundation supports a team of peer support workers who provide peer support in a number of different contexts, including the acute psychiatric ward at Springfield Hospital and the Accident and Emergency Department at St Helier Hospital. Individual appointments for peer support are arranged at various locations in the local community and for particular client groups. Work to establish a project to use peer support to encourage people on the SMI register to access physical health checks was also brought to a halt by Covid-19.

8 new peer support workers were trained in the course of the year; a further 10 trainees were unable to complete their training in this period, due to covid. Over 80 people received individual peer support during the period.

Achievements and performance

1. **Providing support.** The Foundation provided direct support to over 200 people through its Connect service
2. **Building relationships and resilience.** SMHF staff worked closely with NHS colleagues and the London Borough of Sutton to design new initiatives, including a Crisis Café for Sutton (which is planned to go live in the summer of 2021)
3. **Funding.** We secured funding from the London Borough of Sutton to maintain our Connect service for a further year, to March 2021. Agreement was reached on the provision of continuing funding from the NHS for our peer support services.
   We are grateful to several generous donors who supported our work. We have experienced a gradual increase in personal, charitable and corporate donations which give us a degree of freedom to supplement the services which we are contracted to provide and to explore new possibilities. We are also grateful to be chosen as the joint Mayor's Charity from April 2020 – March 2021.
4. **Information and advice.** During lockdown, access to advice and information was provided by means of a telephone enquiry service, through social media and the Internet.
5. **Sutton 1in4 Network** Members of the 1in4 Network contributed to the development of Crisis Café proposals.
6. **Peer support. Over 80 people** benefitted from peer support in the course of the year.

Plans for 2020-21

Our plans for 20-21 include:

- Restoring and improving our Connect service to meet the mental health needs of people in Sutton, including those affected by the coronavirus pandemic
- Implementing plans to provide a Crisis Café in Sutton, relieving pressure on A&E and providing a calm and supportive environment for people in mental health crisis
- Consolidating and building on improvements to our management systems policies and procedures, especially by making effective use of Charity Log, a database which will facilitate our record keeping and interactions with other agencies, and the Sage 50 financial accounting system
- Expanding our peer support service to increase our work with Recovery and Support Team
- Consolidating our board and seeking new appointments, especially of people with first hand experience of mental distress, to ensure that we keep the needs of users constantly in mind.

Financial Review

The results of the Company for the twelve months to 30 September 2020 are set out on pages 14 to 25.

The gross income of the company for the period was £240,033. 31% of income came from the London Borough of Sutton and 48% from NHS Sutton.

Gross expenditure amounted to £210,493 giving a net surplus of £29,540.

Unrestricted funds:

General fund: Balance: £117,907
Held to meet costs which fall outside the scope of restricted or designated funding, including costs arising from new initiatives and in response to specific needs for which no funding has been received.

Designated Funds:

Business Continuity Fund: Balance: £50,000
This fund has been set up by the Board to be held in reserve in case of cessation of funding by either (or both) the Local Authority and Clinical Commissioning Group (NHS Sutton) to enable the organisation to maintain its activities for a limited period where appropriate whilst seeking to secure alternative funding

Building Fund: Balance: £380,796
Represents the funds raised and used to purchase the premises and to refurbish them, less accrued depreciation. This fund represents the value of fixed assets and is not held in cash

Fund for Future Obligations: Balance: £50,000
Funds held in reserve to meet any adjustment costs resulting from future loss of funding, such as redundancy payments.

Training activities: Balance: £436
Fund to represent the surplus or deficit on training activities.

Total Unrestricted and Designated Funds: Balance: £599,139

Restricted funds

Hearing Voices: Balance: £3,187
The residue of a grant of £7,000 received to set up hearing voices groups for younger people. With the agreement of the donor, this funding is now being used for similar purposes.

Renovation: Balance: £15,661
The residue of a fund set up to provide for the modernisation of the Foundation's premises in 2011. This fund is now being used for improvements and repairs to the building as and when they are required.

Safe House Fund: Balance: £22,342
A fund derived mainly from funds raised by the Mayor's charity in 2012/14 to support the development of crisis support services**.**

Mental Health Administrative Support: Balance: £3,325
This represents the balance of provision by NHS Sutton for administrative support to the Commissioning Advisory Group.

Belmont Connect Learn Support Centre as well as the Sunday Drop In were funded by a contract with the London Borough of Sutton. Any deficit has been funded by the General Reserve.

Client and Community Development work is funded by NHS Sutton for work undertaken in the community rather than in the centres, and the annual surpluses have been transferred to the General Reserves.

Investment Policy

Apart from the Building Fund, which is represented by the depreciated value of the Freehold Property, its original improvements and the 2011 refurbishment, fund balances are held in bank current and deposit accounts or as cash and as such are immediately available. To increase returns on funds which are not expected to be spent in the short term, the decision has been taken to invest some of the funds on the money market with first class banks for periods of up to one year.

Reserves Policy

The reserves policy calls for reserves to be held in the general funds in the range of three to six months operating expenditure. Based on the last period expenses this would be a financial range of between £52,623 and £105,247. Unrestricted general funds amounted to £117,907 at 30 September 2020.

The Trustees have continued to seek new opportunities for the Foundation, whilst seeking to reduce costs where possible. The current costs of most activities were fully met during the year. The Trustees continue to keep costs under regular review.

These unrestricted reserves are held in readily realisable assets which the Trustees consider to be assets that are easily converted into cash.

Statement of Trustee Responsibilities

The Trustees (who are also Directors of Sutton Mental Health Foundation for the purposes of Company Law) are responsible for producing the Trustees' Report and the Financial Statements in accordance with applicable law and United Kingdom accounting standards (United Kingdom General Accounting Standards)

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 apply them consistently;
- observe the methods and principles in the Charities SORP 2019 (FRS 102);
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at any time the financial position of the Charitable Company and to enable them to ensure that the Financial Statements comply with the Companies Act 2006.

They are responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the Trustees are aware:

- There is no relevant audit information of which the Charitable Company's auditor is unaware; and
- The Trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditor is aware of that information.

Auditors

A resolution to re-appoint as Auditors Messrs. Myrus Smith, Chartered Accountants, Norman House, 8 Burnell Road, Sutton, Surrey SM1 4BW was adopted at the Annual General Meeting on 1 December 2020.

Exemption Statement

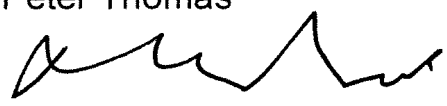
This Trustees' report has been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to Small Companies.

Approved and signed on behalf of the Trustees

Sutton Mental Health Foundation Charity Company
63 Downs Road
Belmont, Surrey
SM2 5NR



Chair
Peter Thomas



Treasurer
Malcolm Booth Date: 29/06/21

INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and Not Having a Share Capital)

Opinion

We have audited the financial statements of Sutton Mental Health Foundation Charity Company for the year ended 30 September 2020 which comprise the Statement of Financial Activities, the Balance Sheet and the related notes. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 *The Financial Reporting Standard applicable in the UK and Republic of Ireland* (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 30 September 2020, and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charitable company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the trustees annual report, other than the financial statements and our auditor's report thereon. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the

other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Opinions on matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the trustees' report (incorporating the directors' report) for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of our knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to prepare the financial statements in accordance with the small companies' regime and take advantage of the small companies' exemptions in preparing the directors' report and from the requirement to prepare a strategic report.

Responsibilities of trustees

As explained more fully in the trustees' responsibilities statement, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at: https://www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Kevin Fisher BA FCA CTA (*Senior Statutory Auditor*)
For and on behalf of Myrus Smith, Statutory Auditor

Norman House
8 Burnell Road
Sutton, Surrey
SM1 4BW

2021

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and Not Having a Share Capital)

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 30 SEPTEMBER 2020

	Notes	Total Unrestricted funds £	Total Restricted funds £	Total Funds 2020 £
Income				
Donations and legacies	2	48,632	-	48,632
Charitable activities	3	-	189,296	189,296
Investments	4	740	-	740
Other	5	575	790	1,365
Total		49,947	190,086	240,033
Expenditure				
Charitable activities	6	3,030	207,463	210,493
Total		3,030	207,463	210,493
Net income/(expenditure)	8	46,917	(17,377)	29,540
Transfers between funds	14 & 15	(20,006)	20,006	-
Net movement in funds		26,911	2,629	29,540
Reconciliation of funds				
Fund balances brought forward	14 & 15	572,228	41,886	614,114
Fund balances carried forward	14 & 15	£599,139	£44,515	£643,654

All income and expenditure derive from continuing activities.

The statement of financial activities includes all recognised gains and losses.

The notes form part of these financial statements.

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and Not Having a Share Capital)

STATEMENT OF FINANCIAL ACTIVITIES INCLUDING INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 30 SEPTEMBER 2019

	Notes	Total Unrestricted funds £	Total Restricted funds £	Total Funds 2019 £
Income				
Donations and legacies	2	16,910	6,260	23,170
Charitable activities	3	-	173,235	173,235
Investments	4	855	-	855
Other	5	2,576	1,386	3,962
Total		20,341	180,881	201,222
Expenditure				
Charitable activities	6	3,030	200,185	203,215
Total		3,030	200,185	203,215
Net income/(expenditure)	8	17,311	(19,304)	(1,993)
Transfers between funds	14 & 15	(11,439)	11,439	-
Net movement in funds		5,872	(7,865)	(1,993)
Reconciliation of funds				
Fund balances brought forward	14 & 15	566,356	49,751	616,107
Fund balances carried forward	14 & 15	£572,228	£41,886	£614,114

All income and expenditure derive from continuing activities.

The statement of financial activities includes all recognised gains and losses.

The notes form part of these financial statements.

SUTTON MENTAL HEALTH FOUNDATION CHARITY COMPANY

(A Company Limited by Guarantee and Not Having a Share Capital)

BALANCE SHEET AS AT 30 SEPTEMBER 2020

	Notes	2020		2019	
		£	£	£	£
FIXED ASSETS					
Tangible assets	11		380,796		383,826
CURRENT ASSETS					
Debtors	12	35,342		7,067	
Cash at bank and in hand		266,906		262,215	
		302,248		269,282	
CREDITORS: Amounts falling due within one year	13	39,390		38,994	
NET CURRENT ASSETS			262,858		230,288
NET ASSETS	16		£643,654		614,114
FUNDS					
Unrestricted funds	14		599,139		572,228
Restricted funds	15		44,515		41,886
TOTAL FUNDS			£643,654		£614,114

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

Approved by the Board of Trustees on **2021**
and signed on their behalf by

Peter Thomas
Chair

Malcolm Booth
Treasurer

The notes form part of these financial statements.

1. ACCOUNTING POLICIES

a) Basis of Preparation

The charity constitutes a public benefit entity as defined by FRS 102. 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 issued in October 2019, the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102), the Charities Act 2011, the Companies Act 2006 and UK Generally Accepted Accounting Practice.

The financial statements are prepared on a going concern basis under the historical cost convention. The financial statements are presented in sterling which is the functional currency of the charity.

The significant accounting policies applied in the preparation of these financial statements are set out below. These policies have been consistently applied to all years presented unless otherwise stated.

b) Income Recognition

Income is included in the Statement of Financial Activities when the charity is legally entitled to the income after any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Grant income is recognised in accordance with agreed budgets and timeframes. Amounts received but which relate to future reporting periods are accounted for as deferred income. In the case of multi-year grants, the aggregate amount of future instalments not yet received and which are subject to satisfactory performance is disclosed as a contingent asset.

c) Expenditure and Irrecoverable VAT

Expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is a legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

Expenditure on charitable activities comprises the costs of running the various activities and services for the charity's beneficiaries

Expenditure includes those costs of a direct nature which can be allocated to a specific activity. It also includes indirect costs, including governance costs that do not relate to a specific activity but are necessary to support them.

Irrecoverable VAT is charged as a cost against the associated expense heading.

d) Fund Accounting

Unrestricted general funds are those funds which are freely available for use in furtherance of the objects of the charity and which have not been designated for specific purposes.

Designated funds are unrestricted funds which have been set aside by the trustees for specific purposes.

Restricted funds are funds which can only be used in accordance with specific restrictions imposed by the donor or which have been raised for a particular purpose.

e) Fixed Assets and Depreciation

Depreciation is provided so as to write off the cost of each asset over its estimated useful life at the following annual rates:

Freehold Land	Nil
Freehold Property improvements	43 years straight line
Office equipment and computers	3 years straight line
Furniture and fixtures	5 years straight line

f) Debtors and creditors within one year

Debtors and creditors with no stated interest rate and receivable or payable within one year are recorded at transaction price. Any losses arising from impairment are recognised in expenditure.

g) Pension costs

The charity operates a defined contribution scheme. Contributions payable to the charity's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	Unrestricted Funds	Restricted Funds	Total 2020	Total 2019
Donations	£48,632	£Nil	£48,632	£23,170

Of the £23,170 received in 2019, £16,910 related to unrestricted funds and £6,260 related to restricted funds.

3. INCOME FROM CHARITABLE ACTIVITIES

	Unrestricted Funds £	Restricted Funds £	Total 2020 £	Total 2019 £
Grants and contracts	-	189,296	189,296	173,235
	-	£189,296	£189,296	£173,235

Of the £173,235 received in 2019, £Nil related to unrestricted funds and £173,235 related to restricted funds.

4. INVESTMENT INCOME

	Unrestricted Funds	Restricted Funds	Total 2020	Total 2019
Bank interest	£740	£Nil	£740	£855

All of the £855 received in 2019 related to unrestricted funds.

5. OTHER INCOME

	Unrestricted Funds £	Restricted Funds £	Total 2020 £	Total 2019 £
Rental and other income	575	-	575	2,576
Kitchen income	-	790	790	1,386
	£575	£790	£1,365	£3,962

Of the £3,962 received in 2019, £2,576 related to unrestricted funds and £1,386 restricted funds.

6. ANALYSIS OF EXPENDITURE ON CHARITABLE ACTIVITIES

	Direct Costs £	Support Costs £	Total 2020 £	Total 2019 £
Salaries	128,918	32,278	161,196	141,981
Staff and volunteer costs	1,196	1,582	2,778	4,049
Travel outings	-	36	36	624
Premises	-	19,143	19,143	15,601
General office	-	20,896	20,896	17,732
Publicity	-	308	308	802
Professional fees	-	200	200	16,910
Governance (note 7)	-	2,906	2,906	2,486
Depreciation	-	3,030	3,030	3,030
	£130,114	£80,379	£210,493	£203,215

Of the £203,215 expenditure in 2019, £3,030 was charged to unrestricted funds and £200,185 was charged to restricted funds.

7. GOVERNANCE COSTS

	Total 2020 £	Total 2019 £
Wages and salaries	650	650
Audit fees	2,256	1,836
	£2,906	£2,486

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) for the year is stated after charging:

	2020	2019
- Auditor's remuneration	£2,256	£1,836
- Depreciation	£3,030	£3,030

9. TRUSTEES' REMUNERATION AND EXPENSES

The trustees neither received nor waived any remuneration during the year (2019: £Nil) nor were they reimbursed any expenses.

10. STAFF COSTS

	Total 2020 £	Total 2019 £
Wages and salaries	155,697	137,419
Social security costs	4,389	4,066
Pension costs	1,760	1,146
	£161,846	£142,631

There was no employee who received total employee benefits (excluding employer pension costs) in excess of £60,000 in either year.

The only key management personnel recognised during the year were the Trustees. The Trustees received no employee benefits as per Note 9.

The average number of employees, calculated on a full-time equivalent basis, analysed by function was:

	2020 Number	2019 Number
Direct charitable activities	4	4
Management and support	1	1
	5	5

11. TANGIBLE FIXED ASSETS

	Freehold Land	Freehold Property	Fixtures and Fittings	Office and Computer equipment	Total
	£	£	£	£	£
Cost					
At 1 October 2019	300,000	85,746	23,249	28,108	437,103
Additions	-	-	-	-	-
At 30 September 2020	300,000	85,746	23,249	28,108	437,103
Depreciation					
At 1 October 2019	-	3,992	23,249	26,036	53,277
Charge in year	-	1,994	-	1,036	3,030
At 30 September 2020	-	5,986	23,249	27,072	56,307
Net book value					
At 30 September 2020	£300,000	£79,760	£Nil	£1,036	£380,796
At 30 September 2019	£300,000	£81,754	£Nil	£2,072	£383,826

12. DEBTORS

	2020	2019
	£	£
Other debtors	33,312	4,717
Prepayments	2,030	2,350
	£35,342	7,067

13. CREDITORS – amounts falling due within one year

	2020	2019
	£	£
Accruals	1,890	£1,494
Deferred income	37,500	37,500
	£39,390	£38,994

14. UNRESTRICTED FUNDS

	1 Oct 2019 £	Income £	Expenditure £	Project transfers £	30 Sept 2020 £
General fund	87,966	49,947	-	(20,006)	117,907
Designated funds:					
Training	436	-	-	-	436
Business continuity	50,000	-	-	-	50,000
Future obligations	50,000	-	-	-	50,000
Building fund	383,826	-	3,030	-	380,796
	£572,228	£49,947	£3,030	£(20,006)	£599,139

Comparative information for the analysis of unrestricted funds in the previous year is as follows:

	1 Oct 2018 £	Income £	Expenditure £	Project transfers £	30 Sept 2019 £
General fund	82,172	17,233	-	(11,439)	87,966
Designated funds:					
Training	436	-	-	-	436
Business continuity	50,000	-	-	-	50,000
Future obligations	50,000	-	-	-	50,000
Building fund	383,748	3,108	3,030	-	383,826
	£566,356	£20,341	£3,030	£(11,439)	£572,228

The purpose of each fund is set out in the Report of the Trustees.

15. RESTRICTED FUNDS

	1 Oct 2019	Income	Expenditure	Project transfers	30 Sept 2020
	£	£	£	£	£
Belmont Connect Learn Support	-	70,539	82,203	11,664	-
Safe House	22,630	-	288	-	22,342
Client Development	-	21,158	47,556	26,398	-
1 in 4	-	2,510	674	(1,836)	-
Hearing Voices	3,227	-	40	-	3,187
Physical Health	-	10,039	3,766	(6,273)	-
Peer Support Works	-	64,276	57,203	(7,073)	-
Sunday Drop in	-	5,250	2,026	(3,224)	-
Renovation	15,661	-	-	-	15,661
Perinatal	-	-	310	310	-
Mental Health	368	16,314	13,397	40	3,325
	£41,886	£190,086	£207,463	£20,006	£44,515

Comparative information for the analysis of restricted funds in the previous year is as follows:

	1 Oct 2018	Income	Expenditure	Project transfers	30 Sept 2019
	£	£	£	£	£
A & E	-	5,880	4,084	(1,796)	-
Perinatal	-	6,721	1,583	(5,138)	-
Belmont Connect Learn Support	-	70,886	84,842	13,956	-
Safe House	22,315	315	-	-	22,630
Client Development	-	19,089	27,492	8,403	-
Community Development	-	38,178	17,244	(20,934)	-
Hearing Voices	3,367	-	140	-	3,227
Polish	4,774	4,945	9,439	(280)	-
Peer Support Works	-	19,934	40,984	21,050	-
Sunday Drop In	-	5,500	1,678	(3,822)	-
Renovation	15,661	-	-	-	15,661
Mental Health	3,634	9,433	12,699	-	368
	£49,751	£180,881	£200,185	£11,439	£41,886

The purpose of each fund is set out in the Report of the Trustees.

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 30 SEPTEMBER 2020

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	Tangible fixed assets £	Net current assets £	Total 2020 £
Restricted Funds:			
Hearing Voices	-	3,187	3,187
Safe House	-	22,342	22,342
Mental Health		3,325	3,325
Renovation	-	15,661	15,661
	-	44,515	44,515
Designated Funds:			
PSW Training	-	436	436
Business Continuity	-	50,000	50,000
Future Obligations	-	50,000	50,000
Building Fund	380,796	-	380,796
	380,796	100,436	481,232
Unrestricted Funds:			
General Fund	-	117,907	117,907
Total	£380,796	£262,858	£643,654

16. ANALYSIS OF NET ASSETS BETWEEN FUNDS ../cont'd

Comparative information for the analysis of the net assets between the funds in the previous year is as follows:

	Tangible fixed assets £	Net current assets £	Total 2019 £
Restricted Funds:			
Hearing Voices	-	3,227	3,227
Safe House	-	22,630	22,630
CAG Admin	-	368	368
Renovation	-	15,661	15,661
	-	41,886	41,886
Designated Funds:			
PSW Training	-	436	436
Business Continuity	-	50,000	50,000
Future Obligations	-	50,000	50,000
Building Fund	383,826	-	383,826
	383,826	100,436	482,190
Unrestricted Funds:			
General Fund	-	87,966	87,966
Total	£383,826	£230,288	£614,114

17. RELATED PARTY TRANSACTIONS

There were no transactions with related parties in 2020 or 2019.