

SOUND MINDS

England & Wales · Charity number 1079521

Details

Status Registered

Legal form Charitable company

Company number [03751889](#)

Registered 2000-02-24

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

Contact

Address Sound Minds
20-22 York Road
Battersea
London
SW11 3QA

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Website www.soundminds.co.uk

Activities

Objects: To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress in London (all the London Boroughs) and neighbouring counties through the provision of opportunities for education, training, musical and cultural activities, and other opportunities in relieving and rehabilitating such persons.

Activities: Sound Minds is a user led social enterprise applying the arts to improve the lives of people living with mental ill health through: music, filmmaking, theatre and the visual arts accredited courses in Popular Music and Filmmaking A booking agency for performances and workshops communicating about mental health a peer to peer hospital Ward Visiting service

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Other Charitable Activities
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Arts/culture/heritage/science
- **Who:** People With Disabilities, People Of A Particular Ethnic Or Racial Origin, Other Defined Groups

Geography

- **Area of benefit:** LONDON
- Wandsworth

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£403,004	£335,632	-	-
2024-03-31	£296,486	£239,752	-	-
2023-03-31	£219,069	£225,238	-	-
2022-03-31	£156,276	£154,533	-	-
2021-03-31	£141,988	£137,092	-	-

Trustees

Name	Role	Appointed
SHEBA FORBES	Chair	
Christopher Lam		2020-02-03
David Evans		2016-12-07
Devon Lambert Marston		2022-02-07
Elsie Williams		2025-04-07
Jewel Leanne Boothe		2024-09-09
Leopold Benenfield Christopher KING		2019-07-01
Lucy Honor Alphonse		2020-11-02
Oliver Richard Nesbit		2017-11-06
SARAH RACKHAM		2017-11-06

SOUND MINDS

England & Wales - Charity number 1079521

Accounts

**SOUND MINDS
TRUSTEES' REPORT AND
FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2025**

Sound Minds Contents

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The trustees present their report and the financial statements for the year ended 31 March 2025.

Objectives and Activities

Aims and Objectives

Sound Minds is a user led charity and social enterprise improving people's mental health and wellbeing through arts participation and peer support. The charity uses the power of creativity to help people to rebuild their confidence and gain the skills they need to lead fulfilled lives in their community.

Sound Minds consistently implements ground breaking solutions to the problems of living with life disrupting mental illness, winning national awards across both the arts and mental health sectors. The majority of Sound Minds employees and many of our charity trustees are themselves mental health service users who originally came to use the service they now help to provide.

Sound Minds has a large well equipped music rehearsal space, music technology studios, classrooms and an art studio. We specialise in matching aspiring musicians at any level of ability, providing teaching and ongoing support so that anyone can enjoy the benefits of making music together.

Alongside our arts offer Sound Minds has more than 15 years of experience delivering a range of peer support services in mental health.

Sound Minds charitable object is:

To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress in London (all the London Boroughs) and neighbouring counties through the provision of opportunities for education, training, musical and cultural activities, and other opportunities in relieving and rehabilitating such persons.

Significant Activities

The main strategies employed in relation to these purposes are:

- Widening participation in arts activities
- Training
- Involving service users in the delivery of our own services
- Raising awareness of mental health issues
- Developing arts related employment for our service users
- Peer support and consultation

Widening participation in arts activities

Arts activities have an important role to play in helping people to rebuild lives that have been disrupted by episodes of severe mental ill health. Making music together, filmmaking, visual arts and drama are powerful tools to enable people to rebuild their social networks, gain confidence, learn about working as a team, as well as learning new technical skills.

Training

Sound Minds provides formal and informal training in music production, visual art, film and peer support.

Involving service users in the delivery of our services

The involvement of service users in the running and delivery of our services has been essential to the success of the charity. People with personal experience of mental ill health form the majority of our trustees, staff, sessional staff and volunteers.

Raising awareness of mental health issues

Sound Minds uses art exhibitions, film screenings and music and drama performances, media coverage and the artworks themselves to provide a springboard to greater understanding of mental health in the wider community.

Developing arts related employment for our service users

Sound Minds has a track record of building people's confidence in their own abilities and helping them in practical ways to fulfil their potential. Voluntary and sessional employment opportunities include teaching, individual tuition, supporting live entertainment, filmmaking and visual arts, often in partnership with other local community organisations and businesses.

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Significant Activities - continued

Peer Support and consultation

Established in 2008, Canerows Peer Support Services is our pioneering initiative under the Sound Minds umbrella, in co-production with South West London and St. George's Mental Health NHS Trust, NHS South West London Integrated Care Board (ICB) and Wandsworth Council. Canerows focuses on people from black and ethnic minority heritage who are over represented in hospitals and more likely to be assessed under the Mental Health Act. Canerows includes Mama Low's Kitchen, a one-day user led drop in, hot lunches at Sound Minds, Post Discharge Peer Support funded by the ICB, our Ward Visiting Service, and peer support in the community as contracted with the Trust.

Public Benefit

In reviewing our aims and objectives, the Trustees have taken into account the Charity Commission's general guidance on public benefit. The Trustees always ensure that the activities undertaken are in line with the charitable objectives and aims of Sound Minds.

In the Trustees opinion, by their very nature, all our charitable activities are undertaken for the benefit of the public. The trustees confirm that they have complied with the requirements of Section 17 of the Charities Act 2011 to have due regard to the Charity Commission's guidance on public benefit.

Achievements and Performance

Main Achievements

This year was the second year of funding as an Arts Council England National Portfolio Organisation (NPO). This has allowed us to continue to increase the level of arts provision and put on more gigs and exhibitions. We also appointed a new Community Development Worker who started work on 6/8/24.

Looking at the full year there were 145 unique individuals using our creative services as Wandsworth residents, and 35 from other boroughs. These are good numbers and indicate that the organisation has come through the other side of the Covid period. 46% of members were BAME and 46% female.

Over 24/25 we continued to deliver at scale with 1,602 creative sessions with 4,289 participant engagements; put on 10 visual art exhibitions, with 60 participations from our members, and in person audiences of 8,605; played at 23 gigs, with 214 performances, and in person audiences of 2,421; carried out 279 ward visits with 1,339 conversations with inpatients; and cooked 1,312 hot lunches for our members.

Over the year we had 148 referrals which is a significant increase on 2023/24 and is due to an increase in demand for mental health services and an increased profile of the work of Sound Minds.

Thanks to a grant from The Clothworkers' Foundation we managed to refurb our live room. This included painting, new carpet, reworked sound insulation, and new PA system and mixer. This has been a major change for the space and makes it fit for purpose going forwards.

We have an excellent track record in building people's confidence and empowering them to fulfil their potential. Our spring 2025 members' survey showed that 100% of members rated their experience of Sound Minds as excellent/good and that:

- 80% agreed that they met more people socially and felt less isolated.
- 92% of members agreed that Sound Minds is a safe place to be.
- 92% of members agreed that Sound Minds is an inclusive place to be.

Art Studio

Sam Haynes has continued as the lead Art Tutor and over the year the art provision for members has continued on Friday and Tuesday afternoons. Over 2024/25 there were 100 sessions with average attendances of 9.7, this is close to the capacity of the art studios.

Our Bloom Gallery continues to be well used and hosted a number of exhibitions over the year including a solo exhibition by 'Two Faced', a group show funded by Wandsworth Arts Fringe which was created in collaboration with the residents of the local Winstanley Estate, a group show as part of the Bridging Mind project, a solo show by Aisha, a group show 'The Winter Art Exhibition', and a solo show by 'Dust'.

We also put on a group show at the Putney Arts Theatre.

This level of activity, and the creative progression of our members that it represents, is a great vindication of the role and delivery of the Creative Development Worker.

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**Sound Minds
Trustees' Report (continued)
For The Year Ended 31 March 2025**

Main Achievements - continued

Music

Our Creative Development Worker resigned but we were fortunate to recruit Dan Hayes who came into the role on 11/6/24. Dan has huge experience as a touring musician, music producer and manager. The number of gigs over the year remained high and included:

- The highlight of Q1 was the launch event of Wandsworth Arts Fringe where some of our members performed to a large audience at Tooting Tram and Social.
- On 12/7/24 members performed at the Springfield Hospital Street Party.
- On 25/9/24 members performed at an event for Wandsworth Council staff celebrating the 2025 London Borough of Culture.
- The highlight of Q3 was the gig we produced at the Magic Garden on 27/11/24. 31 of our members took to the stage and performed to an audience of 100.
- Also in Q3 some of our Breathe members performed at the South London Partnership Quality Improvement Conference.
- The highlight of Q4 was the Sound Minds produced gig at The Bedford on 12/3/25. This featured 37 performers, an audience of 100, and was very well received.
- Sound Minds members performed for the second year in a row at the NHS Trust's staff award ceremony on 13/2/25 at the White Eagle Club.

Throughout the year we continued to host monthly free improvisation session based on the practice of Maggie Nicols. These have remained highly popular with both Sound Minds members and the wider improvisation scene.

Music sessions to two local secure units continued.

Sound Minds Community Choir

There was no restricted funding for the choir in 2024/25 and so it was covered from core funds.

Over the year there were 600 attendances with average attendances staying high at 13.

The choir was particularly busy around the Christmas period with gigs at the Royal Academy of Dance, at the Battersea Befrienders' AGM, and on the Winstanley Estate.

Breathe Music - young people's sessions

Breathe Music is our Wednesday afternoon programme of tuition and workshops for young people 18-25, now in its sixth year.

The Breathe members are the life blood of the organisation bringing in new talent for activity, showcases and gigs.

In Q3 we firmly established Breathe+ on a Friday afternoon with one of our music tutors providing 121 and group sessions to members who become too old for Breathe. This is a vital progression route so that Breathe members remain supported in their creative practices and can continue to contribute to the organisation.

Canerows Peer Support Services

Mama Lows Kitchen

The group has continued to meet throughout the year.

The attendance at Mama Low's over Q4 was at 25 unique individuals compared to the previous year's Q4 of 19.

Numbers continue to fluctuate and weekly attendances ranged from 7 to 16 which is getting close to the capacity of the room at the Katherine Low Settlement.

At the end of the year the representation of people from BAME communities was at 72% of total members. The representation of women was at 36%.

Our cook has remained in post which has remained a very positive appointment, she has continued to be supported by a personal assistant funded through Access to Work.

Over the year popular trips have been organised to Kew Gardens, Brighton, the London Children's Ballet, Bognor Regis, the Natural History Museum, the Hayward Gallery, the Royal Albert Hall for International Women's day, and the Naomi Campbell exhibition at the V&A.

Main Achievements - continued

We continue to provide free hot lunches to our members on Tuesdays. This activity is not funded but it was decided to continue the provision anyway as the lunches play a critical part in supporting our members and in making Sound Minds a welcoming place to be.

Post Discharge Peer Support

The service continued face to face and on the phone, sessions included:

- Advice and sharing knowledge of services
- Support/advice with relationships and mental health
- Encouraging people to keep active and identify a weekly routine
- Befriending
- Help with appointments
- Goal setting

The Post Discharge Peer Support role has been filled by temporary staff for the whole of 24/25 due to staff sickness.

Our Ward Visitors continue to use the questionnaires that ask inpatients specifically if they are interested in post discharge support. This has generated a large number of referrals for post discharge work. The post discharge side is now much more integrated with the rest of the offer from Canerows and Sound Minds.

Over the course of the year the Post Discharge team engaged with 30 people, this was above the target of 25. 63% were from BME communities.

Ward Visiting

This project is funded by Momark and provides weekly peer support visits to acute admission wards at Springfield Hospital.

Supervision sessions for Ward Visitors happened on a fortnightly basis and the steering group met every other month.

Over the course of the year there were 279 ward visits and 1,339 engagements which was a fantastic achievement by the team. In Q4 50% of patients were BME and 51% were women.

In the autumn of 2024 5 people were recruited and trained as Ward Visitors.

There were regular guest presentations at supervision sessions and training for Ward Visitors was offered on public health, supporting parents of SEN children, mental health first aid, and suicide awareness.

Joanna Alexander, daughter of James Alexander, screened the film 'The Homemaker' on 16/4/24 at Sound Minds. We had a moving discussion about the importance of us accurately recording our stories and telling them using whatever means necessary.

The Gathering

On 25th October '24 we held a Black History Month event in partnership with Springfield Hospital. The event was well attended with the support of the trust's involvement team, employment services and EMHIP. The event was co-hosted by Mia Morris and Ian Jordan Sharon Spain, the Head of Nursing, gave the closing address. The Creative Development Worker from Sound Minds produced the event.

Peer led Groupwork

In Q1 Sandi Grant stepped back from running the weekly Recovery Group on Rose Ward and has been replaced by other Ward Visitors.

During Q1 to Q3 John Watson has provided weekly music sessions for the older adults on Crocus Ward. These sessions were a big success with great feedback from the occupational therapists.

Measuring impact

Canerows has used a short questionnaire with inpatients for more than 10 years to find out how patients rate aspects of their inpatient stay and the Canerows service. In Q4 of this year 97% of respondents give Canerows Ward Visiting a 'Good' or 'Excellent' rating.

In July 2024 we created an internally produced evaluation impact report. This is a rich report with input from ward visitors, people with lived experience, and ward staff. There are also stats that have been gathered since 2021/22. The feedback on the report was very positive.

Canerows continued to submit impact reports to the mental health trust so that learning can go through to the relevant clinical staff. In Q1 this was initially through Lou Hellard, Head of Service Delivery, Acute & Urgent Care Service Line.

Main Achievements - continued

Peer Support as part of the Trust's Transformation Programme.

During this year we started the delivery of peer support as part of the transformation process of South West London and St George's Mental Health NHS Trust. This new project and staff is a significant expansion for Canerows and Sound Minds. We recruited 2 Peer Support Workers who both started work on 10/6/24, the Canerows Project Worker also started working additional days, and we recruited an Administration Assistant to help with the number of referrals.

Delivery started during Q2 with 61 referrals, rising to 92 in Q4, against a target of 53. The Peer Support Workers got up to speed over the year reaching in Q4 104 1-to-1 per support sessions and 12 group sessions.

Bridging Minds

Phase 2 of the project was again funded by the GLA and Sound Minds came together to work in partnership with Wandsworth Carers' Centre, the Community Empowerment Network and Wandsworth Talking Therapies.

We produced a series of forum events which brought together those with lived experience of mental ill health, carers and family members from BME communities. Participants rated the forums on average at 4.3 out of 5 for how informative they were. Overall we hosted 4 forums with a total attendance of 88 people.

In addition to the forum events, we also ran 10 weekly visual art sessions as a space for those with lived experience, carers and family members to create together. These proved extremely popular – when asked whether the sessions had made a positive impact on their mental health, 100% of participants answered yes. The sessions culminated in an exhibition of the work created, with an opening event in the Sound Minds gallery. The artwork was then displayed at a Black History Month event held at Springfield Hospital.

The final event of Phase 2 was a roundtable discussion, where we presented an evaluation film and shared our findings from the project to date, with the aim to get another phase commissioned.

Financial Review

Financial Position

It has been a successful year financially for Sound Minds as we have continued to work with Amplify, a fundraising and evaluation consultancy, led by Rob Parton.

Over the course of the year working in partnership we brought in new funding from Wandsworth Arts Fringe, Liberty Festival, Nurture, and Garfield Weston.

During 2024/25 we also submitted an application to the National Lottery's Reaching Communities Fund. We were awarded £263,143 over 5 years to employ a Head of Operations which is a major step change for the organisation.

Unrestricted reserves have increased to £226,840 which is a significant increase for Sound Minds.

The charity continued to benefit from diverse income streams including NHS South West London Integrated Care Board, City Bridge, London Borough of Wandsworth, Momark, the GLA, SWLSTG MH NHS Trust, and Together. 2024/25 was the second year of Arts Council NPO funding which increased turnover by £92,500.

There were also sizeable donations over the year coming to £26,722.

It has been a continued challenge for service users to get local authority personal budgets. There have however been occasional awards.

Investment Policy

The charity's reserves are largely held in an interest bearing bank account with HSBC.

On 28/2/25 we opened a Charity Online 95 Day Notice Account with Virgin Money, the initial deposits were £100,000 with an AER of 3.83%.

Reserves Policy

The Management Committee has a policy whereby unrestricted funds not committed or invested (Free Reserves) are held equivalent to three to six months of annual expenditure, to allow time for the charity to find alternative sources of funding in the event of an unanticipated reduction in income. At the year end our reserves exceeded this.

**Sound Minds
Trustees' Report (continued)
For The Year Ended 31 March 2025**

Going Concern

Plans for Future Periods

Sound Minds is going through a rapid period of growth with the beginning of the Peer Support contract in 2024/25 and the employment of new staff thanks to Arts Council funding. This includes a Community Development Worker and an Agent for Change for Environmental Responsibility.

The focus for 2025/26 is to consolidate this growth whilst developing creative delivery and prioritising organisational change such as building a CRM, refurbishing our studios, and creating an evaluation framework.

Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee on 14th April 1999 and registered as a charity on 24th February 2000. Full membership is open to anyone who is a user of mental health services and has attended our own services for six or more weeks. Associate membership is open to any individual living or working in London. In the event of the company being wound up, all members are required to contribute an amount not exceeding £1.

Trustee Selection Methods

Recruitment and appointment of Management Committee

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. Under the requirements of our governing documents members of the Management Committee must offer themselves for re-election at the next Annual General Meeting. The Management Committee actively recruits committee members with skills and experience to match the changing needs of the organisation, including specialist mental health knowledge, general management experience and experience in the arts and voluntary sectors. At least 2 service using trustees must be present at each meeting in order to ensure that the organisation can continue to benefit from service user skills, views and experience in planning and development.

Trustee Induction and Training

The suitability of any prospective trustee is considered by the committee and the general membership and due safeguarding procedures are followed. New trustees are individually briefed by the existing trustees and the CEO in order to familiarize them with the work of the charity and their obligations under charity and company law. New trustees are offered a full introduction to the work, history, values, methods and priorities of the charity and have an opportunity to gain hands on experience of the work of the organization.

Additional Note

Organisation

The day to day operational management of the services rests with the Chief Executive who ensures that the charity delivers what is specified, maintains financial controls and achieves key performance indicators. The CEO is responsible for ensuring that the staff team receive supervision and appraisal and that they continue to develop their skills and working practices.

The charity works within the context of local and national priorities and policies. We are represented at local Acute Care Forums and a range of local mental health provider forums and within the arts and mental health sectors locally and nationally.

**Sound Minds
Trustees' Report (continued)
For The Year Ended 31 March 2025**

Reference and Administrative Details

Trustees

Ms Elsie Williams (appointed 07/04/2025)
Miss Jewel Boothe (appointed 09/09/2024)
Mr Oliver Nesbit
Mr. Christopher Lam
Mrs. Sheba Forbes
Mr Leopold King
Mr Devon Marston
Ms. Sarah Rackham
Miss Lucy Alphonse
Mr David Evans

Company Secretary

Mr Charles De Swiet

Charity Number

1079521

Company Number

03751889

Accountants

Green & Peter(UK) Ltd
The Limes
1339 High Road
London
N20 9HR

Sound Minds
Trustees' Report (continued)
For The Year Ended 31 March 2025

Statement of Trustees' Responsibilities

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

Company law requires the trustees to prepare financial statements for each financial year. Under company law the trustees must not approve the financial statement 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 the financial statements the trustees are required to:

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

The trustees are responsible for keeping adequate accounting records which disclose with reasonable accuracy at anytime the financial position of the charitable company and to enable them to ensure that the accounts comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

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

Statement of Disclosure of Information to Auditors

Each of the persons who are trustees at the time when this trustees' report is approved has confirmed that:

- so far as the trustee is aware, there is no relevant audit information of which the charitable company's auditors are unaware; and
- they have taken all the steps that they ought to have taken as trustees in order to make themselves aware of any relevant audit information and to establish that the charitable company's auditors are aware of that information.

Small Company Rules

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

The trustees' report was approved by the board of trustees and signed on its behalf by:



Mr. Christopher Lam
Trustee

16/12/2025

**Independent Auditor's Report
to the Members of
Sound Minds**

Opinion

We have audited the financial statements of Sound Minds (the "charity") for the year ended 31 March 2025 which comprise the Statement of Financial Activities (including Income and Expenditure Account), Balance Sheet and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice), including FRS 102 "The Financial Reporting Standard applicable in the UK and Republic of Ireland".

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2025 and of its incoming resources and application of resources, 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 the provisions available for small entities, in the circumstances set out in note 22 to the financial statements, 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

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least 12 months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other Information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The trustees are responsible for the other information contained within the annual report. 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 this gives rise to a material misstatement in the financial statements themselves. 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 Other 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, which includes the Director's Report prepared for the purposes of company law, for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Director's Report included within the Trustees' Report have been prepared in accordance with applicable legal requirements.

Independent Auditor's Report (continued)
to the Members of
Sound Minds

Matters on Which We Are Required to Report by Exception

In the light of the 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 Director's Report included within the Trustees' 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 or returns; or
- certain disclosures of trustees' 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 Trustees' Report and from the requirement to prepare a Strategic Report.

Responsibilities of Trustees

As explained more fully in the Trustees' Responsibilities Statement set out on page 1—8, the trustees (who are also 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 charity or to cease operations, or have no realistic alternative but to do so.

**Independent Auditor's Report (continued)
to the Members of
Sound Minds**

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.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

The charitable company is subject to laws and regulations that directly affect the financial statements including financial reporting legislation. We determined that the following laws and regulations were most significant:

The Companies Act 2006; Financial Reporting Standard 102; Charities Act 2011;
UK employment legislation;
UK health and safety legislation;
General Data Protection Regulations

We assessed the extent of compliance with these laws and regulations as part of our procedures on the related financial statement items. We understood how the charitable company is complying with those legal and regulatory frameworks by making enquiries to management and those responsible for legal and compliance procedures. The engagement partner assessed whether the engagement team had the appropriate competence and capabilities to identify or recognise non-compliance with laws and regulations.

The assessment did not identify any issues in this area.

We assessed the susceptibility of the charitable company's financial statements to material misstatement, including how fraud might occur. Audit procedures performed by the engagement team included:

Identifying and assessing the measures management has in place to prevent and detect fraud.
Understanding how those charged with governance considered and addressed the potential for override of controls or other inappropriate influence over the financial reporting process. Challenging assumptions and judgements made by management in its significant accounting estimates, and Identifying and testing journal entries in particular any journal entries posted with unusual account combinations.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website 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 that 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.



Robert Green (Senior Statutory Auditor)
for and on behalf of Green & Peter
(UK) Limited, Statutory Auditor
16/12/2025

Sound Minds
Statement of Financial Activities (including Income and Expenditure Account)
For The Year Ended 31 March 2025

				2025	2024
		Unrestricted funds	Restricted funds	Total funds	Total funds
	Notes	£	£	£	£
INCOME AND ENDOWMENTS FROM:					
Donations and legacies	3	119,272	251,208	370,480	261,202
Charitable activities:	4				
Performances		2,226	-	2,226	1,300
Spot Contracts/Personal Budgets		11,945	-	11,945	19,984
Workshop and conferences		2,359	-	2,359	425
Other services		7,110	-	7,110	8,230
Other activities		4,898	-	4,898	5,348
Investments	5	3,986	-	3,986	-
		151,796	251,208	403,004	296,489
EXPENDITURE ON:					
Charitable activities:	7				
Project Expenses		(81,023)	(251,208)	(332,231)	(236,862)
Statutory audit fee		(3,150)	-	(3,150)	(2,730)
Other governance costs		(251)	-	(251)	(162)
		(84,424)	(251,208)	(335,632)	(239,754)
NET INCOME		67,372	-	67,372	56,735
NET MOVEMENT IN FUNDS		67,372	-	67,372	56,735
RECONCILIATION OF FUNDS:					
Total funds brought forward		189,468	-	189,468	132,733
TOTAL FUNDS CARRIED FORWARD	18	256,840	-	256,840	189,468

The notes on pages 15 to 23 form part of these financial statements.

Sound Minds
Comparative Statement of Financial Activities (including Income and Expenditure Account)
For The Year Ended 31 March 2025

				2024
		Unrestricted	Restricted	Total funds
	Notes	funds	funds	
		£	£	£
INCOME AND ENDOWMENTS FROM:				
Donations and legacies	3	106,863	154,339	261,202
Charitable activities:	4			
Performances		1,300	-	1,300
Spot Contracts/Personal Budgets		19,984	-	19,984
Workshop and conferences		425	-	425
Other services		8,230	-	8,230
Other activities		5,348	-	5,348
		<u>142,150</u>	<u>154,339</u>	<u>296,489</u>
EXPENDITURE ON:				
Charitable activities:	7			
Project Expenses		(82,523)	(154,339)	(236,862)
Statutory audit fee		(2,730)	-	(2,730)
Other governance costs		(162)	-	(162)
		<u>(85,415)</u>	<u>(154,339)</u>	<u>(239,754)</u>
NET INCOME		<u>56,735</u>	<u>-</u>	<u>56,735</u>
NET MOVEMENT IN FUNDS		<u>56,735</u>	<u>-</u>	<u>56,735</u>
RECONCILIATION OF FUNDS:				
Total funds brought forward		132,733	-	132,733
TOTAL FUNDS CARRIED FORWARD	18	<u>189,468</u>	<u>-</u>	<u>189,468</u>

The notes on pages 15 to 23 form part of these financial statements.

**Sound Minds
Balance Sheet
As At 31 March 2025**

				2025	2024
		Unrestricted funds	Restricted funds	Total funds	Total funds
	Notes	£	£	£	£
FIXED ASSETS					
Tangible Assets	13	11,502	-	11,502	2,491
		11,502	-	11,502	2,491
CURRENT ASSETS					
Debtors	14	38,659	-	38,659	40,784
Cash at bank and in hand		229,530	-	229,530	202,600
		268,189	-	268,189	243,384
Creditors: Amounts Falling Due Within One Year	15	(22,851)	-	(22,851)	(56,407)
NET CURRENT ASSETS (LIABILITIES)		245,338	-	245,338	186,977
TOTAL ASSETS LESS CURRENT LIABILITIES		256,840	-	256,840	189,468
NET ASSETS		256,840	-	256,840	189,468
FUNDS OF THE CHARITY					
Unrestricted Funds				256,840	189,468
TOTAL FUNDS	18			256,840	189,468

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies regime.

On behalf of the board



Mr. Christopher Lam
Trustee

16/12/2025

The notes on pages 15 to 23 form part of these financial statements.

1. General Information

Sound Minds is a company limited by guarantee, incorporated in England & Wales, registered number 03751889 and registered charity number 1079521. The registered office is .

2. Accounting Policies

2.1. Basis of Preparation of Financial Statements

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

The charitable company is a Public Benefit Entity as defined by FRS 102.

2.2. Going Concern Disclosure

The trustees have not identified any material uncertainties related to events or conditions that may cast significant doubt about the charitable company's ability to continue as a going concern.

2.3. Fund Accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Designated funds comprise unrestricted funds that have been set aside by the trustees for a specific purpose.

Restricted funds are to be used for specific purposes as laid down by the donor.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

2.4. Incoming Resources

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

- Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities
- Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
- Investment income is included when receivable.
- Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

2.5. Resources Expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature to support them. Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity. All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis eg. floor areas, per capita or estimated usage

2.6. Tangible Fixed Assets and Depreciation

Tangible fixed assets are measured at cost less accumulated depreciation and any accumulated impairment losses. Depreciation is provided at rates calculated to write off the cost of the fixed assets, less their estimated residual value, over their expected useful lives on the following bases:

Plant & Machinery	25% Reducing balance basis
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Sound Minds
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

2.7. Cash and Cash Equivalents

Cash and cash equivalents are basic financial assets and include cash in hand and deposits held at call with banks, other short-term highly liquid investments that mature in no more than three months from the date of acquisition and are readily convertible to a known amount of cash with insignificant risk of change in value, and bank overdrafts.

3. Income from Donations and Legacies

	Unrestricted funds	Restricted funds	2025 Total funds
	£	£	£
Donations and gifts	26,772	-	26,772
Grants	92,500	251,208	343,708
	<u>119,272</u>	<u>251,208</u>	<u>370,480</u>
			2024
	Unrestricted funds	Restricted funds	Total funds
	£	£	£
Donations and gifts	7,860	-	7,860
Grants	99,003	154,339	253,342
	<u>106,863</u>	<u>154,339</u>	<u>261,202</u>

The following donations and legacies are included within the total income from donations and legacies above:

	2025	2024
	Unrestricted funds £	Unrestricted funds £
Other donations	<u>26,772</u>	<u>7,860</u>

The following grants are included within the total income from donations and legacies above:

	Unrestricted funds £	Restricted funds £	2025 Total funds £
Wimbledon Foundation	-	-	-
Wandsworth Council - Arts Project	-	2,000	2,000
City Bridge	-	12,000	12,000
Together	-	12,360	12,360
Momark - Canerows	-	38,414	38,414
NHS South West London ICB	-	59,804	59,804
GLA - Civil Society	-	26,324	26,324
Postcode Lottery	-	10,935	10,935
National Lottery	-	7,497	7,497
Arts Council	92,500	-	92,500
Forestry Family Trust	-	-	-
Sir James Roll Charitable Trust	-	-	-
SWLSTG MH NHS Trust	-	66,520	66,520
Wandsworth Arts Fringe Grant	-	352	352
Clothworker	-	15,000	15,000
	<u>92,500</u>	<u>251,206</u>	<u>343,706</u>

Sound Minds
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

	2024		
	Unrestricted funds £	Restricted funds £	Total funds £
Wimbledon Foundation	-	11,175	11,175
Wandsworth Council - Arts Project	-	12,822	12,822
City Bridge	-	13,760	13,760
Together	-	12,000	12,000
Momark - Canerows	-	35,101	35,101
NHS South West London ICB	-	59,802	59,802
GLA - Civil Society	-	3,535	3,535
Postcode Lottery	-	3,645	3,645
National Lottery	-	2,499	2,499
Arts Council	92,500	-	92,500
Forestry Family Trust	5,000	-	5,000
Sir James Roll Charitable Trust	1,500	-	1,500
SWLSTG MH NHS Trust	-	-	-
Wandsworth Arts Fringe Grant	-	-	-
Clothworker	-	-	-
	<u>99,000</u>	<u>154,339</u>	<u>253,339</u>

4. Income from Charitable Activities

	2025	2024
	Unrestricted funds £	Unrestricted funds £
Performances	2,226	1,300
Spot Contracts/Personal Budgets	11,945	19,984
Workshop and conferences	2,359	425
Other services	7,110	8,230
Other activities	4,898	5,348
	<u>28,538</u>	<u>35,287</u>

5. Investment Income

	2025	2024
	Unrestricted funds	Unrestricted funds
	£	£
Bank interest receivable	<u>3,986</u>	<u>-</u>

6. Net Income/(Expenditure)

The net income is stated after charging/(crediting):

	2025	2024
	£	£
Depreciation of tangible fixed assets - owned	<u>3,834</u>	<u>832</u>

Sound Minds
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

7. Analysis of Expenditure

	2025		
	Activities undertaken directly (see note 8)	Support costs (see note 9)	Total
	£	£	£
Project Expenses	307,029	25,202	332,231
Statutory audit fee	-	3,150	3,150
Other governance costs	-	251	251
	<u>307,029</u>	<u>28,603</u>	<u>335,632</u>
	2024		
	Activities undertaken directly (see note 8)	Support costs (see note 9)	Total
	£	£	£
Project Expenses	203,328	33,534	236,862
Statutory audit fee	-	2,730	2,730
Other governance costs	-	162	162
	<u>203,328</u>	<u>36,426</u>	<u>239,754</u>

8. Direct Costs

	2025
	Project Expenses
	£
Cost of goods sold	9,481
Employee costs	249,716
General administration	38,814
Depreciation	3,834
Interest payable	78
Other	5,106
	<u>307,029</u>
	2024
	Project Expenses
	£
Cost of goods sold	10,584
Employee costs	174,087
General administration	16,740
Depreciation	832
Other	1,085
	<u>203,328</u>

Sound Minds
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

9. Support Costs

				2025
	Project Expenses	Statutory audit fee	Other governance costs	Total
	£	£	£	£
Premises expenses	23,718	-	-	23,718
General administration	1,484	-	-	1,484
Governance costs	-	3,150	251	3,401
	<u>25,202</u>	<u>3,150</u>	<u>251</u>	<u>28,603</u>
				2024
	Project Expenses	Statutory audit fee	Other governance costs	Total
	£	£	£	£
Premises expenses	32,889	-	-	32,889
General administration	645	-	-	645
Governance costs	-	2,730	162	2,892
	<u>33,534</u>	<u>2,730</u>	<u>162</u>	<u>36,426</u>

10. Auditor's Remuneration

Remuneration received by the charitable company's auditors and their associates during the year was as follows:

	2025	2024
	£	£
Audit Services		
Audit of the company's financial statements	<u>3,150</u>	<u>2,730</u>

11. Staff Costs

Staff costs were as follows:

	2025	2024
	£	£
Wages and salaries	232,924	164,954
Social security costs	9,165	3,727
Other pension costs	4,878	4,079
	<u>246,967</u>	<u>172,760</u>

No employees received employee benefits (excluding employer pension costs) for the reporting period of more than £60,000.

12. Average Number of Employees

Average number of salaried employees during the year was: 12 (2024: 6)

Sound Minds
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

13. Tangible Assets

	Plant & Machinery £
Cost	
As at 1 April 2024	50,027
Additions	12,845
As at 31 March 2025	<u>62,872</u>
Depreciation	
As at 1 April 2024	47,536
Provided during the period	3,834
As at 31 March 2025	<u>51,370</u>
Net Book Value	
As at 31 March 2025	<u>11,502</u>
As at 1 April 2024	<u>2,491</u>

14. Debtors

	2025 £	2024 £
Due within one year		
Trade debtors	1,101	18,366
Other debtors	37,558	22,418
	<u>38,659</u>	<u>40,784</u>

15. Creditors: Amounts Falling Due Within One Year

	2025 £	2024 £
Trade creditors	555	485
Other taxes and social security	3,358	1,848
Other creditors	2,557	1,002
Accruals	12,487	7,723
Deferred Income	3,894	45,349
	<u>22,851</u>	<u>56,407</u>

Sound Minds
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

16. Deferred Income

Analysis of deferred income by funder

	2025	2024
Wandsworth Council - Arts Project	-	1,600
GLA - Civil Society	-	17,293
Postcode Lottery	-	10,935
National Lottery	-	7,497
Donations for studio refurbishment	-	8,024
Wandsworth Arts Fringe Grant	1,237	-
Liberty R&D	2,160	-
Nurture	465	-
Roy Sothinathan	32	-
	<u>3,894</u>	<u>45,349</u>
	2025	2024
	£	£
Balance at the start of the period	45,349	20,111
Income deferred in the current period	3,894	45,349
Amounts released in income from previous periods	(45,349)	(20,111)
Balance at the end of the period	<u>3,894</u>	<u>45,349</u>

17. Pension Commitments

The charitable company operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charitable company in an independently administered fund.

During the year the charge to the statement of financial activities in respect of defined contribution schemes was £4,878 (2024: £4,079).

At the balance sheet date contributions of £NIL were due to the fund and are included in creditors.

Sound Minds
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

18. Movement in Funds

	As at 1 April 2024 £	Income £	Expenditure £	As at 31 March 2025 £
Unrestricted funds				
General:				
General unrestricted fund	159,468	59,296	(84,424)	134,340
Arts Council	-	92,500	-	92,500
	159,468	151,796	(84,424)	226,840
Designated:				
Premises Fund	30,000	-	-	30,000
Total unrestricted funds	189,468	151,796	(84,424)	256,840
Restricted funds				
Wandsworth Council - Arts Project	-	2,000	(2,000)	-
City Bridge	-	12,000	(12,000)	-
Together	-	12,360	(12,360)	-
Momark - Canerows	-	38,412	(38,412)	-
NHS South West London ICB	-	59,804	(59,804)	-
GLA - Civil Society	-	26,324	(26,324)	-
Postcode Lottery	-	10,935	(10,935)	-
National Lottery	-	7,497	(7,497)	-
Clothworker	-	15,000	(15,000)	-
Wandsworth Arts Fringe Grant	-	352	(352)	-
SWLSTG MH NHS Trust	-	66,524	(66,524)	-
Total restricted funds	-	251,208	(251,208)	-
Total funds	189,468	403,004	(335,632)	256,840

Sound Minds
Notes to the Financial Statements (continued)
For The Year Ended 31 March 2025

	As at 1 April 2023 £	Income £	Expenditure £	Transfers £	As at 31 March 2024 £
Unrestricted funds					
General:					
General unrestricted fund	112,733	43,150	(2)	3,587	159,468
Arts Council	-	92,500	(78,913)	(13,587)	-
Forestry Family Trust	-	5,000	(5,000)	-	-
Sir James Roll Charitable Trust	-	1,500	(1,500)	-	-
	112,733	142,150	(85,415)	(10,000)	159,468
Designated:					
Premises Fund	20,000	-	-	10,000	30,000
Total unrestricted funds	132,733	142,150	(85,415)	-	189,468
Wimbledon Foundation	-	11,175	(11,175)	-	-
Wandsworth Council - Arts Project	-	12,822	(12,822)	-	-
City Bridge	-	13,760	(13,760)	-	-
Together	-	12,000	(12,000)	-	-
Momark - Canerows	-	35,101	(35,101)	-	-
NHS South West London ICB	-	59,802	(59,802)	-	-
GLA - Civil Society	-	3,535	(3,535)	-	-
Postcode Lottery	-	3,645	(3,645)	-	-
National Lottery	-	2,499	(2,499)	-	-
Total restricted funds	-	154,339	(154,339)	-	-
Total funds	132,733	296,489	(239,754)	-	189,468

19. Transactions with Trustees

None of the trustees received any remuneration or any other benefits from an employment with the charity or a related entity during the current or previous year.

No trustee expenses have been incurred.

20. Related Party Disclosures

There have been no related party transactions in the reporting period that require disclosure.

21. Company limited by guarantee

The company is limited by guarantee and has no share capital.

Every member of the company undertakes to contribute to the assets of the company, in the event of a winding up, such an amount as may be required not exceeding £1.

22. FRC's Ethical Standard - Provision Available for Small Entities

In common with other businesses of our size and nature we use our auditors to prepare and submit returns to the tax authorities and assist with the preparation of the financial statements.

Accounts

Registered number

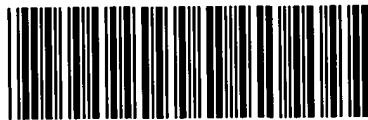
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SOUND MINDS

Report and Accounts

31 March 2024

WEDNESDAY



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18/12/2024

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COMPANIES HOUSE

SOUND MINDS
Company Information

Chair

Mrs Sheba Forbes

Vice Chair

Mr. Oliver Nesbit

Treasurer

Mr Christopher Lam

Trustees

Ms. Sarah Rackham

Mr. David Evans

Mrs Sheba Forbes

Mr Leopold Benenfield King

Mr. Oliver Nesbit

Ms. Lucy Alphonse

Ms Elena Chapman (resigned 24 April 2023)

Mr Christopher Lam

Mr Devon Marston

Ms. Jewel Boothe (appointed 9 September 2024)

Patron

Melba Wilson OBE

Auditors

Brookfield & Co

18 Concanon Road

London

SW2 5TA

Bankers

HSBC

2 Craven Road

London

W2 3PY

Registered number

03751889

Secretary

Mr. Charles De Swiet

Registered Office

20-22 York Road

London

SW11 3QA

Charity registration no

1079521

SOUND MINDS
Trustees Report
Year to 31st March 2023

OUR PURPOSES AND ACTIVITIES

Sound Minds is a user led charity and social enterprise improving people's mental health and wellbeing through arts participation and peer support. The charity uses the power of creativity to help people to rebuild their confidence and gain the skills they need to lead fulfilled lives in their community.

Sound Minds consistently implements ground breaking solutions to the problems of living with life disrupting mental illness, winning national awards across both the arts and mental health sectors. The majority of Sound Minds employees and many of our charity trustees are themselves mental health service users who originally came to use the service they now help to provide.

Sound Minds has a large well equipped music rehearsal space, music technology studios, classrooms and an art studio. We specialise in matching aspiring musicians at any level of ability, providing teaching and ongoing support so that anyone can enjoy the benefits of making music together.

Alongside our arts offer Sound Minds has more than 15 years of experience delivering a range of peer support services in mental health.

Sound Minds charitable object is:

To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress in London (all the London Boroughs) and neighbouring counties through the provision of opportunities for education, training, musical and cultural activities, and other opportunities in relieving and rehabilitating such persons.

The main strategies employed in relation to these purposes are:

- **Widening participation in arts activities**
- **Training**
- **Involving service users in the delivery of our own services**
- **Raising awareness of mental health issues**
- **Developing arts related employment for our service users**
- **Peer support and consultation**

Widening participation in arts activities

Arts activities have an important role to play in helping people to rebuild lives that have been disrupted by episodes of severe mental ill health. Making music together, filmmaking, visual arts and creative writing are powerful tools to enable people to rebuild their social networks, gain confidence, learn about working as a team, as well as learning new technical skills.

Training

Sound Minds provides formal and informal training in music production, visual art, film and peer support.

Involving service users in the delivery of our services

The involvement of service users in the running and delivery of our services has been essential to the success of the charity. People with personal experience of mental ill health form the majority of our trustees, staff, sessional staff and volunteers.

Raising awareness of mental health issues

Sound Minds uses art exhibitions, film screenings and music and drama performances, media coverage and the artworks themselves to provide a springboard to greater understanding of mental health in the wider community.

Developing arts related employment for our service users

Sound Minds has a track record of building people's confidence in their own abilities and helping them in practical ways to fulfil their potential. Voluntary and sessional employment opportunities include teaching, individual tuition, supporting live entertainment, filmmaking and visual arts, often in partnership with other local community organisations and businesses.

Peer Support and consultation

Established in 2008, Canerows Peer Support Services is our pioneering initiative under the Sound Minds umbrella, in co-production with South West London and St. George's Mental Health NHS Trust, NHS South West London Integrated Care Board (ICB) and Wandsworth Council. Canerows focuses on people from black and ethnic minority heritage who are over represented in hospitals and more likely to be assessed under the Mental Health Act. Canerows includes Mama Low's Kitchen, a one day user led drop in, Post Discharge Peer Support funded by CCG and our Ward Visiting Service.

ACHIEVEMENTS AND PERFORMANCE

The handover between Paul Brewer, the previous CEO, and Chas de Swiet was completed with Paul stepping down to become a valued volunteer in May '23.

This year was the first year of funding as an Arts Council England National Portfolio Organisation (NPO). This allowed us to recruit new staff members, including an Administration Coordinator and a Creative Development Worker, increase the level of arts provision and put on more gigs and exhibitions.

Looking at the full year there were 179 unique individuals using our services as Wandsworth residents, and 53 from other boroughs. This is a good number and continues the build of 22/23 as the organisation with a new staff team gets back to scale of pre-Covid.

This is a positive number as the organisation is still building whilst coming out of Covid with a new staff team. 47% were BAME and 44% female.

Becoming an NPO has allowed us to be more detailed in the monitoring of our activity and to demonstrate the scale of our provision. Over 23/24 we delivered 1,473 creative sessions with 3,768 participant engagements; put on 10 visual art exhibitions, with 66 participations from our members, and in person audiences of 11,487; played at 32 gigs, with 247 performances, and in person audiences of 1,775; carried out 259 ward visits with 1,094 conversations with inpatients; and cooked 1,172 hot lunches for our members.

Being an NPO has also built our quarterly reporting including more detailed management accounts, an organisational risk register, and tracking progress against our activity plan and investment principles.

Over the year we had 111 referrals which was about right to sustainably grow the organisation, allowing for a turnover of members.

Thanks to a private donation we managed to refurb our teaching room music production suite and our smaller tech room production suite. This included painting, new flooring and new equipment and has made a big difference to our members using the facilities.

We continued to work with a business strategy consultant, Adrian Haberberg, on our strategic plan. We held a members' meeting on 11/7/23 to discuss the organisation's direction and the strategic plan was finalised by the end of the year.

We have an excellent track record in building people's confidence and empowering them to fulfil their potential. Our autumn 2023 member survey showed that 100% of members rated their experience of Sound Minds as excellent/good and that:

- 80% agreed their mental health had improved.
- 56% agreed that they met more people socially and felt less isolated.
- 72% agreed that they had increased resilience and better coping mechanisms.
- 80% felt that their life had more sense of purpose.

ART STUDIO

Sam Haynes has continued as the lead Art Tutor and over the year the art provision for members has expanded to include Friday afternoons as well as Tuesday afternoons.

The studio is increasingly outwards facing and over the year produced several group shows for members as well as solo shows. The new Bloom Gallery is coming into its own and is also being used for private hires.

We received a grant from Wandsworth Council, the proposal was to put on an afternoon of art activity specifically for people referred through social prescribing.

We established an additional afternoon of visual activity over 26 weeks; there were 18 new members with 10 completing at least one 10 week block of sessions; 17 starting wellbeing questionnaires were completed with 10 end wellbeing questionnaires.

We used the Short Warwick-Edinburgh Mental Wellbeing Scale and across the 10 people there was an average movement over all the questions of 0.55 on a scale of 1 to 5.

The Friday afternoon sessions have continued with Arts Council England funding.

MUSIC

Thanks to Arts Council NPO funding we recruited a Creative Development Worker who started on 1/8/23 and significantly increased our capacity. His role was split between delivering sessions, helping members grow their artistic practice, and developing external creative relationships.

We hosted regular internal gigs in our live room and played externally at the Springfield Hospital street party, the Tolworth Hospital street party, the Battersea community festival in Shillington Park, the Battersea Befriending Network AGM, and the NHS Trust Staff Awards.

Members of Bluesology played regularly at a blues open mic at the Magic Garden pub.

The year built towards a gig that we produced at the Royal Academy of Dance. This was a step change for the organisation in terms of the scale and profile of venue and the risk paid off with a good audience and some great performances.

We also tried something new by programming a headline artist, Night Ride, who was not a Sound Minds member. This worked by bringing in new audiences and extended the profile of Sound Minds. This is a model that we will use going forwards to build the community around Mental Health and music.

In September '23 we started hosting monthly free improvisation session based on the practice of Maggie Nicols. These have become increasingly popular with both Sound Minds members and the wider improvisation scene.

Music sessions to two local secure units continued.

Sound Minds Community Choir

The Wandsworth Foundation awarded Sound Minds £19,594 over 2 years to fund activity on the strategic plan and fundraising. It also covered the costs of running the Community Choir over 21 months.

In year two there has been continued activity to grow the reach and impact of our Community Choir. We held a Christmas party in year two for choir members which was very well attended.

Over the year there were 452 attendances with numbers growing towards average attendances of 14 or 15. Over the two years the choir has really established and stabilised itself and is on a steady footing following the upheavals of the lockdown periods.

Breathe Music – young people's sessions

Breathe Music is our Wednesday afternoon programme of tuition and workshops for young people 18-25, now in its fifth year. The Breathe members are becoming the core of our activity and in the case of showcases and gigs are continuing to be strong and in demand performers.

Over the course of 23/24 we have been developing the delivery of a second session Breathe session on Tuesday afternoons and have been trialling different tutors and formats.

CANEROWS PEER SUPPORT SERVICES

Mama Lows Kitchen

The group has continued to meet throughout the year.

The attendance at Mama Low's over Q4 was at 19 compared to the previous quarter of 25 unique individuals. Numbers continue to fluctuate and this is more of a typical number in contrast to Q3 when there were high attendances around the Christmas party.

Weekly attendances ranged from 8 to 12 which is getting close to the capacity of the room at the Katherine Low Settlement.

At the end of the year the representation of people from BAME communities was at 53% of total members. The representation of women was at 42%.

We recruited a new cook who started in May '23, this has been a very positive appointment and she has been supported by an assistant funded through Access to work.

Over the year popular trips have been organised to Worthing, the Children's Ballet, Bognor Regis, and Kew Gardens.

In 22/23 we received a grant from Wandsworth Council which allowed us to start providing free hot lunches to our members on Tuesdays. The funding was not continued but it was decided to continue the provision anyway as the lunches play a critical part in supporting our members and in making Sound Minds a welcoming place to be.

Post Discharge Peer Support

The service continued face to face and on the phone, sessions included:

- Advice and sharing knowledge of services
- Support/advice with relationships and mental health
- Encouraging people to keep active and identify a weekly routine
- Befriending
- Help with appointments
- Goal setting

The Post Discharge Peer Support role has been filled by temporary staff for the majority of 23/24 due to staff sickness.

Over the year we updated the questionnaires our Ward Visitors use asking inpatients specifically if they are interested in post discharge support. This has generated a large number of referrals for post discharge work. The post discharge side is now much more integrated with the rest of the offer from Canerows and Sound Minds.

Over the course of the year the Post Discharge team engaged with 49 people, this is a step change from 2022/23. 41% were from BME communities.

Ward Visiting

Through the year there were steadily declining occasions when we saw wards closing to our visitors owing to Covid outbreaks. Supervision sessions for Ward Visitors happened on a fortnightly basis and the steering group met every other month.

Over the course of the year there were 1,094 engagements which was a fantastic achievement by the team. In Q4 41% were BME and 58% were women.

Towards the end of Q2 there was a successful recruitment campaign with the training for the new Ward Visitors taking place in Q3.

There were regular guest presentations at supervision sessions and training for Ward Visitors was offered on public health, the cost of living crisis and benefits, and managing stress.

The Gathering

We coproduced and presented the Gathering event at Springfield Hospital for Black History Month with guest speaker Esua Goldsmith, a local writer, author, trainer and facilitator.

Peer led Groupwork

Peer led group work has been more intermittent over the year. Sandi Grant ran the weekly Recovery Group on Rose Ward during Q2 and Q3 and ran a weekly art group during Q3.

Throughout the year John Watson has provided weekly music sessions for the older adults on Crocus Ward. These sessions have continued to be a big success with great feedback from the occupational therapists.

Measuring impact

Canerows has used a short questionnaire with inpatients for more than 10 years to find out how patients rate aspects of their inpatient stay and the Canerows service. In Q4 of this year 100% of respondents give Canerows Ward Visiting a 'Good' or 'Excellent' rating.

During the year the team worked on an impact report which was completed in July '24. As part of the production of the impact report an away day for Ward Visitors was held at the John Bosco college on 18/7/23.

Peer Support as part of the Trust's Transformation Programme.

In Q2 we learnt that we were successful in our tender response for delivering peer support as part of the transformation process of Wandsworth mental health services. In Q4 we recruited 2 Peer Support Workers and 1 Senior Peer Support Worker, the Canerows Project Worker will also work an additional day per week. The new staff were due to start on 20/5/24. It is very positive that the Senior Peer Support Worker role has gone to a current Ward Visitor.

This new project and staff is a significant expansion for Canerows and Sound Minds and it is a vote of confidence by the Trust that we are an organisation that can provide quality services to people with lived experience of mental ill health.

BRIDGING MINDS

Phase 1 of Bridging Minds was made possible through a development grant from the GLA's Civil Society Roots programme. Sound Minds employed an Agent for Change from January 2023, Tia, who met with service users and mental health professionals, ran a focus group, and creative writing workshops. Through interviews and data collection, Tia concluded that service users are significantly impacted by the nature of the involvement of families in their recovery journeys and by attitudes towards mental health.

Phase 2 of the project was again funded by the GLA and Sound Minds came together to work in partnership with Wandsworth Carers' Centre, the Community Empowerment Network and Wandsworth Talking Therapies. This phase was due to run from 1/9/23 to 30/8/24.

Within 2023/24 we started the delivery of a series of forum events which brought together those with lived experience of mental ill health, carers and family members from BAME communities in Wandsworth.

FINANCIAL REVIEW

It has been a successful year financially for Sound Minds following the decision to prioritise fundraising activity.

In April 2023 we entered into a service level agreement with Amplify, a fundraising and evaluation consultancy, led by Rob Parton. Over the course of the year working in partnership we brought in new funding from The Forrester Trust, St James Roll Charitable Trust, The Clothworker's Foundation, the Postcode Lottery, and the National Lottery Awards.

As a result unrestricted reserves have increased to £159,466 and we have managed to create a £30k designated fund for much needed building repairs and studio refurbishment.

The charity continued to benefit from diverse income streams including NHS South West London Integrated Care Board, City Bridge, London Borough of Wandsworth, Momark, the GLA, and Together. 2023/24 was also the first year of Arts Council NPO funding which increased turnover by £92,500.

There were also sizeable donations over the year including a £6,500 private donation, significant PayPal giving and back dated gift aid contributions.

It has been a continued challenge for service users to get local authority personal budgets. There have however been occasional awards.

Investment Policy

The charity's reserves are held in an interest bearing bank account, with no further investments.

Reserves Policy

The Management Committee has a policy whereby unrestricted funds not committed or invested (Free Reserves) are held equivalent to three to six months of annual expenditure, to allow time for the charity to find alternative sources of funding in the event of an unanticipated reduction in income. At the year end our reserves exceeded this.

Plans for Future Periods

Sound Minds is going through a rapid period of growth with the beginning of the Peer Support contract in 2024/25 and the employment of new staff thanks to Arts Council funding. This includes a Community Development Worker and an Agent for Change for Environmental Responsibility.

The focus for 2024/25 is to consolidate this growth whilst developing creative delivery and prioritising organisational change such as building a CRM, refurbishing our studios, and creating an evaluation framework.

Reference and administrative details

Charity Number	1079521
Company number	3751889
Registered office	20-22 York Road, London, SW11 3QA

Our advisers

Auditors:	Brookfield and Co., 18 Concanon Road, London, SW2 5TA
Bankers:	HSBC, 15 - 17 Praed Street, Paddington, London, W2 1NJ

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The organisation is a charitable company limited by guarantee on 14th April 1999 and registered as a charity on 24th February 2000. Full membership is open to anyone who is a user of mental health services and has attended our own services for six or more weeks. Associate membership is open to any individual living or working in London. In the event of the company being wound up, all members are required to contribute an amount not exceeding £1.

Recruitment and appointment of Management Committee

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. Under the requirements of our governing documents members of the Management Committee must offer themselves for re-election at the next Annual General Meeting. The Management Committee actively recruits committee members with skills and experience to match the changing needs of the organisation, including specialist mental health knowledge, general management experience and experience in the arts and voluntary sectors. At least 2 service using trustees must be present at each meeting in order to ensure that the organisation can continue to benefit from service user skills, views and experience in planning and development.

Trustee Induction and Training

The suitability of any prospective trustee is considered by the committee and the general membership and due safeguarding procedures are followed. New trustees are individually briefed by the existing trustees and the CEO in order to familiarize them with the work of the charity and their obligations under charity and company law. New trustees are offered a full introduction to the work, history, values, methods and priorities of the charity and have an opportunity to gain hands on experience of the work of the organization.

Organisation

The day to day operational management of the services rests with the Chief Executive who ensures that the charity delivers what is specified, maintains financial controls and achieves key performance indicators. The CEO is responsible for ensuring that the staff team receive supervision and appraisal and that they continue to develop their skills and working practices.

The charity works within the context of local and national priorities and policies. We are represented at local Acute Care Forums and a range of local mental health provider forums and within the arts and mental health sectors locally and nationally.

Christopher R. Lan

11/12/2024

Signed on behalf of the Board

CHRISTOPHER LAN

SOUND MINDS

Independent auditors' report to the shareholders of SOUND MINDS

We have audited the accounts of SOUND MINDS for the year ended 31 March 2024 which comprise the Profit and Loss Account, the Balance Sheet and notes to the accounts, including a summary of significant accounting policies

The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

This report is made solely to the 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 company's members those matters we are required to state to them in an auditors' 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 company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of directors and auditors

As explained more fully in the Statement of Directors' Responsibilities, the directors are responsible for the preparation of the accounts and for being satisfied that they give a true and fair view. Our responsibility is to audit and express an opinion on the accounts in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's (APB's) Ethical Standards for Auditors.

In accordance with the exemption provided by APB Ethical Standard - Provisions Available for Smaller Entities (Revised), we have prepared and submitted the company's returns to the tax authorities and assisted with the preparation of the accounts.

Scope of the audit of the accounts

A description of the scope of an audit of financial statements is provided on the APB's website at www.frc.org.uk/apb/scope/private.cfm

Opinion on the accounts

In our opinion the accounts:

- give a true and fair view of the state of the company's affairs as at 31 March 2024 and of its profit for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice applicable to Smaller Entities; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

SOUND MINDS

Independent auditors' report to the shareholders of SOUND MINDS

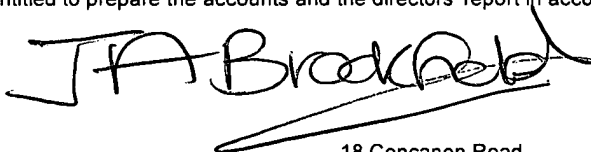
Opinion on other matters prescribed by the Companies Act 2006

In our opinion the information given in the Directors' Report for the financial year for which the accounts are prepared is consistent with the accounts.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where 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 accounts 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 directors were not entitled to prepare the accounts and the directors' report in accordance with the small companies regime.



J A Brookfield
(Senior Statutory Auditor)
for and on behalf of
Brookfield & Co
Accountants and Statutory Auditors

18 Concanon Road
London

SW2 5TA

17/12/24

SOUND MINDS
Statement of Financial Activities
for the year ended 31 March 2024

		Restricted Funds	Unrestricted Funds	Total Funds	Total Funds
	Notes	2024 £	2024 £	2024 £	2023 £
Incoming resources					
<i>Incoming resources from generated funds:</i>					
Voluntary Income - Donations	6	-	7,860	7,860	45,175
Investment income		-	-	-	433
Activities for generating funds	5	-	35,287	35,287	28,264
<i>Incoming resources from charitable activities:</i>					
Grants	6	154,339	99,000	253,339	145,197
Total Incoming Resources		154,339	142,147	296,486	219,069
Resources expended					
Costs of generating funds		-	-	-	-
Charitable activities		154,339	82,521	236,860	221,838
Governance		-	2,892	2,892	3,400
Total resources expended	7	154,339	85,413	239,752	225,238
Net incoming resources expended for the Year		-	56,734	56,734	(6,169)
Transfers between funds		-	-	-	-
Funds brought forward		-	132,732	132,732	138,901
Total Funds carried forward		-	189,466	189,466	132,732

SOUND MINDS
Balance Sheet
as at 31 March 2024

	Notes	2024 £	2023 £
Tangible fixed assets	8	2,491	-
Current assets			
Debtors	9	40,783	30,401
Cash at bank and in hand		<u>202,598</u>	<u>135,908</u>
		<u>243,381</u>	<u>166,309</u>
Creditors: amounts falling due within one year	10	<u>(56,406)</u>	<u>(33,577)</u>
Net current assets		186,975	132,732
Total assets less current liabilities		<u>189,466</u>	<u>132,732</u>
Funds of the Charity			
General Funds		189,466	132,732
Total Funds	12	<u>189,466</u>	<u>132,732</u>

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

The notes on pages 14 to 18 form part of these accounts

Approved by the board on

11/12/2024

Christopher R. Lam

Trustee

CHRISTOPHER LAM

**Notes to the Accounts
for the year ended 31 March 2024**

1 Accounting Policies

The following accounting policies have been used consistently in dealing with items which are considered material in relation to the financial statements.

a) Basis of Preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard) and all other applicable accounting standards, as modified by the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England and Wales, effective April 2005 (revised June 2008). The accounts have been drawn up in accordance with the provisions of the Charities (Accounts and Reports) Regulations 2008 and the Companies Acts, and includes the results of the charity's operations which are described in the Trustees' Report, all of which are continuing. In so far as the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England and Wales (revised 2008) requires compliance with specific Financial Reporting Standards, then these have been followed.

Advantage has been taken of Section 396(5) of the Companies Act 2006 to allow the format of the financial statements to be adapted to reflect the special nature of the charity's operation and in order to comply with the requirements of the SORP.

The financial statements are prepared, on a going concern basis, under the historical cost convention. The charity is entirely dependent on continuing grant aid and as a consequence the going concern basis is also dependent on continuing grant aid.. The particular accounting policies adopted are set out below.

b) Restricted and Unrestricted Funds

The accounts distinguish between restricted and unrestricted funds. Restricted funds are received from donors and are subject to restrictions on the purposes for which they may be used. Unrestricted funds are those where there are no externally imposed restrictions. They include those freely available to the charity for expenditure or appropriation to reserves for internally designated purposes. Designated funds are unrestricted funds earmarked by the Management Committee for particular purposes.

c) Incoming resources

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

- Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
- Investment income is included when receivable.
- Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

d) Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature to support them. Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity. All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis eg. floor areas, per capita or estimated usage

e) Tangible Fixed Assets

Fixed assets costing less than £1000 are written off in the year of acquisition and items costing in excess are capitalised.

Tangible fixed assets are stated at cost less depreciation. Depreciation is calculated to write off the cost of fixed assets less their estimated residual value over their expected useful life on a reducing balance basis at the rate of 25% per annum.

**Notes to the Accounts
for the year ended 31 March 2024**

f) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

g) Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account..

h) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

i) Pensions

Contributions to employee pension schemes are in line with government legislation.

Legal status of the Trust

The trust is a company limited by guarantee and has no share capital. The liability of each member in the event of winding-up is limited to £1.

2 Taxation

Subject to agreement with the Inspector of Taxes, the company is exempt from the payment of any Taxes to the extent it is a registered charity and not liable for Income Tax or Corporation Tax on income derived from its charitable activities. The company does not have a liability to register for VAT.

3 Surplus/(Deficit) for the period

The surplus/(deficit) for the period is stated after charging:

	2024 £	2023 £
Depreciation	-	-
Audit and accountancy fees - Brookfield & Co	2,730	3,400

4 Staff costs

Staff costs were as follows

	2024 £	2023 £
Wages and salaries	150,942	134,922
Social Security costs	3,727	2,931
Other staff costs	4,079	5,950
	<u>158,748</u>	<u>143,803</u>

	2024 £	2023 £
Numbers of full time employees or full time equivalents	6.1	4.7

No employee had emoluments in excess of £60,000 (2023:Nil) Pension costs are allocated to activities in proportion to the related staffing costs incurred.

5 Activities for generating funds

	2024 £	2023 £
Performances	1,300	1,400
Spot contracts/Personal budgets	19,984	12,852
Workshops and conferences	425	3,330
Other services	8,230	1,400
Other activities	5,348	9,272
	<u>35,287</u>	<u>28,254</u>

**Notes to the Accounts
for the year ended 31 March 2024**

6 Voluntary Income - Grants and donations

	Restricted	Unrestricted	2024 Total	2023 Total
	£	£	£	£
Grants				
Wimbledon Foundation	11,175	-	11,175	9,399
Wandsworth Council - Arts Projects	12,822	-	13,150	1,950
City Bridge	13,760	-	13,760	15,150
Together	12,000	-	12,000	12,000
Momark - Canerows	35,101	-	35,101	40,785
Wandsworth Council - Capacity Building	-	-	-	1,814
NHS South West London ICB	59,802	-	59,802	58,927
Big Local SW11	-	-	-	1,000
GLA - Civil Society	3,535	-	3,207	4,172
Postcode Lottery	3,645	-	3,645	-
National Lottery	2,499	-	2,499	-
Arts Council	-	92,500	92,500	-
Forestry Family trust	-	5,000	5,000	-
Sir James Roll Charitable Trust	-	1,500	1,500	-
	<u>154,339</u>	<u>99,000</u>	<u>253,339</u>	<u>145,197</u>
Donations				
Never too much	-	-	-	5,000
Battersea Methodist mission	-	-	-	13,047
Sophie Clark Foundation	-	-	-	4,835
Screwfix	-	-	-	5,000
JLL	-	-	-	3,750
Careys Foundation	-	-	-	5,000
Savills	-	-	-	5,000
CBRE	-	-	-	3,543
Other donations	-	7,860	7,860	45,175
	<u>-</u>	<u>7,860</u>	<u>7,860</u>	<u>45,175</u>

**(Refer note 10 below for Voluntary Income received in 2023/24 but deferred to 2024/25)

7 Analysis of project, governance and support costs

	Basis of apportionment	Project expenses £	General support £	Governance Function £	2024 Total £
Charitable activities					
Staff Costs	Pro rata staff hrs by project	128,176	30,572	-	158,748
Project expenses	Per project	78,112	-	-	78,112
Depreciation	Core costs	-	-	-	-
		<u>206,288</u>	<u>30,572</u>	<u>-</u>	<u>236,860</u>
Governance Costs					
Statutory audit fee	Governance	-	-	2,730	2,730
Other governance costs		-	-	162	162
		<u>-</u>	<u>-</u>	<u>2,892</u>	<u>2,892</u>
		<u>206,288</u>	<u>30,572</u>	<u>2,892</u>	<u>239,752</u>

8 Tangible fixed assets

	Charity Equipment Total £
Cost	
Balance at 1 April 2023	46,704
Additions in the period	3,323
Balance at 31 March 2024	<u>50,027</u>
Depreciation	
Balance at 1 April 2023	46,704
Charge for the year	832
Balance at 31 March 2024	<u>47,536</u>
Net Book Value	
At 31 March 2024	<u>2,491</u>
At 31 March 2023	<u>-</u>

9 Debtors

	2024 £	2023 £
Trade debtors	18,366	12,714
Accrued Grant Income	22,417	17,687
	<u>40,783</u>	<u>30,401</u>

**Notes to the Accounts
for the year ended 31 March 2024**

10 Creditors: amounts falling due within one year

	2024 £	2023 £
Deferred Income	45,349	20,111
Other accruals	9,209	11,020
Other taxes and social security costs	1,848	2,446
	<u>56,406</u>	<u>33,577</u>

	2024 £	2023 £
Analysis of deferred Income by Funder		
Wimbledon Foundation	-	10,196
Wandsworth Council - Arts Projects	1,600	-
Wandsworth Council - Social prescribing	-	3,987
Wandsworth Council - Capacity Building	-	5,601
GLA - Civil Society	17,293	327
Postcode Lottery	10,935	-
National Lottery	7,497	-
Donations for studio refurbishment	8,024	-
	<u>45,349</u>	<u>20,111</u>

11 Analysis of net assets between funds

	Restricted Funds £	Unrestricted Funds £	Total Funds Funds £
Fixed assets	-	2,491	2,491
Current Assets	-	243,381	243,381
Current Liabilities	-	(56,406)	(56,406)
	<u>-</u>	<u>189,466</u>	<u>189,466</u>

Notes to the Accounts

for the year ended 31 March 2024

12 Analysis of net assets between funds

	At 1/4/23 £	Incoming Resources £	Outgoing Resources £	Transfers £	At 31/3/24 £
Restricted Funds:					
Wimbledon Foundation		11,175	11,175		
Wandsworth Council - Arts Projects	-	12,822	12,822	-	-
City Bridge	-	13,760	13,760	-	-
Together	-	12,000	12,000	-	-
Momark - Canerows	-	35,101	35,101	-	-
NHS South West London ICB	-	59,802	59,802	-	-
GLA - Civil Society	-	3,535	3,535	-	-
Postcode Lottery	-	3,645	3,645	-	-
National Lottery	-	2,499	2,499	-	-
Total Restricted Funds	-	154,339	154,339	-	-
Unrestricted Funds:					
Designated Funds					
Premises Fund	20,000	-	-	10,000	30,000
Other unrestricted funds	112,732	142,147	85,413	(10,000)	159,466
Total Unrestricted Funds	132,732	142,147	85,413	-	189,466
Total Funds	132,732	296,486	239,752	-	189,466

Restricted Funds are for the following purposes;

Wimbledon Foundation

To support the development of the Community Choir

Wandsworth Council - Arts Projects

Arts Project

City Bridge

To expand our arts and music services and facilitate a handover to the new Chief Executive

Together

One day per week user led drop in and social club

Momark - Canerows

Peer support, training and consultation project

NHS South West London ICB

Provision for Wandsworth residents of visual art, music, theatre and film and peer support when they leave hospital.

GLA - Civil Society

A development project, funded by City Hill, to employ an Agent for Change to work with BAME service users in Wandsworth.

Postcode Lottery

To provide direct and indirect costs of the Breathe programme over 12 months

National Lottery

To provide direct and indirect costs of the Breathe programme over 12 months

13 Related party transactions and trustees' remuneration

Trustees received no emoluments (2023 £nil). Expenses of £162 were paid in the period (2023 £nil).

SOUND MINDS

England & Wales - Charity number 1079521

Accounts

Registered number

03751889

SOUND MINDS

Report and Accounts

31 March 2023



SOUND MINDS
Company Information

Chair

Mrs Sheba Forbes

Vice Chair

Mr. Oliver Nesbit

Treasurer

Mr Christopher Lam

Trustees

Ms. Sarah Rackham

Mr. David Evans

Mrs Sheba Forbes

Mr Leopold Benenfield King

Mr. Oliver Nesbit

Ms. Lucy Alphonse

Ms Elena Chapman (resigned 24 April 2023)

Mr Christopher Lam

Mr Devon Marston

Patron

Melba Wilson OBE

Auditors

Brookfield & Co

18 Concanon Road

London

SW2 5TA

Bankers

HSBC

2 Craven Road

London

W2 3PY

Registered number

03751889

Secretary

P Brewer

Registered Office

20-22 York Road

London

SW11 3QA

Charity registration no

1079521

SOUND MINDS
Trustees Report
Year to 31st March 2023

OUR PURPOSES AND ACTIVITIES

Sound Minds is a user led charity and social enterprise improving people's mental health and wellbeing through arts participation and peer support. The charity uses the power of creativity to help people to rebuild their confidence and gain the skills they need to lead fulfilled lives in their community.

Sound Minds consistently implements ground breaking solutions to the problems of living with life disrupting mental illness, winning national awards across both the arts and mental health sectors. The majority of Sound Minds employees and many of our charity trustees are themselves mental health service users who originally came to use the service they now help to provide.

Sound Minds has a large well equipped music rehearsal space, music technology studios, classrooms and an art studio. We specialise in matching aspiring musicians at any level of ability, providing teaching and ongoing support so that anyone can enjoy the benefits of making music together.

Alongside our arts offer Sound Minds has more than 10 years of experience delivering a range of peer support services in mental health.

Sound Minds charitable object is:

To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress in London (all the London Boroughs) and neighbouring counties through the provision of opportunities for education, training, musical and cultural activities, and other opportunities in relieving and rehabilitating such persons.

The main strategies employed in relation to these purposes are:

- **Widening participation in arts activities**
- **Training**
- **Involving service users in the delivery of our own services**
- **Raising awareness of mental health issues**
- **Developing arts related employment for our service users**
- **Peer support and consultation**

Widening participation in arts activities

Arts activities have an important role to play in helping people to rebuild lives that have been disrupted by episodes of severe mental ill health. Making music together, filmmaking, visual arts and creative writing are powerful tools to enable people to rebuild their social networks, gain confidence, learn about working as a team, as well as learning new technical skills.

Training

Sound Minds provides formal and informal training in music production, visual art, film and peer support.

Involving service users in the delivery of our services

The involvement of service users in the running and delivery of our services has been essential to the success of the charity. People with personal experience of mental ill health form the majority of our trustees, staff, sessional staff and volunteers.

Raising awareness of mental health issues

Sound Minds uses art exhibitions, film screenings and music and drama performances, media coverage and the artworks themselves to provide a springboard to greater understanding of mental health in the wider community.

Developing arts related employment for our service users

Sound Minds has a track record of building people's confidence in their own abilities and helping them in practical ways to fulfil their potential. Voluntary and sessional employment opportunities include teaching, individual tuition, supporting live entertainment, filmmaking and visual arts, often in partnership with other local community organisations and businesses.

Peer Support and consultation

Established in 2008, Canerows Peer Support Services is our pioneering initiative under the Sound Minds umbrella, in co-production with South West London and St. Georges Mental Health NHS Trust, South West London CCG and Wandsworth Council. Canerows focuses on people from black and ethnic minority heritage who are over represented in hospitals and more likely to be assessed under the Mental Health Act. Canerows includes Mama Low's Kitchen, a one day user led drop in, Post Discharge Peer Support funded by CCG and our Ward Visiting Service.

ACHIEVEMENTS AND PERFORMANCE

Over the course of the year there was a gradual handover between Paul Brewer, Operations Manager and previous CEO, and Chas de Swiet, the new CEO who started in January '22.

Looking at the full year there were 148 unique individuals using our services as Wandsworth residents, and 37 from other boroughs. This is a positive number as the organisation is still building whilst coming out of Covid with a new staff team. 53% were BAME and 42% female.

The number of referrals was variable over the year, Q4 referrals were very high, largely as we were included on the Joy app for referrals which is used by local GPs.

The provision of our services almost entirely shifted to in person, by the end of Q2 there was only one person reliant on phone support.

Despite a challenging financial picture, we found the funds to refurbish the front office with the support of Good Gym.

The Cranfield Trust matched us with a business strategy consultant, Adrian Haberberg, to help us work on our strategic plan. We held an away day on 10/1/23 for staff and Management Committee, the findings were reported back to the Management Committee on 24/3/23.

ART STUDIO

Sound Minds was awarded a grant to participate in the Wandsworth Arts Festival Fringe. The project was called 'Back to the Beginning' and there was a series of participatory workshops led by Sam Haynes and Paul Brewer. The final group piece was a mixture of visual art, sculpture, song writing and filmmaking. The resulting exhibition launched on 23rd June.

The refurbishment work on the art studio was completed in Q2. This provided a much extended studio space and a small gallery which we can use for internal exhibitions and hires.

MUSIC

Band rehearsals and one to one tuition continues to build towards pre pandemic activity levels. Music sessions to two local secure units continued.

We held our first post-pandemic gig on 27th May in the live room in our studios. 4 bands played with 2 individual artists, there was a good audience at capacity. A second gig on 22nd July was held in the live room.

We also performed our first external gig post-pandemic. 3 Sound Minds members performed at the Capital Project Trust's 25th Birthday celebration on 21/7/22.

A key highlight in the year was a gig at The Bedford pub on 2/11/22 to celebrate Sound Minds' 30th anniversary.

Sound Minds was invited to perform at the opening celebrations of Battersea Power Station on 22/10/22. We showcased our Breathe members who performed on an outdoors stage to a good crowd.

We produced an event on 10/2/23 where we showcased performances by Breathe members and launched our new film 'Community' produced with the support of the South West London and St George's Mental Health NHS Trust.

Sound Minds Community Choir

The Wandsworth Foundation awarded Sound Minds £19,594 over 2 years to fund activity on the strategic plan and fundraising. It also covered the costs of running the Community Choir over 21 months. As part of the development of the choir an open rehearsal and BBQ was held on 22/8/22, it was attended by 21 people. The BBQ was effective with 42% of attendances in Q3 coming from people who were new for the BBQ.

Breathe Music – young people's sessions

Breathe Music is our afternoon programme of tuition and workshops for young people 18-25, now in its fourth year. The Breathe members are becoming the core of our activity and in the case of showcases and gigs are proving to be strong and in demand performers.

CANEROWS PEER SUPPORT SERVICES

The Gathering

A 'Gathering' session was held on 13/10/22. It was successful with presentations from Esua Goldsmith, Melba Wilson and Colin King on Seni's Law. 100% of the 23 people who completed the evaluation questionnaire rated the event overall as excellent or good.

Another 'Gathering' session was held on 16/3/23, it was attended by 55 people and 30 feedback forms were completed. There were talks including one from Mac Downes on the history of Battersea. Devon, the founder of Sound Minds and Canerows, was interviewed by Mia Morris.

Mama Lows Kitchen

The group met face to face throughout the year.

The attendance at Mama Low's continues to improve with 27 unique individuals in Q4, compared to 21 in Q3 and 17 in Q2. In Q4 the representation of people from BME communities was at 48% and of women was at 41%.

Ashley Ghoorbin started work as the Project Worker on 13th January. Regular trips were held both to cultural events in London and to the seaside.

We started to provide a free hot lunch for all members on Tuesdays at Sound Minds on 6/12/22.

Post Discharge Peer Support

The service continued face to face, sessions included:

- Advice and sharing knowledge of services
- Support/advice with relationships and mental health
- Encouraging people to keep active and identify a weekly routine
- Befriending
- Help with appointments
- Goal setting

Over the course of the year the Post Discharge Support Worker engaged with 17 people, 53% were BME.

In Q3 we dropped the differentiation between face to face and phone contact as it did not add value post pandemic.

Ward Visiting

Through the year we regularly saw wards closing to our visitors owing to intermittent Covid outbreaks. Supervision sessions for Ward Visitors happened on a fortnightly basis and the steering group met every other month.

Over the course of the year there were 977 engagements which was just short of the target of 1000. In Q4 54% were BME and 53% were women.

On 31/3/22 Chas de Swiet and Mia Morris interviewed 7 potential ward visitors and decided to take 6 people forwards, 4 people completed the training. At that point there were 13 visitors which is at full strength. Another successful recruitment round happened in September with interviews on 8/9/22 and 5 people were taken onto the training course.

Training for Ward Visitors was offered on de-escalation, suicide response, gambling awareness, building emotional awareness, the menopause and welfare rights.

Peer led Groupwork

Peer led group work has been a success over the year. Sandi Grant has continued to run the weekly Recovery Group on Rose Ward and has also been running a weekly art group.

John Watson started running music sessions on 19th August for the older adults on Crocus Ward. These sessions have continued and have proven to be a big success with great feedback from the occupational therapists.

Measuring impact

Canerows has used a short questionnaire with inpatients for more than 10 years to find out how patients rate aspects of their inpatient stay and the Canerows service. This year, as for most previous years over 90% of respondents give Canerows Ward Visiting a 'Good' or Excellent' rating.

FINANCIAL REVIEW

It has been a challenging year for Sound Minds with the increased staff costs of having a CEO and an Operations Manager in post during the handover. The fundraising picture has also been competitive in the post Covid climate that we are in. Both these factors were mitigated by some successful income generation and tight expenditure control. An unrestricted reserves position at the end of year of £132,732 was a good result.

The charity continued to benefit from diverse income streams including Together, Wandsworth CCG, Wimbledon Foundation, City Bridge and Momark.

Successful fundraising included securing £6,000 from City Hall to pilot an Agent for Change project; £7,145 from Wandsworth Council to cover our increased costs due to inflation and so we can provide an additional hot lunch once / week; and another £4,984 from Wandsworth Council for a 6-month trial of social prescribing starting in April 2023.

There were also sizeable donations although a significant amount were received in 2021/22 and deferred to 2022/23. We continue to be enormously grateful to the Clarke family and the foundation who allowed us to create our new art studio and gallery, and also facilitated corporate donations.

It has been a continued challenge for service users to get local authority personal budgets. There have however been occasional significant awards.

In November '22 we learnt that we would be an Arts Council NPO from 1/4/23, the funding is £92,500 per year for 3 years. The last few months of 2022/23 involved gearing up for increased arts activity including the recruitment of new staff.

Investment Policy

The charity's reserves are held in an interest bearing bank account, with no further investments.

Reserves Policy

The Management Committee has a policy whereby unrestricted funds not committed or invested (Free Reserves) are held equivalent to three to six months of annual expenditure, to allow time for the charity to find alternative sources of funding in the event of an unanticipated reduction in income. At the year end our reserves exceeded this.

Plans for Future Periods

In November we were offered funding to become an Arts Council England National Portfolio Organisation from the 2023/24 financial year. This is a significant change for Sound Minds with an increased emphasis on our arts activity.

Reference and administrative details

Charity Number 1079521
Company number 3751889
Registered office 20-22 York Road, London, SW11 3QA

Our advisers

Auditors: Brookfield and Co., 18 Concanon Road, London, SW2 5TA
Bankers: HSBC, 15 - 17 Praed Street, Paddington, London, W2 1NJ

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The organisation is a charitable company limited by guarantee on 14th April 1999 and registered as a charity on 24th February 2000. Full membership is open to anyone who is a user of mental health services and has attended our own services for six or more weeks. Associate membership is open to any individual living or working in London. In the event of the company being wound up, all members are required to contribute an amount not exceeding £1.

Recruitment and appointment of Management Committee

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. Under the requirements of our governing documents members of the Management Committee must offer themselves for re-election at the next Annual General Meeting. The Management Committee actively recruits committee members with skills and experience to match the changing needs of the organisation, including specialist mental health knowledge, general management experience and experience in the arts and voluntary sectors. At least 2 service using trustees must be present at each meeting in order to ensure that the organisation can continue to benefit from service user skills, views and experience in planning and development.

Trustee Induction and Training

The suitability of any prospective trustee is considered by the committee and the general membership and due safeguarding procedures are followed. New trustees are individually briefed by the existing trustees and the CEO in order to familiarize them with the work of the charity and their obligations under charity and company law. New trustees are offered a full introduction to the work, history, values, methods and priorities of the charity and have an opportunity to gain hands on experience of the work of the organization.

Organisation

The day to day operational management of the services rests with the Chief Executive who ensures that the charity delivers what is specified, maintains financial controls and achieves key performance indicators. The CEO is responsible for ensuring that the staff team receive supervision and appraisal and that they continue to develop their skills and working practices.

The charity works within the context of local and national priorities and policies. We are represented at local Acute Care Forums and a range of local mental health provider forums and within the arts and mental health sectors locally and nationally.

Signed on behalf of the Board

Christopher R. Lam

CHRISTOPHER LAM

Trustee

Dated

4/12/2023

SOUND MINDS

Statement of Directors' Responsibilities

The trustees are responsible for preparing the report and accounts in accordance with applicable law and regulations.

Company law requires the trustees to prepare accounts for each financial year. Under that law the trustees have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the trustees must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these accounts, the trustees are required to:

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

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

SOUND MINDS

Independent auditors' report to the shareholders of SOUND MINDS

We have audited the accounts of SOUND MINDS for the year ended 31 March 2023 which comprise the Profit and Loss Account, the Balance Sheet and notes to the accounts, including a summary of significant accounting policies

The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

This report is made solely to the 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 company's members those matters we are required to state to them in an auditors' 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 company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of directors and auditors

As explained more fully in the Statement of Directors' Responsibilities, the directors are responsible for the preparation of the accounts and for being satisfied that they give a true and fair view. Our responsibility is to audit and express an opinion on the accounts in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's (APB's) Ethical Standards for Auditors.

In accordance with the exemption provided by APB Ethical Standard - Provisions Available for Smaller Entities (Revised), we have prepared and submitted the company's returns to the tax authorities and assisted with the preparation of the accounts.

Scope of the audit of the accounts

A description of the scope of an audit of financial statements is provided on the APB's website at www.frc.org.uk/apb/scope/private.cfm

Opinion on the accounts

In our opinion the accounts:

- give a true and fair view of the state of the company's affairs as at 31 March 2023 and of its profit for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice applicable to Smaller Entities; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

SOUND MINDS

Independent auditors' report to the shareholders of SOUND MINDS

Opinion on other matters prescribed by the Companies Act 2006

In our opinion the information given in the Directors' Report for the financial year for which the accounts are prepared is consistent with the accounts.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where 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 accounts 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 directors were not entitled to prepare the accounts and the directors' report in accordance with the small companies regime.

J A Brookfield
(Senior Statutory Auditor)
for and on behalf of
Brookfield & Co
Accountants and Statutory Auditors

18 Concanon Road
London

SW2 5TA


8/12/23

SOUND MINDS
Statement of Financial Activities
for the year ended 31 March 2023

		Restricted Funds	Unrestricted Funds	Total Funds	Total Funds
	Notes	2023 £	2023 £	2023 £	2022 £
Incoming resources					
<i>Incoming resources from generated funds:</i>					
Voluntary Income - Donations	6	-	45,175	45,175	6,824
Investment income		-	433	433	14
Activities for generating funds	5	-	28,264	28,264	18,660
<i>Incoming resources from charitable activities:</i>					
Grants	6	135,798	9,399	145,197	130,778
Total Incoming Resources		135,798	83,271	219,069	156,276
Resources expended					
Costs of generating funds		-	-	-	-
Charitable activities		135,798	86,040	221,838	151,796
Governance		-	3,400	3,400	2,737
Total resources expended	7	135,798	89,440	225,238	154,533
Net incoming resources expended for the Year		-	(6,169)	(6,169)	1,743
Transfers between funds		-	-	-	-
Funds brought forward		-	138,901	138,901	137,158
Total Funds carried forward		-	132,732	132,732	138,901

SOUND MINDS
Balance Sheet
as at 31 March 2023

	Notes	2023 £	2022 £
Tangible fixed assets	8	-	-
Current assets			
Debtors	9	30,401	27,722
Cash at bank and in hand		135,908	152,507
		<u>166,309</u>	<u>180,229</u>
Creditors: amounts falling due within one year	10	<u>(33,577)</u>	<u>(41,328)</u>
Net current assets		132,732	138,901
Total assets less current liabilities		<u>132,732</u>	<u>138,901</u>
Funds of the Charity			
Restricted Funds		-	-
General Funds		132,732	138,901
Total Funds	12	<u>132,732</u>	<u>138,901</u>

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

The notes on pages 14 to 18 form part of these accounts

Approved by the board on

4/12/2023

Trustee

Christopher R. Lam

CHRISTOPHER LAM

**Notes to the Accounts
for the year ended 31 March 2023**

1. Accounting Policies

The following accounting policies have been used consistently in dealing with items which are considered material in relation to the financial statements.

a) Basis of Preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard) and all other applicable accounting standards, as modified by the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England and Wales, effective April 2005 (revised June 2008). The accounts have been drawn up in accordance with the provisions of the Charities (Accounts and Reports) Regulations 2008 and the Companies Acts, and includes the results of the charity's operations which are described in the Trustees' Report, all of which are continuing. In so far as the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England and Wales (revised 2008) requires compliance with specific Financial Reporting Standards, then these have been followed.

Advantage has been taken of Section 396(5) of the Companies Act 2006 to allow the format of the financial statements to be adapted to reflect the special nature of the charity's operation and in order to comply with the requirements of the SORP. The charity has taken advantage of the exemption in the FRSE from the requirement to produce a cash flow statement.

The financial statements are prepared, on a going concern basis, under the historical cost convention. The charity is entirely dependent on continuing grant aid and as a consequence the going concern basis is also dependent on continuing grant aid.. The particular accounting policies adopted are set out below.

b) Restricted and Unrestricted Funds

The accounts distinguish between restricted and unrestricted funds. Restricted funds are received from donors and are subject to restrictions on the purposes for which they may be used. Unrestricted funds are those where there are no externally imposed restrictions. They include those freely available to the charity for expenditure or appropriation to reserves for internally designated purposes. Designated funds are unrestricted funds earmarked by the Management Committee for particular purposes.

c) Incoming resources

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

- Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
- Investment income is included when receivable.
- Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

d) Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity. All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis eg. floor areas, per capita or estimated usage

e) Tangible Fixed Assets

Fixed assets costing less than £1000 are written off in the year of acquisition and items costing in excess are capitalised.

Tangible fixed assets are stated at cost less depreciation. Depreciation is calculated to write off the cost of fixed assets less their estimated residual value over their expected useful life on a reducing balance basis at the rate of 25% per annum.

Notes to the Accounts
for the year ended 31 March 2023

f) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

g) Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account..

h) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

i) Pensions

Contributions to employee pension schemes are in line with government legislation.

Legal status of the Trust

The trust is a company limited by guarantee and has no share capital. The liability of each member in the event of winding-up is limited to £1.

2. Taxation

Subject to agreement with the Inspector of Taxes, the company is exempt from the payment of any Taxes to the extent it is a registered charity and not liable for Income Tax or Corporation Tax on income derived from its charitable activities. The company does not have a liability to register for VAT.

3 Surplus/(Deficit) for the period

The surplus/(deficit) for the period is stated after charging:

	2023	2022
	£	£
Depreciation	-	-
Audit and accountancy fees - Brookfield & Co	3,400	2,690

4 Staff costs

Staff costs were as follows

	2023	2022
	£	£
Wages and salaries	129,922	90,647
Social Security costs	7,931	5,394
Sessional staff and other staff costs	5,950	1,580
	<u>143,803</u>	<u>97,621</u>

	2023	2022
	£	£
Numbers of full time employees or full time equivalents	4.7	4.6

No employee had emoluments in excess of £60,000 (2022:Nil) Pension costs are allocated to activities in proportion to the related staffing costs incurred.

5 Activities for generating funds

	2023	2022
	£	£
Performances	1,400	
Spot contracts/Personal budgets	12,852	9,745
Workshops and conferences	3,330	1,225
Other services	1,400	475
Other activities	9,282	7,215
	<u>28,264</u>	<u>18,660</u>

Notes to the Accounts

for the year ended 31 March 2023

6 Voluntary Income - Grants and donations

	Restricted	Unrestricted	2023 Total	2022 Total
	£	£	£	£
Grants				
Wimbledon Foundation		9,399	9,399	-
Wandsworth Council - Arts Projects	1,950	-	1,950	1,922
City Bridge	15,150	-	15,150	15,000
Together	12,000	-	12,000	12,000
Momark - Canerows	40,785	-	40,785	18,223
Wandsworth Council - Capacity Building	1,814	-	1,814	-
NHS South West London ICB	58,927	-	58,927	58,567
LB Wandsworth - COVID	-	-	-	12,749
Civil Society Roots	4,172	-	4,172	-
Barings	-	-	-	9,000
Big Local SW11	1,000	-	1,000	3,317
	<u>135,798</u>	<u>9,399</u>	<u>145,197</u>	<u>130,778</u>
Donations				
Never too much	-	-	-	1,000
Battersea Methodist mission	-	5,000	5,000	-
Sophie Clark Foundation	-	13,047	13,047	-
Screwfix	-	4,835	4,835	-
JLL	-	5,000	5,000	-
Careys Foundation	-	3,750	3,750	-
Savills	-	5,000	5,000	-
CBRE	-	5,000	5,000	-
Other donations	-	3,543	3,543	5,824
	<u>-</u>	<u>45,175</u>	<u>45,175</u>	<u>6,824</u>

**(Refer note 10 below for Voluntary Income received in 2021/22 but deferred to 2022/23)

7 Analysis of project, governance and support costs

	Basis of apportionment	Project expenses £	General support £	Governance Function £	2023 Total £
Charitable activities					
Pro rata staff					
Staff Costs	hrs by project	134,749	9,054	-	143,803
Project expenses	Per project	78,035	-	-	78,035
Depreciation	Core costs	-	-	-	-
		<u>212,784</u>	<u>9,054</u>	<u>-</u>	<u>221,838</u>
Governance Costs					
Statutory audit fee	Governance	-	-	3,400	3,400
Other governance costs		-	-	-	-
		<u>-</u>	<u>-</u>	<u>3,400</u>	<u>3,400</u>
		<u>212,784</u>	<u>9,054</u>	<u>3,400</u>	<u>225,238</u>

8 Tangible fixed assets

	Charity Equipment Total £
Cost	
Balance at 1 April 2022	46,704
Additions in the period	-
Balance at 31 March 2023	<u>46,704</u>
Depreciation	
Balance at 1 April 2022	46,704
Charge for the year	-
Balance at 31 March 2023	<u>46,704</u>
Net Book Value	
At 31 March 2023	-
At 31 March 2022	<u>-</u>

9 Debtors

	2023 £	2022 £
Trade debtors	12,714	19,247
Accrued Grant Income	17,687	8,475
	<u>30,401</u>	<u>27,722</u>

**Notes to the Accounts
for the year ended 31 March 2023**

10 Creditors: amounts falling due within one year

	2023 £	2022 £
Deferred Income	20,111	33,463
Other accruals	11,020	5,387
Other taxes and social security costs	2,446	2,478
	<u>33,577</u>	<u>41,328</u>

	2023 £	2022 £
Analysis of deferred Income by Funder		
Wimbledon Foundation	10,196	
Art Studio Social Prescribing	3,987	
Capacity Building	5,601	
Civil Society Roots	327	
SWL STG		1,000
Momark		6,882
JLL		5,000
CBRE		5,000
Careys foundation		3,750
Paypal Giving		436
Arts fringe 22		1,560
Screwfix		4,835
Savills		5,000

<u>20,111</u>	<u>33,463</u>
---------------	---------------

11 Analysis of net assets between funds

	Restricted Funds £	Unrestricted Funds £	Total Funds Funds £
Fixed assets	-	-	-
Current Assets	-	166,309	166,309
Current Liabilities	-	(33,577)	(33,577)
	<u>-</u>	<u>132,732</u>	<u>132,732</u>

Notes to the Accounts
for the year ended 31 March 2023
12 Analysis of net assets between funds

	At 1/4/22 £	Incoming Resources £	Outgoing Resources £	Transfers £	At 31/3/23 £
Restricted Funds:					
City Bridge	-	15,150	15,150	-	-
Together	-	12,000	12,000	-	-
Momark - Canerows	-	40,785	40,785	-	-
Wandsworth Council - Arts Projects	-	1,950	1,950	-	-
Wandsworth Council - Capacity Building		1,814	1,814	-	-
NHS South West London ICB		58,927	58,927	-	-
Civil Society Roots		4,172	4,172	-	-
Big Local SW11		1,000	1,000	-	-
Total Restricted Funds	-	135,798	135,798	-	-
Unrestricted Funds:					
Designated Funds					
Premises Fund	20,000	-	-	-	20,000
Other unrestricted funds	118,901	83,271	89,440	-	112,732
Total Unrestricted Funds	138,901	83,271	89,440	-	132,732
Total Funds	138,901	219,069	225,238	-	132,732

Restricted Funds are for the following purposes;

City Bridge

To expand our arts and music services and facilitate a handover to the new Chief Executive

Together

One day per week user led drop in and social club

Momark - Canerows

A peer support, training and consultation project

Wandsworth Council - Arts Projects

Arts Project

Wandsworth Council - Capacity Building

Grant from Wandsworth Council to support our infrastructure and capacity to deliver ongoing cost of living interventions.

NHS South West London ICB

Peer support for Wandsworth residents when they leave hospital

Civil Society Roots

A development project, funded by City Hill, to employ an Agent for Change to work with BAME service users in Wandsworth.

Big Local SW11

Refurbishment of premises

13 Related party transactions and trustees' remuneration

Trustees received no emoluments (2022 £nil). No expenses were paid in the period (2022 £nil).

Accounts

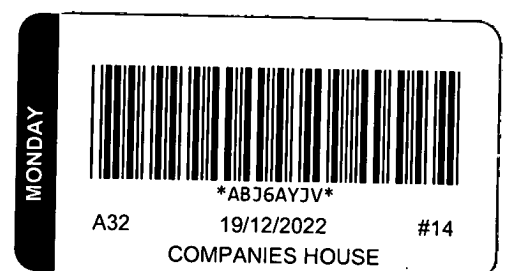
Registered number

03751889

SOUND MINDS

Report and Accounts

31 March 2022



SOUND MINDS
Company Information

Chair

Mrs Sheba Forbes

Vice Chair

Mr. Oliver Nesbit

Treasurer

Mr Christopher Lam

Trustees

Ms. Sarah Rackham

Mr. David Evans

Mrs Sheba Forbes

Mr Leopold Benenfield King

Mr. Oliver Nesbit

Ms. Lucy Alphonse

Ms Elena Chapman

Mr Christopher Lam

Mr Devon Marston (Appointed 7 February 2022)

Patron

Melba Wilson OBE

Auditors

Brookfield & Co

18 Concanon Road

London

SW2 5TA

Bankers

HSBC

2 Craven Road

London

W2 3PY

Registered number

03751889

Secretary

P Brewer

Registered Office

20-22 York Road

London

SW11 3QA

Charity registration no

1079521

SOUND MINDS
Trustees Report
Year to 31st March 2022

OUR PURPOSES AND ACTIVITIES

Sound Minds is a user led charity and social enterprise improving people's mental health and wellbeing through arts participation and peer support. The charity uses the power of creativity to help people to rebuild their confidence and gain the skills they need to lead fulfilled lives in their community.

Sound Minds consistently implements ground breaking solutions to the problems of living with life disrupting mental illness, winning national awards across both the arts and mental health sectors. The majority of Sound Minds employees and many of our charity trustees are themselves mental health service users who originally came to use the service they now help to provide. Sound Minds has a large well equipped music rehearsal space, music technology studios, classrooms and an art studio. We specialise in matching aspiring musicians at any level of ability, providing teaching and ongoing support so that anyone can enjoy the benefits of making music together.

Alongside our arts offer Sound Minds has more than 10 years of experience delivering a range of peer support services in mental health.

Sound Minds charitable object is:

To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress in London (all the London Boroughs) and neighbouring counties through the provision of opportunities for education, training, musical and cultural activities, and other opportunities in relieving and rehabilitating such persons.

The main strategies employed in relation to these purposes are:

- **Widening participation in arts activities**
- **Training**
- **Involving service users in the delivery of our own services**
- **Raising awareness of mental health issues**
- **Developing arts related employment for our service users**
- **Peer support and consultation**

Widening participation in arts activities

Arts activities have an important role to play in helping people to rebuild lives that have been disrupted by episodes of severe mental ill health. Making music together, filmmaking, visual arts and creative writing are powerful tools to enable people to rebuild their social networks, gain confidence, learn about working as a team, as well as learning new technical skills.

Training

Sound Minds provides formal and informal training in music production, visual art, film and peer support.

Involving service users in the delivery of our services

The involvement of service users in the running and delivery of our services has been essential to the success of the charity. People with personal experience of mental ill health form the majority of our trustees, staff, sessional staff and volunteers.

Raising awareness of mental health issues

Sound Minds uses art exhibitions, film screenings and music and drama performances, media coverage and the artworks themselves to provide a springboard to greater understanding of mental health in the wider community.

Developing arts related employment for our service users

Sound Minds has a track record of building people's confidence in their own abilities and helping them in practical ways to fulfil their potential. Voluntary and sessional employment opportunities include teaching, individual tuition, supporting live entertainment, filmmaking and visual arts, often in partnership with other local community organisations and businesses.

Peer Support and consultation

Established in 2008, Canerows Peer Support Services is our pioneering initiative under the Sound Minds umbrella, in co-production with South West London and St. Georges Mental Health NHS Trust, South West London CCG and Wandsworth Council. Canerows focuses on people from black and ethnic minority heritage who are over represented in hospitals and more likely to be assessed under the Mental Health Act. Canerows includes Mama Low's Kitchen, a one day user led drop in, Post Discharge Peer Support funded by CCG and our Ward Visiting Service.

ACHIEVEMENTS AND PERFORMANCE

Our charitable object was amended this year, (as above) and our governing document was revised to bring it in line with Charity Commission best practice.

Paul Brewer retired as CEO in January 2022 and is succeeded by Chas de Swiet. Chas brings years of senior management experience in the voluntary sector including as a trustee, as well as music and film skills. Paul Brewer continues part time as Operations Manager.

This year our service continued to be impacted by the Covid 19 pandemic. Phone support and WhatsApp groups, developed during the crisis, have proved valuable in the post Covid era. As in 2020-21 our core group of 4 part time staff continued to provide support during social restrictions. Referrals to food banks and hot meals services continued along with benefits and health advice. Sound Minds music project worker Searahlaine St James won a **Small Charities Coalition 'Star of the Year Award'** for her work supporting our choir and young people remotely during the pandemic.

For World Mental Health Day and Black History Month in October we were fortunate to host a well attended Zoom event with Dame Elizabeth Anionwu interviewed by Mia Morris OBE. Dame Elizabeth gave an inspirational account of her early life and career nursing and her work in the field of Sickle Cell disease and Thalessemia

As restrictions eased, Sound Minds was invited by South West London and St Georges Mental Health NHS Trust to run 'one off' music/arts sessions to every inpatient ward in the trust. These included music sessions in the Shaftesbury Clinic and Aquarius (CAMHS) Ward and song writing in Phoenix Ward. Our own service users delivered sessions, leading a 'Sing Song' with older people, running a quiz with inpatients on Ward 2 with the Community Choir singing to the acute Wards at Tolworth Hospital.

Face to face contacts over the year were not comparable with pre Covid levels, but including online and phone support previous figures were exceeded. The percentage of BAME service users for Sound Minds as a whole has risen to 64%.

ART STUDIO

We completed the first stage of renovation works to our art studio premises at the Shopfront on York Road with financial support from Momark, Battersea Mission and Big Local SW11. The studio and gallery space opened in mid May with a series of well attended art and photography workshops led by artist Sam Haynes and Photographer Alejandra Carles-Tolra. *'Finding Strength in Small Things'* was a reflection of people's lockdown experiences but also an opportunity to learn new techniques. 17 people took part followed by an exhibition and explanatory short film for the Wandsworth Arts Festival Fringe in July. Four Sound Minds artists exhibited at Well Space in Hackney in October as part of the exhibition 'States of Existence'.

To raise funds for the second phase of our art studio renovation, the Sophie Clarke Foundation held a charity art auction in November on the 56th floor of London's second tallest building 22 Bishopsgate. The judges included David Beckham and Ian Hislop. A painting by Tania Britto was auctioned following the 'Love Life' Art Exhibition.

We are enormously grateful to the Clarke family and the foundation who also facilitated corporate donations raising around £25k in all. An additional £5k was raised through the Screwfix Foundation. Work begins in the summer of 2022.

MUSIC

Band rehearsals and one to one tuition continues to build towards pre pandemic activity levels. Music sessions to two local secure units recommenced.

Sound Minds Community Choir

The Community Choir restarted in September at Sound Minds before moving to a new home at Dimson Lodge SW11.

Breathe Music – young people’s sessions

Breathe Music is our afternoon programme of tuition and workshops for young people 18-25, now in its third year. The sessions restarted in September. The rate of referrals increased owing to a close working relationship with the local NHS Early Intervention in Psychosis team.

CANEROWS PEER SUPPORT SERVICES

The Gathering

Our third conference and celebration of peer support in Wandsworth took place in February at Battersea Mission with around 30 people working in peer support attending. The event was chaired by Mia Morris OBE of Canerows. Dr. Elaine Arnold of Supporting Relationships and Families spoke about the impact of immigration on families, and other speakers described local peer support initiatives such as the Hope Project, the NHS mental health Lived Experience Team. Entertainment was provided by our community choir, young people from 'Breathe Music' and Caribbean food was cooked by the Reggae Chef.

Mama Lows Kitchen

The group met face to face throughout the year.

Post Discharge Peer Support

The service continued face to face from the autumn with meetings for walks and as the rules permitted, coffee outdoors in cafes. Sessions included:

- Advice and sharing knowledge of services
- Support/advice with relationships and mental health
- Encouraging people to keep active and identify a weekly routine
- Befriending
- Help with appointments
- Goal setting

Ward Visiting

As hospital wards and our own service reopened, Momark resumed full funding enabling the planned expansion of our Ward Visiting Scheme.

The Ward Visiting Peer Support Service was interrupted by Covid closures and staff illness throughout the year, but by the end of the year was exceeding the quarterly targets for engagement episodes, with the service extended to 5 wards out of a possible 7. The percentage of engagement episodes with people from BAME backgrounds is approximately in proportion to the numbers admitted to hospital.

The team was not up to full numbers owing to some members moving on to more substantive work and others leaving for reasons of mental health. Canerows ran one Ward Visiting course this year. 6 people with personal experience of mental health issues (as inpatients) started the course and 4 people successfully completed, 3 being from BAME backgrounds. We continued to engage with a small number of people by phone and are developing a short training package for those new to phone support.

Peer led Groupwork

A series of 'one off' group inputs to each of the wards at SWLStG has been invaluable in scoping out the possibilities and has helped us to think about how we might train and support peers in this work on a regular basis

Measuring impact

Canerows has used a short questionnaire with in patients for more than 10 years to find out how patients rate aspects of their inpatient stay and the Canerows service. This year, as for most previous years over 90% of respondents give Canerows Ward Visiting a 'Good' or Excellent' rating.

FINANCIAL REVIEW

The Covid crisis continues to impact on some of our usual income streams, most notably our income from local authority Direct Payments/Personal Budgets. Our reserve levels were relatively high at the start of the year and we were able to offset lost income to some extent through Covid specific funding from local government and Big Local SW11. A 5 year restricted grant from The City Bridge commenced in April 2021.

The charity continued to benefit from diverse income streams including Together, Wandsworth CCG, Wimbledon Foundation and Momark. The charity also saw an increase in individual fundraising and donations this year. As well as individual donors, nearly £2,000 was raised in memory of our former trustee Jill Da Cruz and 'Never Too Much' organised a charity golf competition raising £1,000.

Sound Minds would like to extend a huge thank you to the Clarke family and the Sophie Clarke Foundation who raised money from a number of sources towards the renovation of our art studio premises at the front of the building. The foundation facilitated generous corporate donations from CBRE, JLL, Savills and Careys. The Sophie Clarke Foundation also organised a charity art auction that took place in the autumn. We are grateful to the many people who took part and the amateur and professional artists who donated artworks. The proceeds were shared with suicide awareness charity Papyrus. Work on the art studio will be completed during 2022-23.

Investment Policy

The charity's reserves are held in an interest bearing bank account, with no further investments.

Reserves Policy

The Management Committee has a policy whereby unrestricted funds not committed or invested (Free Reserves) are held equivalent to three to six months of annual expenditure, to allow time for the charity to find alternative sources of funding in the event of an unanticipated reduction in income. At the year end our reserves exceeded this.

Plans for Future Periods

In view of continuing pressures on generating funds we are working to complete a strategic plan to diversify our income streams. We are also looking to ensure that income balances expenditure following planned recruitment at senior levels.

Reference and administrative details

Charity Number	1079521
Company number	3751889
Registered office	20-22 York Road, London, SW11 3QA

Our advisers

Auditors:	Brookfield and Co., 18 Concanon Road, London, SW2 5TA
Bankers:	HSBC, 15 - 17 Praed Street, Paddington, London, W2 1NJ

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The organisation is a charitable company limited by guarantee on 14th April 1999 and registered as a charity on 24th February 2000. Our governing document was updated this year in line with the Charity Commission's latest recommendations. Full membership is open to anyone who is a user of mental health services and has attended our own services for six or more weeks. Associate membership is open to any individual living or working in London. In the event of the company being wound up, all members are required to contribute an amount not exceeding £1.

Recruitment and appointment of Management Committee

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. Under the requirements of our governing documents members of the Management Committee must offer themselves for re-election at the next Annual General Meeting. The Management Committee actively recruits committee members with skills and experience to match the changing needs of the organisation, including specialist mental health knowledge, general management experience and experience in the arts and voluntary sectors. At least 2 service using trustees must be present at each meeting in order to ensure that the organisation can continue to benefit from service user skills, views and experience in planning and development.

Trustee Induction and Training

The suitability of any prospective trustee is considered by the committee and the general membership and due safeguarding procedures are followed. New trustees are individually briefed by the existing trustees and the CEO in order to familiarize them with the work of the charity and their obligations under charity and company law. New trustees are offered a full introduction to the work, history, values, methods and priorities of the charity and have an opportunity to gain hands on experience of the work of the organization.

Organisation

The day to day operational management of the services rests with the Chief Executive who ensures that the charity delivers what is specified, maintains financial controls and achieves key performance indicators. The CEO is responsible for ensuring that the staff team receive supervision and appraisal and that they continue to develop their skills and working practices.

The charity works within the context of local and national priorities and policies. We are represented at local Acute Care Forums and a range of local mental health provider forums and within the arts and mental health sectors locally and nationally.

Signed on behalf of the Board

Christopher R. Lam

Trustee
Dated

CHRISTOPHER LAM

05/11/2022

SOUND MINDS

Statement of Directors' Responsibilities

The directors are responsible for preparing the report and accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare accounts for each financial year. Under that law the directors have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these accounts, the directors are required to:

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

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

SOUND MINDS
Independent auditors' report
to the shareholders of SOUND MINDS

We have audited the accounts of SOUND MINDS for the year ended 31 March 2022 which comprise the Profit and Loss Account, the Balance Sheet and notes to the accounts, including a summary of significant accounting policies

The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

This report is made solely to the 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 company's members those matters we are required to state to them in an auditors' 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 company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of directors and auditors

As explained more fully in the Statement of Directors' Responsibilities, the directors are responsible for the preparation of the accounts and for being satisfied that they give a true and fair view. Our responsibility is to audit and express an opinion on the accounts in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's (APB's) Ethical Standards for Auditors.

In accordance with the exemption provided by APB Ethical Standard - Provisions Available for Smaller Entities (Revised), we have prepared and submitted the company's returns to the tax authorities and assisted with the preparation of the accounts.

Scope of the audit of the accounts

A description of the scope of an audit of financial statements is provided on the APB's website at www.frc.org.uk/apb/scope/private.cfm

Opinion on the accounts

In our opinion the accounts:

- give a true and fair view of the state of the company's affairs as at 31 March 2022 and of its profit for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice applicable to Smaller Entities; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

SOUND MINDS

Independent auditors' report to the shareholders of SOUND MINDS

Opinion on other matters prescribed by the Companies Act 2006

In our opinion the information given in the Directors' Report for the financial year for which the accounts are prepared is consistent with the accounts.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where 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 accounts 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 directors were not entitled to prepare the accounts and the directors' report in accordance with the small companies regime.

J A Brookfield
(Senior Statutory Auditor)
for and on behalf of
Brookfield & Co
Accountants and Statutory Auditors
5 December 2022

18 Concanon Road
London

SVV2 5TA

A large, stylized handwritten signature in black ink, appearing to read 'JA Brookfield', is written over the printed name and company details.

SOUND MINDS
Statement of Financial Activities
for the year ended 31 March 2022

		Restricted Funds	Unrestricted Funds	Total Funds	Total Funds
	Notes	2022 £	2022 £	2022 £	2021 £
Incoming resources					
<i>Incoming resources from generated funds:</i>					
Voluntary Income - Donations	6	-	6,824	6,824	7,844
Investment income		-	14	14	73
Activities for generating funds	5	-	18,660	18,660	18,382
<i>Incoming resources from charitable activities:</i>					
Grants	6	121,778	9,000	130,778	115,689
Total Incoming Resources		121,778	34,498	156,276	141,988
Resources expended					
Costs of generating funds		-	-	-	-
Charitable activities		121,378	30,418	151,796	134,122
Governance		400	2,337	2,737	2,970
Total resources expended	7	121,778	32,755	154,533	137,092
Net incoming resources expended for the Year		-	1,743	1,743	4,896
Transfers between funds		-	-	-	-
Funds brought forward		-	137,158	137,158	132,262
Total Funds carried forward		-	138,901	138,901	137,158

SOUND MINDS
Balance Sheet
as at 31 March 2022

	Notes	2022 £	2021 £
Tangible fixed assets	8	-	-
Current assets			
Debtors	9	27,722	3,930
Cash at bank and in hand		<u>152,507</u>	<u>157,456</u>
		<u>180,229</u>	<u>161,386</u>
Creditors: amounts falling due within one year	10	<u>(41,328)</u>	<u>(24,228)</u>
Net current assets		138,901	137,158
Total assets less current liabilities		<u>138,901</u>	<u>137,158</u>
Funds of the Charity			
Restricted Funds		-	-
General Funds		138,901	137,158
Total Funds	12	<u>138,901</u>	<u>137,158</u>

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

The notes on pages 14 to 18 form part of these accounts

Approved by the board on

05/11/2022
CHRISTOPHER LAM
Trustee
Christopher R. Lam.

**Notes to the Accounts
for the year ended 31 March 2022**

1. Accounting Policies

The following accounting policies have been used consistently in dealing with items which are considered material in relation to the financial statements.

a) Basis of Preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard) and all other applicable accounting standards, as modified by the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England and Wales, effective April 2005 (revised June 2008). The accounts have been drawn up in accordance with the provisions of the Charities (Accounts and Reports) Regulations 2008 and the Companies Acts, and includes the results of the charity's operations which are described in the Trustees' Report, all of which are continuing. In so far as the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England and Wales (revised 2008) requires compliance with specific Financial Reporting Standards, then these have been followed.

Advantage has been taken of Section 396(5) of the Companies Act 2006 to allow the format of the financial statements to be adapted to reflect the special nature of the charity's operation and in order to comply with the requirements of the SORP. The charity has taken advantage of the exemption in the FRSSE from the requirement to produce a cash flow statement.

The financial statements are prepared, on a going concern basis, under the historical cost convention. The charity is entirely dependent on continuing grant aid and as a consequence the going concern basis is also dependent on continuing grant aid.. The particular accounting policies adopted are set out below.

b) Restricted and Unrestricted Funds

The accounts distinguish between restricted and unrestricted funds. Restricted funds are received from donors and are subject to restrictions on the purposes for which they may be used. Unrestricted funds are those where there are no externally imposed restrictions. They include those freely available to the charity for expenditure or appropriation to reserves for internally designated purposes. Designated funds are unrestricted funds earmarked by the Management Committee for particular purposes.

c) Incoming resources

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

- Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.
- Investment income is included when receivable.
- Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

d) Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature to support them. Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity. All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis eg. floor areas, per capita or estimated usage

e) Tangible Fixed Assets

Fixed assets costing less than £1000 are written off in the year of acquisition and items costing in excess are capitalised.

Tangible fixed assets are stated at cost less depreciation. Depreciation is calculated to write off the cost of fixed assets less their estimated residual value over their expected useful life on a reducing balance basis at the rate of 25% per annum.

**Notes to the Accounts
for the year ended 31 March 2022**

f) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

g) Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

h) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

i) Pensions

Contributions to employee pension schemes are in line with government legislation.

Legal status of the Trust

The trust is a company limited by guarantee and has no share capital. The liability of each member in the event of winding-up is limited to £1.

2. Taxation

Subject to agreement with the Inspector of Taxes, the company is exempt from the payment of any Taxes to the extent it is a registered charity and not liable for Income Tax or Corporation Tax on income derived from its charitable activities. The company does not have a liability to register for VAT.

3 Surplus/(Deficit) for the period

The surplus/(deficit) for the period is stated after charging:

	2022 £	2021 £
Depreciation	-	-
Audit and accountancy fees - Brookfield & Co	2,690	2,970

4 Staff costs

Staff costs were as follows

	2022 £	2021 £
Wages and salaries	93,608	90,647
Social Security costs	6,053	5,394
Sessional staff and other staff costs	7,007	1,580
	106,668	97,621

	2022 £	2021 £
Numbers of full time employees or full time equivalents	4.6	3.2

No employee had emoluments in excess of £60,000 (2021:Nil) Pension costs are allocated to activities in proportion to the related staffing costs incurred.

5 Activities for generating funds

	2022 £	2021 £
Performances	-	250
Spot contracts/Personal budgets	9,745	12,911
Workshops and conferences	1,225	700
Other services	475	1
Other activities	7,215	4,520
	18,660	18,382

Notes to the Accounts
for the year ended 31 March 2022

6 Voluntary Income - Grants and donations

	Restricted	Unrestricted	2022 Total	2021 Total
	£	£	£	£
Grants				
Wimbledon Foundation	-	-	-	5,000
Wandsworth Council - Arts Projects	1,922	-	1,922	1,500
City Bridge	15,000	-	15,000	3,189
Together	12,000	-	12,000	12,000
Momark - Canerows	18,223	-	18,223	11,650
Momark - COVID	-	-	-	8,803
Wandsworth CCG	58,567	-	58,567	58,747
LB Wandsworth - COVID	12,749	-	12,749	11,800
Barings	-	9,000	9,000	3,000
Big Local SW11	3,317	-	3,317	-
	<u>121,778</u>	<u>9,000</u>	<u>130,778</u>	<u>115,689</u>
Donations				
Hiscox	-	-	-	3,000
Never too much	-	1,000	1,000	-
Other donations	-	5,824	5,824	4,844
	<u>-</u>	<u>6,824</u>	<u>6,824</u>	<u>7,844</u>

**(Refer note 10 below for Voluntary Income received in 2021/22 but deferred to 2022/23)

7 Analysis of project, governance and support costs

	Basis of apportionment	Project expenses £	General support £	Governance Function £	2022 Total £
Charitable activities					
Pro rata staff					
Staff Costs	hrs by project	97,614	9,054	-	106,668
Project expenses	Per project	45,128	-	-	45,128
Depreciation	Core costs	-	-	-	-
		<u>142,742</u>	<u>9,054</u>	<u>-</u>	<u>151,796</u>
Governance Costs					
Statutory audit fee	Governance	-	-	2,690	2,690
Other governance costs		-	-	47	47
		<u>-</u>	<u>-</u>	<u>2,737</u>	<u>2,737</u>
		<u>142,742</u>	<u>9,054</u>	<u>2,737</u>	<u>154,533</u>

8 Tangible fixed assets

	Charity Equipment Total £
Cost	
Balance at 1 April 2021	46,704
Additions in the period	-
Balance at 31 March 2022	<u>46,704</u>
Depreciation	
Balance at 1 April 2021	46,704
Charge for the year	-
Balance at 31 March 2022	<u>46,704</u>
Net Book Value	
At 31 March 2022	<u>-</u>
At 31 March 2021	<u>-</u>

9 Debtors

	2022 £	2021 £
Trade debtors	27,722	3,930
Other debtors	-	-
	<u>27,722</u>	<u>3,930</u>

**Notes to the Accounts
for the year ended 31 March 2022**

10 Creditors: amounts falling due within one year

	2022 £	2021 £
Deferred Income	33,463	16,500
Other accruals	5,387	7,595
Other taxes and social security costs	2,478	133
	<u>41,328</u>	<u>24,228</u>

	2022 £	2021 £
Analysis of deferred Income by Funder		
SWL STG	1,000	
Momark	6,882	
JLL	5,000	
CBRE	5,000	
Careys foundation	3,750	
Paypal Giving	436	
Arts fringe 22	1,560	
Screwfix	4,835	
Savills	5,000	
City bridge		7,500
Barings		9,000
	<u>33,463</u>	<u>16,500</u>

11 Analysis of net assets between funds

	Restricted Funds £	Unrestricted Funds £	Total Funds Funds £
Fixed assets	-	-	-
Current Assets	-	180,229	180,229
Current Liabilities	-	(41,328)	(41,328)
	<u>-</u>	<u>138,901</u>	<u>138,901</u>

Notes to the Accounts
for the year ended 31 March 2022
12 Analysis of net assets between funds

	At 1/4/21 £	Incoming Resources £	Outgoing Resources £	Transfers £	At 31/3/22 £
Restricted Funds:					
Wimbledon Foundation	-	-	-	-	-
City Bridge	-	15,000	15,000	-	-
Together	-	12,000	12,000	-	-
Momark - Canerows	-	18,223	18,223	-	-
Wandsworth CCG	-	58,567	58,567	-	-
Wandsworth Council - Arts Projects	-	1,922	1,922	-	-
LB Wandsworth - COVID	-	12,749	12,749	-	-
Big Local SW11	-	3,317	3,317	-	-
Total Restricted Funds	-	121,778	121,778	-	-
Unrestricted Funds:					
Designated Funds					
Premises Fund	20,000	-	-	-	20,000
Other unrestricted funds	117,158	34,498	32,755	-	118,901
Total Unrestricted Funds	137,158	34,498	32,755	-	138,901
Total Funds	137,158	156,276	154,533	-	138,901

Restricted Funds are for the following purposes;

Wimbledon Foundation

Emergency Funding during COVID Public Health Crisis

City Bridge

To expand our arts and music services and facilitate a handover to the new Chief Executive

Together

One day per week user led drop in and social club

Momark - Canerows

A peer support, training and consultation project

Wandsworth CCG

Peer support for Wandsworth residents when they leave hospital

Wandsworth Council - Arts Projects

Arts Project

LB Wandsworth - COVID

Emergency Funding during COVID Public Health Crisis

Big Local SW11

Refurbishment of Premises

13 Related party transactions and trustees' remuneration

Trustees received no emoluments (2021 £nil). No expenses were paid in the period (2021 £nil).

Accounts

Registered number

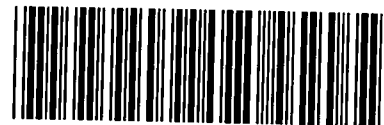
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SOUND MINDS

Report and Accounts

31 March 2021

WEDNESDAY



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A22

08/12/2021

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COMPANIES HOUSE

SOUND MINDS
Company Information

Chair

Mrs Sheba Forbes

Vice Chair

Mr. Oliver Nesbit

Treasurer

Mr Richard Lam

Trustees

Ms. Sarah Rackham

Ms. Jill D'Cruz (resigned 15 February 2021)

Mr. David Evans

Mrs Sheba Forbes

Ms Suki Kelly (resigned 1 November 2021)

Mr Leopold Benenfield King

Mr. Oliver Nesbit

Ms. Lucy Alphonse

Ms Elena Chapman

Mr Christopher Lam

Patron

Melba Wilson OBE

Auditors

Brookfield & Co

18 Concanon Road

London

SW2 5TA

Bankers

HSBC

2 Craven Road

London

W2 3PY

Registered number

03751889

Secretary

P Brewer

Registered Office

20-22 York Road

London

SW11 3QA

Charity registration no

1079521

SOUND MINDS
Trustees Report
Year to 31st March 2021

OUR PURPOSES AND ACTIVITIES

Sound Minds is a user led charity and social enterprise improving people's mental health and well being through arts participation and peer support. The charity uses the power of creativity to help people to rebuild their confidence and gain the skills they need to lead fulfilled lives in their community.

Sound Minds consistently implements ground breaking solutions to the problems of living with life disrupting mental illness, winning national awards across both the arts and mental health sectors. The majority of Sound Minds employees and many of our charity trustees are themselves mental health service users who originally came to use the service they now help to provide.

Sound Minds has a large well equipped music rehearsal space, music technology studios, classrooms and an art studio. We specialise in matching aspiring musicians at any level of ability, providing teaching and ongoing support so that anyone can enjoy the benefits of making music together.

Alongside our arts offer Sound Minds has more than 10 years of experience delivering a range of peer support services in mental health

Sound Minds charitable object is:

To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress in London (all the London Boroughs) and neighbouring counties through the provision of opportunities for education, training, musical and cultural activities and other opportunities in relieving and rehabilitating such persons.

The main strategies employed in relation to these purposes are:

- **Widening participation in arts activities**
- **Education and training**
- **Involving service users in the delivery of our own services**
- **Raising awareness of mental health issues**
- **Developing arts related employment for our service users**
- **Peer support and consultation**

Widening participation in arts activities

Arts activities have an important role to play in helping people to rebuild lives that have been disrupted by episodes of severe mental ill health. Making music together, filmmaking, visual arts and creative writing are powerful tools to enable people to rebuild their social networks, gain confidence, learn about working as a team, as well as learning new technical skills.

Education

Sound Minds is registered to provide accredited courses with the Open College Network London and the courses we teach we have accredited ourselves with the learning needs of our service users in mind. Course sizes are small to allow bespoke learning and individualised support. Our most popular courses are in music technology, taught in our well equipped teaching studio, and our suite of courses in peer support.

Involving service users in the delivery of our services

The involvement of service users in the running and delivery of our services has been essential to the success of the charity. People with personal experience of mental ill health form the majority of our trustees, staff, sessional staff and volunteers.

Raising awareness of mental health issues

Sound Minds uses art exhibitions, film screenings and music and drama performances, media coverage and the artworks themselves to provide a springboard to greater understanding of mental health in the wider community

Developing arts related employment for our service users

Sound Minds has a track record of building people's confidence in their own abilities and helping them in practical ways to fulfil their potential. Voluntary and sessional employment opportunities include teaching, individual tuition, supporting live entertainment, filmmaking and visual arts, often in partnership with other local community organisations and businesses

Peer Support and consultation

Established in 2008, Canerows Peer Support Services is our pioneering initiative under the Sound Minds umbrella, in co-production with South West London and St.Georges Mental Health NHS Trust, South West London CCG and Wandsworth Council. Peer support includes Mama Low's Kitchen, a one day user led drop in, Post Discharge Peer Support funded by CCG and our Ward Visiting Service, funded by Momark

ACHIEVEMENTS AND PERFORMANCE

The year has been dominated by the demands and consequences of the Covid 19 pandemic. Although we were able to re-open part-time for around 2 months during the autumn, for most of the year we were not able to work face to face.

Our core group of 4 part time staff performed a tremendous job providing remote support from home for most of this year. In response to the crisis, staff became familiar with the wide range of the local services required to help people through.

As well as support chats and befriending isolated people, remote support included food bank referrals, hot meal referrals, benefits and health advice and help with a wide range of issues including rehousing and relationship problems.

"Phone support has broken my isolation – it's great to talk about shared interests and get support from people that understand about mental health. It's been useful to find out about things such as delivery services."

We are grateful for the partnerships we developed, particularly with the Wandsworth Food Banks and AFC Wimbledon's food delivery service. 'Mask Enchanted' provided handmade masks for staff and service users that needed them. Remote and face to face support was provided to some people on leaving hospital. We also received referrals for phone support from other agencies.

In all we provided consistent support to over 200 current and recent users of our services, around 85% being Wandsworth residents. Almost all are unemployed with the majority living alone. 65% are from BAME backgrounds.

"Thank you for reaching out. I felt like I had no one to talk to"

"I'm grateful for the service because of the support it offers when you might not have anywhere to turn to. You make sure things are OK and that essentials are covered such as food"

Stuart Black, who received support calls from Paul Brewer nominated him as one of 'London's Unsung Heroes'. Stuart and Paul were both interviewed by Robert Elms on BBC Radio London.

Sound Minds established several Whatsapp groups that have continued beyond the lockdown. Some members acquired smart phones for the first time and we gave tuition in phone basics, zoom and other apps.

Thanks to our landlords Battersea Methodist Mission we were able to transfer our art studio from a cramped room in the basement to lighter better ventilated premises at the front of the building. Sound Minds began refurbishing this previously empty space, work that will continue into the coming year. Funding from Momark and other sources facilitated the completion of new toilets, repairs to the heating system and repairs to the electrics. We have also created a Covid safe meeting space.

In Memoriam

Much loved trustee and Vice Chair Jill D'Cruz passed away in the early spring after a short illness and will be missed by us all. Jill was closely involved with the organisation day to day and contributed greatly to the charity's spirit and development.

Coral Hines passed away after a long period of cancer treatment. Coral was one of the founding members of Canerows Peer Support Services and a singer and front person for the award winning Channel One Band as well as the anchor for Mama Low's Kitchen. Coral played a huge role in the development of both Sound Minds and Canerows and was well known and respected in the user/survivor movement nationally for speaking out about mental health issues appearing on several TV programmes including Newsnight, and ITV news. She was the main subject of the short documentary film 'The Day We Danced on the Moon' that followed the Channel One Band's performances on the West Coast of Ireland. The film was shown at film festivals around the world including Berlin and Rio de Janeiro. Coral also worked closely with the NHS locally, providing Race Equality training for several years and sitting on various advisory committees. Above all, many, many people will remember her for her generosity and support when they were in difficulty, provided selflessly and without judgement.

Her children offered the following:

"We can't thank you enough for all the help and support you've given over the years. I can honestly say without Sound Minds we wouldn't be the people we are today. The work you all put in gave us the chance to develop and grow with freedom and love. I'll never be able to explain how grateful I am mum was able to become her true self and be a shining light for so many people."

We are grateful to 'Talk Wandsworth' who provided facilitation for two Zoom sessions to remember those we lost and help us cope with the crisis.

Widening participation in arts activities

The Community Choir

The choir was online for over a year. Choir leader Searahlaine St James reflects....

"Moving the choir onto zoom was a challenge both for myself as the choir leader and our members. Some people have still unable to take part, struggling with issues such as internet access; affording sufficient data, affording smart phones or computers. Understanding tech and technophobia have also been obstacles. Some people were unhappy about the format, but others found it reassuring that the limitations of Zoom meant they wouldn't be heard by other members and were actually more relaxed about joining in!

We reached out to our existing choir members and beyond throughout this period, with links and invitations via our WhatsApp groups, text, email and more. This has helped to spread the word and encourage others to join/rejoin. One person hadn't made the transition to zoom but I continued to email even though she didn't reply, with the hope that she might one day attend. Eventually after many months of silence she responded and thanked me for keeping in touch and including her and said she would like to try even though she struggled with Zoom and the availability of data. A few weeks later she popped along in the middle of a session and then attended most weeks. Another previously regular member was not good with technology, and this had been made worse by her MS. She did not let her condition deter her from taking part and with support from her family and Sound Minds we were able to get her on Zoom and before long she was self sufficient and became one of the most regular attenders. She even attended the choir soon after her mother passed as she knew it was something that would help her.

We established regular choir participation from local mental health wards (Rose, Lavender and Laurel Wards at Queen Marys Roehampton and Burntwood Villas at Springfield). The choir offered patients an alternative activity that proved particularly useful when the wards were impacted by Covid and other activities were limited. We made it as inclusive as possible by inviting song requests which we then do our best to include in our repertoire. Every week we liaised with the wards in advance and provided backing tracks for them to practice.

Attendance grew steadily and we regularly had more than 10 people - once we had 25! A loyal member felt that he couldn't sing at home because of his neighbours so he joined us on zoom from the park. The choir became international when a singer returned to France and joined us from there - even some members of the Sound Minds management committee came, which was so lovely.

Two choir members caught Covid and recovered, one person had been hospitalised and seriously unwell. Sadly our choir lost two much loved members to illness around Christmas. This was so sad and tough for me and for all of us. Our thoughts are with their families."

"Thank you for the choir. The guys really enjoyed it and participated well."

Glen, Activity Coordinator, Laurel Ward

"Everyone really enjoyed it!"

Adrienne, Activity Coordinator, Rose Ward

Canerows Ward Visitors and others organised to produce a book of poetry and writings '**Black Lives Matter - Reflections from the Mental Health System**' in reaction to the death of George Floyd. 19 people contributed, and the graphics for the book were produced by Stephen Graham of our art project. The publication was covered by The Voice and Riverside Radio. Stephen also illustrated a book of lockdown poems by local poet Hilaire.

Searahlaine St James and Julian Chisholm continued music and vocal tuition sessions by Zoom and Skype to young people from our **Breathe Music** project and our general membership. '**Breathe**' had its own Whatsapp group and contact was maintained with all members throughout the year. We were able to donate keyboards to enable young people to practice at home.

Members of the Channel One Band met weekly on zoom throughout and produced music from their home studios on a 'round robin' basis, mixed by our volunteer able volunteer Benny King. Online music production software 'Soundtrap' proved useful for this.

Instructional videos were posted on Youtube, one for new users of Zoom and others regarding aspects of music production software.

Two members contributed their reflections of the value of arts participation to a poster/postcard project facilitated by Wandsworth Council.

Music tuition and workshops to the Shaftesbury Clinic Secure Unit at Springfield Hospital were maintained via zoom.

Canerows Peer Support Services

Our peer support service focus on people from black and ethnic minority heritage who are over represented in hospitals and more likely to be assessed under the Mental Health Act. Canerows received interim funding from Momark for much of the year, enabling the project to continue prior to a planned expansion of funding and our Ward Visiting Scheme when conditions allow.

The Peer Support Team met fortnightly via zoom throughout, and met twice outdoors for a picnic.

Online training and support for the team was well attended and included a session on handling finances, input from local health workers from Wandsworth NHS on vaccine uptake.

Unfortunately two of the Canerows team had to return to hospital themselves during lockdown.

Our phone support was valued. Here is an unsolicited testimonial from the Wandsworth Food Bank...

"I have just been speaking to K. who you referred to us. We are delivering her food tomorrow. What I wanted you to know is how much she appreciated your support, and she was singing your praises, and saying that you have done so much for her. Just thought you might want to know."

We marked Black History Month with a popular Zoom conversation between Mia Morris and the poet Derek Owusu, a protege of Stormzy.

Mama Lows Kitchen

The drop in did not meet face to face this year until the early spring when invited people who had been particularly isolated for meals on rotation at Sound Minds. The team supported current and former members by phone and zoom. During the summer we organised several picnics locally so members could maintain their support networks, particularly valuable for those unable to use zoom.

Post Discharge Peer Support

The service continued face to face from the autumn with meetings for walks and as the rules permitted, coffee outdoors in cafes. Sessions included:

- * Advice and sharing knowledge of services
- * Support/advice with relationships and mental health
- * Encouraging people to keep active and identify a weekly routine
- * Befriending
- * Help with appointments
- * Goal setting

Despite the restrictions the Post Discharge Service achieved 70% of the caseload targets.

Peer Support Case Study

P is a 45 year old woman of Caribbean background self referred to Sound Minds in January 2020. She arrived with all her possessions and announced that she was sleeping rough. She remained quite guarded about her background. The same occurred the following week. A month or so later lockdown hit and we were no longer able to meet face to face. In the late spring she agreed for us to seek help for her. She was assessed and began to receive mental health treatment and with support from ourselves and in partnership with Wandsworth Your Way she was given temporary housing. During this time we continued phone support and organised hot food delivery and foodbank delivery as appropriate. Later in the year she was admitted to hospital and we maintained contact. She was allocated a flat outside the borough of Wandsworth in the autumn and we helped to organise help with furniture etc.

A colleague said...

"Just to let you all know. Mia is the most responsive and wonderful person. Because of her P. is getting the best care. Mia works tirelessly into the evenings. Cheers to the people who get things done!"

The Recovery Group on Rose Ward

Having previously been in hospital herself at Queen Marys, Sandi Grant ran the weekly Recovery Group on Rose Ward as a weekly zoom session, relying on practical and technical support from staff on Rose Ward. The Ward purchased a small projector enabling Sandi's image to be projected enabling a larger group to take part. Sandi prepared topics for discussion and led the group, with ward staff intervening to facilitate if required. Here Sandi describes a group at the end of February, attended by 5 people. The group were seated around a table. Sandi had prepared a theme of 'Wants vs. Fundamental Needs' for the discussion and the group had a 'worksheet' to complete.

"I asked the patients to identify what was essential to their lives. We began by talking about food and shelter, then moved on to things that might not be quite so essential. I had asked them not to all talk at once as it's hard to make out what people are saying on Zoom. Luckily the ward were using the mic in an 'alexa' type device, which they passed from person to person, which helped with this.

I asked them about 'Peace of Mind'. There were mixed views. I gave mine which turned into a little speech as I feel my Peace of Mind is fundamental to my recovery. After I had spoken I was touched to receive a round of applause. It felt as though we were all actually clapping for each other."

Ward staff gathered some feedback from the group:

"The group really helped me, especially the worksheet which was very useful."

"Thank you for doing the group. It made me feel better" (This lady also thanked me, many times, at the end of the group)

FINANCIAL REVIEW

The extended Covid crisis led to a reduction in some of our usual income streams. Our income from local authority Direct Payments/Personal Budgets and some other areas is reduced for 2020/21. Our reserve levels were relatively high at the start of the year and we have been able to offset lost income to some extent through Covid funding from local government and from the Wimbledon Foundation. We also received a one year unrestricted grant from the Baring Foundation. A range of emergency grants and donations also enabled us to continue our service and make adjustments to the premises, including better ventilation, the introduction of screens and sanitisation points and changes to exit points to facilitate a one way system through the building. We were also able to purchase telecoms equipment and software for remote support. A long term project to expand our peer support services was postponed owing to covid, with our funder Momark continuing to cover the cost of the project post holder's salary in the interim. At our request, the start of a new 5 year unrestricted grant from The City Bridge was postponed until April 2021.

Our principal funders pledged to continue support throughout the periods when we were unable to deliver our services as contracted and agreed.

The charity continued to benefit from diverse income streams, including from Together, Wandsworth CCG, Wimbledon Foundation and an ongoing funding commitment from Momark. We are grateful to the Hiscox Foundation, 121 Support and for other independent donations this year.

Investment Policy

The charity's reserves are held in an interest bearing bank account, with no further investments.

Reserves Policy

The Management Committee has a policy whereby unrestricted funds not committed or invested (Free Reserves) are held equivalent to three to six months of annual expenditure, to allow time for the charity to find alternative sources of funding in the event of an unanticipated reduction in income. At the year end our reserves exceeded this.

Plans for Future Periods

In view of continuing pressures on local councils to reduce expenditure, our Business Plan is to diversify our income streams, building on areas where we hold the advantages of expertise and experience and making the most of our premises.

Reference and administrative details

Charity Number	1079521
Company number	3751889
Registered office	20-22 York Road London LONDON SW11 3QA

Our advisers

Auditors:	Brookfield and Co.18 Concanon Road LONDON SW2 5TA
Bankers:	HSBC 2 Craven Road LONDON W2 3PY

STRUCTURE GOVERNANCE AND MANAGEMENT

Governing Document

The organisation is a charitable company limited by guarantee on 14th April 1999 and registered as a charity on 24th February 2000. Our governing document is currently being updated in line with the Charity Commission's latest recommendations. Full membership is open to anyone who is a user of mental health services in South London and has attended our own services for six or more weeks. Associate membership is open to any individual living or working in London. In the event of the company being wound up, all members are required to contribute an amount not exceeding £1.

Recruitment and appointment of Management Committee

The directors of the charitable company (the charity) are its trustees for the purpose of charity law. Under the requirements of our governing documents members of the Management Committee must offer themselves for re-election at the next Annual General Meeting. The Management Committee actively recruits committee members with skills and experience to match the changing needs of the organization, including specialist mental health knowledge, general management experience and experience in the arts and voluntary sectors. The committee shall comprise no more than 12 members and no less than 4. At least 2 service using trustees must be present at each meeting in order to ensure that the organization can continue to benefit from service user skills, views and experience in planning and development. The secretary also sits on the committee but has no voting rights.

Trustee Induction and Training

The suitability of any prospective trustee is considered by the committee and the general membership and candidates are due safeguarding procedures are followed. New trustees are individually briefed by the existing trustees and the CEO in order to familiarize them with the work of the charity and their obligations under charity and company law. New trustees are offered a full introduction to the work, history, values, methods and priorities of the charity and have an opportunity to gain hands on experience of the work of the organization.

Organisation

The day to day operational management of the services rests with the Chief Executive who ensures that the charity delivers what is specified, maintains financial controls and achieves key performance indicators. The CEO is responsible for ensuring that the staff team receive supervision and appraisal and that they continue to develop their skills and working practices.

The charity works within the context of local and national priorities and policies. We are represented at local Acute Care Forums and a range of local mental health provider forums and within the arts and mental health sectors locally and nationally.

Signed on behalf of the Board


S FORBES

Trustee

Dated 22/11/21

SOUND MINDS

Statement of Directors' Responsibilities

The directors are responsible for preparing the report and accounts in accordance with applicable law and regulations.

Company law requires the directors to prepare accounts for each financial year. Under that law the directors have elected to prepare the accounts in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law the directors must not approve the accounts unless they are satisfied that they give a true and fair view of the state of affairs of the company and of the profit or loss of the company for that period. In preparing these accounts, the directors are required to:

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

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

SOUND MINDS

Independent auditors' report to the shareholders of SOUND MINDS

We have audited the accounts of SOUND MINDS for the year ended 31 March 2021 which comprise the Profit and Loss Account, the Balance Sheet and notes to the accounts, including a summary of significant accounting policies

The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 'The Financial Reporting Standard applicable in the UK and the Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

This report is made solely to the 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 company's members those matters we are required to state to them in an auditors' 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 company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Respective responsibilities of directors and auditors

As explained more fully in the Statement of Directors' Responsibilities, the directors are responsible for the preparation of the accounts and for being satisfied that they give a true and fair view. Our responsibility is to audit and express an opinion on the accounts in accordance with applicable law and International Standards on Auditing (UK and Ireland). Those standards require us to comply with the Auditing Practices Board's (APB's) Ethical Standards for Auditors.

In accordance with the exemption provided by APB Ethical Standard - Provisions Available for Smaller Entities (Revised), we have prepared and submitted the company's returns to the tax authorities and assisted with the preparation of the accounts.

Scope of the audit of the accounts

A description of the scope of an audit of financial statements is provided on the APB's website at www.frc.org.uk/apb/scope/private.cfm

Opinion on the accounts

In our opinion the accounts:

- give a true and fair view of the state of the company's affairs as at 31 March 2021 and of its profit for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice applicable to Smaller Entities; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

SOUND MINDS

Independent auditors' report to the shareholders of SOUND MINDS

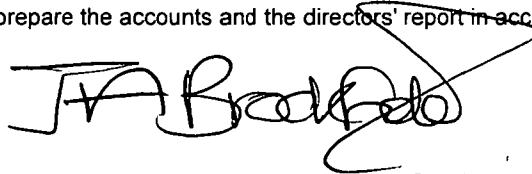
Opinion on other matters prescribed by the Companies Act 2006

In our opinion the information given in the Directors' Report for the financial year for which the accounts are prepared is consistent with the accounts.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where 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 accounts 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 directors were not entitled to prepare the accounts and the directors' report in accordance with the small companies regime.



J A Brookfield
(Senior Statutory Auditor)
for and on behalf of
Brookfield & Co
Accountants and Statutory Auditors
30 November 2021

18 Concanon Road
London

SW2 5TA

SOUND MINDS
Statement of Financial Activities
for the year ended 31 March 2021

		Restricted Funds	Unrestricted Funds	Total Funds	Total Funds
	Notes	2021 £	2021 £	2021 £	2020 £
Incoming resources					
<i>Incoming resources from generated funds:</i>					
Voluntary Income - Donations	6	-	7,844	7,844	8,389
Investment income		-	73	73	252
Activities for generating funds	5	-	18,382	18,382	52,721
<i>Incoming resources from charitable activities:</i>					
Grants	6	112,689	3,000	115,689	88,420
Total Incoming Resources		112,689	29,299	141,988	149,782
Resources expended					
Costs of generating funds		-	-	-	-
Charitable activities		112,689	21,433	134,122	155,179
Governance		-	2,970	2,970	3,093
Total resources expended	7	112,689	24,403	137,092	158,272
Net incoming resources expended for the Year		-	4,896	4,896	(8,490)
Transfers between funds		-	-	-	-
Funds brought forward		-	132,262	132,262	140,752
Total Funds carried forward		-	137,158	137,158	132,262

SOUND MINDS
Balance Sheet
as at 31 March 2021

	Notes	2021 £	2020 £
Tangible fixed assets	8	-	-
Current assets			
Debtors	9	3,930	1,058
Cash at bank and in hand		<u>157,456</u>	<u>141,456</u>
		<u>161,386</u>	<u>142,514</u>
Creditors: amounts falling due within one year	10	<u>(24,228)</u>	<u>(10,252)</u>
Net current assets		137,158	132,262
Total assets less current liabilities		<u>137,158</u>	<u>132,262</u>
Funds of the Charity			
Restricted Funds		-	-
General Funds		137,158	132,262
Total Funds	12	<u>137,158</u>	<u>132,262</u>

The accounts have been prepared in accordance with the provisions in Part 15 of the Companies Act 2006 applicable to companies subject to the small companies regime.

The notes on pages 15 to 18 form part of these accounts

Approved by the board on 22/11/21


Trustee 

SOUND MINDS
Notes to the Accounts
for the year ended 31 March 2021

1. Accounting Policies

The following accounting policies have been used consistently in dealing with items which are considered material in relation to the financial statements.

a) Basis of Preparation

The accounts have been prepared under the historical cost convention and in accordance with FRS 102, The Financial Reporting Standard applicable in the UK and Republic of Ireland (as applied to small entities by section 1A of the standard) and all other applicable accounting standards, as modified by the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England and Wales, effective April 2005 (revised June 2008). The accounts have been drawn up in accordance with the provisions of the Charities (Accounts and Reports) Regulations 2008 and the Companies Acts, and includes the results of the charity's operations which are described in the Trustees' Report, all of which are continuing. In so far as the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England and Wales (revised 2008) requires compliance with specific Financial Reporting Standards, then these have been followed.

Advantage has been taken of Section 396(5) of the Companies Act 2006 to allow the format of the financial statements to be adapted to reflect the special nature of the charity's operation and in order to comply with the requirements of the SORP. The charity has taken advantage of the exemption in the FRSE from the requirement to produce a cash flow statement.

The financial statements are prepared, on a going concern basis, under the historical cost convention. The charity is entirely dependent on continuing grant aid and as a consequence the going concern basis is also dependent on continuing grant aid.. The particular accounting policies adopted are set out below.

b) Restricted and Unrestricted Funds

The accounts distinguish between restricted and unrestricted funds. Restricted funds are received from donors and are subject to restrictions on the purposes for which they may be used. Unrestricted funds are those where there are no externally imposed restrictions. They include those freely available to the charity for expenditure or appropriation to reserves for internally designated purposes. Designated funds are unrestricted funds earmarked by the Management Committee for particular purposes.

c) Incoming resources

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

- Voluntary income is received by way of grants, donations and gifts and is included in full in the Statement of Financial Activities when receivable. Grants, where entitlement is not conditional on the delivery of a specific performance by the charity, are recognised when the charity becomes unconditionally entitled to the grant.

- Investment income is included when receivable.

- Incoming resources from grants, where related to performance and specific deliverables, are accounted for as the charity earns the right to consideration by its performance.

d) Resources expended

Expenditure is recognised on an accrual basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is reported as part of the expenditure to which it relates.

Charitable expenditure comprises those costs incurred by the charity in the delivery of its activities and services for its beneficiaries. It includes both costs that can be allocated directly to such activities and those costs of an indirect nature to support them.

Governance costs include those costs associated with meeting the constitutional and statutory requirements of the charity and include the audit fees and costs linked to the strategic management of the charity. All costs are allocated between the expenditure categories of the SOFA on a basis designed to reflect the use of the resource. Costs relating to a particular activity are allocated directly, others are apportioned on an appropriate basis eg. floor areas, per capita or estimated usage

e) Tangible Fixed Assets

Fixed assets costing less than £1000 are written off in the year of acquisition and items costing in excess are capitalised.

Tangible fixed assets are stated at cost less depreciation. Depreciation is calculated to write off the cost of fixed assets less their estimated residual value over their expected useful life on a reducing balance basis at the rate of 25% per annum.

SOUND MINDS
Notes to the Accounts
for the year ended 31 March 2021

f) Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid after taking account of any trade discounts due.

g) Cash at bank and in hand

Cash at bank and in hand includes cash and short term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account..

h) Creditors and provisions

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement amount after allowing for any trade discounts due.

i) Pensions

Contributions to employee pension schemes are in line with government legislation.

Legal status of the Trust

The trust is a company limited by guarantee and has no share capital. The liability of each member in the event of winding-up is limited to £1.

2. Taxation

Subject to agreement with the Inspector of Taxes, the company is exempt from the payment of any Taxes to the extent it is a registered charity and not liable for Income Tax or Corporation Tax on income derived from its charitable activities. The company does not have a liability to register for VAT.

3 Surplus/(Deficit) for the period

The surplus/(deficit) for the period is stated after charging:

	2021	2020
	£	£
Depreciation	-	-
Audit and accountancy fees - Brookfield & Co	2,970	3,040

4 Staff costs

Staff costs were as follows

	2021	2020
	£	£
Wages and salaries	90,647	96,139
Social Security costs	5,394	5,624
Sessional staff and other staff costs	1,580	7,313
	97,621	109,076

	2021	2020
	£	£
Numbers of full time employees or full time equivalents	3.2	3.2

No employee had emoluments in excess of £60,000 (2019:Nil) Pension costs are allocated to activities in proportion to the related staffing costs incurred.

5 Activities for generating funds

	2021	2020
	£	£
Performances	250	885
Spot contracts/Personal budgets	12,911	37,109
Workshops and conferences	700	5,118
Other services	1	1,575
Other activities	4,520	8,362
	18,382	53,049

SOUND MINDS

Notes to the Accounts

for the year ended 31 March 2021

6 Voluntary Income - Grants and donations

	Restricted	Unrestricted	2021 Total	2020 Total
	£	£	£	£
Grants				
Wimbledon Foundation	5,000	-	5,000	3,743
Wandsworth Council - Arts Projects	1,500	-	1,500	768
Canerows - Good Neighbourhood Fund	3,189	-	3,189	13,162
Together	12,000	-	12,000	12,000
Momark - Canerows	11,650	-	11,650	-
Momark - Covid	8,803	-	8,803	-
Wandsworth CCG	58,747	-	58,747	58,747
LB Wandsworth Emergency Funding	11,800	-	11,800	-
Baring		3,000	3,000	-
	<u>112,689</u>	<u>3,000</u>	<u>115,689</u>	<u>88,420</u>
Donations				
Hiscox	-	3,000	3,000	4,000
121 support	-	-	-	2,300
Other donations	-	4,844	4,844	2,089
	<u>-</u>	<u>7,844</u>	<u>7,844</u>	<u>8,389</u>

7 Analysis of project, governance and support costs

	Basis of apportionment	Project expenses £	General support £	Governance Function £	2021 Total £
Charitable activities					
	Pro rata staff hrs by project				
Staff Costs		89,621	8,000	-	97,621
Project expenses	Per project	36,501	-	-	36,501
Depreciation	Core costs	-	-	-	-
		<u>126,122</u>	<u>8,000</u>	<u>-</u>	<u>134,122</u>
Governance Costs					
Statutory audit fee	Governance	-	-	2,970	2,970
Other governance costs		-	-	-	-
		<u>-</u>	<u>-</u>	<u>2,970</u>	<u>2,970</u>
		<u>126,122</u>	<u>8,000</u>	<u>2,970</u>	<u>137,092</u>

8 Tangible fixed assets

	Charity Equipment Total £
Cost	
Balance at 1 April 2019	46,704
Additions in the period	-
Balance at 31 March 2020	<u>46,704</u>
Depreciation	
Balance at 1 April 2019	46,704
Charge for the year	-
Balance at 31 March 2020	<u>46,704</u>
Net Book Value	
At 31 March 2020	<u>-</u>
At 31 March 2019	<u>-</u>

9 Debtors

	2021 £	2020 £
Trade debtors	3,930	1,058
Other debtors	-	-
	<u>3,930</u>	<u>1,058</u>

SOUND MINDS

Notes to the Accounts

for the year ended 31 March 2021

10 Creditors: amounts falling due within one year

	2021 £	2020 £
Deferred Income	16,500	3,189
Other accruals	7,595	5,497
Other taxes and social security costs	133	1,566
	24,228	10,252

11 Analysis of net assets between funds

	Restricted Funds £	Unrestricted Funds £	Total Funds Funds £
Fixed assets	-	-	-
Current Assets	-	161,386	161,386
Current Liabilities	-	(24,228)	(24,228)
	-	137,158	137,158

12 Analysis of net assets between funds

	At 1/4/20 £	Incoming Resources £	Outgoing Resources £	Transfers £	At 31/3/21 £
Restricted Funds:					
Wimbledon Foundation	-	5,000	5,000	-	-
Canerows - Good Neighbourhood Fund	-	3,189	3,189	-	-
Together	-	12,000	12,000	-	-
Momark - Canerows	-	11,650	11,650	-	-
Momark - Covid	-	8,803	8,803	-	-
Wandsworth CCG	-	58,747	58,747	-	-
Wandsworth Council - Arts Projects	-	1,500	1,500	-	-
LB Wandsworth Emergency Funding	-	11,800	11,800	-	-
Total Restricted Funds	-	112,689	112,689	-	-
Unrestricted Funds:					
Designated Funds					
Premises Fund	20,000	-	-	-	20,000
Other unrestricted funds	112,262	29,299	24,403	-	117,158
Total Unrestricted Funds	132,262	29,299	24,403	-	137,158
Total Funds	132,262	141,988	137,092	-	137,158

Restricted Funds are for the following purposes;

Wimbledon Foundation

Emergency Funding during COVID Public Health Crisis

Together

One day per week user led drop in and social club

Momark - Canerows

A peer support, training and consultation project

Momark - Covid

Contributions to building works and teaching projects

Wandsworth CCG

Peer support for Wandsworth residents when they leave hospital

Wandsworth Council - Arts Projects

Arts Project

LB Wandsworth Emergency Funding

Emergency Funding during COVID Public Health Crisis

Canerows - Good Neighbourhood Fund

A peer support, training and consultation project

13 Related party transactions and trustees' remuneration

Trustees received no emoluments (2020 £nil). No expenses were paid in the period (2020 £nil).