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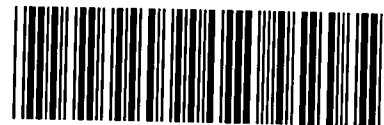
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SOUND MINDS

Report and Accounts

31 March 2021

WEDNESDAY



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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 organised 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 14<sup>th</sup> April 1999 and registered as a charity on 24<sup>th</sup> 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](http://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**

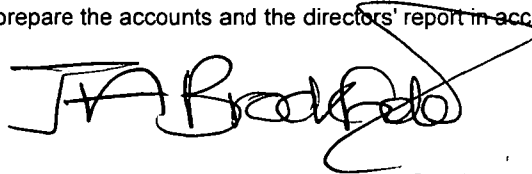
#### **Opinion on other matters prescribed by the Companies Act 2006**

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**

		<b>Restricted Funds</b>	<b>Unrestricted Funds</b>	<b>Total Funds</b>	<b>Total Funds</b>
	<b>Notes</b>	<b>2021 £</b>	<b>2021 £</b>	<b>2021 £</b>	<b>2020 £</b>
<b>Incoming resources</b>					
<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
<b>Total Incoming Resources</b>		<u>112,689</u>	<u>29,299</u>	<u>141,988</u>	<u>149,782</u>
<b>Resources expended</b>					
Costs of generating funds		-	-	-	-
Charitable activities		112,689	21,433	134,122	155,179
Governance		-	2,970	2,970	3,093
<b>Total resources expended</b>	7	<u>112,689</u>	<u>24,403</u>	<u>137,092</u>	<u>158,272</u>
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
<b>Total Funds carried forward</b>		<u>-</u>	<u>137,158</u>	<u>137,158</u>	<u>132,262</u>



**SOUND MINDS**  
**Balance Sheet**  
**as at 31 March 2021**

	Notes	2021 £	2020 £
Tangible fixed assets	8	-	-
<b>Current assets</b>			
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>
<b>Creditors: amounts falling due within one year</b>	10	<u>(24,228)</u>	<u>(10,252)</u>
<b>Net current assets</b>		137,158	132,262
<b>Total assets less current liabilities</b>		<u>137,158</u>	<u>132,262</u>
<b>Funds of the Charity</b>			
Restricted Funds		-	-
General Funds		137,158	132,262
<b>Total Funds</b>	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
	£	£	£	£
<b>Grants</b>				
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>
<b>Donations</b>				
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 £
<b>Charitable activities</b>					
	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>
<b>Governance Costs</b>					
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 £
<b>Cost</b>	
Balance at 1 April 2019	46,704
Additions in the period	-
Balance at 31 March 2020	<u>46,704</u>
<b>Depreciation</b>	
Balance at 1 April 2019	46,704
Charge for the year	-
Balance at 31 March 2020	<u>46,704</u>
<b>Net Book Value</b>	
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
	<b>24,228</b>	<b>10,252</b>

### 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)
	<b>-</b>	<b>137,158</b>	<b>137,158</b>

### 12 Analysis of net assets between funds

	At 1/4/20 £	Incoming Resources £	Outgoing Resources £	Transfers £	At 31/3/21 £
<b>Restricted Funds:</b>					
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	-	-
<b>Total Restricted Funds</b>	<b>-</b>	<b>112,689</b>	<b>112,689</b>	<b>-</b>	<b>-</b>
<b>Unrestricted Funds:</b>					
<b>Designated Funds</b>					
Premises Fund	20,000	-	-	-	20,000
Other unrestricted funds	112,262	29,299	24,403	-	117,158
<b>Total Unrestricted Funds</b>	<b>132,262</b>	<b>29,299</b>	<b>24,403</b>	<b>-</b>	<b>137,158</b>
<b>Total Funds</b>	<b>132,262</b>	<b>141,988</b>	<b>137,092</b>	<b>-</b>	<b>137,158</b>

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).