

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

England & Wales · Charity number 1081642

Details

Other names	APCMH, Being Alongside
Status	Registered
Legal form	CIO
Company number	03957730
Registered	2000-07-19
Register	View on the Charity Commission register

Contact

Address	17 Conifer Close Church Crookham Fleet Hampshire GU62 6LR
Phone	02033972497
Email	admin@beingalongside.org.uk
Website	www.beingalongside.org.uk

Activities

Objects: TO PROMOTE SOCIAL INCLUSION FOR THE PUBLIC BENEFIT OF THOSE WHO HAVE EXPERIENCE OF MENTAL ILL-HEALTH AND THEIR FAMILIES IN THE UNITED KINGDOM, AND TO RELIEVE THE NEEDS OF SUCH PEOPLE IN PARTICULAR BY ENCOURAGING THE PROVISION OF LOCAL PASTORAL CARE.

Activities: The charity's main activities are (a) the provision of drop-in facilities and befriending schemes through its own branches (b) the encouragement of others to provide similar activities and appropriate pastoral care and (c) awareness and the provision of a forum for sharing experiences and ideas through its newsletter and web-site.

Classification

- **How:** Provides Human Resources, Provides Advocacy/advice/information, Acts As An Umbrella Or Resource Body
- **What:** The Advancement Of Health Or Saving Of Lives, Religious Activities
- **Who:** People With Disabilities, Other Defined Groups

Geography

- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2025-09-30	£5,418	£15,529	-	-
2024-09-30	£4,617	£17,691	-	-
2023-09-30	£6,177	£9,172	-	-
2022-09-30	£6,631	£8,608	-	-
2021-09-30	£10,548	£12,235	-	-

Trustees

Name	Role	Appointed
Dr Clive Timehin	Chair	2020-07-26
Benjamin Wilson		2021-04-24
Dr Giacomo Guiseppa Belloli		2025-08-09
Dr Kenneth Michael Checinski		2025-08-09
Helen Winifred Trout		2018-04-29
Michael Rothwell		2025-08-09
Rev Cathryn Wiles		2023-09-02

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England & Wales - Charity number 1081642

Accounts



Being Alongside

Association for Pastoral Care in Mental Health
 17 Conifer Close
 FLEET, Hants
 GU52 6LR

www.beingalongside.org.uk

Trustees' Annual Report for the period 1 October 2024 to 30 September 2025

Charity registration number: 1081642

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1. Background, Objectives and Activities

	SORP reference
Summary of the purposes of the charity as set out in its governing document	Para 1.17
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18

The Association for Pastoral Care in Mental Health (APCMH) was formed in 1986 by the parents of a son who was living with serious and long-term mental ill-health, in order to educate and campaign for effective spiritual care at a time when little was available or even understood within the mental health context.

Initially APCMH was formed as an unincorporated association, called The Association for the Pastoral Care of the Mentally Ill. Its name was changed in 1997 to The Association for Pastoral Care in Mental Health. In 2000 APCMH was incorporated in England and Wales with registered number 3957730. Its charitable registration was transferred to the Company.

In 2009 APCMH adopted the operational name of "Being Alongside" and continues to use that name for its promotional activities.

On 18 May 2022 APCMH converted to a Foundation Charitable Incorporated Organisation ("CIO") and it ceased to be registered as a Company Limited by Guarantee. A new Constitution was adopted. In this report, APCMH will be referred to as "the Charity".

The Charity's objects are: "To promote social inclusion for the public benefit of those who have experience of mental ill-health and their families in the United Kingdom, and to relieve the needs of such people in particular by encouraging the provision of local pastoral care."

The aims of the Charity are mainly achieved through:

- (a) activities of local branches and affiliated groups such as drop-in facilities and befriending schemes;
- (b) by encouraging others to provide similar activities and appropriate pastoral care; and
- (c) its website and by publication of a national newsletter and resource information.

In all activities during the reporting year, the trustees confirm that they have referred to the Charity Commission's guidance on public benefit.

The Charity, both locally and nationally, depends on its many volunteers to carry out its work. The trustees would like to extend their thanks to the volunteers serving our affiliated projects, without whom we would not be able to deliver our objects effectively.

The trustees would also like to record our thanks to 34SP.com, a web hosting company which kindly provides their services for free to us (alongside many other registered charities), therefore saving us expenditure in operating this key external platform to promote our services to beneficiaries. The company's generosity is much appreciated and hugely valuable to a small charity like Being Alongside.

2. Achievements and Performance

	SORP reference
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20

The Charity continues to support its network of affiliated projects which in turn help deliver support services to those experiencing mental ill-health and their carers/families. In particular, Croydon APCMH (1097979), the Battersea Befriending Network (1194593) and the Cellar Camino Café in Godalming (operated by the Warehouse Christian Trust) continue to operate as affiliated groups, providing drop-in facilities, support and befriending between them. The trustees remain in regular contact with these projects.

We continue to hold funds previously raised by Merton and Sutton APCMH, a branch of the Charity, which wound up operations in February 2023. We continue to seek local partners with similar charitable aims operating in those boroughs and have taken steps to engage with local church leaders who might be able to facilitate the establishment of a project with similar aims to the befriending service previously run by the branch.

The trustees continue to see an important role of the Charity as encouraging the development and continuation of local initiatives for the support of those with mental health difficulties and their carers. With this aim in mind, in July 2023 the trustees launched a grant scheme, offering funding of up to £2,000 to organisations seeking to start a new support service to those experiencing mental health difficulties, particularly through the model of drop-in café or befriending relationships. The trustees set aside £10,000 during each of the

financial years 2023/24 and 2024/25 for these purposes and a grant sub-committee assessed applications received on a quarterly basis.

The number of applications received during the reporting period was far fewer than in the first year. However, during the year the trustees made two payments from the grant scheme:

- £750 to the Warehouse Christian Trust as a 'top up' to a previous grant award of £1,250, with the additional amount used to help subsidise use of the cellar café space and the refreshments given to guests during a dedicated 'Being Alongside' session, which averages 12-15 attendees weekly
- £250 to support a book project led by a retired psychologist Glenn Roberts, who is curating a collection of personal stories from psychiatrists on their professional and personal lives, and how each has influenced their work of seeking to understand, ease and relieve the distress of others. Glenn's hope is that "sharing these stories will be a meaningful contribution toward cultivating a more person-centred and relational culture of practice, for the benefit of both practitioners and those we seek to help." The book is due to be published in the summer of 2026.

Additionally, due to exceptional financial difficulties facing Croydon APCMH, the trustees agreed to pay a one-off grant of £5,000 to this affiliated branch to help ensure it could continue operating while awaiting the outcome of several grant bids.

The Charity regularly produces a full colour magazine sent in hard and digital copy to supporters and made available at events. This includes updates on the Charity's work, features related to organisations working in similar areas of support, and articles and other contributions from supporters and beneficiaries. A simpler newsletter is sent to supporters around Christmas time to provide an additional update on our work.

The Charity again organised a half-day conference, this time hosted at All Saint's church in Battersea in April 2025, where around 50 supporters gathered to hear opening words from one of our patrons, the Rt Revd Dr Guli Francis-Dehqani, before a keynote address from the Revd Prof Chris Cook, reflecting on the themes of his book *Struggling with God: Mental Health and Christian Spirituality*. Chris examined the central tension at the heart of Christian faith amidst suffering and pain, pointing to the centrality of prayer as a foundation stone for finding God amongst the stigma and challenges of mental health difficulties.

A second address was given by Andrea Smyth, Railway Mission's chaplain for London North and the Eurostar. Andrea offered a beautifully personal and honest reflection on her ministry among staff and passengers, showcasing what it means to "be alongside" those facing mental health struggles.

Audio recordings of all the presentations are available on the Being Alongside website.

3. Financial Review

Review of the charity's financial position at the end of the period	Para 1.21
Statement explaining the policy for holding reserves stating why they are held	Para 1.22
Amount of reserves held	Para 1.22
Reasons for holding zero reserves	Para 1.22
Details of fund materially in deficit	Para 1.24
Explanation of any uncertainties about the charity continuing as a going concern	Para 1.23

The Charity's funds as at 30 September 2025 totalled £39,092 (2024: £49,075). There were no outstanding creditors to the Charity at the end of the financial year, and one debtor in the form of an unpaid Gift Aid claim for £399.

A sum of £8,283.19 remains designated for the Merton and Sutton Branch if it is

re-established within the agreed 3 year period since it became dormant in February 2023.

The strategy of the trustees during the reporting year was to seek to use the Charity's capital funds in helping others to launch new projects reflecting the Charity's objects, as well as to promote the Charity's aims through the annual conference. The current deficit of around £10,000 pa will be covered out of the reserves and specific fundraising will be planned for the time when reserves are less than 6 month's anticipated expenditure.

In view of the current reserves of the Charity, the trustees consider that there is no financial reason that might prevent the Charity from continuing its charitable work for the foreseeable future.

4. Structure, Governance and Management

Description of charity's trusts:	
Type of governing document (trust deed , royal charter)	Para 1.25
How is the charity constituted? (e.g unincorporated association , CIO)	Para 1.25
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25

As set out in section 1 above, the Charity is established as a Charitable Incorporated Organisation, governed by a Constitution ([available on the Being Alongside website](#)).

Under the Constitution trustees are appointed by a properly convened meeting of the trustees, for specified terms not exceeding 3 years. On the expiry of their specified terms trustees may be reappointed subject to an agreed policy that no trustee should serve in that capacity for a total of more than 9 years.

The trustees keep the skill requirements of the organisation under review and when a trustee retires or additional new trustees are required, the existing trustees collectively discuss the change. Vacancies are advertised to supporters and through other channels, as deemed appropriate by the trustees. Appointments are then made by nomination based on their skill and knowledge.

During the reporting period, three new trustees were appointed (Rev Jack Belloli, Ken Checinski and Michael Rothwell, all appointed in August 2025). The role of chair passed from Ben Wilson to Dr Clive Timehin in May 2025, and Mr Wilson now serves as Treasurer.

There is no formal induction or training of new trustees, beyond briefing on the Charity's Safeguarding Policy and the provision of documents (as set out in section 11 of the Charity's Constitution).

Trustees are kept up to date on new issues through their own professional expertise and under advice from relevant professional organisations. The Charity's Safeguarding Policy is reviewed and signed by all trustees annually.

At trustee meetings the trustees agree the broad strategy and areas of activity for the Charity. The day-to-day administration of the Charity is delegated to the Administrator and CIO Secretary, Revd Lucy Roose.

5. Reference and Administrative details

Charity name	The Association for Pastoral Care in Mental Health
Other name the charity uses	Being Alongside

Registered charity number	1081642
Charity's principal address	17 Conifer Close Church Crookham Fleet Hampshire GU62 6LR

Names of the charity trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year
Dr Clive Timehin	Chair	(Chair from May 2025)
Helen Trout	Vice Chair	
Ben Wilson		(Chair until May 2025; Treasurer from May 2025)
Revd Cathryn Wiles		
Revd Jack Belloli		(from August 2025)
Dr Ken Checinski		(from August 2025)
Michael Rothwell		(from August 2025)

Patrons

The Rt Revd Guli Francis-Dehqani
Dr Larry Culliford

Administrator and CIO Secretary

Revd Lucy Roose

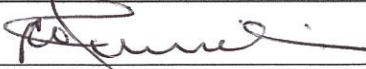
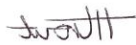
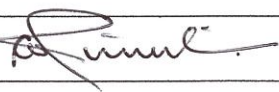
Treasurer

Ben Wilson

6. Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)		
Full name(s)	Dr Clive Timehin	Helen Trout
Position (eg Secretary, Chair, etc)	Chair 	Vice Chair
Date	21.2.2026	

BEING ALONGSIDE MANAGEMENT ACCOUNTS

12 month(s) from 1st October 2024

	to date	Budget to date	2024/25 Budget
INCOME			
Donations	3,296	2,000	2,000
Fundraising	0	0	0
Gift Aid	399	200	200
Interest	1,512	1,250	1,250
Misc	<u>211</u>	<u>0</u>	<u>0</u>
TOTAL	5,418	3,450	3,450
EXPENDITURE			
Admin/Governance	6,088	6,000	6,000
Insurance	146	180	180
Magazine/Publications	1,725	2,000	2,000
Training/Recruitment	0	0	0
Committee/vol exp	214	300	300
Events/Conferences	1,296	1,000	1,000
Website	0	100	100
Grant Scheme	6,000	10,000	10,000
Projects/Resources	0	0	0
Bank charges	60	60	60
Misc	<u>0</u>	<u>0</u>	<u>0</u>
TOTAL	<u>15,529</u>	<u>19,640</u>	<u>19,640</u>
Deficit	<u>-10,111</u>	<u>-16,190</u>	<u>-16,190</u>
	Total	Budget	Budget
	to date	to Date	2024/25

Account	Funds
COIF Deposit	32,088.02
CAF Current	404.86
CAF Deposit	<u>6,598.76</u>
Total Bank Funds	39,091.64
Gift Aid	398.67
O/S Admin	-
Total Funds	<u>39,091.64</u>

Note:

- 1 The COIF Deposit Account includes £8,283.19 held for Merton & Sutton Branch
- 2 Gift Aid is the estimated amount to be recovered for donations received in the financial year

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England & Wales - Charity number 1081642

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Being Alongside

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Trustees' Annual Report for the period 1 October 2023 to 30 September 2024

Charity registration number: 1081642

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The Association for Pastoral Care in Mental Health (APCMH) was formed in 1986 by the parents of a son who was living with serious and long-term mental ill-health in order to educate and campaign for effective spiritual care at a time when little was available or even understood within the mental health context.

Initially the Association was formed as an unincorporated association, called The Association for the Pastoral Care of the Mentally Ill. Its name was changed in 1997 to The Association for Pastoral Care in Mental Health. In 2000 the Association was incorporated in

England and Wales with registered number 3957730. Its charitable registration was transferred to the Company. The Association adopted the operational name of "Being Alongside" and continues to use that name for its promotional activities.

On 18 May 2022 the Association converted to a Foundation Charitable Incorporated Organisation ("CIO") and it ceased to be registered as a Company Limited by Guarantee. A new Constitution was adopted. In this report, APCMH will be referred to as "the Charity".

In November 2023, following discussion and consultation with the Charity Commission during the preceding reporting year, the Charity's trustees agreed to adopt revised objects to better reflect the scope of the charity's work, albeit fully aligned with the founders' original vision. The Charity's revised objects are: "To promote social inclusion for the public benefit of those who have experience of mental ill-health and their families in the United Kingdom, and to reliver the needs of such people in particular by encouraging the provision of local pastoral care."

In adopting these revised objects, and in all other activities during the reporting year, the trustees confirm that they have referred to the guidance contained within the Charity Commission's guidance on public benefit.

The aims of the Charity are mainly achieved through:

- (a) activities of local branches and affiliated groups such as drop-in facilities and befriending schemes;
- (b) by encouraging others to provide similar activities and appropriate pastoral care; and
- (c) its website and by publication of a national newsletter and resource information.

The Charity, both locally and nationally, depends on its many volunteers to carry out its work. The trustees would like to extend their thanks to the volunteers serving our affiliated projects, without whom we would not be able to deliver our objects effectively.

The trustees would also like to record our thanks formally to 34SP.com, a web hosting company which kindly provides their services for free to us (alongside many other registered charities), therefore saving us expenditure in order to provide this key external platform to promote our services to beneficiaries. We understand the company has provided services to charities over the last year with a commercial value of £70,000: their generosity is much appreciated and hugely valuable to a small charity like Being Alongside.

2. Achievements and Performance

	SORP reference
Summary of the main achievements of the charity, identifying the difference the charity's work has made to the circumstances of its beneficiaries and any wider benefits to society as a whole.	Para 1.20

The Charity continues to support its network of affiliated projects which in turn help deliver support services to those experiencing mental ill-health and their carers/families. In particular, Croydon APCMH (1097979) and the Battersea Befriending Network (1194593) continue to operate as affiliated groups, providing drop-ins, support and befriending between them. The trustees remain in regular contact with these two projects.

We continue to hold funds previously raised by Merton and Sutton APCMH, a branch of the Charity, which wound up operations in February 2023. We continue to seek local partners with similar charitable aims operating in those boroughs and have taken steps to engage with local church leaders who might be able to facilitate the establishment of a project replicating the drop-in service previously run by the branch.

In early 2023, the Cellar Camino Café in Godalming (operated by the Warehouse Christian Trust) became an affiliate member of Being Alongside. The café has "the principle objective of providing a caring and friendly meeting place for disadvantaged and vulnerable people in the community", and shares many of the same objects as the Charity. We have remained in contact with the managing committee of the Cellar Camino Café and offered support as they extend and promote their services.

The trustees continue to see an important role of the Charity as encouraging the development and continuation of local initiatives for the support of those with mental health difficulties and their carers. With this aim in mind, in July 2023 the trustees launched a grant scheme, offering funding of up to £2,000 to organisations seeking to start a new support service to those experiencing mental health difficulties, particularly through the model of drop-in café or befriending relationships. The trustees have set aside £10,000 during each of the financial years 2023/24 and 2024/25 for these purposes and a grant sub-committee assesses applications received on a quarterly basis.

During the reporting period, the scheme awarded funds to six projects across the country:

- Pippins Community Centre, Axminster - for a drug and alcohol recovery project at Axminster Hub (£1500)
- Freemantle Baptist Church, Southampton - to set up "Sunflowers Cafe", a [Renew Wellbeing Space](#) (£933)
- Frodsham Bee Friends, Cheshire - to set up drop in coffee mornings at a retirement living development and a men's group serving Park Homes communities (£1960)
- Warehouse Christian Trust, Godalming – to set up a mental health drop in at the Cellar café (£1250)
- One Life Church, Tiverton - to set up a [Kintsugi Hope](#) group (£1520)
- St Andrews Church, Nottingham - to run a Samaritans listening course to improve mental health provision in their area (£2000)

The Charity regularly produces a full colour magazine sent in hard and digital copy to supporters and made available at events. This includes updates on the Charity's work, features related to organisations working in similar areas of support, and articles and other contributions from supporters and beneficiaries. During the reporting year the trustees agreed to regularise publication of the magazine annually (reduced from an average of twice a year) to preserve resources, while supplementing this with a lower cost newsletter to provide an update to supporters in the second half of the year. This approach has been well received by supporters.

A series of 'action sheets' sharing good practice on different aspects of providing local pastoral support to those experiencing mental health issues were updated during the previous reporting year and are among the various resources made available freely on the Being Alongside website.

Drawing on the rich experience of our affiliate groups, the trustees organised a one day conference in March 2024 to explore different models of community-based pastoral support. More than 30 supporters of Being Alongside gathered at St Peter's, Battersea, to hear from speakers including the Charity's new patron, Dr Larry Culliford, who reflected on his experience as a psychiatrist, in particular in training new practitioners to respond attentively to the needs of their patients. Larry stressed the importance of 'being' rather 'doing'; and of sitting in true company with those who are suffering.

The second part of the programme saw Canon Andrew Wilson, Vice-Chair of Croydon APCMH, introduce the organisation's work supporting residents of Croydon and surrounding areas. The group has been active since 1989, offering various drop-in sessions and weekly activities for those experiencing mental health challenges. Andrew offered reflections on the nature of the group's ministry in journeying alongside those in need.

After a lunch and briefing on the Charity's grant scheme – and an introduction to one of its beneficiaries, the Cellar Café in Godalming – attendees heard about the work of the Battersea Befriending Network (BBN) from the organisation's Chair, Sarah Rackham and trustees. BBN's presentation included a moving insight into the value of befriending relationships, both for the immediate parties involved but also for the wellbeing of the wider community.

Audio recordings of all the presentations are available on the Being Alongside website.

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There were charity funds as at 30 September 2023 totalling £61,990 (2022: £65,008). Of those funds £8,283 (2022:£5,802) is designated for the Merton and Sutton Branch.

Part of those funds came from branches that are currently dormant, namely, Forest Hill (£1,812) and Haslemere (£1,903) which paid over those amounts to the national committee when they ceased their activities. The funds are held by the National Committee. Future payments to a re-established Forest Hill or Haslemere Group would be for the Trustees to determine.

All funds are unrestricted and derive mainly from legacies totalling about £150,000 received around 2008.

Part of those legacies has been used to cover the Charity's annual deficits.

4. Structure, Governance and Management

Description of charity's trusts:	
Type of governing document (trust deed, royal charter)	Para 1.25
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25

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appropriate by the trustees. Appointments are then made by nomination based on their skill and knowledge.

There is no formal induction or training of the new trustee, beyond briefing on the Charity's Safeguarding Policy and the provision of documents (as set out in section 11 of the Charity's Constitution).

Trustees are kept up to date on new issues through their own professional expertise and under advice from relevant professional organisations. The Charity's Safeguarding Policy is reviewed and signed by all trustees annually.

At trustee meetings the trustees agree the broad strategy and areas of activity for the Charity. The day-to-day administration of the Charity is delegated to the Administrator and CIO Secretary, Revd Lucy Roose.

5. Reference and Administrative details

Charity name	The Association for Pastoral Care in Mental Health
Other name the charity uses	Being Alongside
Registered charity number	1081642
Charity's principal address	17 Conifer Close Church Crookham Fleet Hampshire GU62 6LR

Names of the charity trustees who manage the charity

Trustee name	Office (if any)	Dates acted if not for whole year
Benjamin Wilson	Chair	
Helen Trout	Vice Chair	
Jamie Summers		Retired November 2023
Dr Clive Timehin		
Revd Cathryn Wiles		

Patrons

The Rt Revd Guli Francis-Dehqani
Dr Larry Culliford

Administrator and CIO Secretary

Revd Lucy Roose

Treasurer


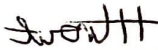
John Vallat

6. Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)

	
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Full name(s) Benjamin Wilson Helen Trout

Position (eg Secretary, Chair, etc) Chair Vice Chair

Date 22 | 1 | 25

Charity Name The Association for Pastoral Care in Mental Health	No (if any) 1081642
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Receipts and payments accounts

For the period from	Period Start 01-Oct-23	To	Period end date 30-Sep-24
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Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
Donations	1,860	-	-	1,860	1,990
Fundraising	-	-	-	-	-
Gift Aid	275	-	-	275	211
Interest	2,482	-	-	2,482	1,464
Grant	-	-	-	-	2,500
Misc	-	-	-	-	-
	-	-	-	-	-
	-	-	-	-	-
Sub total (Gross income for AR)	4,617	-	-	4,617	6,165
A2 Asset and investment sales, (see table).					
	-	-	-	-	-
	-	-	-	-	-
Sub total	-	-	-	-	-
Total receipts	4,617	-	-	4,617	6,165
A3 Payments					
Admin	5,682	-	-	5,682	5,374
Insurance	146	-	-	146	146
Publications	1,245	-	-	1,245	2,052
Committee	285	-	-	285	317
Events	1,104	-	-	1,104	818
Projects	-	-	-	-	374

Grant Scheme	9,163	-	-	9,163	-
Bank Charges	65	-	-	65	60
Misc	-	-	-	-	-
Sub total	17,691	-	-	17,691	9,141

A4 Asset and investment purchases, (see table)					
	-	-	-	-	
	-	-	-	-	
Sub total	-	-	-	-	-

total payments	17,691	-	-	17,691	9,141
s/(payments)	- 13,074	-	-	- 13,074	- 2,976
A5 Transfers	-	-	-	-	-
A6 Cash fund	-	-	-	-	-
this year end	- 13,074	-	-	- 13,074	- 2,976

Section B Statement of assets and liabilities at the end of the period

Categories	Details	Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B1 Cash funds	49,075	46,575	2,500	-
		-	-	-
	Total cash funds and payments account(s)	46,575	2,500	-
		Unrestricted funds to nearest £	Restricted funds to nearest £	Endowment funds to nearest £
B2 Other monetary assets	Unpaid Gift Aid Claim	275	-	-
	COIF Sept 2024 uncredited	122	-	-
		-	-	-
		-	-	-
		-	-	-
	Total	397	-	-

B3 Investment assets

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-



B4 Assets retained for the charity's own use

Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-
		-	-

B5 Liabilities

Details	Fund to which liability relates	Amount due (optional)	When due (optional)
Outstanding Admin fee	Unrestricted	- 482	
Outstanding Committee Expense	Unrestricted	50	
		-	
		-	
		-	

Signed by one or two trustees on behalf of all the trustees

Signature	Print Name	Date of approval
	Ben Wilson	9 Nov 2024
	Helen Trout	9.11.24

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

England & Wales - Charity number 1081642

Accounts

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH
(operating as Being Alongside)
Charitable Incorporated Organisation

Trustees' Annual Report
Year ended 30 September 2023

The trustees present their report and the unaudited financial statements of the Charity for the year ended 30 September 2023.

Reference and administrative details

Registered charity name	The Association For Pastoral Care in Mental Health	
Charity registration number	1081642	
Principal office and address	17 Conifer Close Fleet, Hants GU52 6LR	
Patrons	Bishop Guli Francis-Dehqani	
Trustees	Mr B Wilson	(Chair)
	Mr A J P Summers	
	Mrs H Trout	
	Ms M Reyes	(retired 18 November 2022)
	Ms M Lawingco	(resigned 4 February 2023)
	Dr C Timehin	
	Mr S Cunningham	(resigned 4 February 2023)
	Revd Cathryn Wiles	(appointed 2 September 2023)
Administrator/CIO Secretary	Revd Lucy Roose	

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

Charitable Incorporated Organisation

Trustees' Annual Report (*continued*) Year ended 30 September 2023

Structure, governance and management

The Association was formed in 1986 by the parents of a son who was living with serious and long term mental ill-health in order to educate and campaign for effective and appropriate spiritual care at a time when little was available or even understood within the mental health context. In the ensuing 36 years, local initiatives have offered drop-ins, one-to-one befriending schemes, art, spirituality and creative writing groups, together with national and local seminars and conferences to raise the profile of spirituality and mental health. More details of the history and activity of the Association can be found at www.beingalongside.org.uk.

Initially the Association was formed as an unincorporated association. It was managed by a committee the members of which were responsible for its operation. It was called The Association for the Pastoral Care of the Mentally Ill. Its name was changed in 1997 to The Association for Pastoral Care in Mental Health.

In 2000 the Association was incorporated in England and Wales with registered number 3957730. Its charitable registration was transferred to the Company. The Association adopted the operational name of "Being Alongside" and continues to use that name for its promotional activities.

On 18 May 2022 the Association converted to a Foundation Charitable Incorporated Organisation ("CIO") and it ceased to be registered as a Company Limited by Guarantee. A new Constitution was adopted. In this Report for the time after its conversion to a CIO the Association is referred to as "the Charity".

Under the new Constitution Trustees are appointed for specified terms not exceeding 3 years. On the expiry of their specified terms Trustees may be reappointed subject to an agreed policy that no Trustee should serve in that capacity for a total of more than 9 years.

The Trustees keep the skill requirements of the Trustee body under review and when a Trustee retires or additional new trustees are required, the existing trustees collectively discuss the change. There is no formal induction or training of the new Trustee, beyond briefing on the Charity's Safeguarding Policy. Appointment is made by nomination based on their skill and knowledge. The background of the Charity is provided to new trustees and any further information is shared at the regular trustee meetings.

Trustees are kept up to date on new issues through their own professional expertise and under advice from relevant professional organisations. The Charity's Safeguarding Policy is reviewed and signed by all Trustees annually.

At trustee meetings the Trustees agree the broad strategy and areas of activity for the Charity. The day to day administration of the Charity is delegated to the Administrator, Revd Lucy Roose.

The Trustees and co-opted Committee members who served during the year and up to the date of this report are set out on page 1. They all give of their time freely and none of them was paid during the year.

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

Charitable Incorporated Organisation

Trustees' Annual Report (*continued*) Year ended 30 September 2023

Objectives and activities

The trustees confirm that they have referred to the guidance contained within the Charity Commission's guidance on public benefit when reviewing the Charity's aims and objectives and planning future activities.

The charitable objects of the Charity during this reporting year were "to promote the relief of persons suffering from the problems of mental illness and their families by the provision of pastoral counselling and care appropriate to their individual needs". The Charity's aim was to "enable these people to develop their spiritual, physical and mental capacities so that they may realise their full potential as individuals and participating members of society and so that their conditions of life may be improved".

These charitable objects were formulated when the Association was first established and were agreed by the Charity Commission to be charitable objects. The objects were retained when the Association was incorporated as a Company Limited by Guarantee and also on the Charity's conversion to a CIO, though they were reviewed during this reporting year to better reflect the contemporary work of the Charity. With the agreement of the Charity Commission given during the year, a new set of charitable objects was approved by the Trustees shortly after the reporting period and will be reflected in next year's report.

The aims of the Charity are mainly achieved through:

- (a) activities of local branches and affiliated groups such as drop-in facilities and befriending schemes;
- (b) by encouraging others to provide similar activities and appropriate pastoral care; and
- (c) its website and by publication of a national newsletter and resource information.

The Charity, both locally and nationally, depends on its many volunteers to carry out its work.

Achievements and performance

At the end of 2022, the Merton and Sutton branch committee took the reluctant decision to suspend operations until further notice, due to a lack of volunteers willing to serve on the committee. The Charity noted this development with sadness, recognising the considerable efforts taken by the branch committee members to discern a feasible way to continue operating locally. The Charity undertook some further steps to attract a new Chair for the branch committee, with no success. Steps were also taken to ensure that the small number of remaining service users were informed of other avenues of support. The branch's cash funds were transferred to the Charity's bank account in February 2023, and will be held for three years. If, within that time, the branch resumes some form of activity in line with the Charity's objects, then it is the intention of the Charity to make the funds available for the branch.

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

Charitable Incorporated Organisation

Trustees' Annual Report (*continued*) Year ended 30 September 2023

Achievements and performance (*continued*)

The Forest Hill Branch ended its regular weekly drop-ins in May 2019, though the former co-ordinators have sought to maintain contact with the volunteer group on an informal basis. In December 2022 a social event was held locally as an opportunity to celebrate the past work of the branch and provide informal fellowship. A donation towards expenses was made by the Charity, drawn from funds received from the branch after it ceased its activities in 2019.

Croydon APCMH and the Battersea Befriending Network continue to operate as affiliated groups, providing drop-ins, support and befriending between them.

In early 2023, the Cellar Camino Café in Godalming (operated by the Warehouse Christian Trust) became an affiliate member of Being Alongside. The café has "the principal objective of providing a caring and friendly meeting place for disadvantaged and vulnerable people in the community", and shares many of the same objects as the Charity. The Trustees are pleased to welcome the café to the Being Alongside family and we have offered contact from fellow Being Alongside affiliates whose experience may be useful.

The Trustees continue to see an important role of the Charity as encouraging the development and continuation of local initiatives for the support of those with mental health difficulties and their carers. With this aim in mind, in July 2023 the Trustees launched a new grant scheme, offering funding of up to £2,000 to organisations seeking to start a new support service to those experiencing mental health difficulties, particularly through the model of drop-in café or befriending relationships. The Trustees have set aside £10,000 for each of the financial years 2023/24 and 2024/25 for these purposes. The launch of the scheme was promoted during the summer, including at the National Estate Churches Conference, and in November 2023 a first set of awards were granted.

The Trustees also aim to provide regular magazines, conferences and training both online and in person. A series of 'action sheets' sharing good practice on different aspects of providing local pastoral support to those experiencing mental health issues were updated during the year, and are among the various resources made available freely on the "Being Alongside" website.

A conference was held in central London in March 2023 focusing on the inter-related topics of substance addiction, mental health and prison life. The event was addressed by a number of expert guest speakers, among them psychiatrist Dr Paul McLaren (who spoke about the current medical approach to substance addictions) and the Revd Jonathan Aitken and his colleague CM Neil Fraser from HMP Pentonville, who talked about their experience of mental health and neurodiversity among prisoners. More than 40 supporters gathered for the event: audio recordings of the main presentations were published on the "Being Alongside" website.

Magazines containing news about the Charity's latest activities and articles of related interest were published in December 2022 and August 2023, both of which were distributed to all of the Charity's regular supporters and made available at other events attended by Trustees.

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

Charitable Incorporated Organisation

Trustees' Annual Report (*continued*) Year ended 30 September 2023

Financial review

Income was mainly made up of donations (and membership fees for 2022) totalling £1,990 (2022: £5,405). There was Gift Aid tax reclaimable estimated at £223 (2022:£1,153).

There was a Grant of £2,500 from Merton Volunteer Services for the Merton and Sutton Branch. By agreement with the donor that sum is being treated as restricted.

There was no fundraising income (2022:£68 which was designated for the Merton and Sutton Branch)

There was interest of £1,464 (2022:£5). There were direct costs totalling £9,172 (2022:£8,608).

There were charity funds as at 30 September 2023 totalling £62,013 (2022: £65,008).

Of those funds £2,500 is restricted for the Merton and Sutton Branch.

The balance of funds are unrestricted with £5,783 (2022:£5,802) designated for the Merton and Sutton Branch.

Part of those funds came from branches that are currently dormant, namely, Forest Hill (£1,812) and Haslemere (£1,903) which paid over those amounts to the national committee when they ceased their activities. The funds are held by the National Committee. Future payments to a re-established Forest Hill or Haslemere Group would be for the Trustees to determine.

The balance of the Charity's funds derive mainly from legacies totalling about £150,000 received in about 2008. Part of those legacies has been used to cover the Charity's annual deficits.

Plans for future periods

The Charity intends to continue its activities as before while looking for ways of developing and improving its delivery. Provision of open drop-ins and befriending schemes remain priorities, as do regular conferences and spreading the word via information leaflets, magazines and website.

As noted above, the new grant scheme will come into full operation in the next reporting year and the Trustees will seek to promote the availability of grants widely. It is hoped that over time, the grants will support the development of a new breed of local projects in sympathy with the Charity's objects.

Small company provisions

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

The Trustees' annual report was approved on *24 February 2024*
and signed on behalf of the board of Trustees by:

Mr B. Wilson
Chair of Trustees



THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

Charitable Incorporated Organisation

Statement of Financial Activities (including income and expenditure account) Year ended 30 September 2023

	Note	2023 £	2022 £
Income and endowments			
Donations and Membership	5	1,990	5,405
Grant	6	2,500	-
Fundraising	7		68
Investment income	8	1,464	5
Other income	9	223	1,153
Total Income		6,177	6,631
Expenditure			
Expenditure on charitable activities		<u>9,172</u>	<u>8,608</u>
Total expenditure		<u>9,172</u>	<u>8,608</u>
Net expenditure and net movement in funds		-2,995	1,977
Reconciliation of funds			
Total funds brought forward		<u>65,008</u>	66,535
Adjustment	10		<u>450</u>
Total funds carried forward		<u>62,013</u>	<u>65,008</u>

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

Of the charity funds at the year end, £2,500 is restricted and £59,513 is unrestricted. The restricted fund is for the Merton and Sutton Branch for which there are additional designated funds of £5,783.

The notes on pages 8 to 10 form part of these financial statements.

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

Charitable Incorporated Organisation

Statement of Financial Position as at 30 September 2023

		2023	2022
	Note	£	£
Current assets			
Debtors	9	223	1,153
Cash at bank and in hand		<u>61,790</u>	<u>63,855</u>
		62,013	65,008
Creditors: amounts falling due within one year		0	0
Net current assets		<u>62,013</u>	<u>65,008</u>
Total assets less current liabilities		<u>62,013</u>	<u>65,008</u>
Net assets		<u>62,013</u>	<u>65,008</u>
Funds of the charity			
Unrestricted funds		<u>62,013</u>	<u>65,008</u>
Total charity funds		<u>62,013</u>	<u>65,008</u>

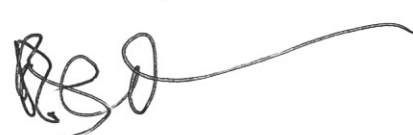
For the year ending 30 September 2023 the Charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

In view of the small amount of annual income, the Charity has determined not to incur the costs of an independent examination and the Trustees have accepted responsibility for ensuring that these accounts represent a fair and true view of the Charity's finances.

Trustees' responsibilities:

- * The members have not required the Charity to obtain an audit of its financial statements for the year in question;
- * The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements were approved by the board of Trustees and authorised for issue on 24 February 2024 and are signed on behalf of the board by:


Mr Ben Wilson
Chair of Trustees

The notes on pages 8 to 10 form part of these financial statements.

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

Charitable Incorporated Organisation

Notes to the Financial Statements

Year ended 30 September 2023

1) General information

The Charity is a Charitable Incorporated Organisation (Foundation Model) and is a registered charity in England and Wales.

The address of its office is 17 Conifer Close, Fleet, Hants GU52 6LR.

2) Statement of compliance

These financial statements have been prepared in compliance with FRS 102, "The Financial Reporting Standard applicable in the UK and the Republic of Ireland", the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3) Accounting Policies

Basis of preparation

The financial statements have been prepared on the same basis as in the preceding year.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements may require management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the Trustees to further the Charity's purposes.

Designated funds are unrestricted funds earmarked by the Trustees for particular future projects or commitments.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds.

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

Charitable Incorporated Organisation

Notes to the Financial Statements

Year ended 30 September 2023

3) Accounting policies (*continued*)

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the Charity; it is probable that the economic benefits associated with the transaction will flow to the Charity and the amount can be reliably measured.

The following specific policies are applied to particular categories of income:

- * income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- * legacy income is recognised when receipt is probable and entitlement is established.
- * income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- * income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- * expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- * expenditure on charitable activities includes all costs incurred by the Charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- * other expenditure includes all expenditure that is neither related to raising funds for the Charity nor part of its expenditure on charitable activities.

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

Charitable Incorporated Organisation

Notes to the Financial Statements *(continued)*

Year ended 30 September 2023

Resources expended *(continued)*

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

- 4) Members of the Charity are liable to contribute an amount not exceeding £1 to the assets of the Charity in the event of its dissolution.

	2023	2022
	£	£
5) Donations and legacies		
Donations and Membership Fees	1,990	5,405
6) Grant		
Received from Merton Volunteer Services for Merton & Sutton Branch (restricted fund)	2,500	
7) Other trading activities		
Fundraising events	0	68
8) Investment income		
Bank interest receivable	1,464	5
9) Other income and Debtors		
Gift Aid Tax recoverable (est for 2023)	223	1,153
10) Adjustment		
Accountants fee shown as a liability in last year's account was not paid or payable		450

No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.

END OF NOTES to the FINANCIAL STATEMENTS

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

England & Wales - Charity number 1081642

Accounts

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH
(operating as Being Alongside)
Charitable Incorporated Organisation

Trustees' Annual Report
Year ended 30 September 2022

The trustees present their report and the unaudited financial statements of the Charity for the year ended 30 September 2022.

Reference and administrative details

Registered charity name	The Association For Pastoral Care in Mental Health	
Charity registration number	1081642	
Principal office and address	17 Conifer Close Fleet, Hants GU52 6LR	
Patrons	Professor Andrew Sims Bishop Guli Francis-Dehqani	
Trustees	Mr B Wilson	(appointed as Chair 21 May 2022)
	Mr A J P Summers	(resigned as Chair 21 May 2022)
	Mrs H Trout	
	Canon A Wilson	(retired 18 May 2022)
	Ms M Reyes	(retired 18 November 2022)
	Ms M Lawingco	
	Dr C Timehin	
	Mr S Cunningham	
Supporting Committee Members	Ms D Klewin	
	Mr R Trout	
	Mr G Shorter	(retired 18 May 2022)
Company/CIO Secretary	Mr B Wilson	(resigned 18 May 2022)
	Revd Lucy Roose	(appointed 21 May 2022)
Treasurer	Mr J Vallat	
Administrator	Revd Lucy Roose	

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

Charitable Incorporated Organisation

Trustees' Annual Report *(continued)*

Year ended 30 September 2022

Structure, governance and management

The Association was formed in 1986 by the parents of a son who was living with serious and long term mental ill-health in order to educate and campaign for effective and appropriate spiritual care at a time when little was available or even understood within the mental health context. In the ensuing 36 years, local initiatives have offered drop-ins, one-to-one befriending schemes, art, spirituality and creative writing groups, together with national and local seminars and conferences to raise the profile of spirituality and mental health. More details of the history and activity of the Association can be found at www.beingalongside.org.uk.

Initially the Association was formed as an unincorporated association. It was managed by a committee the members of which were responsible for its operation. It was called The Association for the Pastoral Care of the Mentally Ill. Its name was changed in 1997 to The Association for Pastoral Care in Mental Health.

In 2000 the Association was incorporated in England and Wales with registered number 3957730. Its charitable registration was transferred to the Company.

The Association adopted the operational name of "Being Alongside" and continues to use that name for its activities including its magazine, website and publicity.

On 18 May 2022 the Association converted to a Foundation Charitable Incorporated Organisation ("CIO") and it ceased to be registered as a Company Limited by Guarantee. A new Constitution was adopted. In this Report for the time after its conversion to a CIO the Association is referred to as "the Charity".

Under the new Constitution Trustees are appointed for specified terms not exceeding 3 years. On the expiry of their specified terms Trustees may be reappointed subject to an agreed policy that no Trustee should serve in that capacity for a total of more than 9 years.

The Trustees keep the skill requirements of the Trustee body under review and when a Trustee retires or additional new trustees are required, the existing trustees collectively discuss the change. There is no formal induction or training of the new Trustee. Appointment is made by nomination based on their skill and knowledge. The background of the Charity is provided to new trustees and any further information is shared at the regular trustee meetings.

Trustees are kept up to date on new issues through their own professional expertise and under advice from professional organisations.

At the trustee meetings the trustees agree the broad strategy and areas of activity for the Charity. The day to day administration of the Charity is delegated to the Administrator, Revd Lucy Roose.

The Trustees and co-opted Committee members who served during the year and up to the date of this report are set out on page 1. They all give of their time freely and none of them was paid during the year.

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH
Charitable Incorporated Organisation

Trustees' Annual Report (*continued*)
Year ended 30 September 2022

Objectives and activities

The trustees confirm that they have referred to the guidance contained within the Charity Commission's guidance on public benefit when reviewing the Charity's aims and objectives and planning future activities.

The charitable objects of the Charity as set out in its Constitution are that the Charity exists to promote the relief of persons suffering from the problems of mental illness and their families by the provision of pastoral counselling and care appropriate to their individual needs. The aim is to enable these people to develop their spiritual, physical and mental capacities so that they may realise their full potential as individuals and participating members of society and so that their conditions of life may be improved.

These charitable objects were formulated when the Association was first established and were agreed by the Charity Commission to be charitable objects. The objects were retained when the Association was incorporated as a Company Limited by Guarantee and also on the Charity's conversion to a CIO.

The aims of the Charity are mainly achieved through:

- (a) activities of local branches and affiliated groups such as drop-in facilities and befriending schemes;
- (b) by encouraging others to provide similar activities and appropriate pastoral care; and
- (c) its website and by publication of a national newsletter and resource information.

The Charity, both locally and nationally, depends on its many volunteers to carry out its work.

Achievements and performance

There remains one active project at Merton and Sutton operating as a branch of the Charity. That Branch is a volunteer befriending scheme; social events are also arranged. At present the Merton and Sutton Branch is without a paid coordinator and has had to cease recruiting and training new volunteer befrienders. It continues to support about 30 befriending relationships and provides some social activities.

The Forest Hill Branch ended its regular weekly drop-ins in May 2019. Lockdown has made it difficult to resume activities at the same level as before. But they have now started monthly coffee mornings with a view to providing ongoing support for previous members who used to attend the drop-ins. They aim to encourage others to join them in the future.

Croydon APCMH and the Battersea Befriending Network continue to operate as affiliated groups, providing drop-ins, support and befriending between them.

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH
Charitable Incorporated Organisation

Trustees' Annual Report *(continued)*
Year ended 30 September 2022

Achievements and performance *(continued)*

The Trustees continue to see an important role of the Charity as encouraging the development and continuation of local initiatives for the support of those with mental health difficulties and their carers. They also aim to provide regular magazines, conferences and training both online and in person. Resource materials are, and will continue to be, made available on the "Being Alongside" website.

The website is visited by many more people over a much wider area than would be possible by traditional means. This is seen by the Trustees as a part of its awareness-raising role. Efforts have been made over the year to add new content on a regular basis, such as reports of the Charity's conferences.

Two conferences have been held at the beginning of 2022 when lockdown restrictions permitted. In January an event looked at anxiety, and the role of chaplains in both statutory and informal settings; and in the spring we explored the subject of 'Being Alongside the marginalised' and how minority groups can be particularly affected by mental health problems. These events were attended by 30-50 people and audio recordings of the main content have been made freely available on our website.

A magazine was published in December 2021 and another before Christmas 2022. The Trustees intend to publish 2 magazines and to arrange at least one conference each year.

Financial review

Income was mainly made up of donations and membership fees, totalling £5,405 (2021: £10,284). There was Gift Aid tax reclaimable of £1,153 (2021:£259).

There was fundraising income £68 (2021:nil) which was designated for the Merton and Sutton Branch

There were direct costs totalling £8,608 (2021: £12,235).

There were charity funds as at 30 September 2022 totalling £65,008 (2021: £66,535). Of those funds £5,802 is designated for the Merton and Sutton Branch.

Part of those funds came from branches that are currently dormant, namely, Forset Hill (£1,812) and Haslemere (£1,903) which paid over those amounts to the national committee when they ceased their activities. The funds are held by the National Committee. Future payments to a re-established Forest Hill or Haslemere Group would be for the Trustees to determine.

All funds are unrestricted and derive mainly from legacies totalling about £150,000 received around 2008. Part of those legacies has been used to cover any of the Association's annual deficits before its conversion to a CIO.

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH
Charitable Incorporated Organisation

Trustees' Annual Report (*continued*)
Year ended 30 September 2022

Plans for future periods

The Charity intends to continue its activities as before while looking for ways of developing and improving its delivery. Provision of open drop-ins and befriending schemes remain priorities, as do conferences and spreading the word via information leaflets, magazines and website.

It is also intended to set up a fund of £10,000 pa (to be reviewed after two years) for seed-funding of local initiatives following an application process and limited to £2,000 for any one project. The trustees are currently devising the criteria for such grants and will seek to publicise these during 2022/23.

Small company provisions

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

The Trustees' annual report was approved on 2023
and signed on behalf of the board of Trustees by:

Mr B. Wilson
Chair of Trustees

Mrs Helen Trout
Trustee

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH
Charitable Incorporated Organisation

Statement of Financial Activities
(including income and expenditure account)
Year ended 30 September 2022

	Note	2022 £	2021 £
Income and endowments			
Donations and Membership	5	5,405	9,744
Other trading activities	6	68	540
Investment income	7	5	5
Other income	8	1,153	259
Total Income		6,631	<u>10,548</u>
Expenditure			
Expenditure on charitable activities		<u>8,608</u>	<u>12,235</u>
Total expenditure		<u>8,608</u>	<u>12,235</u>
Net expenditure and net movement in funds	-	1,977	<u>-1,687</u>
Reconciliation of funds			
Total funds brought forward		66,535	<u>68,222</u>
Adjustments from 2021	9	<u>450</u>	
Total funds carried forward		<u><u>65,008</u></u>	<u><u>66,535</u></u>

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

All income and expenditure derive from continuing activities.

All funds are unrestricted.

Of the income, the fundraising of £68 is designated for the Merton and Sutton Branch.

Of the charity funds at the year end, £4,990 is designated for the Merton and Sutton Branch.

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH
Charitable Incorporated Organisation

Statement of Financial Position as at 30 September 2022

	Note	2022 £	2021 £
Current assets			
Debtors	11	1,153	259
Cash at bank and in hand		<u>63,855</u>	<u>67,101</u>
		65,008	67,360
Creditors: amounts falling due within one year		0	<u>825</u>
Net current assets		<u>65,008</u>	<u>66,535</u>
Total assets less current liabilities		<u>65,008</u>	<u>66,535</u>
Net assets		<u>65,008</u>	<u>66,535</u>
Funds of the charity			
Unrestricted funds		<u>65,008</u>	<u>66,535</u>
Total charity funds		<u>65,008</u>	<u>66,535</u>

For the year ending 30 September 2022 the Charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

In view of the small amount of annual income, the Charity has determined not to incur the costs of an independent examination and the Trustees have accepted responsibility for ensuring that these accounts represent a fair and true view of the Charity's finances.

Trustees' responsibilities:

- * The members have not required the Charity to obtain an audit of its financial statements for the year in question;
- * The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements were approved by the board of Trustees and authorised for issue on _____ and are signed on behalf of the board by:

Mr Ben Wilson
Trustee Chair

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH
Charitable Incorporated Organisation

Notes to the Financial Statements
Year ended 30 September 2022

1) General information

The Charity is a Charitable Incorporated Organisation (Foundation Model) and is a registered charity in England and Wales.

The address of its office is 17 Conifer Close, Fleet, Hants GU52 6LR.

2) Statement of compliance

These financial statements have been prepared in compliance with FRS 102, "The Financial Reporting Standard applicable in the UK and the Republic of Ireland", the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3) Accounting Policies

Basis of preparation

The financial statements have been prepared on the same basis as in the preceding year.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements may require management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the Trustees to further the Charity's purposes.

Designated funds are unrestricted funds earmarked by the Trustees for particular future projects or commitments.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds. There are no such funds in the current or previous year.

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH
Charitable Incorporated Organisation

Notes to the Financial Statements (continued)
Year ended 30 September 2022

3) Accounting policies (continued)

Incoming resources

All incoming resources are included in the statement of financial activities when entitlement has passed to the Charity; it is probable that the economic benefits associated with the transaction will flow to the Charity and the amount can be reliably measured. The following specific policies are applied to particular categories of income:

- * income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- * legacy income is recognised when receipt is probable and entitlement is established.
- * income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- * income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- * expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- * expenditure on charitable activities includes all costs incurred by the Charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- * other expenditure includes all expenditure that is neither related to raising funds for the Charity nor part of its expenditure on charitable activities.

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH
Charitable Incorporated Organisation

Notes to the Financial Statements (continued)
Year ended 30 September 2022

Resources expended (continued)

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

4) Limited by guarantee

Members of the Charity are liable to contribute an amount not exceeding £1 to the assets of the Charity in the event of winding up.

		2022	2021
		£	£
5) Donations and legacies			
Donations and Membership Fees		<u>5,405</u>	<u>9,744</u>
6) Other trading activities			
Fundraising events		<u>68</u>	<u>540</u>
7) Investment income			
Bank interest receivable		<u>5</u>	<u>5</u>
8) Other income			
Tax recoverable		<u>1,153</u>	<u>259</u>
9) Independent examination fees		<u>0</u>	<u>0</u>
No fees were payable for the years 2021 or 2022.			
The unearned fee of £450 allowed for in the 2021 accounts has been corrected by adding £450 to the funds carried forward from 30 September 2021			
10) Trustee remuneration and expenses			
No remuneration or other benefits from employment with the charity or a related entity were received by the trustees.			
11) Debtors		2022	2021
		£	£
Other debtors being gift aid recoverable		<u>1,153</u>	<u>259</u>

END OF NOTES to the FINANCIAL STATEMENTS

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THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

England & Wales - Charity number 1081642

Accounts

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Directors' Report)

Year ended 30 September 2021

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 30 September 2021.

Reference and administrative details

Registered charity name	The Association For Pastoral Care in Mental Health	
Charity registration number	1081642	
Company registration number	3957730	
Principal office and registered office	17 Conifer Close Fleet, Hants GU52 6LR	
Patrons	Professor Andrew Sims Bishop Guli Francis-Dehqani	
Trustees	Mrs P Freeman Ms M Reyes Canon A Wilson Mrs H Trout Mr R Allen Mr A J P Summers Dr C Timehin Ms M Lawingco Mr B Wilson Mr S Cunningham	(retired 24 April 2021) (retired as Chair and Trustee 24 April 2021) (appointed Chair 24 April 2021) (appointed 24 April 2021) (appointed 24 April 2021)
Co-opted Committee Members	Ms D Klewin Mr R Trout Mr G Shorter	
Company secretary	Miss M Collins Mr B Wilson	(retired 24 April 2021) (appointed 24 April 2021)
Treasurer	Miss M Collins Mr J Vallat	(retired 24 April 2021) (appointed 24 April 2021)
Administrator	Revd Lucy Roose	(appointed 24 April 2021)

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH

Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Directors' Report) Year ended 30 September 2021

The trustees, who are also the directors for the purposes of company law, present their report and the unaudited financial statements of the charity for the year ended 30 September 2021.

Reference and administrative details

Registered charity name	The Association For Pastoral Care in Mental Health	
Charity registration number	1081642	
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Co-opted Committee Members	Ms D Klewin Mr R Trout Mr G Shorter	
Company secretary	Miss M Collins Mr B Wilson	(retired 24 April 2021) (appointed 24 April 2021)
Treasurer	Miss M Collins Mr J Vallat	(retired 24 April 2021) (appointed 24 April 2021)
Administrator	Revd Lucy Roose	(appointed 24 April 2021)

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH
Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Directors' Report) *(continued)*
Year ended 30 September 2021

Structure, governance and management

The Association was formed as an unincorporated association in 1987. It was managed by a committee the members of which were responsible for its operation. It was initially called The Association for the Pastoral Care of the Mentally Ill. Its name was changed in 1997 to The Association for Pastoral Care in Mental Health.

The Association was incorporated as a Company Limited by Guarantee in 2000 and its charitable registration was transferred to the Company.

The Association adopted the operational name of "Being Alongside" and continues to use that name for its activities including its magazine, website and publicity.

All Trustees are also directors of the company.

One-third of the trustees retire by rotation at each Annual General Meeting but are eligible for re-election.

Day to day administration of the Charity is delegated to the Administrator, Revd Lucy Roose.

The Trustees and co-opted Committee members who served during the year and up to the date of this report are set out on page 1. They all give of their time freely and none of them was paid during the year.

The Company 'members' of the Association guarantee to contribute an amount not exceeding £1 to the assets of the Association in the event of winding up. The number of such guarantors as at 30th September 2021 was 49. These were people who had contributed subscriptions over the previous year, although a further 300 remain on the charity's mailing list.

After due consideration the directors have decided that it is in the interests of the Association to convert the Association from a Company Limited by Guarantee to a Charitable Incorporated Organisation. A Special Resolution will be sought from the members in the first month of 2022 and, if passed by the required majority, an application for such conversion will be made.

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH
Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Directors' Report) *(continued)*
Year ended 30 September 2021

Objectives and activities

The Trustees confirm that they have referred to the guidance contained within the Charity Commission's guidance on public benefit when reviewing the Association's aims and objectives and planning future activities.

APCMH (Being Alongside) is a small charity recognizing the importance of spiritual values and the involvement of faith communities in mental health provisions.

This is achieved through:

- (a) activities of local branches and affiliated groups such as drop-in facilities and befriending schemes;
- (b) by encouraging others to provide similar activities and appropriate pastoral care; and through
- (c) its website and by publication of its magazine and resource information.

The Association, both locally and nationally, depends on its many volunteers to carry out its work.

Achievements and performance

There remains one active project at Merton and Sutton operating as a branch of the Association. That branch is a volunteer befriending scheme; social events are also arranged. APCMH Croydon, providing drop-ins and support, and the Battersea Befriending Network are affiliated groups.

The national charity was formed in 1986 by the parents of a son who was living with serious and long term mental ill-health, in order to educate and campaign for effective and appropriate spiritual care at a time when little was available or even understood within the mental health context. In the ensuing 36 years, local initiatives have offered drop-ins, one-to-one befriending schemes, art, spirituality and creative writing groups, together with national and local seminars and conferences to raise the profile of spirituality and mental health. More details of the history and activity of the charity can be found at www.beingalongside.org.uk.

The effect of the lockdown due to Covid-19 has continued to hamper the work of the national committee.

As Covid-19 restrictions are lifted the Association is planning to hold a series of conferences the first of which is to be held in January 2022.

Two magazines were published in 2021 and the Trustees plan to publish at least two magazines annually.

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH
Company Limited by Guarantee

Trustees' Annual Report (Incorporating the Directors' Report) (continued)
Year ended 30 September 2021

Financial review

Income was mainly made up of donations and grants, totalling £9,744 (2020: £1,638).

There was income from membership fees of £540 (2020: £425) and Gift Aid tax reclaimable of £259 (2020: -£18). Of the donations, £8,415 (2020: £390) represented designated funds for the Merton and Sutton Branch.

There was no fundraising income in either 2021 or 2020.

There were direct costs totalling £12,235 (2020: £8,655).

The main reasons for the increase were (a) the extra cost of administration in the Merton and Sutton Branch (£5,550 compared with £2,430 in 2020); (b) the cost of the magazine including postage (£1,267); and (c) the cost of recruitment of the new administrator (£1,138).

There were charity funds as at 30 September 2021 totalling £66,535 (2020: £68,222).

Of those funds £4,990 is designated for the Merton and Sutton Branch.

Part of those funds came from branches that are currently dormant, namely, Forest Hill (£1,812) and Haslemere (£1,903) which paid over those amounts to the national committee when they ceased their activities. The Trustees hope that their activities as drop-ins might be re-started in the future.

All funds are unrestricted and derive mainly from legacies totalling about £150,000 received more than 10 years ago. Part of those legacies has been used to cover any of the Association's annual deficits.

Plans for the Future

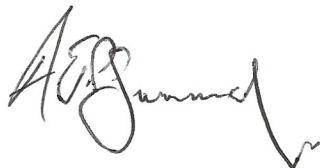
The Association intends to continue its activities as before while looking for ways of developing and improving their delivery. Provision of open drop-ins and befriending schemes remain priorities, as do conferences and spreading our word via information leaflets and the website www.beingalongside.org.uk.

Small company provisions

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

The Trustees' annual report was approved on 8th January 2022 and signed on behalf of the Board of Trustees by:

Mr A.J.P Summers
Chair of Trustees



Date:

10/2/22



Mr B Wilson
Trustee and Secretary

Date:

28/1/22

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH
Company Limited by Guarantee

Statement of Financial Activities
(including income and expenditure account)
Year ended 30 September 2021

	Note	2021 £	2020 £
Income and endowments			
Donations and legacies	5	9,744	1,638
Other trading activities	6	540	425
Investment income	7	5	234
Other income	8	259	-18
Total Income		<u>10,548</u>	<u>2,279</u>
Expenditure			
Expenditure on charitable activities		<u>12,235</u>	<u>8,656</u>
Total expenditure		<u>12,235</u>	<u>8,656</u>
Net expenditure and net movement in funds		<u>-1,687</u>	<u>-6,377</u>
Reconciliation of funds			
Total funds brought forward		<u>68,222</u>	<u>74,598</u>
Total funds carried forward		<u>66,535</u>	<u>68,222</u>

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

All income and expenditure derive from continuing activities.

All funds are unrestricted.

Of the donations, £8,415 (2020: £390) represented income designated for the Merton and Sutton Branch.

Of the charity funds at the year end, £4,990 is designated for the Merton and Sutton Branch.

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH
Company Limited by Guarantee

Statement of Financial Position as at 30 September 2021

	Note	2021 £	2020 £
Current assets			
Debtors	11	259	-
Cash at bank and in hand		<u>67,101</u>	<u>68,672</u>
		67,360	68,672
Creditors: amounts falling due within one year			
Accruals and deferred income		<u>825</u>	<u>450</u>
Net current assets		<u>66,535</u>	<u>68,222</u>
Total assets less current liabilities		<u>66,535</u>	<u>68,222</u>
Net assets		<u>66,535</u>	<u>68,222</u>
Funds of the charity			
Unrestricted funds		<u>66,535</u>	<u>68,222</u>
Total charity funds		<u>66,535</u>	<u>68,222</u>

For the year ending 30 September 2021 the charity was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.


In view of the small amount of annual income, the charity has determined not to incur the costs of an independent examination and the directors have accepted responsibility for ensuring that these accounts represent a fair and true view of the charity's finances.

Directors' responsibilities:

- * The members have not required the company to obtain an audit of its financial statements for the year in question in accordance with section 476;
- * The directors acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of financial statements.

These financial statements were approved by the Board of Trustees and authorised for issue on 8th January 2022 and are signed on behalf of the Board by:

Mr A. J. P. Summers
Trustee Chair

 10/2/22

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH
Company Limited by Guarantee

Notes to the Financial Statements
Year ended 30 September 2021

Note

1) General information

The charity is a public benefit entity and a private company limited by guarantee, registered in England and Wales and a registered charity in England and Wales. The address of the registered office is 17 Conifer Close, Fleet, Hants GU52 6LR.

2) Statement of compliance

These financial statements have been prepared in compliance with FRS 102, "The Financial Reporting Standard applicable in the UK and the Republic of Ireland", the 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) (Charities SORP (FRS 102)) and the Companies Act 2006.

3) Accounting Policies

Basis of preparation

The financial statements have been prepared on the same basis as in the preceding year.

Going concern

There are no material uncertainties about the charity's ability to continue.

Judgements and key sources of estimation uncertainty

The preparation of the financial statements may require management to make judgements, estimates and assumptions that affect the amounts reported. These estimates and judgements are continually reviewed and are based on experience and other factors, including expectations of future events that are believed to be reasonable under the circumstances.

Fund accounting

Unrestricted funds are available for use at the discretion of the trustees to further any of the charity's purposes.

Designated funds are unrestricted funds earmarked by the trustees for particular future projects or commitments.

Restricted funds are subjected to restrictions on their expenditure declared by the donor or through the terms of an appeal, and fall into one of two sub-classes: restricted income funds or endowment funds. There are no such funds in the current or previous year.

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH
Company Limited by Guarantee

Notes to the Financial Statements *(continued)*
Year ended 30 September 2021

Note**3) Accounting policies** *(continued)***Incoming resources**

All incoming resources are included in the statement of financial activities when entitlement has passed to the charity; it is probable that the economic benefits associated with the transaction will flow to the charity and the amount can be reliably measured.

The following specific policies are applied to particular categories of income:

- * income from donations or grants is recognised when there is evidence of entitlement to the gift, receipt is probable and its amount can be measured reliably.
- * legacy income is recognised when receipt is probable and entitlement is established.
- * income from donated goods is measured at the fair value of the goods unless this is impractical to measure reliably, in which case the value is derived from the cost to the donor or the estimated resale value. Donated facilities and services are recognised in the accounts when received if the value can be reliably measured. No amounts are included for the contribution of general volunteers.
- * income from contracts for the supply of services is recognised with the delivery of the contracted service. This is classified as unrestricted funds unless there is a contractual requirement for it to be spent on a particular purpose and returned if unspent, in which case it may be regarded as restricted.

Resources expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes any VAT which cannot be fully recovered, and is classified under headings of the statement of financial activities to which it relates:

- * expenditure on raising funds includes the costs of all fundraising activities, events, non-charitable trading activities, and the sale of donated goods.
- * expenditure on charitable activities includes all costs incurred by a charity in undertaking activities that further its charitable aims for the benefit of its beneficiaries, including those support costs and costs relating to the governance of the charity apportioned to charitable activities.
- * other expenditure includes all expenditure that is neither related to raising

THE ASSOCIATION FOR PASTORAL CARE IN MENTAL HEALTH
Company Limited by Guarantee

Notes to the Financial Statements (continued)

Year ended 30 September 2021

Note

Resources expended (continued)

All costs are allocated to expenditure categories reflecting the use of the resource. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs are apportioned between the activities they contribute to on a reasonable, justifiable and consistent basis.

4) Limited by guarantee

Members of the charitable company guarantee to contribute an amount not exceeding £1 to the assets of the charitable company in the event of winding up.

	2021	2020
	£	£
5) Donations and legacies		
Members donations and gifts	<u>9,744</u>	<u>1,638</u>
6) Other trading activities		
Fundraising events	<u>540</u>	<u>425</u>
7) Investment income		
Bank interest receivable	<u>5</u>	<u>234</u>
8) Other income		
Tax recoverable	<u>259</u>	<u>-18</u>
9) Independent examination fees		
Fees payable to the independent examiner for:		
Independent examination of the financial statements	<u>0</u>	<u>450</u>
10) Trustee remuneration and expenses		
No remuneration or other benefits from employment with the charity or a related entity were received by the Trustees.		
11) Debtors	2021	2020
	£	£
Other debtors being gift aid recoverable	<u>259</u>	Nil

END OF NOTES to the FINANCIAL STATEMENTS

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