South Kent Mind

England & Wales · Charity number 1089472

Details

Other names	FOLKESTONE & DISTRICT MIND, FOLKESTONE AND DISTRICT MIND
Status	Registered
Legal form	Charitable company
Company number	04276323
Registered	2001-11-23
Register	View on the Charity Commission register

Contact

Address	South Kent Mind 24-26 Dover Road Folkestone Kent CT20 1JQ
Phone	01303250090
Email	contact@southkentmind.org.uk
Website	www.southkentmind.org.uk

Activities

Objects: THE CHARITY'S OBJECTS ARE TO PROMOTE THE PRESERVATION AND THE SAFEGUARDING OF MENTAL HEALTH AND THE RELIEF OF PERSONS SUFFERING FROM MENTAL HEALTH DISORDERS.

Activities: South Kent Mind promotes better mental health and wellbeing. We promote the preservation and safeguarding of mental health and the relief of persons suffering from mental health disorders. We deliver services focused on individual needs, help people to build resilience, seek funding and develop better support for people at risk of self harm and/or suicide.

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Classification

- **How:** Provides Human Resources, Provides Buildings/facilities/open Space, Provides Services, Provides Advocacy/advice/information
- **What:** General Charitable Purposes, The Advancement Of Health Or Saving Of Lives, Disability
- **Who:** People With Disabilities

Geography

- **Area of benefit:** SOUTH EAST KENT
- Kent

Finances

Period end	Income	Expenditure	Assets	Employees
2025-03-31	£504,952	£543,727	£428,314	12
2024-03-31	£450,408	£579,466	-	-
2023-03-31	£506,695	£436,400	£596,146	13
2022-03-31	£429,007	£316,480	-	-
2021-03-31	£308,445	£282,121	-	-

Trustees

Name	Role	Appointed
Charles William Traylen		2022-01-19
Colin Paine		2025-09-24
David Walbrook		2024-11-08
Harriet Verity Imogen Filmer		2021-11-16
Massimiliano Roberto Vizzini		2026-01-05
Murray Fairclough		2024-08-23
Robert James Kent		2022-10-04
Stewart Gordon Martin		2020-11-30

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South Kent Mind

England & Wales - Charity number 1089472

Accounts

South Kent Mind Coastal Sunrise Walk for Suicide Prevention Awareness Month

mind South Kent

Annual Report

2024-2025

A message from our CEO and Chair of Trustees

Message from the Chair, Charles and our CEO, Sheridan:

It has been a very productive and meaningful year for South Kent Mind, despite the continued challenges presented by the wider economic climate. Across South Kent, we have witnessed a growing need for our services as more individuals and families experience the impact of mental health difficulties, often compounded by financial uncertainty, social isolation, and the ongoing pressures of modern life. The demand for our support has never been greater, and our dedicated team has worked tirelessly to respond with compassion, professionalism, and creativity.

At the same time, the environment for charitable funding remains increasingly competitive. Grants are harder to secure, with many worthy causes applying to the same limited sources of funding. We have therefore had to be more resourceful and strategic in how we raise funds, ensuring that every pound we receive is used effectively to make the biggest possible difference. We are deeply grateful to all those who have supported us this year our donors, funders, volunteers, and partners. Without your generosity and belief in our mission, South Kent Mind simply could not continue to provide the level of mental health support our community needs and deserves.

It is important to remember that South Kent Mind is an independent local charity, affiliated with national Mind but entirely responsible for raising our own funds. This independence allows us to tailor our services to meet the specific needs of our local community, while also benefiting from the guidance, values, and quality standards of the national network. We are proud of the trust placed in us by local people and of the role we play in building a stronger, healthier South Kent.

Over the past year, our staff and volunteers have delivered a wide range of services designed to promote wellbeing, prevent crisis, and provide support for those living with mental health conditions. From counselling and peer support groups to community outreach and wellbeing workshops, our programmes have reached many people across the area. Many have shared how our support has helped them rebuild confidence, reconnect with others, and take positive steps toward recovery.

In this Annual Report, you will find stories, data, and highlights that illustrate the tangible impact of our work made possible only through the commitment of our supporters and the hard work of our team. We are especially proud of how our volunteers continue to embody the spirit of South Kent Mind: compassionate, inclusive, and dedicated to making a difference.

As we look to the year ahead, we remain ambitious about what we can achieve together. Our focus will continue to be on meeting growing local needs, strengthening partnerships, and ensuring that our services are sustainable for the long term.

Thank you for standing with us. Whether you give your time, your voice, or your financial support, you are part of the South Kent Mind family and together, we are ensuring that no one in South Kent faces a mental health problem alone.

Together, we are South Kent Mind

We are South Kent Mind, the local independent mental health charity for people across South Kent - from Sandwich to Dungeness, and inland to Hawkinge, Wingham, Folkestone, Hythe, Dover, Deal, and everywhere in between. Since 1988, we have stood alongside our community, guiding individuals toward better mental health by offering support, understanding, and hope. We have three shops, located in Folkestone, Hythe, and Dover, and our main office on 24-26 Dover Road in Folkestone.

Together, through compassion, connection, and action, we aim to build confidence, resilience, and wellbeing - for individuals today, and for stronger, kinder communities for tomorrow.

Our mission is simple yet powerful: to improve the lives of people with mental health challenges in South Kent. Our vision is one of a community where everyone with a mental health problem has somewhere to turn for advice and support that is person-centred.
At the heart of all we do are our objectives: promoting the preservation and safeguarding of mental health, and relieving the distress of those suffering from mental health disorders. To achieve this, we strive to be guided by our core values:

- Person-centred – we put each person at the heart of what we do.
- Empowering – we help people reclaim control over their own lives.
- Partnership-focused – we believe in collaboration—with individuals, with families, with schools, with professionals—to build stronger support networks.
- Reflective – we constantly learn, grow, and adapt to better meet needs.
- Sustainable – we plan and act for long-term impact and stability.
- Championing a positive work culture – caring for our team, volunteering sense, and ensuring kindness, respect, and morale are woven into everything we do.

South Kent Mind Area Map

Why our work matters

In England, it's estimated about 1 in 4 of us will experience a mental health problem at some point each year.

Life expectancy of people with a severe mental illness is about 15-20 years shorter than those without.

Research shows that adults and young people alike feel their wellbeing is getting worse, with adults also reportedly feeling lonelier. 7.8% of adults in the UK felt lonely 'always or often' in 2024.

Findings from 'The Big Mental Health Report' by National Mind published November 2024.

Mental health challenges affect millions across the UK, and the growing demand for support highlights just how vital our services are for individuals, families, and communities.

Here in South Kent, we see the impact every day - from increasing pressure on local services to the rising number of people reaching out for help. These challenges underline the importance of our work and the need to provide trusted, accessible support close to home.

1 in 4 working-age adults in South Kent rely on DWP benefits – far higher than the South East average.

Deprivation and mental health go hand in hand, making our local support more vital than ever

Results from a Local Insight Report by the OCSI conducted on 4th December 2024

2024/25 in numbers

Behind every number is a story of support, resilience, and positive change. This year, South Kent Mind has reached more people than ever before through our services, events, and community partnerships. These figures highlight the impact we've made together.

Over 3000 attendances to our group activities.

We supported 6 schools and supported 144 children and young people.

15 events attended throughout the year.

Over 5000 people following us on social media.

More than 70 volunteers gave their time to support us.

Over 300 wellbeing check-ups delivered throughout the year.

We supported over 30 organisations and groups.

Over 150 fundraisers supported us and attended our events.

Real lives, real impact

Our impact is best understood not through numbers alone, but through the people whose lives are touched by South Kent Mind. These testimonies from service users and volunteers highlight the hope, strength, and connection that come from being part of a supportive community. Their words show the real difference your support helps us make every day.

South Kent Mind, the organisation, workers, volunteers, and members all played a vital a part in my life. They helped a depressed, isolated person become a confident, positive person.

Paul, Group Activities User

Today, I have a great job and have been able to come off benefits - something I never imagined back then. None of this would have been possible without South Kent Mind. They've been patient, supportive, and always there when needed.

Chris, Group Activities User

I am really enjoying my experience as a volunteer at South Kent Mind meeting members from all walks of life, professions and careers. I find it interesting listening, with empathy and understanding, to their stories and experiences some of which I have encountered.

Christine, South Kent Mind Volunteer

For more information about our groups, please visit: https://southkentmind.org.uk/weekly-activities

Our Wellbeing Groups and Activities

At South Kent Mind, our wellbeing groups continue to provide safe, welcoming spaces where people can connect, build confidence, and support their mental health through shared interests and activities. From our ever-popular cooking sessions and creative art groups to gentle yoga, reading, gardening, and “walk and talk” meet-ups, each activity offers a chance to learn new skills, make friends, and feel part of a community.
Our groups remain some of our most valued and well-attended services, with many participants describing them as a vital part of their week.
To find out more about our groups, please visit: southkentmind.org.uk/weekly-activities

Healthy Cooking on a Budget

Our cooking group produce healthy and cost effective recipes each week!

Walk & Talk

Getting out for a walk in the fresh air can be great for your mental wellbeing, especially if you’re connecting with new people.

Reading for Wellbeing

A welcoming space to relax, connect and share the joy of reading together.

Monthly trips to Goodnestone Park

Once a month, we help with the gardening at Goodnestone Park!

Gardening at Park Farm Allotments

Connect with nature by helping maintain our allotment.

Art Groups

Bringing people together through art, creativity and conversation.

Mindfulness

Join in person or online to explore simple mindfulness practices that support mental wellbeing.

Gentle Yoga

Gentle, accessible yoga designed to help you unwind and find balance

Low Cost Counselling

Accessible counselling offering a safe space to talk and support your mental wellbeing

Money Guidance

Live well
Kent and Medway

Practical support to help you manage money worries and improve financial wellbeing.

New this year!

The past year has been an incredibly busy and rewarding one for South Kent Mind, filled with new activities, groups, awareness days, and community events.
From launching new wellbeing groups such as photography group, 'Chatty Monday' and our popular Line Dancing group, to creative workshops with Strange Cargo and Creative Folkestone along with hosting new awareness campaigns, our calendar has been bursting with opportunities for people to connect, learn, and support one another. Each new activity reflects our ongoing commitment to making mental health support accessible, inclusive, and engaging for everyone in our community.
Here are just a few highlights and photos capturing what we've been up to this year - a true celebration of growth, creativity, and togetherness at South Kent Mind.

In November, the sculptures we created in collaboration with Strange Cargo were put on permanent display at Folkestone West train station!

Attending awareness days within our local community!

Find out more about our groups and how to join by visiting:
southkentmind.org.uk/weekly-activities

How we supported school children and young people across South Kent

Over the past year, we've been proud to work with numerous primary and secondary schools across South Kent, supporting pupils through workshops and wellbeing activities.
These partnerships help us promote positive mental health and resilience in young people - and the feedback has been fantastic!

The Harvey Grammar School
Est. 1674

Guston Church of England Primary School, Dover

> We always enjoy the sessions run by your team and the friendliness and professionalism they bring.
> We hope to work with you again soon and are always keen to hear what workshops/activities are on offer!

> All the children were very positive about their experience and those that had done it before were very disappointed not to be with you again - so that shows how positively it was received.

South Kent Mind has been delivering courses to both primary and secondary schools within our local community. These courses, running over 4 weeks, focus on the issues that young people may be facing. Sessions last between 60 and 90 minutes and are delivered by our wellbeing coordinators.

The course covers: Understanding Self-Esteem and Confidence, Understanding Feelings, Understanding Relationships, Understanding Worries. For primary schools, SKM use an age appropriate version of this structure which has proved to be effective with younger children.

For more information visit: southkentmind.org.uk/school-workshops

Fundraising Highlights 2024-2025

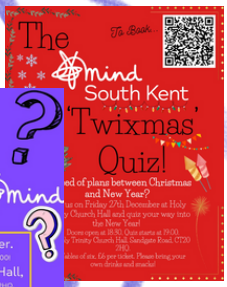
A Busy Year of Fundraising and Community Spirit!

It's been a busy and inspiring year of fundraising at South Kent Mind.
We would like to extend a heartfelt thank you to all the generous individuals, businesses, and community groups who supported us this year. We fundraise so we can continue supporting the mental health of our community. As grant funding becomes increasingly difficult to secure, we're relying more than ever on the strength and generosity of our local community. Every pound raised helps us be there for those who need us most.

In September 2024, Colin Paine embarked on his coast to coast road cycling challenge across southern Scotland and raised £1,286 for South Kent Mind! Thank you, Colin!

Mental Elf
Festive Fun Run

Our first Mental Elf Fun Run on Sunday 1st December 2024 had over 100 participants and raised over £1,500 for South Kent Mind!



For more information about South Kent Mind's fundraising visit:
southkentmind.org.uk/fundraise-for-us

If you would like to fundraise for your local, independent mental health charity, please contact:
joe.tolhurst@southkentmind.org.uk

Our Shops

Our shops are key to our fundraising efforts and it is thanks to the generosity of our community that makes them thrive.

Folkestone Shop

Our Folkestone shop has been open since December 2023 and is managed by Zane. The shop is going from strength to strength and has quickly become a popular destination for shoppers in Folkestone.

Visit our Folkestone shop at 46 Sandgate Road
01303 205769

Hythe Shop

Our well established Hythe Shop celebrated its 10th anniversary on 26th May 2024! The shop has been managed by Kerry for all 10 years.

Visit our Hythe shop at 105 High Street
01303 487900

Dover Shop

Our Dover Shop opened in August 2023 and is managed by Claire.

Visit our Dover shop on 44 Biggin Street
01304 201134

Donate your pre-loved items, volunteer your time, or shop with us - every purchase helps fund mental health support in our local community.

Visit our South Kent Mind shops or find out more at southkentmind.org.uk/our-shops

Statement of Financial Activities

South Kent Mind Ltd

Profit and loss account
for the year ended 31 March 2025

	Note	Restricted Funds £	Unrestricted Funds £	2025 Total £	2024 Total £
Income	***2***	134,156	366,448	500,604	448,555
Expenditure					
Charitable expenditure	***3***	(39,773)	(11,883)	(51,656)	(63,466)
Fund raising expenditure	***3***	-	(201,972)	(201,972)	(161,508)
Management & administration & charitable operations	***3***	(119,553)	(170,546)	(290,099)	(354,492)
Surplus / (deficit) on Operating income		(25,170)	(17,953)	(43,123)	(130,911)
Other interest receivable and profit on investments	***2***	-	4,348	4,348	1,853
Surplus / (deficit) for the year after tax		(25,170)	(13,605)	(38,775)	(129,058)
Transfers between funds	***12***	-	-	-	-
Retained surplus / (deficit) for the year		(25,170)	(13,605)	(38,775)	(129,058)
Retained surplus brought forward		25,170	268,105	293,275	422,333
Total funds carried forward		-	254,500	254,500	293,275

Thank you!

At South Kent Mind, we know that we couldn't do what we do without the incredible people who stand alongside us.

To our dedicated staff and volunteers, to the individuals who use our services and inspire us every day, and to everyone who has given their time, donated money or clothing to our shops, or fundraised on our behalf – thank you.

Your support makes a real and lasting difference. It enables us to continue delivering vital services, reach more people in need, and offer hope and reassurance across our community. At a time when demand for mental health support is greater than ever, your kindness and commitment mean the world to us.

Together, we are building a stronger, more resilient South Kent – and we are deeply grateful for every contribution that helps make this possible.

Our funders and supporters

We would like to extend our heartfelt thanks to all the funders, partners, and supporters who have stood with South Kent Mind this year. Your generosity - whether through grants, donations, sponsorship, fundraising, or gifts in kind - has played a key role in enabling us to deliver support across our community.

How to continue your support

Want to keep up to date with the latest from South Kent Mind?

/southkentmind

@southkentmind

/company/southkentmind

southkentmind.org.uk

Volunteer with South Kent Mind!

Would you like to make a difference in your community?

From helping in our charity shops to supporting local events and wellbeing activities, our volunteers play a vital role in everything we do.

Whether you can give a few hours a week or help out occasionally, your time and energy can change lives.

Find out more and get involved: southkentmind.org.uk/volunteering

Make a difference today

Your donation helps us deliver life-changing mental health support right here in our community.

Scan the QR code to donate - every pound counts.

Thank you for your generosity!

South Kent Mind's Mental Elf Fun Run 2024

mind South Kent

South Kent Mind Centre: 24-26 Dover Road, Folkestone, Kent, CT20 1JQ

Tel: 01303 250090

Email: contact@southkentmind.org.uk

Website: southkentmind.org.uk

Folkestone Shop: 46 Sandgate Road, CT20 1DW
01303 205769

Hythe Shop: 105 High Street, CT21 5JH
01303 487900

Dover Shop: 44 Biggin Street, CT16 1DB
01304 201134

Registered Charity: 1089472

Registered Company: 4276323

Registration number 04276323
Charity number: 1089472

South Kent Mind Ltd

Report and unaudited financial statements

for the year ended 31 March 2025

South Kent Mind Ltd

Company information

Trustees	Stewart Martin Charles Traylen Harriet Filmer Robbie Kent David Walbrook Murray Fairclough Ray Campion Sarah Morgan Grahame Ward
Company number	04276323
Charity Number	1089472
Registered office	24-26 Dover Road Folkestone Kent CT20 1JQ
Accountants	PG Lemon LLP 134 High Street Hythe Kent CT21 5LB
Business address	24-26 Dover Road Folkestone Kent CT20 1JQ

South Kent Mind Ltd

Independent examiner's report to the trustees on the unaudited financial statements of South Kent Mind Ltd

I report on the accounts of South Kent Mind Ltd for the year ended 31 March 2025 set out on pages 2 to 11.

Respective responsibilities of trustees and independent examiner

The charity's trustees (who are also the directors of the company for purposes of company law) are responsible for the preparation of the accounts. They consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act), and that an independent examination is needed. It is my responsibility to examine the accounts under section 145 of the Act, to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the Act, and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(i) which gives me reasonable cause to believe that in any material respect the requirements:
- to keep proper accounting records in accordance with section 130 of the Charities Act 2011; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of the Charities (Accounts and Reports) regulations 2008.

have not been met; or

(ii) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Maxine Anne Gambrill FCCA
Chartered Certified Accountant
Independent examiner

PG Lemon LLP
134 High Street
Hythe, Kent
CT21 5LB

Date:

South Kent Mind Ltd

Profit and loss account
for the year ended 31 March 2025

	Note	Restricted Funds £	Unrestricted Funds £	2025 Total £	2024 Total £
Income	**2**	134,156	366,448	500,604	448,555
Expenditure					
Charitable expenditure	**3**	(39,773)	(11,883)	(51,656)	(63,466)
Fund raising expenditure	**3**	-	(201,972)	(201,972)	(161,508)
Management & administration & charitable operations	**3**	(119,553)	(170,546)	(290,099)	(354,492)
Surplus / (deficit) on Operating income		(25,170)	(17,953)	(43,123)	(130,911)
Other interest receivable and profit on investments	**2**	-	4,348	4,348	1,853
Surplus / (deficit) for the year after tax		(25,170)	(13,605)	(38,775)	(129,058)
Transfers between funds	**12**	-	-	-	-
Retained surplus / (deficit) for the year		(25,170)	(13,605)	(38,775)	(129,058)
Retained surplus brought forward		25,170	268,105	293,275	422,333
Total funds carried forward		-	254,500	254,500	293,275

The notes on pages 5 to 11 form an integral part of these financial statements.

South Kent Mind Ltd

Balance sheet
as at 31 March 2025

	Notes	2025 £	2025 £	2024 £	2024 £
Fixed assets					
Tangible assets	**5**		253,950		255,870
Current assets					
Debtors	**6**	10,242		9,367	
Cash at bank and in hand		181,029		230,649	
		191,271		240,016	
Creditors: amounts falling due within one year	**7**	(16,907)		(9,298)	
Net current assets			174,364		230,718
Total assets less current liabilities			428,314		486,588
Accruals and deferred income			-		(19,500)
Net assets			428,314		467,088
Capital and reserves					
Funds and Reserves	**9**		428,314		467,088
Total reserves			428,314		467,088

The trustees' statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet.

The notes on pages 5 to 11 form an integral part of these financial statements.

Balance sheet (continued)

Directors' statements required by Sections 475(2) and (3) for the year ended 31 March 2025

For the year ended 31 March 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Trustees' responsibilities:

• The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and

• The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2016) - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

These accounts were approved by the trustees, and are signed on their behalf by:

Charles Traylen
Trustee

Stewart Martin
Trustee

Registration number 04276323

1. Accounting policies

1.1. Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102 Section 1A) - ((Charities SORP (FRS 102)) , the Charities Act 2011 and the Companies Act 2006.

South Kent MIND meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

1.2. Income recognition policies

Items of income are recognised and included in the accounts when all of the following criteria are met:
- the charity has entitlement to the funds;
- any performance conditions attached to the items of income have been met or are fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1.3. Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Restricted funds are grants and donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

1.4. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:
- charitable expenditure
- fund raising expenditure
- management & administration costs and charitable operations.

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1.5. Tangible fixed assets and depreciation

Individual fixed assets costing £100 or more are capitalised at cost and are depreciated over their useful economic lives as follows:

Land and buildings	-	Not depreciated
Furnishings	-	15% reducing balance
Centre equipment	-	15% reducing balance
	-	15% reducing balance
Improve-ments	-	5% straight line

The trustees do not consider it necessary to depreciate freehold land and buildings.
The leasehold property was revalued at 31 March 2015.

1.6. 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.

1.7. 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.

1.8. Pensions

The pension costs charged in the financial statements represent the contribution payable by the company during the year.

The regular cost of providing retirement pensions and related benefits is charged to the profit and loss account over the employees' service lives on the basis of a constant percentage of earnings.

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2. Analysis of income

Charitable income	Restricted	Unrestricted	2025	2024
			£	£
Charitable grants and donations	46,992	54,926	101,918	153,690
Porchlight - Live Well contract	87,164	-	87,164	87,164
Centre income	-	4,256	4,256	14,059
Shop income	-	286,458	286,458	179,294
Abercrombie cafe income	-	-	-	-
Fundraising events and other income	-	11,624	11,624	8,364
Gift aid income	-	-	-	-
Membership subscriptions	-	13	13	17
	134,156	357,277	491,433	442,588

Other income	Restricted	Unrestricted	2025	2024
			£	£
Property income	-	-	-	-
Other rental income	-	1,752	1,752	634
Other income	-	7,419	7,419	5,333
	-	9,171	9,171	5,967

Investment income	Restricted	Unrestricted	2025	2024
			£	£
Bank interest received	-	4,348	4,348	1,853
	-	4,348	4,348	1,853

..... continued

3. Analysis of expenditure

Charitable expenditure	Restricted	Unrestricted	2025	2024
			£	£
Light and heat	3,089	3,777	6,866	17,378
Repairs and maintenance (inc. property management)	-	758	758	1,818
Travelling and subsistence	3,005	485	3,490	4,109
Centre activities and counselling	4,109	4,351	8,460	9,357
Community activities & groups	-	-	-	-
Subcontract labour	19,478	2,998	22,476	8,052
Dover Hub	264	-	264	17,772
Volunteer/trustee expenses	-	540	540	359
Cleaning materials and consumables	10,356	542	9,814	3,934
National MIND affiliation fee	-	1,032	1,032	687
	39,773	11,883	51,656	63,466

Fund raising expenditure	Restricted	Unrestricted	2025	2024
			£	£
Shop salaries (incl. er's NI)	-	123,553	123,553	86,850
Shop expenses	-	10,259	10,259	52,288
Shop and storage garage rent payable	-	46,887	46,887	22,370
Shop heat and light		21,273	21,273	-
Fund raising expenses	-	-	-	-
	-	201,972	201,972	161,508

Management and administration costs and charitable operations	Restricted	Unrestricted	2025	2024
			£	£
Salaries (incl. er's NI)	78,988	145,042	224,030	284,752
Staff money purchase pension costs	4,011	618	4,629	7,205
Staff supervision, training & recruitment	1,154	1,155	2,309	2,137
Rates	2,763	921	3,684	2,254
Insurance (personnel and buildings)	8,830	2,936	11,766	11,985
Printing, postage and stationery	5,130	388	5,518	4,922
Telephone	8,351	990	9,341	8,507
Website and computer costs	6,593	8,482	15,075	17,355
Marketing	-	1,094	1,094	5,207
Consultancy fees	-	705	705	-
Accountancy	2,550	2,550	5,100	5,340

..... continued

Bank charges	1,183	3,185	4,368	1,725
General expenses	-	(1)	(1)	301
Subscriptions	-	560	560	652
Depreciation on furnishing	-	280	280	330
Depreciation on FF & equipment	-	927	927	1,090
Depreciation on shop equipment	-	110	110	127
Depreciation on improvements	-	603	603	603
	119,553	170,545	290,098	354,492

4. Pension costs

The company operates a defined contribution pension scheme. the scheme and its assets are held by independent managers. The pension charge represents contributions due from the company and amount to £6,392 (2024: £7,205).

5. Tangible fixed assets

	Land and buildings freehold £	Furni-shings £	Centre equipment £	Shop equipment £	Improve-ments £	Total £
Cost/revaluation						
At 1 April 2024	245,000	14,380	29,633	6,065	112,474	407,552
At 31 March 2025	245,000	14,380	29,633	6,065	112,474	407,552
Depreciation						
At 1 April 2024	-	12,514	23,452	5,335	110,381	151,682
Charge for the year	-	280	927	110	603	1,920
At 31 March 2025	-	12,794	24,379	5,445	110,984	153,602
Net book values						
At 31 March 2025	245,000	1,586	5,254	620	1,490	253,950
At 31 March 2024	245,000	1,866	6,181	730	2,093	255,870

..... continued

6. Debtors	2025 £	2024 £
Trade debtors	8,438	7,789
Prepayments and accrued income	1,804	1,578
	10,242	9,367

7. Creditors: amounts falling due within one year	2025 £	2024 £
Trade creditors	8,518	(1,682)
Other taxes and social security costs	5,209	6,082
Accruals and deferred income	3,180	3,180
Pension contributions	-	1,718
	16,907	9,298

8. Corporation taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent these are applied to its charitable objectives.

..... continued

9. Reserves

	Revaluation Reserve £	Restricted Funds £	Unrestricted Funds Re Fixed Assets £	Unrestricted Funds £	Total £
At 1 April 2024	173,813	25,170	77,816	190,289	467,088
Movement on reserves		(25,170)	-	(13,605)	(38,775)
At 31 March 2025	173,813	-	77,816	176,684	428,313

The total funds carried forward on the statement of financial activities exclude the revaluation reserve. The increase in the charity's reserves was part of the Board's strategy to invest, in a management structure and operating environment, to allow it to meet compliance, service user and funder requirements in the long term.

10. Company limited by guarantee

The legal status of the charity is a company limited by guarantee and has no share capital.

Registration number 04276323
Charity number: 1089472

South Kent Mind Ltd

Report and unaudited financial statements

for the year ended 31 March 2025

South Kent Mind Ltd

Company information

Trustees	Stewart Martin Charles Traylen Harriet Filmer Robbie Kent David Walbrook Murray Fairclough Ray Campion Sarah Morgan Grahame Ward
Company number	04276323
Charity Number	1089472
Registered office	24-26 Dover Road Folkestone Kent CT20 1JQ
Accountants	PG Lemon LLP 134 High Street Hythe Kent CT21 5LB
Business address	24-26 Dover Road Folkestone Kent CT20 1JQ

South Kent Mind Ltd

Independent examiner's report to the trustees on the unaudited financial statements of South Kent Mind Ltd

I report on the accounts of South Kent Mind Ltd for the year ended 31 March 2025 set out on pages 2 to 11.

Respective responsibilities of trustees and independent examiner

The charity's trustees (who are also the directors of the company for purposes of company law) are responsible for the preparation of the accounts. They consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act), and that an independent examination is needed. It is my responsibility to examine the accounts under section 145 of the Act, to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the Act, and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(i) which gives me reasonable cause to believe that in any material respect the requirements:
- to keep proper accounting records in accordance with section 130 of the Charities Act 2011; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of the Charities (Accounts and Reports) regulations 2008.

have not been met; or

(ii) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Maxine Anne Gambrill FCCA
Chartered Certified Accountant
Independent examiner

PG Lemon LLP
134 High Street
Hythe, Kent
CT21 5LB

Date:

South Kent Mind Ltd

Profit and loss account
for the year ended 31 March 2025

	Note	Restricted Funds £	Unrestricted Funds £	2025 Total £	2024 Total £
Income	**2**	134,156	366,448	500,604	448,555
Expenditure					
Charitable expenditure	**3**	(39,773)	(11,883)	(51,656)	(63,466)
Fund raising expenditure	**3**	-	(201,972)	(201,972)	(161,508)
Management & administration & charitable operations	**3**	(119,553)	(170,546)	(290,099)	(354,492)
Surplus / (deficit) on Operating income		(25,170)	(17,953)	(43,123)	(130,911)
Other interest receivable and profit on investments	**2**	-	4,348	4,348	1,853
Surplus / (deficit) for the year after tax		(25,170)	(13,605)	(38,775)	(129,058)
Transfers between funds	**12**	-	-	-	-
Retained surplus / (deficit) for the year		(25,170)	(13,605)	(38,775)	(129,058)
Retained surplus brought forward		25,170	268,105	293,275	422,333
Total funds carried forward		-	254,500	254,500	293,275

The notes on pages 5 to 11 form an integral part of these financial statements.

South Kent Mind Ltd

Balance sheet
as at 31 March 2025

	Notes	2025 £	2025 £	2024 £	2024 £
Fixed assets					
Tangible assets	**5**		253,950		255,870
Current assets					
Debtors	**6**	10,242		9,367	
Cash at bank and in hand		181,029		230,649	
		191,271		240,016	
Creditors: amounts falling due within one year	**7**	(16,907)		(9,298)	
Net current assets			174,364		230,718
Total assets less current liabilities			428,314		486,588
Accruals and deferred income			-		(19,500)
Net assets			428,314		467,088
Capital and reserves					
Funds and Reserves	**9**		428,314		467,088
Total reserves			428,314		467,088

The trustees' statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet.

The notes on pages 5 to 11 form an integral part of these financial statements.

Balance sheet (continued)

Directors' statements required by Sections 475(2) and (3) for the year ended 31 March 2025

For the year ended 31 March 2025 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Trustees' responsibilities:

• The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and

• The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2016) - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

These accounts were approved by the trustees, and are signed on their behalf by:

Charles Traylen
Trustee

Stewart Martin
Trustee

Registration number 04276323

1. Accounting policies

1.1. Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102 Section 1A) - ((Charities SORP (FRS 102)) , the Charities Act 2011 and the Companies Act 2006.

South Kent MIND meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

1.2. Income recognition policies

Items of income are recognised and included in the accounts when all of the following criteria are met:
- the charity has entitlement to the funds;
- any performance conditions attached to the items of income have been met or are fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1.3. Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Restricted funds are grants and donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

1.4. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:
- charitable expenditure
- fund raising expenditure
- management & administration costs and charitable operations.

..... continued

1.5. Tangible fixed assets and depreciation

Individual fixed assets costing £100 or more are capitalised at cost and are depreciated over their useful economic lives as follows:

Land and buildings	-	Not depreciated
Furnishings	-	15% reducing balance
Centre equipment	-	15% reducing balance
	-	15% reducing balance
Improve-ments	-	5% straight line

The trustees do not consider it necessary to depreciate freehold land and buildings.
The leasehold property was revalued at 31 March 2015.

1.6. 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.

1.7. 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.

1.8. Pensions

The pension costs charged in the financial statements represent the contribution payable by the company during the year.

The regular cost of providing retirement pensions and related benefits is charged to the profit and loss account over the employees' service lives on the basis of a constant percentage of earnings.

..... continued

2. Analysis of income

Charitable income	Restricted	Unrestricted	2025	2024
			£	£
Charitable grants and donations	46,992	54,926	101,918	153,690
Porchlight - Live Well contract	87,164	-	87,164	87,164
Centre income	-	4,256	4,256	14,059
Shop income	-	286,458	286,458	179,294
Abercrombie cafe income	-	-	-	-
Fundraising events and other income	-	11,624	11,624	8,364
Gift aid income	-	-	-	-
Membership subscriptions	-	13	13	17
	134,156	357,277	491,433	442,588

Other income	Restricted	Unrestricted	2025	2024
			£	£
Property income	-	-	-	-
Other rental income	-	1,752	1,752	634
Other income	-	7,419	7,419	5,333
	-	9,171	9,171	5,967

Investment income	Restricted	Unrestricted	2025	2024
			£	£
Bank interest received	-	4,348	4,348	1,853
	-	4,348	4,348	1,853

..... continued

3. Analysis of expenditure

Charitable expenditure	Restricted	Unrestricted	2025	2024
			£	£
Light and heat	3,089	3,777	6,866	17,378
Repairs and maintenance (inc. property management)	-	758	758	1,818
Travelling and subsistence	3,005	485	3,490	4,109
Centre activities and counselling	4,109	4,351	8,460	9,357
Community activities & groups	-	-	-	-
Subcontract labour	19,478	2,998	22,476	8,052
Dover Hub	264	-	264	17,772
Volunteer/trustee expenses	-	540	540	359
Cleaning materials and consumables	10,356	542	9,814	3,934
National MIND affiliation fee	-	1,032	1,032	687
	39,773	11,883	51,656	63,466

Fund raising expenditure	Restricted	Unrestricted	2025	2024
			£	£
Shop salaries (incl. er's NI)	-	123,553	123,553	86,850
Shop expenses	-	10,259	10,259	52,288
Shop and storage garage rent payable	-	46,887	46,887	22,370
Shop heat and light		21,273	21,273	-
Fund raising expenses	-	-	-	-
	-	201,972	201,972	161,508

Management and administration costs and charitable operations	Restricted	Unrestricted	2025	2024
			£	£
Salaries (incl. er's NI)	78,988	145,042	224,030	284,752
Staff money purchase pension costs	4,011	618	4,629	7,205
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..... continued

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..... continued

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Accruals and deferred income	3,180	3,180
Pension contributions	-	1,718
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8. Corporation taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent these are applied to its charitable objectives.

..... continued

9. Reserves

	Revaluation Reserve £	Restricted Funds £	Unrestricted Funds Re Fixed Assets £	Unrestricted Funds £	Total £
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Movement on reserves		(25,170)	-	(13,605)	(38,775)
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The total funds carried forward on the statement of financial activities exclude the revaluation reserve. The increase in the charity's reserves was part of the Board's strategy to invest, in a management structure and operating environment, to allow it to meet compliance, service user and funder requirements in the long term.

10. Company limited by guarantee

The legal status of the charity is a company limited by guarantee and has no share capital.

South Kent Mind

England & Wales - Charity number 1089472

Accounts

Annual Report 2023 -2024

mind
South Kent

Welcome!

A message from the Chair and CEO

Charles Traylen

Chair

The political landscape this year has been particularly challenging, with the cost-of-living crisis and numerous pressures on public finances impacting our statutory funding. However, despite these challenges, we have continued to improve the lives of individuals with mental health issues in the South Kent Area.

This year has been busy and productive in our efforts to support the local community with their mental health needs.

We have actively sought the needs of our local community and hopefully have delivered activities that better reflect those needs in Hythe, Folkestone, Dover, and Deal. This report outlines how we have achieved this.

We are pleased to announce the opening of two new shops in Dover and Folkestone. All the profits from our 3 shops (Hythe, Dover and Folkestone) fund our charity. Establishing these shops within a short span of four months was demanding, but with the remarkable support from our volunteers and staff, we succeeded. We encourage everyone to visit these shops, with their addresses provided at the end of this report.

Our ongoing work in schools has been highly welcomed by teaching staff and students, who can clearly see the benefits our sessions have had. We are optimistic about obtaining additional grants to continue this essential work.

The Trustees have diligently governed the charity throughout the year. We extend our special thanks to our Treasurer, Stewart Martin, whose contribution has been invaluable.

We remain hopeful and committed to growing from strength to strength in the coming year.

Sheridan Hammond

CEO

Who are South Kent Mind?

We support anyone with mental health concerns living in the South Kent area. This includes Sandwich, Deal, Walmer, Kingsdown, Dover, Folkestone, Hawkinge, Sandgate, Hythe, Greatstone, Littlestone, Dymchurch, New Romney, Lydd, and Dungeness.

Thank you!

To the South Kent Mind team

To our staff members, it takes a truly caring and passionate person to work at South Kent Mind. Your dedication and teamwork means that more and more people can get the support they need. A huge thank you to you all.

To all our volunteers

We are incredibly grateful to our wonderful team of volunteers. Whether you support our office staff, volunteer in our shops or help service users in our wellbeing groups- you are amazing! Thank you for giving up your time to support our small charity, we couldn't do it without you.

To our service users

To our service users, you should be proud of yourself, taking that first step towards better mental health can be scary but you have done it! Thank you for allowing us to listen and learn from you as we guide you on your mental health journey.

To everyone supporting South Kent Mind

Whether you have given up your time, donated money or clothes to our shops, fundraised or simply given us a follow-on social media- every bit of support is important to us. A big thank you to everyone who has supported us over the years.

Our Mission, Vision, Values, and Objectives

Mission

We are dedicated to improving the lives of people with mental health challenges in South Kent.

Vision

We want to see that everyone with a mental health problem in South Kent has somewhere to turn for advice and support.

Values

- Person-centered
- Empowering
- Partnership-focused
- Reflective
- Sustainable
- Championing a positive work culture.

Objectives

Provide relief.
We listen, support, and provide relief through a wide range of services.

Build resilience.
We empower people by raising awareness and educating to build resilience and create preventions.

Aid rehabilitation.
We guide people on their road to recovery, aiding their rehabilitation to get back to the things they love.

For the last 36 years, we have been supporting the mental health and wellbeing of people in South Kent. Our local communities are very important to us, and we want to see that everyone experiencing challenges with their mental health can access and obtain the right support for them.

Our funders and supporters

We would like to say a massive thank you to everyone who has supported us this year. With your support and funding, we can continue our mission to improve the lives and mental health of people living in the South Kent area.

Social
Enterprise
Kent

The BIG BIKE Revival

DOVER DISTRICT COUNCIL

NATIONAL Open GARDEN SCHEME

KENT COMMUNITY FOUNDATION

PCPhillips Foundation

& The Mrs Smith Mount Trust

Live well Kent and Medway

PORT OF DOVER community fund

DCT

The D'Oyly Carte Charitable Tr

The Percy Bilton Charity

Our year in numbers

We are dedicated to providing relief and building people's resilience on their road to better mental health.

Here's how we supported in 2023-24...

Over 2,500 attendances to our group activities.

We supported **9** schools reaching over **250** children and young people.

13 events attended throughout the year.

Over 4,800 people following us on social media.

More than 60 volunteers gave their time and supported our many services.

Over 350 wellbeing check-ups delivered throughout the year.

10 fundraisers supported us

We worked with over 30 organisations to provide additional support.

Mental health in the South Kent area

What does the mental health landscape look like in South Kent for 2024?

Population of South Kent: approx. 230,000

More than 1 in 7 adults in the UK say their mental health is currently bad or the worst it's ever been.

More women than **men** have reported struggling with poor mental health (18.5% of women, 12.5% of men)

Young people, aged 16-24 are reportedly the **most affected** by mental health struggles, with nearly a **quarter (23.5%)** describing their mental health as bad or the worst it's ever been.

Total NHS spend on medications used to treat anxiety and depression was at the **highest at the start of the pandemic**, with a total spend of **£346.4 million** in 2020.

In the UK, the term **'How to reduce stress'** is searched on Google **once every 10 minutes**, on average.

Source: Mental Health Statistics UK

World Mental Health Day 2023 survey results

What does mental health mean to the people of South Kent?

For **World Mental Health Day 2023**, we conducted a survey to find out what concerns the people of South Kent the most when it comes to their mental health. The survey has been useful in helping us adapt our services to be more accessible and useful.

37% of respondents have been directly impacted by mental health issues

36% said that they have been impacted through a friend or family member

Our survey shows that **almost all of us have been impacted by mental health** in some way. This is why mental health services are so important to the health of our community.

The top three things most likely to negatively impact our mental health are:

1. Significant life changes
2. Loneliness and/or isolation
3. Relationships with family and/or friends

The top three things most likely to positively impact our mental health are:

1. Socialising and making connections with people
2. Creative activities (e.g. painting, writing, making music)
3. Travelling and visiting new/different places

These results show us that our wellbeing groups are helpful to those with mental health concerns. We have a range of activities such as art and cooking, as well as social-based groups like our walk and talk sessions.

How we have supported people in the South Kent community

Cooking and Baking

"I have no family here and I do experience loneliness, cooking and eating together gives me a real sense of belonging."

Our healthy cooking on a budget group has proved to be immensely popular. It is well attended, and service users report that they have gained the skills and confidence to cook from scratch. Participants prepare, cook and eat together and the social element is a hugely important part of these groups.

Walking Groups in Folkestone

A group of people meet each week for a gentle stroll through the country park. The sea, plants, fresh air and conversation has proved to be very popular and helpful in improving wellbeing.

"In recent times the walking group has been a lifeline, the support from the team, as well as the members has got me though and I will always be grateful to them all.

It's fair to say that my time with **South Kent Mind** has transformed my life so very much for the better and in ways I could not have possible imagined. The world is such a challenging place and the work that SKM does is more vital than ever."

Group Activities User

Find out more about our groups at:
southkentmind.org.uk/weekly-activities

Mindfulness

Our Deal 5-week Mindfulness course in the spring proved to be a huge success with increasing numbers wishing to join. There is now a strong core group regularly attending the weekly sessions in Deal where we are delivering Mindfulness Mediation and teaching coping strategies. Each week we cover different topics, including food & mood, and managing anxiety.

Online Mindfulness

"Mindfulness has helped me to accept and befriend my anxiety. I know it will always be part of who I am but I'm learning to live alongside it."

People are really feeling the benefit of joining online, particularly those who find it difficult to leave their homes. Participants have increased their confidence, with one individual who rarely leaves their house offering to join us for a walk. People are using the relaxation techniques to manage their anxiety and emotions.

Goodnestone Park Gardening

"When I am at Goodnestone Park all my worries just disappear."

Once a month a large group of service users volunteer at Goodnestone Park. As well as promoting physical activity and connecting to nature, it gives people a real sense of achievement and purpose when they step back to look at what they can achieve when working together.

Dover Groups

Our Dover groups are going from strength to strength. Here we facilitate a weekly walk and a creativity and mindfulness session. Creative writing and journaling for wellbeing is a very popular element of these groups. Each person has their own writing book, and the participants have built the confidence to read their work out loud to the group.

Find out more about our groups at: southkentmind.org.uk/weekly-activities

How we have supported children and young people across South Kent

South Kent Mind has been delivering courses to both primary and secondary school in the area. These courses, running over 4 weeks, focus on the issues that young people may be facing. Sessions last between 60 and 90 minutes and are delivered by two of the wellbeing coordinators on the South Kent Mind team.

The course is structured over 4 sessions, covering: Understanding Self-Esteem and Confidence, Understanding Feelings, Understanding Relationships, Understanding Worries. For primary schools, SKM use an age-appropriate version of this structure which has proved to be effective with younger children.

> We feel that pupils get the best out their education when they have strategies that support good mental health & wellbeing, and we have been really grateful to work with **South Kent Mind** to help promote positive mental health for our pupils

The Folkestone School for Girls

Delivery is centered on completing work sheets and then engaging in a group discussion about outcomes. A “contract of conduct” is established in the first week of delivery to ensure that anything shared in the session is handled with respect.

Young people are reminded that if they feel unable to contribute, they don’t have to. By establishing these boundaries, staff have found that young people feel much more confident to speak out.

The team have thoroughly enjoyed delivering these sessions with feedback from schools and pupils reinforcing the need for and success of such courses.

Find out more:

southkentmind.org.uk/school-workshops

southkentmind.org.uk/youth-services

“The mental health and wellbeing of our pupils is so incredibly important, and we have really enjoyed working with **South Kent Mind** to build our pupils resilience and create positive strategies to support our children’s mental wellbeing”

Guston Primary

mind South Kent

Volunteer for us!

We can't do it without you!

40 volunteers currently give their time and support to our services

This support has enabled us to provide 27 groups, 29 activities, provide counselling, run 2 shops and support our office team!

You can join our team! Please take a look at the table below

In our shops	Your support enables us to raise vital funds that go directly back into providing services for those who need it.
With our activities	To keep our activities going which help provide sanctuary, social environments, help with wellbeing, building confidence and developing skills.
Driving	Enables us to collect the many donations we receive that keep our shops going, as well as supporting our gardening trips
Front of House	Help our team by being that friendly face meeting and greeting and taking calls on our reception
Events / Fundraising	Your presence at events and around town raises awareness of the charity for those who need us and those who would like to support us.

Get started today!

Scan the QR code to download our volunteer application.

Find out more about our volunteer vacancies at: southkentmind.org.uk/volunteering

01303 250090

contact@southkentmind.org.uk

Follow us @southkentmind

How we have been supported by our volunteers

Volunteers

We are incredibly grateful that more than 60 volunteers have supported us over the past year. Thanks to them we are able to keep our shops running efficiently, make sure all our service users are supported at groups and attend events across South Kent.

A big thank you to all our hard-working volunteers, you are the glue of our local community, and we couldn't do it without you!

Find out more about volunteering for South Kent Mind at:

southkentmind.org.uk/volunteering

"Being able to volunteer at **South Kent Mind** I consider a privilege. Every time I leave the building, at the end of the session, I have a smile on my face and happy thoughts. Knowing that our vulnerable members of society are so well supported with their wellbeing and mental health is uplifting. The range of activities available to the clients is amazing.

I personally have been able to support a range of activities; relaxation, cooking, wellbeing and reading. Each session brings out different qualities in the clients. The staff are extremely professional, caring and supportive. **I would highly recommend volunteering at South Kent Mind.**"

Nicky, South Kent Mind Volunteer

mind South Kent

Volunteer for us!

Passionate about mental health and looking to support your local community?

We're looking for friendly & enthusiastic people to:

- Volunteer at our shops
- Support our wellbeing activities
- Help out at our office
- Teach people new skills- are you an artist looking to share your ideas with others?

Start volunteering

1. **Fill out a volunteer application at southkentmind.org.uk/volunteering**
2. **Get in touch with us via email at: contact@southkentmind.org.uk**
3. **We'll get in contact to discuss which roles may be best for you!**

01303 250090
contact@southkentmind.org.uk

Follow us @southkentmind

Support through Fundraising

On 16th July 2023 ***Debbie*** *embarked upon a 14-day cycle ride from Lands End to John O'Groats raising a total of* ***£3,264.50 for South Kent Mind***

"I'm doing it for South Kent Mind, because I want to give something back."

In 2019 I was involved in a cycling accident that resulted in a serious shoulder injury and significantly impacted my confidence and mental health. It was a three-year recovery period and over that time I realised that my passion for sports in general was a major part of my mental wellbeing, and being unable to cycle brought metal health challenges I had not encountered until then.

Because of my circumstances, I was fortunate to fund private therapy sessions which have rebuilt my confidence and set me back on the path to recovery. Upon reflection I realised that there are other people in our communities, for whom private therapy is beyond their means and so I did some research and found a local mental health charity, South Kent Mind who provide subsidised counselling to the area."

Fundraisers

As South Kent Mind is and independent non-profit, we often rely on the support of local community to help us raise funds for those struggling with their mental wellbeing. This year we have been lucky to have had the support of **10 fundraisers!**

Some of the challenges that people have set themselves to raise money for us have been incredible from bike rides and coastal walks to the Tough Mudder event. If you have fundraised for us this year, we'd like to say a huge thank you for choosing our charity, your amazing efforts mean that we can continue our vital services.

Start your fundraiser at:

southkentmind.org.uk/fundraise-for-us

A look back at all the things we have been up to in 2023 – 2024!

South Kent Mind

Charity Shops

As a local charity, our shops play an important part in raising funds so that we can continue to support people in need.

Dover Shop

Our Dover Shop opened in August 2023 and is managed by Kath Ellis. Thank you to all the staff and volunteers who make a massive difference in the Dover community. **You can find our Dover shop at 44 Biggin Street.**

Folkestone Shop

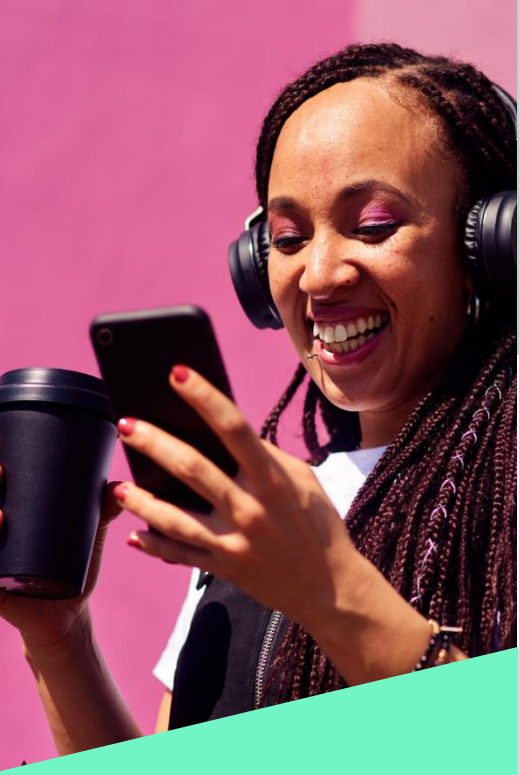
Our Folkestone Shop opened its doors in December 2023 and is managed by Zane Talberga. A big thank you to all our volunteers and staff at the Folkestone shop who made opening and running this location possible. **Visit our Folkestone shop at 46 Sandgate Road.**

Hythe Shop

Our Hythe shop is managed by Kerry Duncan

Our Hythe shop at 105 High Street officially turned nine this year! Thank you to all the shop staff and volunteers who have dedicated their time and efforts over the years in Hythe. We're looking forward to celebrating the shop's 10th anniversary in 2025.

If you'd like to donate your unneeded items please pop into one of our shops or place them in our donation bins, list of donation bins can be found at: **southkentmind.org.uk/our-shops**



How we have been communicating and engaging in South Kent

Social Media

We regularly use social media to communicate all the activities, events, and interactions taking place every day. With over 4,800 followers across our platforms, our social media presence is growing, and we hope that you will give us a like and follow (if you don't already) to keep up to date with everything going on at South Kent Mind.

South Kent Mind Website

In the 2023-2024 period **approx. 8,000 active users on our website**.

Whether you are looking for information for yourself or on behalf of someone you know, our website has everything you need! You can explore all of our wellbeing activities and check out what we've been up and to/ what we have coming up in the **Latest News** section.

Want to keep up to date with all the latest from South Kent Mind?

Like and follow us on the following social media sites:

/southkentmind

@southkentmind

/company/southkentmind

@southkentmind

You can also check out our website by going to:

www.southkentmind.org.uk

Statement of Financial Activities

Income and expenditure for the 2023 - 2024 financial year (ending 31 March 2024).

	Restricted Funds 2024 £	Unrestricted Funds 2024 £	2024 Total £	2023 Total £
Income	196,022	252,533	448,555	506,695
Expenditure				
Charitable expenditure	(39,949)	(23,517)	(63,466)	(82,618)
Fundraising expenditure	-	(161,508)	(161,508)	(39,529)
Management & administration & charitable operations	(203,793)	(150,699)	(354,492)	(314,253)
Surplus / (deficit) on operating income	(47,720)	(83,191)	(130,911)	70,295
Other interest receivable and profit on investments	-	1,853	1,853	150
Surplus / (deficit) for the year after tax	(47,720)	(81,338)	(129,058)	70,445
Transfers between funds	-	-	-	-
Retained surplus / (deficit) for the year	(47,720)	(81,338)	(129,058)	70,445
Retained surplus brought forward	72,890	349,443	422,333	351,888
Total funds carried forward	25,170	268,105	293,275	422,333

mind South Kent

Each year we throw out 336 thousand tonnes of clothes in the UK

Donating is better for our planet AND helps us provide support for local people

Clearing out your wardrobe?
Why not donate your clothes to us!

Bring your donations to our Dover and Hythe shops or put them in our donation bins at:

- Hawkinge Community Centre
- Holiday Extras (Newingreen, Hythe)
- Specsavers (Bouverie Place, Folkestone)
- Bannatynes (Shearway Business Park, Folkestone)
- The Hub, Charlton Centre (Dover)

southkentmind.org.uk/our-shops

mind South Kent

Live well
Kent and Medway

Managing Money for Your Wellbeing

WORRIED about the cost of living?

Does thinking about money and budgeting STRESS YOU OUT

Book a Money Guidance session with us

We'll guide you so that you can feel more confident & relaxed when it comes to your finances

Get in touch with us today to book a Money Guidance session:

01303 250090

contact@southkentmind.org.uk

Follow us @southkentmind

southkentmind.org.uk/money-guidance

mind South Kent

South Kent Mind Centre: 24-26 Dover Road, Folkestone, Kent. CT20 1JQ

Tel: 01303 250090

Email: contact@southkentmind.org.uk

Folkestone Shop: 46 Sandgate Road, CT20 1DW

Hythe Shop: 105 High Street, CT21 5JH

Dover Shop: 44 Biggin Street, CT16 1DB

www.southkentmind.org.uk

Registered Charity: 1089472

Registered Company: 4276323

Registration number 04276323
Charity number: 1089472

South Kent Mind Ltd

Report and unaudited financial statements

for the year ended 31 March 2024

South Kent Mind Ltd

Company information

Trustees	Stewart Martin Sarah Morgan Charles Traylen Ray Campion Harriet Filmer Grahame Ward Robbie Kent
Company number	04276323
Charity Number	1089472
Registered office	24-26 Dover Road Folkestone Kent CT20 1JQ
Accountants	PG Lemon LLP 134 High Street Hythe Kent CT21 5LB
Business address	24-26 Dover Road Folkestone Kent CT20 1JQ

South Kent Mind Ltd

Independent examiner's report to the trustees on the unaudited financial statements of South Kent Mind Ltd

I report on the accounts of South Kent Mind Ltd for the year ended 31 March 2024 set out on pages 2 to 13.

Respective responsibilities of trustees and independent examiner

The charity's trustees (who are also the directors of the company for purposes of company law) are responsible for the preparation of the accounts. They consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act), and that an independent examination is needed. It is my responsibility to examine the accounts under section 145 of the Act, to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the Act, and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(i) which gives me reasonable cause to believe that in any material respect the requirements:
- to keep proper accounting records in accordance with section 130 of the Charities Act 2011; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of the Charities (Accounts and Reports) regulations 2008.

have not been met; or

(ii) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Maxine Anne Gambrill FCCA
Chartered Certified Accountant
Independent examiner

PG Lemon LLP
134 High Street
Hythe, Kent
CT21 5LB

Date:

South Kent Mind Ltd

Profit and loss account
for the year ended 31 March 2024

	Note	Restricted Funds £	Unrestricted Funds £	2024 Total £	2023 Total £
Income	2	196,022	252,533	448,555	506,695
Expenditure					
Charitable expenditure	3	(39,949)	(23,517)	(63,466)	(82,618)
Fund raising expenditure	3	-	(161,508)	(161,508)	(39,529)
Management & administration & charitable operations	3	(203,793)	(150,699)	(354,492)	(314,253)
Surplus / (deficit) on Operating income		(47,720)	(83,191)	(130,911)	70,295
Other interest receivable and profit on investments	2	-	1,853	1,853	150
Surplus / (deficit) for the year after tax		(47,720)	(81,338)	(129,058)	70,445
Transfers between funds	12	-	-	-	-
Retained surplus / (deficit) for the year		(47,720)	(81,338)	(129,058)	70,445
Retained surplus brought forward		72,890	349,443	422,333	351,888
Total funds carried forward		25,170	268,105	293,275	422,333

The notes on pages 5 to 13 form an integral part of these financial statements.

South Kent Mind Ltd

Balance sheet
as at 31 March 2024

	Notes	2024 £	2024 £	2023 £	2023 £
Fixed assets					
Tangible assets	5		255,870		258,020
Current assets					
Debtors	6	9,367		11,832	
Cash at bank and in hand		230,649		403,973	
		240,016		415,805	
Creditors: amounts falling due within one year	7	(9,298)		(36,084)	
Net current assets			230,718		379,721
Total assets less current liabilities			486,588		637,741
Accruals and deferred income			(19,500)		(41,595)
Net assets			467,088		596,146
Capital and reserves					
Funds and Reserves	9		467,088		596,146
Total reserves			467,088		596,146

The trustees' statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet.

The notes on pages 5 to 13 form an integral part of these financial statements.

Balance sheet (continued)

Directors' statements required by Sections 475(2) and (3) for the year ended 31 March 2024

For the year ended 31 March 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Trustees' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and

- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2016) - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

These accounts were approved by the trustees, and are signed on their behalf by:

Charles Traylen
Trustee

Stewart Martin
Trustee

Registration number 04276323

Signed:

Chair: Charles Traylen

Treasurer: Stewart Martin

Date: 11 December 2024

The notes on pages 5 to 13 form an integral part of these financial statements.

1. Accounting policies

1.1. Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102 Section 1A) - ((Charities SORP (FRS 102)) , the Charities Act 2011 and the Companies Act 2006.

South Kent MIND meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

1.2. Income recognition policies

Items of income are recognised and included in the accounts when all of the following criteria are met:
- the charity has entitlement to the funds;
- any performance conditions attached to the items of income have been met or are fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1.3. Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Restricted funds are grants and donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

1.4. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- charitable expenditure
- fund raising expenditure
- management & administration costs and charitable operations.

..... continued

1.5. Tangible fixed assets and depreciation

Individual fixed assets costing £100 or more are capitalised at cost and are depreciated over their useful economic lives as follows:

Land and buildings	-	Not depreciated
Furnishings	-	15% reducing balance
Centre equipment	-	15% reducing balance
	-	15% reducing balance
Improve-ments	-	5% straight line

The trustees do not consider it necessary to depreciate freehold land and buildings.
The leasehold property was revalued at 31 March 2015.

1.6. 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.

1.7. 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.

1.8. Pensions

The pension costs charged in the financial statements represent the contribution payable by the company during the year.

The regular cost of providing retirement pensions and related benefits is charged to the profit and loss account over the employees' service lives on the basis of a constant percentage of earnings.

..... continued

2. Analysis of income

Charitable income	Restricted	Unrestricted	2024	2023
			£	£
Charitable grants and donations	108,858	44,832	153,690	296,849
Porchlight - Live Well contract	87,164	-	87,164	105,000
Centre income	-	14,059	14,059	2,487
Shop income	-	179,294	179,294	86,306
Abercrombie cafe income	-	-	-	1,700
Fundraising events and other income	-	8,364	8,364	141
Gift aid income	-	-	-	-
Membership subscriptions	-	17	17	1
	196,022	246,566	442,588	492,484

Other income	Restricted	Unrestricted	2024	2023
			£	£
Property income	-	-	-	-
Other rental income	-	634	634	9,933
Other income	-	5,333	5,333	4,278
	-	5,967	5,967	14,211

Investment income	Restricted	Unrestricted	2024	2023
			£	£
Bank interest received	-	1,853	1,853	150
	-	1,853	1,853	150

..... continued

3. Analysis of expenditure

Charitable expenditure	Restricted	Unrestricted	2024	2023
			£	£
Light and heat	8,632	8,746	17,378	5,411
Repairs and maintenance (inc. property management)	903	915	1,818	4,028
Travelling and subsistence	2,041	2,068	4,109	3,559
Centre activities and counselling	4,648	4,709	9,357	9,605
Community activities & groups	-	-	-	-
Subcontract labour	3,999	4,053	8,052	43,482
Dover Hub	17,772	-	17,772	10,818
Volunteer/trustee expenses	-	359	359	715
Cleaning materials and consumables	1,954	1,980	3,934	3,627
National MIND affiliation fee	-	687	687	1,373
	39,949	23,517	63,466	82,618

Fund raising expenditure	Restricted	Unrestricted	2024	2023
			£	£
Shop salaries (incl. er's NI)	-	86,850	86,850	27,024
Shop expenses	-	52,288	52,288	5,304
Shop and storage garage rent payable	-	22,370	22,370	7,201
Abercrombie expenses		-	-	-
Fund raising expenses	-	-	-	-
	-	161,508	161,508	39,529

Management and administration costs and charitable operations	Restricted	Unrestricted	2024	2023
			£	£
Salaries (incl. er's NI)	174,175	110,577	284,752	250,844
Staff money purchase pension costs	3,579	3,626	7,205	4,926
Staff supervision, training & recruitment	-	2,137	2,137	4,532
Rates	1,120	1,134	2,254	1,132
Insurance (personnel and buildings)	5,953	6,032	11,985	7,804
Printing, postage and stationery	2,445	2,477	4,922	5,270
Telephone	4,226	4,281	8,507	8,271
Website and computer costs	8,620	8,735	17,355	13,771
Marketing	-	5,207	5,207	3,311
Consultancy fees	-	-	-	5,226
Accountancy	2,670	2,670	5,340	4,956

..... continued

Bank charges	855	870	1,725	862
General expenses	150	151	301	500
Subscriptions	-	652	652	419
Depreciation on furnishing	-	330	330	386
Depreciation on FF & equipment	-	1,090	1,090	1,290
Depreciation on shop equipment	-	127	127	150
Depreciation on improvements	-	603	603	603
	203,793	150,699	354,492	314,253

4. Pension costs

The company operates a defined contribution pension scheme. the scheme and its assets are held by independent managers. The pension charge represents contributions due from the company and amount to £7,205 (2023: £4,926).

5. Tangible fixed assets

	Land and buildings freehold £	Furni-shings £	Centre equipment £	Shop equipment £	Improve-ments £	Total £
Cost/revaluation						
At 1 April 2023	245,000	14,380	29,633	6,065	112,474	407,552
At 31 March 2024	245,000	14,380	29,633	6,065	112,474	407,552
Depreciation						
At 1 April 2023	-	12,184	22,362	5,208	109,778	149,532
Charge for the year	-	330	1,090	127	603	2,150
At 31 March 2024	-	12,514	23,452	5,335	110,381	151,682
Net book values						
At 31 March 2024	245,000	1,866	6,181	730	2,093	255,870
At 31 March 2023	245,000	2,196	7,271	857	2,696	258,020

..... continued

6. Debtors

	2024	2023
	£	£
Trade debtors	7,789	10,254
Prepayments and accrued income	1,578	1,578
	9,367	11,832

7. Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	(1,682)	1,662
Other taxes and social security costs	6,082	8,983
Other creditors	-	17,455
Accruals and deferred income	3,180	6,784
Pension contributions	1,718	1,200
	9,298	36,084

8. Corporation taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent these are applied to its charitable objectives.

..... continued

9. Reserves

	Revaluation Reserve	Restricted Funds	Unrestricted Funds Re Fixed Assets	Unrestricted Funds	Total
	£	£	£	£	£
At 1 April 2023	173,813	72,890	77,816	271,627	596,146
Movement on reserves		(47,720)	-	(81,338)	(129,058)
At 31 March 2024	173,813	25,170	77,816	190,289	467,088

The total funds carried forward on the statement of financial activities exclude the revaluation reserve. The increase in the charity's reserves was part of the Board's strategy to invest, in a management structure and operating environment, to allow it to meet compliance, service user and funder requirements in the long term.

10. Company limited by guarantee

The legal status of the charity is a company limited by guarantee and has no share capital.

..... continued

11. Restricted Funds

	At 1 April 2023 £	Incoming resources £	Transfers £	Outgoing resources £	At 31 March 2024 £
Porchlight (Live Well Contract)	-	87,164	-	87,164	-
Lottery Funding Main Grant	47,890	-		47,890	-
The Mrs Smith and MSMT Grant	-	5,000	-	5,000	-
Business Free	-	4,000	-	-	4,000
Hope Arts Fund	-	1,000	-	1,000	-
Big Lottery	-	41,595	-	41,595	-
Groundwork UK	-	2,125	-	2,125	-
Army Benevolent	-	4,518	-	-	4,518
Lloyds Bank Foundation	25,000	-	-	25,000	-
Asda Grant Money	-	800	-	800	-
KCF Dover Salary	-	7,500	-	7,500	-
Cyclist Club	-	1,365	-	1,365	-
Screwfix		5,000	-	-	5,000
Mind London	-	5,230	-	5,230	-
Kent & Medway Better Mental Health	-	4,743	-	4,743	-
Kent Sports Yoga	-	500	-	500	-
Folkestone Town Grant	-	200	-	200	-
SoThe Philip A PCP	-	9,130	-	9,130	-
Cole Charitable	-	1,000	-	1,000	-

..... continued

The Neighbourly FO B	-	8,000	-	-	8,000
Kent Community Foundation	-	3,000	-	3,000	-
Lidl Warm Space	-	500	-	500	-
Social Enterprise	-	3,652	-	-	3,652
	72,890	196,022	-	(243,742)	25,170

Registration number 04276323
Charity number: 1089472

South Kent Mind Ltd

Report and unaudited financial statements

for the year ended 31 March 2024

South Kent Mind Ltd

Company information

Trustees	Stewart Martin Sarah Morgan Charles Traylen Ray Campion Harriet Filmer Grahame Ward Robbie Kent
Company number	04276323
Charity Number	1089472
Registered office	24-26 Dover Road Folkestone Kent CT20 1JQ
Accountants	PG Lemon LLP 134 High Street Hythe Kent CT21 5LB
Business address	24-26 Dover Road Folkestone Kent CT20 1JQ

South Kent Mind Ltd

Independent examiner's report to the trustees on the unaudited financial statements of South Kent Mind Ltd

I report on the accounts of South Kent Mind Ltd for the year ended 31 March 2024 set out on pages 2 to 13.

Respective responsibilities of trustees and independent examiner

The charity's trustees (who are also the directors of the company for purposes of company law) are responsible for the preparation of the accounts. They consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act), and that an independent examination is needed. It is my responsibility to examine the accounts under section 145 of the Act, to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the Act, and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(i) which gives me reasonable cause to believe that in any material respect the requirements:
- to keep proper accounting records in accordance with section 130 of the Charities Act 2011; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of the Charities (Accounts and Reports) regulations 2008.

have not been met; or

(ii) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Maxine Anne Gambrill FCCA
Chartered Certified Accountant
Independent examiner

PG Lemon LLP
134 High Street
Hythe, Kent
CT21 5LB

Date:

South Kent Mind Ltd

Profit and loss account
for the year ended 31 March 2024

	Note	Restricted Funds £	Unrestricted Funds £	2024 Total £	2023 Total £
Income	2	196,022	252,533	448,555	506,695
Expenditure					
Charitable expenditure	3	(39,949)	(23,517)	(63,466)	(82,618)
Fund raising expenditure	3	-	(161,508)	(161,508)	(39,529)
Management & administration & charitable operations	3	(203,793)	(150,699)	(354,492)	(314,253)
Surplus / (deficit) on Operating income		(47,720)	(83,191)	(130,911)	70,295
Other interest receivable and profit on investments	2	-	1,853	1,853	150
Surplus / (deficit) for the year after tax		(47,720)	(81,338)	(129,058)	70,445
Transfers between funds	12	-	-	-	-
Retained surplus / (deficit) for the year		(47,720)	(81,338)	(129,058)	70,445
Retained surplus brought forward		72,890	349,443	422,333	351,888
Total funds carried forward		25,170	268,105	293,275	422,333

The notes on pages 5 to 13 form an integral part of these financial statements.

South Kent Mind Ltd

Balance sheet
as at 31 March 2024

	Notes	2024 £	2024 £	2023 £	2023 £
Fixed assets					
Tangible assets	5		255,870		258,020
Current assets					
Debtors	6	9,367		11,832	
Cash at bank and in hand		230,649		403,973	
		240,016		415,805	
Creditors: amounts falling due within one year	7	(9,298)		(36,084)	
Net current assets			230,718		379,721
Total assets less current liabilities			486,588		637,741
Accruals and deferred income			(19,500)		(41,595)
Net assets			467,088		596,146
Capital and reserves					
Funds and Reserves	9		467,088		596,146
Total reserves			467,088		596,146

The trustees' statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet.

The notes on pages 5 to 13 form an integral part of these financial statements.

Balance sheet (continued)

Directors' statements required by Sections 475(2) and (3) for the year ended 31 March 2024

For the year ended 31 March 2024 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Trustees' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and

- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2016) - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

These accounts were approved by the trustees, and are signed on their behalf by:

Charles Traylen
Trustee

Stewart Martin
Trustee

Registration number 04276323

Signed:

Chair: Charles Traylen

Treasurer: Stewart Martin

Date: 11 December 2024

The notes on pages 5 to 13 form an integral part of these financial statements.

1. Accounting policies

1.1. Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102 Section 1A) - ((Charities SORP (FRS 102)) , the Charities Act 2011 and the Companies Act 2006.

South Kent MIND meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

1.2. Income recognition policies

Items of income are recognised and included in the accounts when all of the following criteria are met:
- the charity has entitlement to the funds;
- any performance conditions attached to the items of income have been met or are fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1.3. Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Restricted funds are grants and donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

1.4. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- charitable expenditure
- fund raising expenditure
- management & administration costs and charitable operations.

..... continued

1.5. Tangible fixed assets and depreciation

Individual fixed assets costing £100 or more are capitalised at cost and are depreciated over their useful economic lives as follows:

Land and buildings	-	Not depreciated
Furnishings	-	15% reducing balance
Centre equipment	-	15% reducing balance
	-	15% reducing balance
Improve-ments	-	5% straight line

The trustees do not consider it necessary to depreciate freehold land and buildings.
The leasehold property was revalued at 31 March 2015.

1.6. 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.

1.7. 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.

1.8. Pensions

The pension costs charged in the financial statements represent the contribution payable by the company during the year.

The regular cost of providing retirement pensions and related benefits is charged to the profit and loss account over the employees' service lives on the basis of a constant percentage of earnings.

..... continued

2. Analysis of income

Charitable income	Restricted	Unrestricted	2024	2023
			£	£
Charitable grants and donations	108,858	44,832	153,690	296,849
Porchlight - Live Well contract	87,164	-	87,164	105,000
Centre income	-	14,059	14,059	2,487
Shop income	-	179,294	179,294	86,306
Abercrombie cafe income	-	-	-	1,700
Fundraising events and other income	-	8,364	8,364	141
Gift aid income	-	-	-	-
Membership subscriptions	-	17	17	1
	196,022	246,566	442,588	492,484

Other income	Restricted	Unrestricted	2024	2023
			£	£
Property income	-	-	-	-
Other rental income	-	634	634	9,933
Other income	-	5,333	5,333	4,278
	-	5,967	5,967	14,211

Investment income	Restricted	Unrestricted	2024	2023
			£	£
Bank interest received	-	1,853	1,853	150
	-	1,853	1,853	150

..... continued

3. Analysis of expenditure

Charitable expenditure	Restricted	Unrestricted	2024	2023
			£	£
Light and heat	8,632	8,746	17,378	5,411
Repairs and maintenance (inc. property management)	903	915	1,818	4,028
Travelling and subsistence	2,041	2,068	4,109	3,559
Centre activities and counselling	4,648	4,709	9,357	9,605
Community activities & groups	-	-	-	-
Subcontract labour	3,999	4,053	8,052	43,482
Dover Hub	17,772	-	17,772	10,818
Volunteer/trustee expenses	-	359	359	715
Cleaning materials and consumables	1,954	1,980	3,934	3,627
National MIND affiliation fee	-	687	687	1,373
	39,949	23,517	63,466	82,618

Fund raising expenditure	Restricted	Unrestricted	2024	2023
			£	£
Shop salaries (incl. er's NI)	-	86,850	86,850	27,024
Shop expenses	-	52,288	52,288	5,304
Shop and storage garage rent payable	-	22,370	22,370	7,201
Abercrombie expenses		-	-	-
Fund raising expenses	-	-	-	-
	-	161,508	161,508	39,529

Management and administration costs and charitable operations	Restricted	Unrestricted	2024	2023
			£	£
Salaries (incl. er's NI)	174,175	110,577	284,752	250,844
Staff money purchase pension costs	3,579	3,626	7,205	4,926
Staff supervision, training & recruitment	-	2,137	2,137	4,532
Rates	1,120	1,134	2,254	1,132
Insurance (personnel and buildings)	5,953	6,032	11,985	7,804
Printing, postage and stationery	2,445	2,477	4,922	5,270
Telephone	4,226	4,281	8,507	8,271
Website and computer costs	8,620	8,735	17,355	13,771
Marketing	-	5,207	5,207	3,311
Consultancy fees	-	-	-	5,226
Accountancy	2,670	2,670	5,340	4,956

..... continued

Bank charges	855	870	1,725	862
General expenses	150	151	301	500
Subscriptions	-	652	652	419
Depreciation on furnishing	-	330	330	386
Depreciation on FF & equipment	-	1,090	1,090	1,290
Depreciation on shop equipment	-	127	127	150
Depreciation on improvements	-	603	603	603
	203,793	150,699	354,492	314,253

4. Pension costs

The company operates a defined contribution pension scheme. the scheme and its assets are held by independent managers. The pension charge represents contributions due from the company and amount to £7,205 (2023: £4,926).

5. Tangible fixed assets

	Land and buildings freehold £	Furni-shings £	Centre equipment £	Shop equipment £	Improve-ments £	Total £
Cost/revaluation						
At 1 April 2023	245,000	14,380	29,633	6,065	112,474	407,552
At 31 March 2024	245,000	14,380	29,633	6,065	112,474	407,552
Depreciation						
At 1 April 2023	-	12,184	22,362	5,208	109,778	149,532
Charge for the year	-	330	1,090	127	603	2,150
At 31 March 2024	-	12,514	23,452	5,335	110,381	151,682
Net book values						
At 31 March 2024	245,000	1,866	6,181	730	2,093	255,870
At 31 March 2023	245,000	2,196	7,271	857	2,696	258,020

..... continued

6. Debtors

	2024	2023
	£	£
Trade debtors	7,789	10,254
Prepayments and accrued income	1,578	1,578
	9,367	11,832

7. Creditors: amounts falling due within one year

	2024	2023
	£	£
Trade creditors	(1,682)	1,662
Other taxes and social security costs	6,082	8,983
Other creditors	-	17,455
Accruals and deferred income	3,180	6,784
Pension contributions	1,718	1,200
	9,298	36,084

8. Corporation taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent these are applied to its charitable objectives.

..... continued

9. Reserves

	Revaluation Reserve	Restricted Funds	Unrestricted Funds Re Fixed Assets	Unrestricted Funds	Total
	£	£	£	£	£
At 1 April 2023	173,813	72,890	77,816	271,627	596,146
Movement on reserves		(47,720)	-	(81,338)	(129,058)
At 31 March 2024	173,813	25,170	77,816	190,289	467,088

The total funds carried forward on the statement of financial activities exclude the revaluation reserve. The increase in the charity's reserves was part of the Board's strategy to invest, in a management structure and operating environment, to allow it to meet compliance, service user and funder requirements in the long term.

10. Company limited by guarantee

The legal status of the charity is a company limited by guarantee and has no share capital.

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11. Restricted Funds

	At 1 April 2023 £	Incoming resources £	Transfers £	Outgoing resources £	At 31 March 2024 £
Porchlight (Live Well Contract)	-	87,164	-	87,164	-
Lottery Funding Main Grant	47,890	-		47,890	-
The Mrs Smith and MSMT Grant	-	5,000	-	5,000	-
Business Free	-	4,000	-	-	4,000
Hope Arts Fund	-	1,000	-	1,000	-
Big Lottery	-	41,595	-	41,595	-
Groundwork UK	-	2,125	-	2,125	-
Army Benevolent	-	4,518	-	-	4,518
Lloyds Bank Foundation	25,000	-	-	25,000	-
Asda Grant Money	-	800	-	800	-
KCF Dover Salary	-	7,500	-	7,500	-
Cyclist Club	-	1,365	-	1,365	-
Screwfix		5,000	-	-	5,000
Mind London	-	5,230	-	5,230	-
Kent & Medway Better Mental Health	-	4,743	-	4,743	-
Kent Sports Yoga	-	500	-	500	-
Folkestone Town Grant	-	200	-	200	-
SoThe Philip A PCP	-	9,130	-	9,130	-
Cole Charitable	-	1,000	-	1,000	-

..... continued

The Neighbourly FO B	-	8,000	-	-	8,000
Kent Community Foundation	-	3,000	-	3,000	-
Lidl Warm Space	-	500	-	500	-
Social Enterprise	-	3,652	-	-	3,652
	72,890	196,022	-	(243,742)	25,170

South Kent Mind

England & Wales - Charity number 1089472

Accounts

Annual Report 2022 - 2023

mind South Kent

Welcome ! A message from the Chair and CEO

Charles Traylen

Chair

We are now in our 35th year, having started as a very small charity in May 1988! A great deal of progress has been made in the 35 years of improving the lives of people with mental health issues in the South Kent area, all of which have been reported in our Annual Reports over the years. However, we are keen to focus on the future and what wev'e been doing over this current year.

It has been another great year for the charity and the number of clients continues to grow. We have seen an increase in our reach and are regularly delivering sessions in Deal, Dover, Folkestone, Hythe, and New Romney. We know we want to do more outreach work and we are planning to make that happen next year. Our clients now have the choice of 22 activities each week which is remarkable and a testament to the very dedicated team of volunteers, trustees, and staff that we are very lucky to have.

Without this team, we could not do what we do; helping our clients navigate through, what is sometimes a confusing and difficult life. The kindness shown by the team to our clients is outstanding and it's important to thank all of them on behalf of SKM.

We have relaunched our low-cost counselling service and are able to offer many more appointments to those that need them. Similarly, we have relaunched our training arm and are able to offer individual and corporate bodies specialist Mental Health First Aid Training – which is so important in the current climate.

The work that the team have delivered in the local schools giving children and young persons' the skills to help them understand their mental health has been extremely well received. The team have also delivered sessions on suicide prevention which sadly we know only too well how important this work is. We are planning to do more of this work next year – grant funding support willing!

We are planning to open an additional two new shops in Dover and Folkestone and are very grateful for the goodwill and generosity of the local community in donating items.

Sheridan Hammond

CEO

The charity grows from strength to strength, and we have sound footings for it to thrive and grow and remain a local, one stop shop for all things mental health in South Kent. We could always do with extra pairs of hands and if you are able to volunteer yourself for a few hours each week then do please get in touch.

Thank you!

We would like to say a heartfelt thank you to everyone that has supported South Kent Mind throughout the last year.

To the South Kent Mind team

To our staff members, past and present, you truly are the embodiment of empathy, respect, and support. Your dedication and passion are the reason we can do so much to support so many. Thank you all.

To all our volunteers

A huge thank you to all our extraordinary volunteers dedicating your time, expertise, and energy every single week. Your support is invaluable, and we are so grateful for everything you do. Thank you all.

To everyone supporting South Kent Mind

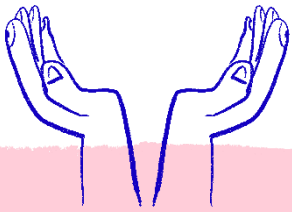
Whether you have donated your time, money, fundraised for us, followed us on social media, donated to our charity shops, or help spread the message of what South Kent Mind does, it all makes the world of difference, and we are so very grateful to each and every one of you. Thank you all.

To our clients

To our clients, whether you have been with us a long time or only recently, thank you for sharing your mental health journey with us. Reaching out for support is one of the hardest things you can do, and we are so glad that you have found us.

Our Mission, Vision, Values, and Objectives

Mission
We are dedicated to improving the lives of people with mental health challenges in South Kent.



Vision
We want to see that everyone with a mental health problem in South Kent has somewhere to turn for advice and support.

Values

- Person-centered
- Empowering
- Partnership-focused
- Reflective
- Sustainable
- Championing a positive work culture.

Objectives

Provide relief.
We listen, support, and provide relief through a wide range of services.

Build resilience.
We empower people by raising awareness and educating to build resilience and create preventions.

Aid rehabilitation.
We guide people on their road to recovery, aiding their rehabilitation to get back to the things they love.

For the last 35 years, we have been supporting the mental health and wellbeing of people in South Kent. Our local community is so very important to us, and we want to see that everyone experiencing challenges with their mental health has the right support and advice to live life to its fullest.

Thank you!

We would like to say a heartfelt thank you to all the funders that have supported us this year - we couldn't do this work without you.

Active Kent & Medway

Arnold Clark

Awards For All

Blueberry Wellbeing Ltd

Colyer Fergusson Charitable Trust

The Co-operative Foundation

Deal Boatmen's Charity

Edward Gostling Foundation

Folkestone & Hythe District Council

Folkestone Town Council

Garfield Weston Foundation

Kent Community Foundation

Kent County Council

Live Well Kent & Medway

Lloyds Bank Foundation

Matrix

Mind

National Lottery Community Fund

PC Phillips Foundation

Roger De Haan Trust

Social Enterprise Kent

Our year in numbers

Improving the lives of people living in South Kent with mental health challenges is at the heart of what we do.

Here's how we supported in 2022-23...

Over **2,200 attendances** to our **group activities**.

We supported **14 schools** reaching over **1,300 children and young people**.

9 events delivered throughout the year.

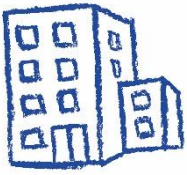
Over **250 wellbeing check-ins** delivered throughout the year.

We introduced **16 new activities** for people to take part in.

More than **40 volunteers** gave their time and supported our many services.

Over 4,300 people following us on social media.

6 fundraisers supported us through challenges and events.



We worked with more than **50 organisations** to provide additional support.

Mental health in the South Kent area

What does the mental health landscape look like in South Kent?

Population of South Kent: approx. **226,200**.

1 in 4 people experience mental health issues each year (approx. **56,550 people in South Kent**).

1 in 6 people experience moderate to severe depressive symptoms each year (approx. **36,192 people in South Kent**).

In 2022, an average of **15 people per day** took their own lives.

1 in 5 people have suicidal thoughts over their lifetime (approx. **45,240 people in South Kent**).

We support anyone living in the South Kent area. This includes Sandwich, Deal, Walmer, Kingsdown, Dover, Folkestone, Hawkinge, Sandgate, Hythe, Greatstone, Littlestone, Dymchurch, New Romney, Lydd, and Dungeness.

How we have supported people in the South Kent community

Group Activities

Our weekly group activities provide people with a safe and fun space to take part in different activities that support their mental health and wider wellbeing. We offer creative activities such as arts and crafts, music exploration, and cookery, along with physical activities such as walks, cycling, and yoga. Our group activities are very popular and great way for people to try something new, meet new people, and support their mental health.

Low-Cost Counselling

Our affordable counselling service offers a safe and confidential space for people wanting to build effective ways of coping through talking therapy. Counselling can be supportive to the challenges we all face in everyday life and for maintaining our mental health and wellbeing. Some of the challenges people have built ways of coping through counselling with us include depression, stress, bereavement, anxiety, low self-esteem, and difficult changes in life.

> “Taking part in **South Kent Mind**’s wellbeing activities has helped me a lot to better manage my mental health. I now feel more connected to others. I do feel a lot more confident spending time with new people, and I have gained new skills as part of a group. Support from **South Kent Mind** has been very beneficial to me and my mental health... I very much appreciate the support provided by **South Kent Mind**.”
>
> **Group Activities Client**

‘Teach Me’ Art Workshops

In partnership with Teach Me Studios, we delivered **12 workshops** where people could learn and create artworks through different mediums, including clay, resin, watercolours, and more. These were also a great opportunity for people to explore New Romney and take some time each month to change their regular routine. Working with Teach Me Studios has been hugely rewarding and we are very happy to continue working with the group into the next year.

Wellbeing Check-Ins

Our wellbeing check-ins provide people with a calm and confidential space to discuss how they are currently coping with their mental health and what type of support would be most beneficial moving forwards. Over the last year we sat down with **over 250 people** both over the phone and in-person and guided them onto the path towards better support for their mental health.

100% of attendees to our **cookery sessions** said their mental health had improved.

Abercrombie’s Café

With our Abercrombie’s Café we have over the last year opened this out as a warm space for people to come and have a hot drink, access free Wi-Fi, and meet and socialise with people. We have also added in several board games that people can play. This is in addition to our weekly cookery sessions where people can prepare, cook, and eat a hot meal as part of a group. We have planned to continue opening Abercrombie’s Café as a warm space into the next year ahead.

Our group activities are a great way to support your mental health whilst taking part in something fun and engaging!

How we have supported children and young people across South Kent

‘Moving for Mind’ Project

Over the last year we worked with schools to provide the opportunity for young people to get involved in physical activities that were aimed at supporting and developing their mental health. These activities included rock climbing, skating and skateboarding, BMXing, swimming, and water sports. Young people were given an environment where they could build their confidence and self-belief, whilst also addressing their anxieties by taking on new challenges.

Reconnect Project

We worked with Kent County Council (KCC) to support young people to ‘reconnect’ after the ending of coronavirus restrictions. For this, we worked closely with schools across South Kent and Ashford to deliver mental health awareness workshops and take part in activities, along with an artwork project where a mural was created from all the artworks produced.

> “We have absolutely loved working with **South Kent Mind**. They organized workshops and weekly trips for our students to help build their resilience & wellbeing. Thank you, **South Kent Mind**. The work that you are doing is having such a positive impact.”
>
> **The Harvey Grammar School**

School Workshops

Over the last year we have worked with **14 schools** to deliver mental health awareness workshops and bespoke mental health activities for students of primary and secondary school ages. We supported more than **1,300 children and young people** through these activities and are looking to expand on this into the next year. The mental health of children and young people has been significantly impacted through the coronavirus pandemic and other social impacts – as we look ahead, it is important that we continue to make the mental health of children and young people a priority.

School Projects

In addition to our 'Moving for Mind', Reconnect and school workshops, we have also delivered several school projects this year including a self-harm and self-care project focused on building resilience around difficult topics, and a youth wellbeing project focused on light-touch mental health awareness for younger year groups.

"The work the children have done with **South Kent Mind** has been invaluable. Parents tell us that the children have been better able to communicate any worries and feelings at home."

Charlton Church of England Primary School

"**South Kent Mind** have been fantastic and crucial in educating our students around the topic of mental health. Their wellbeing workshops allowed students to develop their confidence and become more resilient & prepared for their next steps."

Folkestone College

How we have been supported by our volunteers and fundraisers

Volunteers

We have been supported throughout the last year by an extraordinary bunch of committed and talented volunteers who give their time, expertise, and energy to us every single week. More than **40 volunteers** have supported us over the past year, and it is thanks to them that we are able to do all the things we do!

Fundraisers

As a local, independent charity we are reliant on the support of our local community to help fund our services and ensure mental health support is always available to anyone who needs it. Over the last year, we have been supported by **6 independent fundraisers** who have taken part in various challenges and events all in the spirit of raising money to support **South Kent Mind**. Without this support, we surely would not be able to offer as many services to local people as we do. A huge congratulations and the greatest of thank you's to all those who took part in fundraising activities over the last year!

"As a volunteer with **South Kent Mind**, I am able to witness firsthand through the fantastic work of our staff and the excellent wellbeing activities that we offer – the positive impact that both elements have on our clients.

I enjoy meeting new people for the first time, getting to know them as individuals and listening to their stories.

As our clients embark on their individual journeys towards better mental health, I am proud to be able to play just a small part in this process."

South Kent Mind Volunteer

A look back at all the things we have been up to in 2022 – 2023!

Want to keep up to date with all the latest from **South Kent Mind**?

Like and follow us on the following social media sites:

/southkentmind

@southkentmind

/company/southkentmind

@southkentmind

You can also check out our brand-new website by going to:

www.southkentmind.org.uk

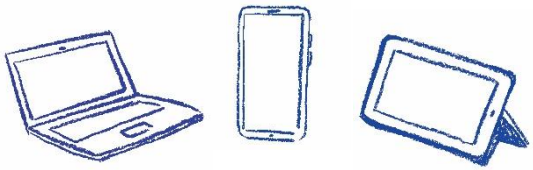
How we have been communicating and engaging in South Kent

Social Media

We regularly use social media to communicate all the activities, events, and interactions taking place every day. With over **4,300 followers** across our platforms, our social media presence is growing, and we hope that you will give us a like and follow (if you don't already) to keep up to date with everything going on at **South Kent Mind**. We also send out a weekly newsletter that anyone looking to take part in our weekly activities can sign up to receive.

South Kent Mind Website

In March, we launched our brand-new website that is now engaging and accurate in communicating everything that **South Kent Mind** is doing to support people. It is easy to use and better reflects the South Kent area, our values, and objectives. Whether you are looking for information for yourself or on behalf of someone you know, our new website has everything you need!



Looking ahead

Our 6 objectives for 2023 - 2024

1. Service excellence and expansion.
2. Financial strength.
3. People and culture.
4. Profile and relationships.
5. Retail.
6. Digital and data.

What we will be focusing on for the year ahead

2023-24 will be an opportunity for us to further develop and grow **South Kent Mind** and the many ways we are supporting people across South Kent. We want to work with more communities in South Kent, with a specific focus on the mental health of peri-menopausal women, new parents, and LGBTQIA+ groups. We also want to seek out more grants targeted at offering specific activities for adults and young people, along with longer-term grants to ensure services can be offered for longer periods of time.

We are keen to look at moving into a new service centre facility that better supports the needs of our services and the people coming to access mental health support. In addition to a new facility for our mental health services, we are also actively looking at bringing in new shops to Dover, Folkestone, and Deal.

Finally, we will be looking to improve our IT systems with the addition of a new Customer Relationship Management (CRM) system, and further development to our website and software/hardware.

We hope that you will continue to support us as we aim to deliver even greater mental health support to the people of South Kent.

Accounts

Income for 2022 – 2023

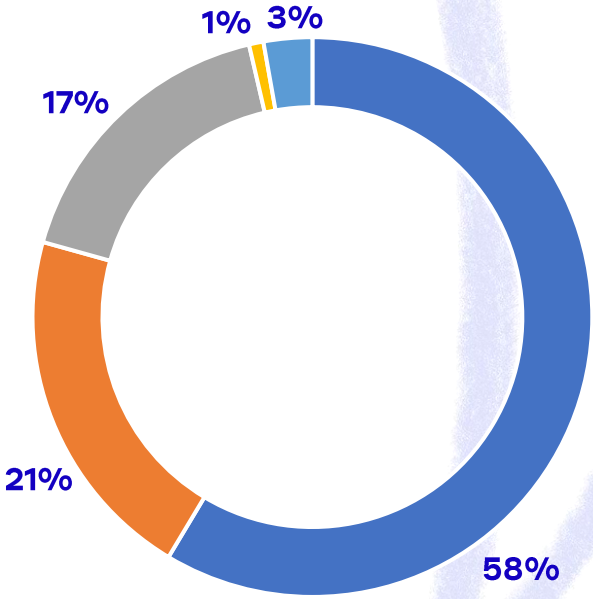
Charitable grants & donations
£296,849

Contracts
£105,000

Shop income
£86,306

Café and Centre income
£4,329

Other income
£14,211



Statement from Auditors

In connection with my examination, no matter has come to my attention:

i. which gives me reasonable cause to believe that in any material respect the requirements:
   - to keep proper accounting records in accordance with section 130 of the Charities Act 2011; and
   - to prepare accounts which accord with the accounting records, comply with the accounting requirement of the Charities (Accounts and Reports) regulations 2008.

ii. to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

PG Lemon LLP
Chartered Accountants

Statement of Financial Activities

Income and expenditure for the 2022 - 2023 financial year (ending 31 March 2023).

	Restricted Funds 2023 £	Unrestricted Funds 2023 £	2023 Total £	2022 Total £
Income	314,975	191,720	506,695	429,007
Expenditure				
Charitable expenditure	(79,405)	(3,213)	(82,618)	(19,742)
Fundraising expenditure	-	(39,529)	(39,529)	(40,271)
Management & administration & charitable operations	(288,018)	(26,235)	(314,253)	(256,467)
Surplus / (deficit) on operating income	(52,448)	112,743	70,295	112,527
Other interest receivable and profit on investments	-	150	150	2
Surplus / (deficit) for the year after tax	(52,448)	122,893	70,445	112,529
Transfers between funds	-	-	-	-
Retained surplus / (deficit) for the year	(52,448)	122,893	70,445	112,529
Retained surplus brought forward	125,338	226,550	351,888	239,359
Total funds carried forward	72,890	349,443	422,333	351,888

mind South Kent

Each year we throw out 336 thousand tonnes of clothes in the UK

Donating is better for our planet AND helps us provide support for local people

Clearing out your wardrobe?
Why not donate your clothes to us!

Bring your donations to our Dover and Hythe shops or put them in our donation bins at:

- Hawkinge Community Centre
- Holiday Extras (Newingreen, Hythe)
- Specsavers (Bouverie Place, Folkestone)
- Bannatynes (Shearway Business Park, Folkestone)
- The Hub, Charlton Centre (Dover)

southkentmind.org.uk/our-shops

mind South Kent

Volunteer for us!

Passionate about mental health and looking to support your local community?

We're looking for friendly & enthusiastic people to:

- Volunteer at our shops
- Support our wellbeing activities
- Help out at our office
- Teach people new skills- are you an artist looking to share your ideas with others?

Start volunteering

1. **Fill out a volunteer application at southkentmind.org.uk/volunteering**
2. **Get in touch with us via email at: contact@southkentmind.org.uk**
3. **We'll get in contact to discuss which roles may be best for you!**

01303 250090
contact@southkentmind.org.uk

Follow us @southkentmind

mind South Kent

South Kent Mind Centre,

24-26 Dover Road,

Folkestone, Kent.

CT20 1JQ

Tel: 01303 250090

Email: contact@southkentmind.org.uk

Registered Charity: 1089472

Registered Company: 4276323

www.southkentmind.org.uk

Registration number 04276323
Charity number: 1089472

South Kent Mind Ltd

Report and unaudited financial statements

for the year ended 31 March 2023

South Kent Mind Ltd

Company information

Trustees	Stewart Martin Sarah Morgan Charles Traylen Ray Campion Harriet Filmer Grahame Ward Robbie Kent
Company number	04276323
Charity Number	1089472
Registered office	24-26 Dover Road Folkestone Kent CT20 1JQ
Accountants	PG Lemon LLP 134 High Street Hythe Kent CT21 5LB
Business address	24-26 Dover Road Folkestone Kent CT20 1JQ

South Kent Mind Ltd

Independent examiner's report to the trustees on the unaudited financial statements of South Kent Mind Ltd

I report on the accounts of South Kent Mind Ltd for the year ended 31 March 2023 set out on pages 2 to 13.

Respective responsibilities of trustees and independent examiner

The charity's trustees (who are also the directors of the company for purposes of company law) are responsible for the preparation of the accounts. They consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act), and that an independent examination is needed. It is my responsibility to examine the accounts under section 145 of the Act, to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the Act, and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(i) which gives me reasonable cause to believe that in any material respect the requirements:
- to keep proper accounting records in accordance with section 130 of the Charities Act 2011; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of the Charities (Accounts and Reports) regulations 2008.

have not been met; or

(ii) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Philip Gambrill
Chartered Certified Accountant
Independent examiner

PG Lemon LLP
134 High Street
Hythe, Kent
CT21 5LB

Date:

South Kent Mind Ltd

Profit and loss account
for the year ended 31 March 2023

	Note	Restricted Funds £	Unrestricted Funds £	2023 Total £	2022 Total £
Income	**2**	314,975	191,720	506,695	429,007
Expenditure					
Charitable expenditure	**3**	(79,405)	(3,213)	(82,618)	(19,742)
Fund raising expenditure	**3**	-	(39,529)	(39,529)	(40,271)
Management & administration & charitable operations	**3**	(288,018)	(26,235)	(314,253)	(256,467)
Surplus / (deficit) on Operating income		(52,448)	122,743	70,295	112,527
Other interest receivable and profit on investments	**2**	-	150	150	2
Surplus / (deficit) for the year after tax		(52,448)	122,893	70,445	112,529
Transfers between funds	**12**	-	-	-	-
Retained surplus / (deficit) for the year		(52,448)	122,893	70,445	112,529
Retained surplus brought forward		125,338	226,550	351,888	239,359
Total funds carried forward		72,890	349,443	422,333	351,888

The notes on pages 5 to 13 form an integral part of these financial statements.

South Kent Mind Ltd

Balance sheet
as at 31 March 2023

	Notes	2023 £	2023 £	2022 £	2022 £
Fixed assets					
Tangible assets	**5**		258,020		260,423
Current assets					
Debtors	**6**	11,832		17,717	
Cash at bank and in hand		403,973		277,983	
		415,805		295,700	
Creditors: amounts falling due within one year	**7**	(36,084)		(30,422)	
Net current assets			379,721		265,278
Total assets less current liabilities			637,741		525,701
Accruals and deferred income			(41,595)		-
Net assets			596,146		525,701
Capital and reserves					
Funds and Reserves	**9**		596,146		525,701
Total reserves			596,146		525,701

The trustees' statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet.

The notes on pages 5 to 13 form an integral part of these financial statements.

Balance sheet (continued)

Directors' statements required by Sections 475(2) and (3) for the year ended 31 March 2023

For the year ended 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Trustees' responsibilities:

• The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and

• The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2016) - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

These accounts were approved by the trustees, and are signed on their behalf by:

Charles Traylen
Trustee

Stewart Martin
Trustee

Registration number 04276323

South Kent Mind Ltd

Notes to the financial statements
for the year ended 31 March 2023

1. Accounting policies

1.1. Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102 Section 1A) - ((Charities SORP (FRS 102)) , the Charities Act 2011 and the Companies Act 2006.

South Kent MIND meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

1.2. Income recognition policies

Items of income are recognised and included in the accounts when all of the following criteria are met:
- the charity has entitlement to the funds;
- any performance conditions attached to the items of income have been met or are fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1.3. Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Restricted funds are grants and donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

1.4. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- charitable expenditure
- fund raising expenditure
- management & administration costs and charitable operations.

..... continued

1.5. Tangible fixed assets and depreciation

Individual fixed assets costing £100 or more are capitalised at cost and are depreciated over their useful economic lives as follows:

Land and buildings	-	Not depreciated
Furnishings	-	15% reducing balance
Centre equipment	-	15% reducing balance
	-	15% reducing balance
Improve-ments	-	5% straight line

The trustees do not consider it necessary to depreciate freehold land and buildings.
The leasehold property was revalued at 31 March 2015.

1.6. 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.

1.7. 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.

1.8. Pensions

The pension costs charged in the financial statements represent the contribution payable by the company during the year.

The regular cost of providing retirement pensions and related benefits is charged to the profit and loss account over the employees' service lives on the basis of a constant percentage of earnings.

..... continued

2. Analysis of income

Charitable income	**Restricted**	**Unrestricted**	**2023**	**2022**
			£	**£**
Charitable grants and donations	209,975	86,874	296,849	217,750
Porchlight - Live Well contract	105,000	-	105,000	105,000
Centre income	-	2,487	2,487	2,063
Shop income	-	86,306	86,306	72,207
Abercrombie cafe income	-	1,700	1,700	-
Fundraising events and other income	-	141	141	1,804
Gift aid income	-	-	-	-
Membership subscriptions	-	1	1	65
	314,975	177,509	492,484	398,889

Other income	**Restricted**	**Unrestricted**	**2023**	**2022**
			£	**£**
Property income	-	-	-	-
Other rental income	-	9,933	9,933	4,688
Other income	-	4,278	4,278	25,430
	-	14,211	14,211	30,118

Investment income	**Restricted**	**Unrestricted**	**2023**	**2022**
			£	**£**
Bank interest received	-	150	150	2
	-	150	150	2

..... continued

3. Analysis of expenditure

Charitable expenditure	**Restricted**	**Unrestricted**	**2023**	**2022**
			£	**£**
Light and heat	4,870	541	5,411	4,750
Repairs and maintenance (inc. property management)	3,625	403	4,028	5,644
Travelling and subsistence	3,559	-	3,559	787
Centre activities and counselling	9,605	-	9,605	855
Community activities & groups	-	-	-	-
Subcontract labour	43,482	-	43,482	4,766
Dover Hub	10,818	-	10,818	-
Volunteer/trustee expenses	-	715	715	1,288
Cleaning materials and consumables	3,446	181	3,627	1,652
National MIND affiliation fee	-	1,373	1,373	-
	79,405	3,213	82,618	19,742

Fund raising expenditure	**Restricted**	**Unrestricted**	**2023**	**2022**
			£	**£**
Shop salaries (incl. er's NI)	-	27,024	27,024	23,691
Shop expenses	-	5,304	5,304	3,324
Shop and storage garage rent payable	-	7,201	7,201	8,950
Abercrombie expenses		-	-	-
Fund raising expenses	-	-	-	4,306
	-	39,529	39,529	40,271

Management and administration costs and charitable operations	**Restricted**	**Unrestricted**	**2023**	**2022**
			£	**£**
Salaries (incl. er's NI)	238,302	12,542	250,844	204,178
Staff money purchase pension costs	4,433	493	4,926	3,626
Staff supervision, training & recruitment	-	4,532	4,532	2,652
Rates	1,132	-	1,132	593
Insurance (personnel and buildings)	7,024	780	7,804	4,008
Printing, postage and stationery	5,270	-	5,270	2,477
Telephone	7,444	827	8,271	8,084
Website and computer costs	13,025	746	13,771	13,394
Marketing	2,980	331	3,311	7,773
Consultancy fees	4,703	523	5,226	300
Accountancy	2,478	2,478	4,956	4,285

..... continued

Bank charges	776	86	862	1,119
General expenses	451	49	500	1,232
Subscriptions	-	419	419	-
Depreciation on furnishing	-	386	386	456
Depreciation on FF & equipment	-	1,290	1,290	1,511
Depreciation on shop equipment	-	150	150	176
Depreciation on improvements	-	603	603	603
	288,018	26,235	314,253	256,467

4. Pension costs

The company operates a defined contribution pension scheme. the scheme and its assets are held by independent managers. The pension charge represents contributions due from the company and amount to £4,926 (2022: £3,626).

5. Tangible fixed assets

	Land and buildings freehold £	Furni-shings £	Centre equipment £	Shop equipment £	Improve-ments £	Total £
Cost/revaluation						
At 1 April 2022	245,000	14,380	29,607	6,065	112,474	407,526
Additions	-	-	26	-	-	26
At 31 March 2023	245,000	14,380	29,633	6,065	112,474	407,552
Depreciation						
At 1 April 2022	-	11,798	21,072	5,058	109,175	147,103
Charge for the year	-	386	1,290	150	603	2,429
At 31 March 2023	-	12,184	22,362	5,208	109,778	149,532
Net book values						
At 31 March 2023	245,000	2,196	7,271	857	2,696	258,020
At 31 March 2022	245,000	2,582	8,535	1,007	3,299	260,423

..... continued

6. Debtors

	2023	2022
	£	£
Trade debtors	10,254	16,139
Prepayments and accrued income	1,578	1,578
	11,832	17,717

7. Creditors: amounts falling due within one year

	2023	2022
	£	£
Trade creditors	1,662	2,151
Other taxes and social security costs	8,983	4,347
Other creditors	17,455	19,893
Accruals and deferred income	6,784	3,180
Pension contributions	1,200	851
	36,084	30,422

8. Corporation taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent these are applied to its charitable objectives.

..... continued

9. Reserves

	Revaluation Reserve £	Restricted Funds £	Unrestricted Funds Re Fixed Assets £	Unrestricted Funds £	Total £
At 1 April 2022	173,813	125,338	77,816	148,734	525,701
Movement on reserves		(52,448)	-	122,893	70,445
At 31 March 2023	173,813	72,890	77,816	271,627	596,146

The total funds carried forward on the statement of financial activities exclude the revaluation reserve. The increase in the charity's reserves was part of the Board's strategy to invest, in a management structure and operating environment, to allow it to meet compliance, service user and funder requirements in the long term.

10. Company limited by guarantee

The legal status of the charity is a company limited by guarantee and has no share capital.

..... continued

11. Restricted Funds

	At 1 April 2022 £	Incoming resources £	Transfers £	Outgoing resources £	At 31 March 2023 £
Porchlight (Live Well Contract)	27,901	105,000	-	132,901	-
Lottery Funding Main Grant	-	83,190		35,300	47,890
Colyer Ferguson	2,207	-	-	2,207	-
Ambassadors Fund	17,032	27,489	-	44,521	-
Folkestone Grant B	2,500	-	-	2,500	-
KCC IT	2,000	-	-	2,000	-
Lottery	9,890	-	-	9,890	-
KCC Reconnect	23,808	5,952	-	29,760	-
Blueberry for School	15,000	-	-	15,000	-
Lloyds Bank Foundation	25,000	25,000	-	25,000	25,000
Philip Connie	-	9,870	-	9,870	-
Arnold Clark	-	1,000	-	1,000	-
Reconnect Loyalty Grant	-	7,589	-	7,589	-
KCC Early Help Raising Resilience		10,040	-	10,040	-
KCC Early Help 3a's	-	11,270	-	11,270	-
Folkestone Council Grant	-	250	-	250	-
Folkestone Council Cooking Cllr Wing	-	200	-	200	-
The Edward Gostling	-	5,000	-	5,000	-
Social Enterprise Kent	-	945	-	945	-

..... continued

Matrix The Gift Fun	-	3,560	-	3,560	-
KCC MH & WB Community Fund	-	4,740	-	4,740	-
KCF Vulnerable Adults	-	5,000	-	5,000	-
Roger De Haan Trust	-	2,000	-	2,000	-
Boatmans	-	700	-	700	-
Active Kent & Medway	-	6,180	-	6,180	-
	125,338	314,975	-	(367,423)	72,890

Registration number 04276323
Charity number: 1089472

South Kent Mind Ltd

Report and unaudited financial statements

for the year ended 31 March 2023

South Kent Mind Ltd

Company information

Trustees	Stewart Martin Sarah Morgan Charles Traylen Ray Campion Harriet Filmer Grahame Ward Robbie Kent
Company number	04276323
Charity Number	1089472
Registered office	24-26 Dover Road Folkestone Kent CT20 1JQ
Accountants	PG Lemon LLP 134 High Street Hythe Kent CT21 5LB
Business address	24-26 Dover Road Folkestone Kent CT20 1JQ

South Kent Mind Ltd

Independent examiner's report to the trustees on the unaudited financial statements of South Kent Mind Ltd

I report on the accounts of South Kent Mind Ltd for the year ended 31 March 2023 set out on pages 2 to 13.

Respective responsibilities of trustees and independent examiner

The charity's trustees (who are also the directors of the company for purposes of company law) are responsible for the preparation of the accounts. They consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act), and that an independent examination is needed. It is my responsibility to examine the accounts under section 145 of the Act, to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the Act, and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(i) which gives me reasonable cause to believe that in any material respect the requirements:
- to keep proper accounting records in accordance with section 130 of the Charities Act 2011; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of the Charities (Accounts and Reports) regulations 2008.

have not been met; or

(ii) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Philip Gambrill
Chartered Certified Accountant
Independent examiner

PG Lemon LLP
134 High Street
Hythe, Kent
CT21 5LB

Date:

South Kent Mind Ltd

Profit and loss account
for the year ended 31 March 2023

	Note	Restricted Funds £	Unrestricted Funds £	2023 Total £	2022 Total £
Income	**2**	314,975	191,720	506,695	429,007
Expenditure					
Charitable expenditure	**3**	(79,405)	(3,213)	(82,618)	(19,742)
Fund raising expenditure	**3**	-	(39,529)	(39,529)	(40,271)
Management & administration & charitable operations	**3**	(288,018)	(26,235)	(314,253)	(256,467)
Surplus / (deficit) on Operating income		(52,448)	122,743	70,295	112,527
Other interest receivable and profit on investments	**2**	-	150	150	2
Surplus / (deficit) for the year after tax		(52,448)	122,893	70,445	112,529
Transfers between funds	**12**	-	-	-	-
Retained surplus / (deficit) for the year		(52,448)	122,893	70,445	112,529
Retained surplus brought forward		125,338	226,550	351,888	239,359
Total funds carried forward		72,890	349,443	422,333	351,888

The notes on pages 5 to 13 form an integral part of these financial statements.

South Kent Mind Ltd

Balance sheet
as at 31 March 2023

	Notes	2023 £	2023 £	2022 £	2022 £
Fixed assets					
Tangible assets	**5**		258,020		260,423
Current assets					
Debtors	**6**	11,832		17,717	
Cash at bank and in hand		403,973		277,983	
		415,805		295,700	
Creditors: amounts falling due within one year	**7**	(36,084)		(30,422)	
Net current assets			379,721		265,278
Total assets less current liabilities			637,741		525,701
Accruals and deferred income			(41,595)		-
Net assets			596,146		525,701
Capital and reserves					
Funds and Reserves	**9**		596,146		525,701
Total reserves			596,146		525,701

The trustees' statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet.

The notes on pages 5 to 13 form an integral part of these financial statements.

Balance sheet (continued)

Directors' statements required by Sections 475(2) and (3) for the year ended 31 March 2023

For the year ended 31 March 2023 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Trustees' responsibilities:

• The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and

• The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2016) - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

These accounts were approved by the trustees, and are signed on their behalf by:

Charles Traylen
Trustee

Stewart Martin
Trustee

Registration number 04276323

South Kent Mind Ltd

Notes to the financial statements
for the year ended 31 March 2023

1. Accounting policies

1.1. Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102 Section 1A) - ((Charities SORP (FRS 102)) , the Charities Act 2011 and the Companies Act 2006.

South Kent MIND meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

1.2. Income recognition policies

Items of income are recognised and included in the accounts when all of the following criteria are met:
- the charity has entitlement to the funds;
- any performance conditions attached to the items of income have been met or are fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1.3. Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Restricted funds are grants and donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

1.4. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- charitable expenditure
- fund raising expenditure
- management & administration costs and charitable operations.

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1.5. Tangible fixed assets and depreciation

Individual fixed assets costing £100 or more are capitalised at cost and are depreciated over their useful economic lives as follows:

Land and buildings	-	Not depreciated
Furnishings	-	15% reducing balance
Centre equipment	-	15% reducing balance
	-	15% reducing balance
Improve-ments	-	5% straight line

The trustees do not consider it necessary to depreciate freehold land and buildings.
The leasehold property was revalued at 31 March 2015.

1.6. 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.

1.7. 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.

1.8. Pensions

The pension costs charged in the financial statements represent the contribution payable by the company during the year.

The regular cost of providing retirement pensions and related benefits is charged to the profit and loss account over the employees' service lives on the basis of a constant percentage of earnings.

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2. Analysis of income

Charitable income	**Restricted**	**Unrestricted**	**2023**	**2022**
			£	**£**
Charitable grants and donations	209,975	86,874	296,849	217,750
Porchlight - Live Well contract	105,000	-	105,000	105,000
Centre income	-	2,487	2,487	2,063
Shop income	-	86,306	86,306	72,207
Abercrombie cafe income	-	1,700	1,700	-
Fundraising events and other income	-	141	141	1,804
Gift aid income	-	-	-	-
Membership subscriptions	-	1	1	65
	314,975	177,509	492,484	398,889

Other income	**Restricted**	**Unrestricted**	**2023**	**2022**
			£	**£**
Property income	-	-	-	-
Other rental income	-	9,933	9,933	4,688
Other income	-	4,278	4,278	25,430
	-	14,211	14,211	30,118

Investment income	**Restricted**	**Unrestricted**	**2023**	**2022**
			£	**£**
Bank interest received	-	150	150	2
	-	150	150	2

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3. Analysis of expenditure

Charitable expenditure	**Restricted**	**Unrestricted**	**2023**	**2022**
			£	**£**
Light and heat	4,870	541	5,411	4,750
Repairs and maintenance (inc. property management)	3,625	403	4,028	5,644
Travelling and subsistence	3,559	-	3,559	787
Centre activities and counselling	9,605	-	9,605	855
Community activities & groups	-	-	-	-
Subcontract labour	43,482	-	43,482	4,766
Dover Hub	10,818	-	10,818	-
Volunteer/trustee expenses	-	715	715	1,288
Cleaning materials and consumables	3,446	181	3,627	1,652
National MIND affiliation fee	-	1,373	1,373	-
	79,405	3,213	82,618	19,742

Fund raising expenditure	**Restricted**	**Unrestricted**	**2023**	**2022**
			£	**£**
Shop salaries (incl. er's NI)	-	27,024	27,024	23,691
Shop expenses	-	5,304	5,304	3,324
Shop and storage garage rent payable	-	7,201	7,201	8,950
Abercrombie expenses		-	-	-
Fund raising expenses	-	-	-	4,306
	-	39,529	39,529	40,271

Management and administration costs and charitable operations	**Restricted**	**Unrestricted**	**2023**	**2022**
			£	**£**
Salaries (incl. er's NI)	238,302	12,542	250,844	204,178
Staff money purchase pension costs	4,433	493	4,926	3,626
Staff supervision, training & recruitment	-	4,532	4,532	2,652
Rates	1,132	-	1,132	593
Insurance (personnel and buildings)	7,024	780	7,804	4,008
Printing, postage and stationery	5,270	-	5,270	2,477
Telephone	7,444	827	8,271	8,084
Website and computer costs	13,025	746	13,771	13,394
Marketing	2,980	331	3,311	7,773
Consultancy fees	4,703	523	5,226	300
Accountancy	2,478	2,478	4,956	4,285

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Bank charges	776	86	862	1,119
General expenses	451	49	500	1,232
Subscriptions	-	419	419	-
Depreciation on furnishing	-	386	386	456
Depreciation on FF & equipment	-	1,290	1,290	1,511
Depreciation on shop equipment	-	150	150	176
Depreciation on improvements	-	603	603	603
	288,018	26,235	314,253	256,467

4. Pension costs

The company operates a defined contribution pension scheme. the scheme and its assets are held by independent managers. The pension charge represents contributions due from the company and amount to £4,926 (2022: £3,626).

5. Tangible fixed assets

	Land and buildings freehold £	Furni-shings £	Centre equipment £	Shop equipment £	Improve-ments £	Total £
Cost/revaluation						
At 1 April 2022	245,000	14,380	29,607	6,065	112,474	407,526
Additions	-	-	26	-	-	26
At 31 March 2023	245,000	14,380	29,633	6,065	112,474	407,552
Depreciation						
At 1 April 2022	-	11,798	21,072	5,058	109,175	147,103
Charge for the year	-	386	1,290	150	603	2,429
At 31 March 2023	-	12,184	22,362	5,208	109,778	149,532
Net book values						
At 31 March 2023	245,000	2,196	7,271	857	2,696	258,020
At 31 March 2022	245,000	2,582	8,535	1,007	3,299	260,423

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6. Debtors

	2023	2022
	£	£
Trade debtors	10,254	16,139
Prepayments and accrued income	1,578	1,578
	11,832	17,717

7. Creditors: amounts falling due within one year

	2023	2022
	£	£
Trade creditors	1,662	2,151
Other taxes and social security costs	8,983	4,347
Other creditors	17,455	19,893
Accruals and deferred income	6,784	3,180
Pension contributions	1,200	851
	36,084	30,422

8. Corporation taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent these are applied to its charitable objectives.

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9. Reserves

	Revaluation Reserve £	Restricted Funds £	Unrestricted Funds Re Fixed Assets £	Unrestricted Funds £	Total £
At 1 April 2022	173,813	125,338	77,816	148,734	525,701
Movement on reserves		(52,448)	-	122,893	70,445
At 31 March 2023	173,813	72,890	77,816	271,627	596,146

The total funds carried forward on the statement of financial activities exclude the revaluation reserve. The increase in the charity's reserves was part of the Board's strategy to invest, in a management structure and operating environment, to allow it to meet compliance, service user and funder requirements in the long term.

10. Company limited by guarantee

The legal status of the charity is a company limited by guarantee and has no share capital.

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11. Restricted Funds

	At 1 April 2022 £	Incoming resources £	Transfers £	Outgoing resources £	At 31 March 2023 £
Porchlight (Live Well Contract)	27,901	105,000	-	132,901	-
Lottery Funding Main Grant	-	83,190		35,300	47,890
Colyer Ferguson	2,207	-	-	2,207	-
Ambassadors Fund	17,032	27,489	-	44,521	-
Folkestone Grant B	2,500	-	-	2,500	-
KCC IT	2,000	-	-	2,000	-
Lottery	9,890	-	-	9,890	-
KCC Reconnect	23,808	5,952	-	29,760	-
Blueberry for School	15,000	-	-	15,000	-
Lloyds Bank Foundation	25,000	25,000	-	25,000	25,000
Philip Connie	-	9,870	-	9,870	-
Arnold Clark	-	1,000	-	1,000	-
Reconnect Loyalty Grant	-	7,589	-	7,589	-
KCC Early Help Raising Resilience		10,040	-	10,040	-
KCC Early Help 3a's	-	11,270	-	11,270	-
Folkestone Council Grant	-	250	-	250	-
Folkestone Council Cooking Cllr Wing	-	200	-	200	-
The Edward Gostling	-	5,000	-	5,000	-
Social Enterprise Kent	-	945	-	945	-

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Matrix The Gift Fun	-	3,560	-	3,560	-
KCC MH & WB Community Fund	-	4,740	-	4,740	-
KCF Vulnerable Adults	-	5,000	-	5,000	-
Roger De Haan Trust	-	2,000	-	2,000	-
Boatmans	-	700	-	700	-
Active Kent & Medway	-	6,180	-	6,180	-
	125,338	314,975	-	(367,423)	72,890

South Kent Mind

England & Wales - Charity number 1089472

Accounts

Annual Report 2020-21

Chair's Introduction

To say 2020/21 was a challenging year would be an understatement. If we cast our minds back to April 2020, we were fearful about contracting Coronavirus, little was known about it and the country had just gone into its first Lockdown. None of us knew how the pandemic would impact on our own personal lives, never mind how South Kent Mind would continue to exist or operate.

Our new Covid-19 world was unknown territory for us all. Trustees were worried about income, how long it would last and where new income would come from. Trustees and staff were concerned about how South Kent Mind would continue to function.

As we closed the Centre at the end of March 2020 it became clear we would have to find another way in which to operate and provide our services. Remote working was introduced, service referrals took place over the phone and we moved some of our services online. Fortunately, we received a number of grants from Kent Community Fund, Dover District Council, Folkestone & Hythe District Council, Garfield Weston, John Swire Trust and National Mind which assisted us in this. And thanks to Adam Colthorpe's technical skills – our then Director of Communications and Technology – we were able to introduce welfare calls and held craft, writing and other group meetings over Zoom, which still continue.

Sadly, both our shops, in Hythe and Cheriton, had to close. Our Hythe Shop re-opened for a period over the summer of 2020 and did a roaring trade in facemasks among other items, thanks to our shop manager Kerry Duncan and volunteers, and Trustees are pleased that it was able to reopen in April of this year.

However, Trustees decided, after much soul-searching, to close our Cheriton shop permanently in June 2020 thus making two shop staff redundant. This decision was based partly on the impact of Lockdown and partly due to the fact that the lease had come up for renewal. Also, the shop's location did not sit well with our strategic aim of developing hubs in Deal and Dover.

In early July 2020, we appointed an Interim Chief Executive Officer (ICEO) for a six-month period to replace Bernie Mayall. Bernie accomplished a great deal during her period with South Kent Mind in transforming the organisation, including considerable work towards achieving the Mind Quality Mark, for which we are most appreciative.

Our new ICEO, Steve Inett, was tasked with maintaining organisational and financial stability.

Working remotely for the most part, Steve quickly got to grips with what needed doing and set about a modest restructure of the organisation. This involved changing a number of job titles and their roles to ensure operations were more streamlined and, thankfully, resulted in just one staff redundancy. He also created a new post of Volunteer Co-Ordinator, which has resulted in a number of new volunteers who are involved in a range of activities including digital befriending, art, yoga, walking, peer mentoring and creative writing groups. Adam Colthorpe, Director of Communications and Technology resigned at the end of August 2020 and was not replaced, due to budgetary constraints. Adam's commitment and passion for the organisation was immense and his input and efforts had a significant impact in the repositioning of the charity.

In October 2020 it became clear we would need to extend Steve's contract for three months while we recruited a new CEO, to which Steve agreed.

The financial element of the ICEO's role was not so easy as many of the funds for which we had anticipated applying were closed until December 2020 due to Covid-19. However, various statutory grants and funds were applied for and we secured a number of these which were sufficient to ensure South Kent Mind was solvent until the end of the financial year, March 2021.

I am pleased to report that in late March 2021 we appointed a successor to Steve, Simon Dolby, who joined us in our very first full-time Chief Executive role! Simon has been busy getting to grips with the Organisation and focussing on much needed grant applications and many new projects.

Our Board of Trustees has seen some big changes too. Paul Curd, our Chair, resigned at the beginning of June 2020. Paul oversaw quite a number of changes and invested much of his time into strengthening governance at South Kent Mind, for which we are indebted. I took over as Vice-Chair and then Chair in August 2020 in an effort to regain stability. Sadly, due to work commitments, from the end of May 2021, I too have now resigned as Chair, although I remain a Trustee. We are currently actively seeking a replacement. In the meantime, Sheridan Hammond our Vice Chair is holding the reins.

We regret to advise that former Hon. Secretary of the charity, Pam Comber MBE, has passed away recently following an illness. Pam's contribution to help improve the lives of local people with mental health problems cannot be understated. Pam was instrumental in helping to secure the Resource Centre premises, which the charity still works from, and which she was present at on the opening day in January 1993. Pam continued to help develop and steer the charity, obtaining grants for refurbishments and being the administrative link between staff and Trustees. In 2007 Pam was awarded an MBE for her services to mental health, a much-deserved award reflecting her dedication and commitment to the charity. Pam was talented in other ways too, one of which was needlework and when she managed to find the time, made all sorts of crafts which were sold at the Centre on open days. She supported fundraising events in the community, in-store collection days at supermarkets, arranged raffles in addition to all the administrative, management and committee duties required and much, much more besides. Pam continued to support the charity as recently as May this year and had only officially retired a few months

earlier. Pam's voluntary work supporting mental health (for over 30 years at least) was truly inspiring and she touched so many people's lives. We have named the meeting room the Pam Comber Room, in recognition of her work and support. There will also be a plaque hung in that room in her honour and a Volunteer Award in her name – to be awarded at our next AGM.

Two other long standing Trustees decided to retire – Norma Smyth and our Honorary Treasurer David Jarman – and I'd like to thank them both for their commitment and support for the organisation over many years.

Other Trustees who resigned mostly due to the impact of Covid-19 on their personal and work situations include Gavin Baker, Julie Hanbury, Bonny Malhotra, Gary Nice and Keely Spicer, whom I also thank for their input.

Although many Trustees resigned in the past financial year, we did gain five new Trustees. They are: Ray Campion, Stewart Martin, Paul Mercer, Sarah Morgan and Frances Tammer and Dawn Hughes – who has since resigned. We now have a strong board of eight Trustees, including Vice Chair, Sheridan Hammond, Trustee Tony Vaughan and a new Hon Treasurer – Paul Mercer. They are, I believe, well positioned to guide South Kent Mind going forwards and support staff in achieving our strategic objectives. To this end we re-established a number of sub-committees, Finance and Income Generation during the year and created two new ones, Property Management and HR which are working well.

Financially, despite everything that was thrown at us during 2020/21 in terms of the pandemic, the changes in trustees and staff, and the closing of the Centre, our hubs, our shops and the Abercrombie Cafe, I am pleased to report that, to our great relief, we made a small surplus of just over £26,000 thanks to our many funders and donors, which has set us in good stead for the year ahead.

During my year as Chair I have been bowled over, not only by the commitment of our Trustees, but also that of our ICEO, Steve Inett and our new Chief Executive, Simon Dolby and thank them for all their generous support. In addition, I would like to thank our staff under the leadership of Managers, Michelle Godfrey and Karen Bush, our outgoing Finance Officer, Beverley Stone and indeed all our staff who have, by hook or by crook, in many cases kept the South Kent Mind show on the road. It hasn't been easy, but where there is a will there is a way, and during 2020/21 they found that way. I would also like to welcome a number of new members to the team, Kat Segmen, who has replaced Beverley Stone as Finance Officer, and Rebecca Jackson, who has joined us as Fundraising Officer in recent months.

Equally, our volunteers have been vital in keeping our services ticking over and in developing new services, and I would like to thank Martin Cooper for all his hard work as chair of our Service Users Group and to Tom Langlands who devoted so much time volunteering as an engagement officer, to name but a very few.

Penelope James

Penelope James
Chair of the Board of Trustees
(August 2020 – May 2021)

Our Aims and Objectives

Purposes and Aims

Our charity's purposes as set out in the objects contained in the company's Memorandum & Articles of Association are to benefit the public by promoting the preservation and the safeguarding of mental health and the relief of persons suffering from mental health disorders within the area covered by South Kent Mind – from Deal to Dover, Folkestone to Romney Marsh and rural villages in between.

Our vision is that everyone with a mental health problem has somewhere to turn for advice and support, and to that end the Trustees have made it their mission to improve the lives of all people in south Kent experiencing mental health challenges.

To do this, the charity aims to

- **Build Resilience:** We empower people towards resilience by raising awareness, educating, and providing early intervention opportunities aimed at preventing problems occurring or reoccurring wherever possible, or reducing their impact if they do.
- **Provide Relief:** We listen, give support and advice, provide comfort and relief through a wide range of services across South Kent and aim to develop and grow our provision/services accordingly.
- **Aid Rehabilitation:** We support people on their road to recovery so they can reintegrate with their communities and provide wider support with a long-term view of ensuring a positive, healthy, inclusive and productive environment.

Our aims fully reflect the purposes that the charity was set up to further.

Ensuring our work delivers our aims

The Trustees of South Kent Mind review our aims, objectives and activities each year. This report looks at what we achieved and the outcomes of our work in the previous 12 months. The report looks at the success of each key activity and the benefits they have brought to those groups of people we are set up to assist. The report also helps us ensure our aims, objectives and activities remain focussed on our stated purposes. We have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. In particular, the Trustees consider how planned activities will contribute to the aims and objectives they have set.

The focus of our work

Our main objectives for the year continued to be to promote better mental health and wellbeing across south Kent. The strategies we used to meet these objectives included:

- Providing a range of services which are reflective of relevant quality standards and address the potential problems related to mental ill-health.
- Working in partnership with other agencies to secure the widest range of services available that best match the needs of our client population.

MIND

During the year we have continued to develop our relationship with Mind, both with national Mind and with local Kent Minds. Sharing experiences and issues have been invaluable to our development and have assisted us in improving our services.

National Mind Federation Agreement

We also had some input into and signed the new Mind Federation Agreement which replaced the old Community Partnership Agreement from April 2021. The 6-year Agreement covers a number of areas, principally:

- It focuses on the shared values of local Minds and the MQM Quality Standards
- It lays out clearly the expectations of all local Minds, including fundraising
- It details the relationship with Mind Retail
- It strengthens the Mind response on risk and safeguarding

Mind Quality Mark

One important element of being a member of national Mind is achieving the Mind Quality Mark (MQM): a set of standards which focus on Leadership & Governance, Sustainability & Growth, Influence & Engagement. It is an organisational tool which supports local Minds and their ongoing improvement.

After much hard work, we were awarded the MQM in November 2020. It will ensure that South Kent Mind has a positive impact on the lives of people experiencing or at risk of developing mental health problems. It will also ensure the best quality standards of service coupled with a feeling of optimism and drive amongst all staff and volunteers.

How our work delivers public benefit

Our main activities and who we try to help are described below. All our charitable activities focus on the prevention and treatment of mental ill-health and are undertaken to further our charitable purposes for the public benefit.

Who used and benefited from our services?

Our objects and funding limit the services we provide to those people resident in south Kent. The adult population of south Kent is approximately 170,000[1] and at any one time:

- 23,800 (14%) will have a common mental health problem such as anxiety and depression;
- 8,500 (5%) will have longer term and more complex mental health problems; and
- 11,900 (7%) will have mental health problems associated with their physical health needs[2].

Demand for our services is ever increasing receiving many self-referrals, referrals from our funders Live Well Kent, signposting from G.P practices, DWP, Primary and Secondary services to name but a few. Individuals are offered an initial assessment of their personal needs to ensure everyone seeking support is offered a person-centred approach.

Equal access to our services is an important issue for us. We are aware that BAME (Black, Asian, & Minority Ethnic) communities are disproportionately represented in the deprived areas within South Kent Mind's catchment area. We believe equal access to our services is vital to our success and that successful outcomes must be shared by all communities that use our services.

Main Areas of Charitable Activity

The Impact on Our Services of Coronavirus Covid-19

In terms of our service delivery, the Coronavirus outbreak meant we had to adapt quickly and completely reorganise the way in which we worked. We immediately responded to the government guidelines of social distancing and self-isolation and set up a remote network to enable service users to access support by telephone or online. This service had totally replaced our face-to-face support at our Folkestone Centre or via our hubs. Sadly we had to close our Dover hub, but we have plans to reopen a new hub going forward.

We were able to offer telephone and video support for our person-centred wellbeing services and also live streaming and print at home for creative self and Active SELF activities. There were extra costs involved in our immediate response to providing these services, and were incurred against the backdrop of seriously reduced funding, as we had to close our charity shops during the Lockdown periods and thus lost a significant source of income. We are most grateful to national Mind, Charities Aid Foundation, Kent Community Foundation, Dover District Council and Folkestone & Hythe District Council and others for their financial support during this difficult period.

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[1] ONS Clinical commissioning group population estimates

[2] East Kent Adult Mental Health Strategy 2016-2021

Understandably, very few events took place during the year due the various Lockdowns. However, our FotoFolkestone project was well supported. Unfortunately, although people were generous with their photos, the exhibition was only open for a month due to Covid-19 restrictions, but received some good reviews none the less.

We also launched the Abercrombie's Café at the Centre and were about to begin running cooking workshops and other events just as Lockdown hit, resulting in the cancellation of all planned activities. It was agreed to transfer any remaining funds to our Hythe Shop (with the consent of the funder).

However, we are currently working on plans to reopen the Café now Covid restrictions have been lifted.

Our Impact

In the year ending 31 March 2021 we have:

- Assisted 326 new service users in Folkestone & Hythe District, Dover/Deal District.
- 100% of referrals **attempted** contact within two working days following initial referral
- 100% of referrals with contact within five working days following initial referral
- 72% of those who were contactable and ready to engage received a service within 7 working days
- 100% of service users provided with brief advice or intervention on physical health, alcohol use, smoking, healthy eating, and sexual health
- 4 new peer leaders were trained and supported in collaboration with the new Recovery College in Folkestone
- Continue to build relationships with IPS employment providers to help support referrals
- Facilitated and supported local mental health awareness raising events/sessions in Dover and Folkestone
- 82% of service users show maintained or improvement in their mental health and wellbeing
- 95% of users would recommend our services to their families and friends

We know that our interventions work: we use the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS), a validated measure of mental wellbeing, to measure the impact of our services. WEMWBS was developed by researchers at the Universities of Warwick and Edinburgh, with funding provided by NHS Health Scotland, and is a 14-item scale of mental well-being. It covers subjective well-being and psychological functioning, and is scored by summing responses to each item answered on a 1 to 5 Likert scale. The minimum scale score is 14 and the maximum is 70. We record the results scored by people when they first start using our services

to give a baseline score, then again during their time using our services and then again when they leave our services. This helps us track progress and outcomes.

A sample of our recent outcomes over the last 12 months includes:

- 82% of beneficiaries stated that the activities had helped to improve their mental health and wellbeing
- 63% are now feeling optimistic about the future
- 74% are now dealing with problems well and are thinking more clearly
- 75% are showing improved wellbeing scores
- 98% feel they have choice and are in control of their plan

Partnership working

We work closely with several local organisations to provide added value to the services we each deliver. For example, we worked with the Samaritans to ensure our SafeTALK programme dovetailed with the work that they do, with Take Off, a user-led peer support service based in Dover, and we have developed links with Talk It Out, a small user-led group in Deal to augment the services they provide. We are also exploring ways we can work with a new provider in the area, Hestia, and as mentioned above we have forged links with Social Enterprise Kent, the Recovery College run by the Kent and Medway Partnership Trust, the Three Hills sports centre, the Chequers Cookery School, Deal and with the Romney Marsh Day Centre.

Structure, Governance and Management

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 23 August 2001 and originally registered as a charity on 9 March 1989. The company was established under a Memorandum of Association which established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up members are required to contribute an amount not exceeding £1. We plan to review our governing document in the coming year.

Recruitment and Appointment of Management Committee

The directors of the company are also charity trustees for the purposes of charity law. Under the requirements of the Memorandum and Articles of Association, directors may be elected by ordinary resolution at an annual general meeting or appointed by resolution of the other directors. A director appointed by the other directors must retire and seek election at the following annual general meeting. A third of all other directors must retire by rotation at the annual general meeting. Retiring directors may be re-elected, and there is currently no maximum term of

office for directors.

All members of the Management Committee give their time voluntarily and received no benefits from the charity. Any expenses reclaimed from the charity are set out in the accounts.

In an effort to develop and maintain a broad skill mix, members of the Board of Trustees are requested to provide a list of their skills (and update it each year) and in the event of particular skills being lost due to retirements, a specific recruitment drive attempts to attract individuals with those skills to the Board.

Sadly, this year we said goodbye to the Chair, Penelope James who led the Trustees and the Charity as Vice Chair from June 2020 and as Chair from August 2020 to May 2021. Penelope took over at a difficult time and during her tenure ensured organisational and financial stability was maintained. Penelope will continue as a Trustee.

Risk Management

The Board of Trustees established a risk register which is reviewed and updated annually. Where appropriate, systems or procedures have been established to mitigate the risks the charity faces. Internal control risks are minimised by the implementation of procedures for authorisation of all transactions and projects. Procedures are in place to ensure compliance with health and safety of staff, volunteers, clients and visitors to the centre. The implementation of the Mind Quality Mark ensures a consistent quality of delivery for all operational aspects of the charity. These procedures are periodically reviewed to ensure that they continue to meet the needs of the charity.

Organisational Structure

South Kent Mind has a Board of Trustees that meets bi-monthly and is responsible for the strategic direction and policy of the charity. At present the Board has eight directors from a variety of professional backgrounds relevant to the work of the charity. Members of the senior management team also attend Board meetings but have no voting rights.

A scheme of delegation is in place and day-to-day responsibility for the provision of the services rest with the Chief Executive along with other members of the Senior Management Team. The Chief Executive is responsible for ensuring that the charity delivers the services specified and that key performance indicators are met.

Financial Review

The financial result for the year ended 31st March 2021 was an actual surplus of £26,755 against a planned deficit of £700. This therefore amounts to a further unplanned profit of **£26,055.**

Principal Funding Sources

The principal funding source for the charity is currently the contract income, of £106,200 from Kent County Council via Porchlight (who oversee community mental health services on behalf of the county council). In the financial year Porchlight themselves provided further grants totalling £3,940 from their own innovation funds. A further £34,161 came from voluntary giving either by donations or through fund raising events. The balance of funding is generated by the contribution received from commercial activities (mainly charity shops).

Principal Costs

The main expenditure is the provision of paid expertise and skills with employee costs of £214,785 and subcontractors' payments of £7,149 accounting for 74% of total expenses. The decrease in employee costs of £12,665 from the prior year relate to Lockdown and the impact of the Covid-19 pandemic.

Reserves Policy

The Board of Trustees has examined the Charity's requirements for reserves in light of the main risks to the organisation. It has established a policy whereby the unrestricted funds not committed or invested in tangible fixed assets held by the charity should be between:

- a minimum of three months running costs. This will enable the Charity to be able to respond to short-term fluctuations in the levels of funding and to have sufficient liquidity to meet short term liabilities.
- an optimum reserves level of nine months running costs to ensure that any services and projects undertaken can be sustained for a reasonable time.

If at any time the Treasurer has cause to believe that the policy will be breached then it will be reported at the next Board of Trustee's meeting and corrective action agreed.

Our expenditure for 2020/21 came to £282,121 and therefore the target reserve is between £94,040 to £188,081 in general funds. The Board of Trustees is confident that this level of reserves would enable the Charity to continue to deliver its current activities even in the event of a significant drop in funding. Our year-end unrestricted reserves stand at £126,555, which is within the target level. Although the strategy is to continue to build reserves through planned operating surpluses, the Board of Trustees is aware that the optimum target level of reserves is unlikely to be reached for at least five years. In the short term the Board of Trustees will consider the extent to which existing activities and expenditure could be curtailed, should such circumstances arise.

Plans for Future Periods

The Charity plans to continue the activities outlined above in the forthcoming years subject to satisfactory funding arrangements. However, these services are provided predominantly at or out of our Centre in Folkestone. South Kent covers a large geographic area and public transport connections from outlying areas to Folkestone are

infrequent, and in any case many people with mental health problems find public transport a challenge. This means that there is a significant disparity in who is able to access our services. We therefore have ambitions to develop the services we currently provide in our Folkestone premises and to replicate them across the rest of south Kent. This will ensure everyone with a mental health problem has somewhere to turn to for advice and support and we are doing all we can to better meet the needs of people with mental health issues on the Romney Marsh, in Dover, Deal and the surrounding villages. For example, we have done our best to address the unmet need in Deal and Dover by opening new outreach 'hubs' there, but this is unfunded beyond our Live Well Kent contract delivery and depletes our limited resources. There are similar unmet needs on Romney Marsh, where the population is dispersed over a wider area.

Following the Covid-19 Lockdown we completely reorganised the way we work, as set out above, to replace our face-to-face support. This has become the seed of our proposed 'MindfulNet Project' aimed at refining, improving and expanding our telephone and video support for our person-centred work (wellbeing / counselling) and live streaming and print at home for creative and physical activities. This will enable us to reach those people in the community who suffer from a mental health problem but who live in remote and rural areas. Thus, the most vulnerable and isolated people within the community would have access to support from their homes.

We anticipate that post-pandemic there will continue to be a significant increase in demand and our MindfulNet project combined with providing pre-recorded activities to watch on demand will enable us to reach as many beneficiaries as possible, offering interventions which will help some of the most affected people to feel more integrated and access to support that will offer relief, support rehabilitation, and build resilience.

We also have ambitious plans to develop an employment, training and education service. While this will initially focus on our community café, as set out above, we would hope to expand the scope of the service to cover retail and other work areas in due course.

The overall outcomes of our services will be that:

- More people will have better mental health – by improving individual wellbeing.
- More people in crisis with mental health conditions will recover – bearing in mind that 'recovery' does not necessarily mean 'cure'.
- More people will have increased access to employment, education, training and recovery.
- More people will experience reduced social isolation and increased community engagement as a result.
- More people with mental health conditions will have good physical health – our services focus on an individual's physical, psychological, spiritual and

social wellbeing.

- More people will have a positive experience of the support we provide – by ensuring we continue to provide high-quality services through increased engagement of service users in the areas of monitoring and feedback on service performance.
- There will be positive knock-on outcomes for the families and carers of people with mental health conditions.
- Fewer people will experience stigma and discrimination – we aim to reduce negative attitudes to mental health conditions.

We will continue to use WEMWBS to monitor these improvements.

Fundraising

Our fundraising plan hinges around diversifying our income generation to include not just grants and tenders, but also increased community and corporate income. We now have a broad offering to corporates which includes bought-in wellbeing services and workshops, a range of ways to involve us as their Charity of the Year, payroll giving, a new Ambassador scheme and a new awards event where organisations can sponsor categories.

A Community Committee will be formed to allow volunteers to take an increased lead in helping South Kent Mind to attract increased numbers of community fundraisers.

Rebecca Jackson, our new fundraising officer, will play a key role in developing both aspects of our community and corporate.

To further increase our capacity, our Finance Officer will support the grants application side and we have applied to the Department of Work and Pensions to take on a Kickstarter post – a government funded junior role – who will create proactive fundraising posts and host community fundraisers.

New markets will be explored with a new mental health and wellbeing service for schools developed.

Registration number 04276323
Charity number: 1089472

South Kent Mind Ltd

Report and unaudited financial statements

for the year ended 31 March 2021

South Kent Mind Ltd

Company information

Trustees	Norma Smyth	resigned 21 January 2021
	David Jarman	resigned 14 December 2020
	Paul Curd	resigned 2 June 2020
	Sheridan Hammond	
	Gary Nice	resigned 06 October 2020
	Anthony Vaughan	
	Penelope James	
	Shubharatan Bonny Malhotra	resigned 26 April 2020.
	Julie Hanbury	resigned 27 October 2020
	Keely Spicer	
	Raymond Campion	appointed 24 November 2020
	Dawn Hughes	appointed 24 November 2020
	Paul Mercer	appointed 11 December 2020
	Stewart Martin	appointed 30 November 2020
	Sarah Morgan	apppointed 26 January 2021
	Frances Tammer	appointed 26 January 2021
Company number	04276323	
Charity Number	1089472	
Registered office	3 Mill Bay Folkestone Kent CT20 1JS	
Accountants	PG Lemon LLP 134 High Street Hythe Kent CT21 5LB	
Business address	3 Mill Bay Folkestone Kent CT20 1JS	

South Kent Mind Ltd

Independent examiner's report to the trustees on the unaudited financial statements of South Kent Mind Ltd

I report on the accounts of South Kent Mind Ltd for the year ended 31 March 2021 set out on pages 2 to 12.

Respective responsibilities of trustees and independent examiner

The charity's trustees (who are also the directors of the company for purposes of company law) are responsible for the preparation of the accounts. They consider that an audit is not required for this year under section 144(2) of the Charities Act 2011 (the Act), and that an independent examination is needed. It is my responsibility to examine the accounts under section 145 of the Act, to follow the procedures laid down in the General Directions given by the Charity Commission under section 145(5)(b) of the Act, and to state whether particular matters have come to my attention.

Basis of independent examiner's statement

My examination was carried out in accordance with the General Directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as directors concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit and consequently no opinion is given as to whether the accounts present a 'true and fair view' and the report is limited to those matters set out in the statement below.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

(i) which gives me reasonable cause to believe that in any material respect the requirements:
- to keep proper accounting records in accordance with section 130 of the Charities Act 2011; and
- to prepare accounts which accord with the accounting records, comply with the accounting requirements of the Charities (Accounts and Reports) regulations 2008.

have not been met; or

(ii) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Philip Gambrill
Chartered Certified Accountant
Independent examiner

PG Lemon LLP
134 High Street
Hythe, Kent
CT21 5LB

Date: 28 September 2021

Profit and loss account
for the year ended 31 March 2021

	Note	Restricted Funds £	Unrestricted Funds £	2021 Total £	2020 Total £
Income	2	155,212	153,233	308,445	251,518
Expenditure					
Charitable expenditure	3	(5,442)	(9,589)	(15,031)	(62,792)
Fund raising expenditure	3	(2,545)	(58,931)	(61,476)	(77,462)
Management & administration & charitable operations	3	(123,814)	(81,800)	(205,614)	(220,923)
Surplus / (deficit) on Operating income		23,411	2,913	26,324	(109,659)
Other interest receivable and profit on investments	2	-	431	431	1,475
Surplus / (deficit) for the year after tax		23,411	3,344	26,755	(108,184)
Transfers between funds	12	-	-	-	-
Retained surplus / (deficit) for the year		23,411	3,344	26,755	(108,184)
Retained surplus brought forward		11,577	201,027	212,604	320,788
Total funds carried forward		34,988	204,371	239,359	212,604

The notes on pages 5 to 12 form an integral part of these financial statements.

South Kent Mind Ltd

Balance sheet
as at 31 March 2021

	Notes	2021 £	2021 £	2020 £	2020 £
Fixed assets					
Tangible assets	**5**		262,166		259,926
Current assets					
Debtors	**6**	9,949		17,745	
Cash at bank and in hand		162,051		128,273	
		172,000		146,018	
Creditors: amounts falling due within one year	**7**	(20,994)		(19,527)	
Net current assets			151,006		126,491
Total assets less current liabilities			413,172		386,417
Net assets			413,172		386,417
Capital and reserves					
Funds and Reserves	**9**		413,172		386,417
Total reserves			413,172		386,417

The trustees' statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet.

The notes on pages 5 to 12 form an integral part of these financial statements.

Balance sheet (continued)

Directors' statements required by Sections 475(2) and (3) for the year ended 31 March 2021

For the year ended 31 March 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Trustees' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and

- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2016) - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

These accounts were approved by the trustees, and are signed on their behalf by:

Trustee

Registration number 04276323

CHERIDAN HAMMOND

Trustee

STEWART MARTIN

1. Accounting policies

1.1. Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102 Section 1A) - ((Charities SORP (FRS 102)) , the Charities Act 2011 and the Companies Act 2006.

South Kent MIND meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

1.2. Income recognition policies

Items of income are recognised and included in the accounts when all of the following criteria are met:
- the charity has entitlement to the funds;
- any performance conditions attached to the items of income have been met or are fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1.3. Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Restricted funds are grants and donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

1.4. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- charitable expenditure
- fund raising expenditure
- management & administration costs and charitable operations.

..... continued

1.5. Tangible fixed assets and depreciation

Individual fixed assets costing £100 or more are capitalised at cost and are depreciated over their useful economic lives as follows:

Land and buildings	-	Not depreciated
Furnishings	-	15% reducing balance
Centre equipment	-	15% reducing balance
	-	15% reducing balance
Improve-ments	-	5% straight line

The trustees do not consider it necessary to depreciate freehold land and buildings.
The leasehold property was revalued at 31 March 2015.

1.6. 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.

1.7. 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.

1.8. Pensions

The pension costs charged in the financial statements represent the contribution payable by the company during the year.

The regular cost of providing retirement pensions and related benefits is charged to the profit and loss account over the employees' service lives on the basis of a constant percentage of earnings.

..... continued

2. Analysis of income

Charitable income	Restricted	Unrestricted	2021 £	2020 £
Charitable grants and donations	48,732	49,808	98,540	34,160
Porchlight - Live Well contract	106,200	-	106,200	107,800
Centre income	-	3,857	3,857	3,064
Shop income	-	26,248	26,248	82,955
Abercombie cafe income	-	-	-	3,073
Fundraising events and other income	-	-	-	9,110
Gift aid income	-	4,056	4,056	7,277
Membership subscriptions	-	25	25	34
	154,932	83,994	238,926	247,473

Other income	Restricted	Unrestricted	2021 £	2020 £
Property income	-	-	-	-
Other rental income	280	3,075	3,355	4,045
Other income	-	66,164	66,164	-
	280	69,239	69,519	4,045

Investment income	Restricted	Unrestricted	2021 £	2020 £
Bank interest received	-	431	431	1,475
	-	431	431	1,475

..... continued

3. Analysis of expenditure

Charitable expenditure	Restricted	Unrestricted	2021	2020
			£	£
Light and heat	210	2,484	2,694	5,149
Repairs and maintenance (inc. property management)	46	2,123	2,169	6,260
Travelling and subsistence	-	-	-	2,493
Centre activities and counselling	1,025	(165)	860	2,651
Community activities & groups	-	-	-	1,932
Subcontract labour	4,161	2,988	7,149	39,278
Volunteer/trustee expenses	-	675	675	2,873
Cleaning materials and consumables	-	797	797	1,469
National MIND affiliation fee	-	687	687	687
	5,442	9,589	15,031	62,792

Fund raising expenditure	Restricted	Unrestricted	2021	2020
			£	£
Shop salaries (incl. er's NI)	-	39,325	39,325	43,504
Shop expenses	-	8,828	8,828	8,298
Shop and storage garage rent payable	2,500	9,913	12,413	16,800
Abercrombie expenses		186	186	7,738
Fund raising expenses	45	679	724	1,122
	2,545	58,931	61,476	77,462

Management and administration costs and charitable operations	Restricted	Unrestricted	2021	2020
			£	£
Salaries (incl. er's NI)	119,424	56,036	175,460	183,946
Staff money purchase pension costs	-	3,110	3,110	2,911
Staff supervision, training & recruitment	95	3,241	3,336	4,293
Rates	-	539	539	931
Insurance (personnel and buildings)	130	3,711	3,841	3,021
Printing, postage and stationery	-	1,232	1,232	3,779
Promotion	-	-	-	1,640
Telephone	312	3,296	3,608	2,020
Website and computer costs	3,853	2,200	6,053	6,122
Project planning	-	-	-	526
Consultancy fees	-	48	48	2,083
Accountancy	-	4,272	4,272	4,272

..... continued

Bank charges	-	845	845	1,392
General expenses	-	326	326	1,603
Depreciation on furnishing	-	536	536	631
Depreciation on FF & equipment	-	1,596	1,596	940
Depreciation on shop equipment	-	209	209	210
Depreciation on improvements	-	603	603	603
	123,814	81,800	205,614	220,923

4. Pension costs

The company operates a defined contribution pension scheme. the scheme and its assets are held by independent managers. The pension charge represents contributions due from the company and amount to £3,110 (2019: £2,911).

5. Tangible fixed assets

	Land and buildings freehold £	Furni-shings £	Centre equipment £	Shop equipment £	Improve-ments £	Total £
Cost/revaluation						
At 1 April 2020	245,000	14,380	23,620	5,865	112,474	401,339
Additions	-	-	4,984	200	-	5,184
At 31 March 2021	245,000	14,380	28,604	6,065	112,474	406,523
Depreciation						
At 1 April 2020	-	10,806	17,965	4,673	107,969	141,413
Charge for the year	-	536	1,596	209	603	2,944
At 31 March 2021	-	11,342	19,561	4,882	108,572	144,357
Net book values						
At 31 March 2021	245,000	3,038	9,043	1,183	3,902	262,166
At 31 March 2020	245,000	3,574	5,655	1,192	4,505	259,926

..... continued

6. Debtors	2021 £	2020 £
Trade debtors	8,810	-
Other debtors - approved grants	-	11,986
Prepayments and accrued income	1,139	5,759
	9,949	17,745

7. Creditors: amounts falling due within one year	2021 £	2020 £
Trade creditors	794	9,054
Other taxes and social security costs	2,209	2,863
Other creditors	14,871	4,490
Accruals and deferred income	3,120	3,120
	20,994	19,527

8. Corporation taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent these are applied to its charitable objectives.

..... continued

9. Reserves

	Revaluation Reserve	Restricted Funds	Unrestricted Funds Re Fixed Assets	Unrestricted Funds	Total
	£	£	£	£	£
At 1 April 2020	173,813	11,577	83,000	118,027	386,417
Movement on reserves		23,411	(5,184)	8,528	26,755
At 31 March 2021	173,813	34,988	77,816	126,555	413,172

The total funds carried forward on the statement of financial activities exclude the revaluation reserve. The decrease in the charity's reserves was part of the Board's strategy to invest, in a management structure and operating environment, to allow it to meet compliance, service user and funder requirements in the long term.

10. Company limited by guarantee

The legal status of the charity is a company limited by guarantee and has no share capital.

..... continued

11. Restricted Funds

	At 1 April 2020 £	Incoming resources £	Transfers £	Outgoing resources £	At 31 March 2021 £
Mind IT Grant		5,000	-	(4,157)	843
R Cruickshank Foundation Grant (Various Expenditure)	18	-	-	-	18
Porchlight (Live Well contract)	1,666	106,480	-	(86,892)	21,254
Porchlight Innovation Fund (BME project)	2,768	-	-	(1,678)	1,090
KCC Community Grant	-	1,567	-	(380)	1,187
Kent Sport	-	475	-	(259)	216
Resilience Grant	-	15,000	-	(13,077)	1,923
Porchlight Innovation Fund (Young person)	3,446	-	-	(1,107)	2,339
Porchlight Innovation Fund (Drumming)	1,179	-	-	-	1,179
PCC Emergency Funds	-	26,690	-	(24,251)	2,439
KCF (Employment project)	2,500	-	-	-	2,500
	11,577	155,212	-	(131,801)	34,988

South Kent Mind Ltd

Detailed trading profit and loss account
and expenses schedule
for the year ended 31 March 2021

	2021		2020	
	£	£	£	£
Unrestricted income				
Charitable grants and donations		49,808		19,533
Property income		-		-
Other rental income		3,075		4,045
Centre income		3,857		3,064
Shop income		26,248		82,955
Cafe income		-		3,073
Fundraising events and other income		-		9,110
Gift aid		4,056		7,277
Membership subscriptions		25		34
Other income		66,164		-
		153,233		129,091
Unrestricted expenses	150,320		216,542	
		(150,320)		(216,542)
Operating surplus/(deficit)		2,913		(87,451)
Other income and expenses				
Bank deposit interest	431		1,475	
		431		1,475
Net Surplus for the year		3,344		(85,976)

South Kent Mind Ltd

Unrestricted expenditure
for the year ended 31 March 2021

	2021 £	2020 £
Unrestricted expenses		
Subcontract labour	2,988	2,609
Salaries (incl. er's NI)	56,036	90,775
Staff money purchase pension costs	3,110	2,911
Shop salaries (incl. er's NI)	39,325	43,504
Staff supervision, training & recruitment	3,241	2,313
Abercrombie expenses	186	3,645
Abercrombie set up expenses	-	4,093
Shop expenses	8,828	8,298
Shop and storage garage rent payable	9,913	16,800
Rates	539	931
Insurance (personnel and buildings)	3,711	2,904
Light and heat	2,484	3,632
Repairs and maintenance (inc. property management)	2,123	6,260
Printing, postage and stationery	1,232	2,394
Telephone	3,296	1,025
Website and computer costs	2,200	5,942
Fund raising expenses	679	1,122
Travelling and subsistence	-	1,991
Centre activities and counselling	(165)	795
Legal and professional fees	48	83
Volunteer/trustee expenses	675	2,873
Cleaning materials and consumables	797	1,409
Accountancy	4,272	4,272
Bank charges	845	1,392
General expenses	326	1,498
National MIND affiliation fee	687	687
Depreciation on furnishing	536	631
Depreciation on FF & equipment	1,596	940
Depreciation on shop equipment	209	210
Depreciation on improvements	603	603
	150,320	216,542

Registration number 04276323
Charity number: 1089472

South Kent Mind Ltd

Report and unaudited financial statements

for the year ended 31 March 2021

South Kent Mind Ltd

Company information

Trustees	Norma Smyth	resigned 21 January 2021
	David Jarman	resigned 14 December 2020
	Paul Curd	resigned 2 June 2020
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South Kent Mind Ltd

Independent examiner's report to the trustees on the unaudited financial statements of South Kent Mind Ltd

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Respective responsibilities of trustees and independent examiner

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(i) which gives me reasonable cause to believe that in any material respect the requirements:
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- to prepare accounts which accord with the accounting records, comply with the accounting requirements of the Charities (Accounts and Reports) regulations 2008.

have not been met; or

(ii) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Philip Gambrill
Chartered Certified Accountant
Independent examiner

PG Lemon LLP
134 High Street
Hythe, Kent
CT21 5LB

Date: 28 September 2021

Profit and loss account
for the year ended 31 March 2021

	Note	Restricted Funds £	Unrestricted Funds £	2021 Total £	2020 Total £
Income	2	155,212	153,233	308,445	251,518
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Retained surplus / (deficit) for the year		23,411	3,344	26,755	(108,184)
Retained surplus brought forward		11,577	201,027	212,604	320,788
Total funds carried forward		34,988	204,371	239,359	212,604

The notes on pages 5 to 12 form an integral part of these financial statements.

South Kent Mind Ltd

Balance sheet
as at 31 March 2021

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Tangible assets	**5**		262,166		259,926
Current assets					
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Net current assets			151,006		126,491
Total assets less current liabilities			413,172		386,417
Net assets			413,172		386,417
Capital and reserves					
Funds and Reserves	**9**		413,172		386,417
Total reserves			413,172		386,417

The trustees' statements required by Sections 475(2) and (3) are shown on the following page which forms part of this Balance Sheet.

The notes on pages 5 to 12 form an integral part of these financial statements.

Balance sheet (continued)

Directors' statements required by Sections 475(2) and (3) for the year ended 31 March 2021

For the year ended 31 March 2021 the company was entitled to exemption from audit under section 477 of the Companies Act 2006 relating to small companies.

Trustees' responsibilities:

- The members have not required the company to obtain an audit of its accounts for the year in question in accordance with section 476; and

- The trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and the preparation of accounts.

These accounts have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2016) - (Charities SORP (FRS 102), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

These accounts were approved by the trustees, and are signed on their behalf by:

Trustee

Registration number 04276323

CHERIDAN HAMMOND

Trustee

STEWART MARTIN

1. Accounting policies

1.1. Basis of preparation

The financial statements have been prepared in accordance with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102 Section 1A) - ((Charities SORP (FRS 102)) , the Charities Act 2011 and the Companies Act 2006.

South Kent MIND meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

1.2. Income recognition policies

Items of income are recognised and included in the accounts when all of the following criteria are met:
- the charity has entitlement to the funds;
- any performance conditions attached to the items of income have been met or are fully within the control of the charity;
- there is sufficient certainty that receipt of the income is considered probable; and
- the amount can be measured reliably.

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the charity; this is normally upon notification of the interest paid or payable by the bank.

1.3. Fund accounting

Unrestricted funds are available to spend on activities that further any of the purposes of charity. Restricted funds are grants and donations which the donor has specified are to be solely used for particular areas of the charity's work or for specific projects being undertaken by the charity.

1.4. Expenditure

Expenditure is recognised once there is a legal or constructive obligation to make a payment to a third party, it is probable that settlement will be required and the amount of the obligation can be measured reliably. Expenditure is classified under the following activity headings:

- charitable expenditure
- fund raising expenditure
- management & administration costs and charitable operations.

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1.5. Tangible fixed assets and depreciation

Individual fixed assets costing £100 or more are capitalised at cost and are depreciated over their useful economic lives as follows:

Land and buildings	-	Not depreciated
Furnishings	-	15% reducing balance
Centre equipment	-	15% reducing balance
	-	15% reducing balance
Improve-ments	-	5% straight line

The trustees do not consider it necessary to depreciate freehold land and buildings.
The leasehold property was revalued at 31 March 2015.

1.6. 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.

1.7. 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.

1.8. Pensions

The pension costs charged in the financial statements represent the contribution payable by the company during the year.

The regular cost of providing retirement pensions and related benefits is charged to the profit and loss account over the employees' service lives on the basis of a constant percentage of earnings.

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2. Analysis of income

Charitable income	Restricted	Unrestricted	2021 £	2020 £
Charitable grants and donations	48,732	49,808	98,540	34,160
Porchlight - Live Well contract	106,200	-	106,200	107,800
Centre income	-	3,857	3,857	3,064
Shop income	-	26,248	26,248	82,955
Abercombie cafe income	-	-	-	3,073
Fundraising events and other income	-	-	-	9,110
Gift aid income	-	4,056	4,056	7,277
Membership subscriptions	-	25	25	34
	154,932	83,994	238,926	247,473

Other income	Restricted	Unrestricted	2021 £	2020 £
Property income	-	-	-	-
Other rental income	280	3,075	3,355	4,045
Other income	-	66,164	66,164	-
	280	69,239	69,519	4,045

Investment income	Restricted	Unrestricted	2021 £	2020 £
Bank interest received	-	431	431	1,475
	-	431	431	1,475

..... continued

3. Analysis of expenditure

Charitable expenditure	Restricted	Unrestricted	2021	2020
			£	£
Light and heat	210	2,484	2,694	5,149
Repairs and maintenance (inc. property management)	46	2,123	2,169	6,260
Travelling and subsistence	-	-	-	2,493
Centre activities and counselling	1,025	(165)	860	2,651
Community activities & groups	-	-	-	1,932
Subcontract labour	4,161	2,988	7,149	39,278
Volunteer/trustee expenses	-	675	675	2,873
Cleaning materials and consumables	-	797	797	1,469
National MIND affiliation fee	-	687	687	687
	5,442	9,589	15,031	62,792

Fund raising expenditure	Restricted	Unrestricted	2021	2020
			£	£
Shop salaries (incl. er's NI)	-	39,325	39,325	43,504
Shop expenses	-	8,828	8,828	8,298
Shop and storage garage rent payable	2,500	9,913	12,413	16,800
Abercrombie expenses		186	186	7,738
Fund raising expenses	45	679	724	1,122
	2,545	58,931	61,476	77,462

Management and administration costs and charitable operations	Restricted	Unrestricted	2021	2020
			£	£
Salaries (incl. er's NI)	119,424	56,036	175,460	183,946
Staff money purchase pension costs	-	3,110	3,110	2,911
Staff supervision, training & recruitment	95	3,241	3,336	4,293
Rates	-	539	539	931
Insurance (personnel and buildings)	130	3,711	3,841	3,021
Printing, postage and stationery	-	1,232	1,232	3,779
Promotion	-	-	-	1,640
Telephone	312	3,296	3,608	2,020
Website and computer costs	3,853	2,200	6,053	6,122
Project planning	-	-	-	526
Consultancy fees	-	48	48	2,083
Accountancy	-	4,272	4,272	4,272

..... continued

Bank charges	-	845	845	1,392
General expenses	-	326	326	1,603
Depreciation on furnishing	-	536	536	631
Depreciation on FF & equipment	-	1,596	1,596	940
Depreciation on shop equipment	-	209	209	210
Depreciation on improvements	-	603	603	603
	123,814	81,800	205,614	220,923

4. Pension costs

The company operates a defined contribution pension scheme. the scheme and its assets are held by independent managers. The pension charge represents contributions due from the company and amount to £3,110 (2019: £2,911).

5. Tangible fixed assets

	Land and buildings freehold £	Furni-shings £	Centre equipment £	Shop equipment £	Improve-ments £	Total £
Cost/revaluation						
At 1 April 2020	245,000	14,380	23,620	5,865	112,474	401,339
Additions	-	-	4,984	200	-	5,184
At 31 March 2021	245,000	14,380	28,604	6,065	112,474	406,523
Depreciation						
At 1 April 2020	-	10,806	17,965	4,673	107,969	141,413
Charge for the year	-	536	1,596	209	603	2,944
At 31 March 2021	-	11,342	19,561	4,882	108,572	144,357
Net book values						
At 31 March 2021	245,000	3,038	9,043	1,183	3,902	262,166
At 31 March 2020	245,000	3,574	5,655	1,192	4,505	259,926

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6. Debtors	2021 £	2020 £
Trade debtors	8,810	-
Other debtors - approved grants	-	11,986
Prepayments and accrued income	1,139	5,759
	9,949	17,745

7. Creditors: amounts falling due within one year	2021 £	2020 £
Trade creditors	794	9,054
Other taxes and social security costs	2,209	2,863
Other creditors	14,871	4,490
Accruals and deferred income	3,120	3,120
	20,994	19,527

8. Corporation taxation

The charity is exempt from tax on income and gains falling within section 505 of the Taxes Act 1988 or section 252 of the Taxation of Chargeable Gains Act 1992 to the extent these are applied to its charitable objectives.

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9. Reserves

	Revaluation Reserve	Restricted Funds	Unrestricted Funds Re Fixed Assets	Unrestricted Funds	Total
	£	£	£	£	£
At 1 April 2020	173,813	11,577	83,000	118,027	386,417
Movement on reserves		23,411	(5,184)	8,528	26,755
At 31 March 2021	173,813	34,988	77,816	126,555	413,172

The total funds carried forward on the statement of financial activities exclude the revaluation reserve. The decrease in the charity's reserves was part of the Board's strategy to invest, in a management structure and operating environment, to allow it to meet compliance, service user and funder requirements in the long term.

10. Company limited by guarantee

The legal status of the charity is a company limited by guarantee and has no share capital.

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11. Restricted Funds

	At 1 April 2020 £	Incoming resources £	Transfers £	Outgoing resources £	At 31 March 2021 £
Mind IT Grant		5,000	-	(4,157)	843
R Cruickshank Foundation Grant (Various Expenditure)	18	-	-	-	18
Porchlight (Live Well contract)	1,666	106,480	-	(86,892)	21,254
Porchlight Innovation Fund (BME project)	2,768	-	-	(1,678)	1,090
KCC Community Grant	-	1,567	-	(380)	1,187
Kent Sport	-	475	-	(259)	216
Resilience Grant	-	15,000	-	(13,077)	1,923
Porchlight Innovation Fund (Young person)	3,446	-	-	(1,107)	2,339
Porchlight Innovation Fund (Drumming)	1,179	-	-	-	1,179
PCC Emergency Funds	-	26,690	-	(24,251)	2,439
KCF (Employment project)	2,500	-	-	-	2,500
	11,577	155,212	-	(131,801)	34,988

South Kent Mind Ltd

Detailed trading profit and loss account
and expenses schedule
for the year ended 31 March 2021

	2021		2020	
	£	£	£	£
Unrestricted income				
Charitable grants and donations		49,808		19,533
Property income		-		-
Other rental income		3,075		4,045
Centre income		3,857		3,064
Shop income		26,248		82,955
Cafe income		-		3,073
Fundraising events and other income		-		9,110
Gift aid		4,056		7,277
Membership subscriptions		25		34
Other income		66,164		-
		153,233		129,091
Unrestricted expenses	150,320		216,542	
		(150,320)		(216,542)
Operating surplus/(deficit)		2,913		(87,451)
Other income and expenses				
Bank deposit interest	431		1,475	
		431		1,475
Net Surplus for the year		3,344		(85,976)

South Kent Mind Ltd

Unrestricted expenditure
for the year ended 31 March 2021

	2021 £	2020 £
Unrestricted expenses		
Subcontract labour	2,988	2,609
Salaries (incl. er's NI)	56,036	90,775
Staff money purchase pension costs	3,110	2,911
Shop salaries (incl. er's NI)	39,325	43,504
Staff supervision, training & recruitment	3,241	2,313
Abercrombie expenses	186	3,645
Abercrombie set up expenses	-	4,093
Shop expenses	8,828	8,298
Shop and storage garage rent payable	9,913	16,800
Rates	539	931
Insurance (personnel and buildings)	3,711	2,904
Light and heat	2,484	3,632
Repairs and maintenance (inc. property management)	2,123	6,260
Printing, postage and stationery	1,232	2,394
Telephone	3,296	1,025
Website and computer costs	2,200	5,942
Fund raising expenses	679	1,122
Travelling and subsistence	-	1,991
Centre activities and counselling	(165)	795
Legal and professional fees	48	83
Volunteer/trustee expenses	675	2,873
Cleaning materials and consumables	797	1,409
Accountancy	4,272	4,272
Bank charges	845	1,392
General expenses	326	1,498
National MIND affiliation fee	687	687
Depreciation on furnishing	536	631
Depreciation on FF & equipment	1,596	940
Depreciation on shop equipment	209	210
Depreciation on improvements	603	603
	150,320	216,542