



# Annual Report 2022 - 2023

 **Mind**  
South Kent



**Charles Traylen**

Chair

We are now in our 35<sup>th</sup> 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 we've 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.

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.



**Sheridan Hammond**

CEO



# 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

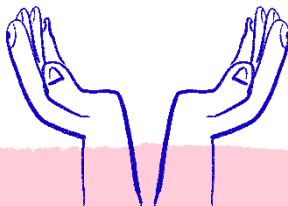
To our clients, whether you have been with us a long time or only recently, thank you for sharing your mental health journey with us. Reaching out for support is one of the hardest things you can do, and we are so glad that you have found us.

# 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.



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



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



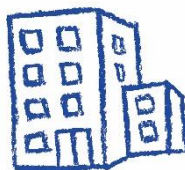
More than **40**  
**volunteers** gave  
their time and supported  
our many services.



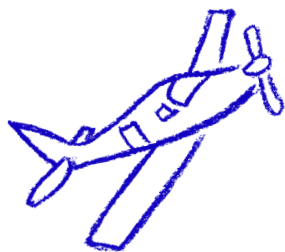
**Over 4,300**  
people following us  
on social media.



**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.

66 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.** 99

**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

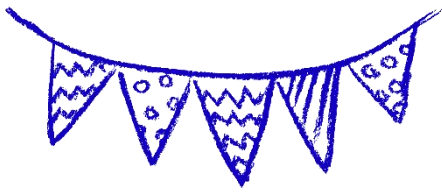
Over the last year we worked with schools to provide the opportunity for young people to get involved in physical activities that were aimed at supporting and developing their mental health. These activities included rock climbing, skating and skateboarding, BMXing, swimming, and water sports. Young 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!

66 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. 99

**South Kent Mind Volunteer**



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







# 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.

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](#)



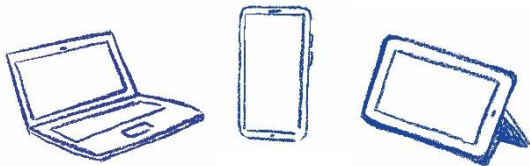
[@southkentmind](#)

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

[www.southkentmind.org.uk](http://www.southkentmind.org.uk)

## 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

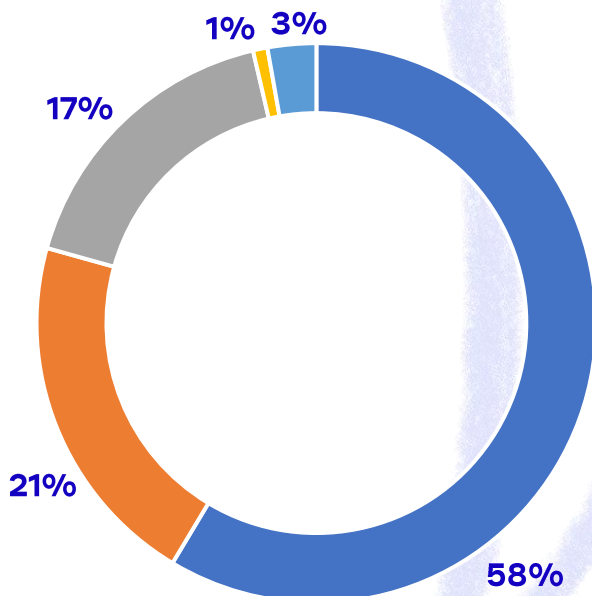


£4,329

### 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.

# Statement of Financial Activities

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

			2023	2022
	Restricted Funds 2023 £	Unrestricted Funds 2023 £	Total £	Total £
<b>Income</b>	314,975	191,720	506,695	429,007
<b>Expenditure</b>				
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)
<b>Surplus / (deficit) on operating income</b>	(52,448)	112,743	70,295	112,527
Other interest receivable and profit on investments	-	150	150	2
<b>Surplus / (deficit) for the year after tax</b>	(52,448)	122,893	70,445	112,529
<b>Transfers between funds</b>	-	-	-	-
<b>Retained surplus / (deficit) for the year</b>	(52,448)	122,893	70,445	112,529
Retained surplus brought forward	125,338	226,550	351,888	239,359
<b>Total funds carried forward</b>	72,890	349,443	422,333	351,888

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](https://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](https://southkentmind.org.uk/volunteering)
2. Get in touch with us via email at: [contact@southkentmind.org.uk](mailto: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](mailto: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](mailto:contact@southkentmind.org.uk)

Registered Charity: 1089472

Registered Company: 4276323



[www.southkentmind.org.uk](http://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 Gambrell**  
**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

				2023	2022
		Restricted	Unrestricted		
		Funds	Funds	Total	Total
	Note	£	£	£	£
<b>Income</b>	<b>2</b>	314,975	191,720	506,695	429,007
<b>Expenditure</b>					
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)
		_____	_____	_____	_____
<b>Surplus / (deficit) on Operating income</b>		(52,448)	122,743	70,295	112,527
Other interest receivable and profit on investments	2	-	150	150	2
		_____	_____	_____	_____
<b>Surplus / (deficit) for the year after tax</b>		(52,448)	122,893	70,445	112,529
<b>Transfers between funds</b>	<b>12</b>	-	-	-	-
		_____	_____	_____	_____
<b>Retained surplus / (deficit) for the year</b>		(52,448)	122,893	70,445	112,529
Retained surplus brought forward		125,338	226,550	351,888	239,359
		_____	_____	_____	_____
<b>Total funds carried forward</b>		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**

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

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

**South Kent Mind Ltd**

**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**

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

## **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.

## **South Kent Mind Ltd**

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

..... 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.



# South Kent Mind Ltd

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

..... 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
	<u>314,975</u>	<u>177,509</u>	<u>492,484</u>	<u>398,889</u>
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
	<u>-</u>	<u>14,211</u>	<u>14,211</u>	<u>30,118</u>
Investment income	Restricted	Unrestricted	2023 £	2022 £
Bank interest received	-	150	150	2
	<u>-</u>	<u>150</u>	<u>150</u>	<u>2</u>

# South Kent Mind Ltd

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

..... continued

### 3. Analysis of expenditure

<b>Charitable expenditure</b>	<b>Restricted</b>	<b>Unrestricted</b>	<b>2023</b>	<b>2022</b>
			<b>£</b>	<b>£</b>
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	-
	<u>79,405</u>	<u>3,213</u>	<u>82,618</u>	<u>19,742</u>

<b>Fund raising expenditure</b>	<b>Restricted</b>	<b>Unrestricted</b>	<b>2023</b>	<b>2022</b>
			<b>£</b>	<b>£</b>
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
	<u>-</u>	<u>39,529</u>	<u>39,529</u>	<u>40,271</u>

<b>Management and administration costs and charitable operations</b>	<b>Restricted</b>	<b>Unrestricted</b>	<b>2023</b>	<b>2022</b>
			<b>£</b>	<b>£</b>
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

# South Kent Mind Ltd

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

..... 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
	<u>288,018</u>	<u>26,235</u>	<u>314,253</u>	<u>256,467</u>

### 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 £
<b>Cost/revaluation</b>						
At 1 April 2022	245,000	14,380	29,607	6,065	112,474	407,526
Additions	-	-	26	-	-	26
At 31 March 2023	<u>245,000</u>	<u>14,380</u>	<u>29,633</u>	<u>6,065</u>	<u>112,474</u>	<u>407,552</u>
<b>Depreciation</b>						
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	<u>-</u>	<u>12,184</u>	<u>22,362</u>	<u>5,208</u>	<u>109,778</u>	<u>149,532</u>
<b>Net book values</b>						
At 31 March 2023	<u>245,000</u>	<u>2,196</u>	<u>7,271</u>	<u>857</u>	<u>2,696</u>	<u>258,020</u>
At 31 March 2022	<u>245,000</u>	<u>2,582</u>	<u>8,535</u>	<u>1,007</u>	<u>3,299</u>	<u>260,423</u>

**South Kent Mind Ltd**

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

..... continued

<b>6. Debtors</b>	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Trade debtors	10,254	16,139
Prepayments and accrued income	1,578	1,578
	<u>11,832</u>	<u>17,717</u>
<b>7. Creditors: amounts falling due within one year</b>	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
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
	<u>36,084</u>	<u>30,422</u>

**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.

# South Kent Mind Ltd

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

..... continued

9. Reserves	Revaluation Reserve £	Restricted Funds £	Unrestricted		Total £
			Funds Re Fixed Assets £	Unrestricted Funds £	
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.

# South Kent Mind Ltd

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

..... 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	-



**South Kent Mind Ltd**

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

..... 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	-
	<u>125,338</u>	<u>314,975</u>	<u>-</u>	<u>(367,423)</u>	<u>72,890</u>

**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 Gambrell**  
**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

				2023	2022
		Restricted	Unrestricted		
		Funds	Funds	Total	Total
	Note	£	£	£	£
<b>Income</b>	<b>2</b>	314,975	191,720	506,695	429,007
<b>Expenditure</b>					
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)
		_____	_____	_____	_____
<b>Surplus / (deficit) on Operating income</b>		(52,448)	122,743	70,295	112,527
Other interest receivable and profit on investments	2	-	150	150	2
		_____	_____	_____	_____
<b>Surplus / (deficit) for the year after tax</b>		(52,448)	122,893	70,445	112,529
<b>Transfers between funds</b>	<b>12</b>	-	-	-	-
		_____	_____	_____	_____
<b>Retained surplus / (deficit) for the year</b>		(52,448)	122,893	70,445	112,529
Retained surplus brought forward		125,338	226,550	351,888	239,359
		_____	_____	_____	_____
<b>Total funds carried forward</b>		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**

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

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



**South Kent Mind Ltd**

**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.

## **South Kent Mind Ltd**

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

..... 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.

# South Kent Mind Ltd

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

..... continued

### 2. Analysis of income

Charitable income	Restricted	Unrestricted	2023 £	2022 £
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Membership subscriptions	-	1	1	65
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Property income	-	-	-	-
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Other income	-	4,278	4,278	25,430
	<u>-</u>	<u>14,211</u>	<u>14,211</u>	<u>30,118</u>
Investment income	Restricted	Unrestricted	2023 £	2022 £
Bank interest received	-	150	150	2
	<u>-</u>	<u>150</u>	<u>150</u>	<u>2</u>

# South Kent Mind Ltd

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

..... continued

### 3. Analysis of expenditure

<b>Charitable expenditure</b>	<b>Restricted</b>	<b>Unrestricted</b>	<b>2023</b>	<b>2022</b>
			<b>£</b>	<b>£</b>
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<b>Fund raising expenditure</b>	<b>Restricted</b>	<b>Unrestricted</b>	<b>2023</b>	<b>2022</b>
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Fund raising expenses	-	-	-	4,306
	<u>-</u>	<u>39,529</u>	<u>39,529</u>	<u>40,271</u>

<b>Management and administration costs and charitable operations</b>	<b>Restricted</b>	<b>Unrestricted</b>	<b>2023</b>	<b>2022</b>
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# South Kent Mind Ltd

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..... continued

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At 31 March 2023	<u>-</u>	<u>12,184</u>	<u>22,362</u>	<u>5,208</u>	<u>109,778</u>	<u>149,532</u>
<b>Net book values</b>						
At 31 March 2023	<u>245,000</u>	<u>2,196</u>	<u>7,271</u>	<u>857</u>	<u>2,696</u>	<u>258,020</u>
At 31 March 2022	<u>245,000</u>	<u>2,582</u>	<u>8,535</u>	<u>1,007</u>	<u>3,299</u>	<u>260,423</u>



**South Kent Mind Ltd**

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

..... continued

<b>6. Debtors</b>	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
Trade debtors	10,254	16,139
Prepayments and accrued income	1,578	1,578
	<u>11,832</u>	<u>17,717</u>
<b>7. Creditors: amounts falling due within one year</b>	<b>2023</b>	<b>2022</b>
	<b>£</b>	<b>£</b>
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
	<u>36,084</u>	<u>30,422</u>

**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.

# South Kent Mind Ltd

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

..... continued

9. Reserves	Revaluation Reserve £	Restricted Funds £	Unrestricted		Total £
			Funds Re Fixed Assets £	Unrestricted Funds £	
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.

# South Kent Mind Ltd

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

..... 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	-

**South Kent Mind Ltd**

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

..... 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	-
	<u>125,338</u>	<u>314,975</u>	<u>-</u>	<u>(367,423)</u>	<u>72,890</u>