



Annual Report 2023 -2024



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.



Sheridan Hammond
CEO

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

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 Mrs Smith
& Mount Trust**

Live well

Kent and Medway



PORT OF DOVER
community fund



The **Percy Bilton** Charity

The D'Oyly Carte Charitable Trust

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.



We worked with over **30**
organisations to
provide additional support.



10 fundraisers
supported us



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**

Our survey shows that **almost
all of us have been impacted
by mental health** in some way.

36%

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

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.

66

In recent times the walking group has been a lifeline, the support from the team, as well as the members has got me through 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 possibly imagined. The world is such a challenging place and the work that SKM does is more vital than ever. 99

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 Meditation 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



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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 99

The Folkestone School for Girls

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.



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

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

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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.** 99

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***

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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 mental 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 an 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.

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

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.

Statement of Financial Activities

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

			2024	2023
	Restricted Funds 2024	Unrestricted Funds 2024	Total	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

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

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**

				2024	2023
		Restricted	Unrestricted		
		Funds	Funds	Total	Total
	Note	£	£	£	£
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)
		<hr/>	<hr/>	<hr/>	<hr/>
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
		<hr/>	<hr/>	<hr/>	<hr/>
Surplus / (deficit) for the year after tax		(47,720)	(81,338)	(129,058)	70,445
Transfers between funds	12	-	-	-	-
		<hr/>	<hr/>	<hr/>	<hr/>
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
		<hr/>	<hr/>	<hr/>	<hr/>
Total funds carried forward		<u>25,170</u>	<u>268,105</u>	<u>293,275</u>	<u>422,333</u>

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**

		2024		2023	
	Notes	£	£	£	£
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	
		<u>240,016</u>		<u>415,805</u>	
Creditors: amounts falling due within one year	7	<u>(9,298)</u>		<u>(36,084)</u>	
Net current assets			<u>230,718</u>		<u>379,721</u>
Total assets less current liabilities			486,588		637,741
Accruals and deferred income			<u>(19,500)</u>		<u>(41,595)</u>
Net assets			<u>467,088</u>		<u>596,146</u>
Capital and reserves					
Funds and Reserves	9		<u>467,088</u>		<u>596,146</u>
Total reserves			<u>467,088</u>		<u>596,146</u>

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.

South Kent Mind Ltd

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.

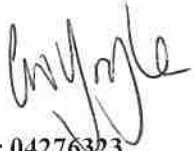
Trustees' responsibilities:

- 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.

South Kent Mind Ltd

Notes to the financial statements for the year ended 31 March 2024

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 2024

..... 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 2024**

..... 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
	<u>196,022</u>	<u>246,566</u>	<u>442,588</u>	<u>492,484</u>
Other income	Restricted	Unrestricted	2024 £	2023 £
Property income	-	-	-	-
Other rental income	-	634	634	9,933
Other income	-	5,333	5,333	4,278
	<u>-</u>	<u>5,967</u>	<u>5,967</u>	<u>14,211</u>
Investment income	Restricted	Unrestricted	2024 £	2023 £
Bank interest received	-	1,853	1,853	150
	<u>-</u>	<u>1,853</u>	<u>1,853</u>	<u>150</u>

South Kent Mind Ltd

Notes to the financial statements for the year ended 31 March 2024

..... 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
	<u>39,949</u>	<u>23,517</u>	<u>63,466</u>	<u>82,618</u>

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	-	-	-	-
	<u>-</u>	<u>161,508</u>	<u>161,508</u>	<u>39,529</u>

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

South Kent Mind Ltd

**Notes to the financial statements
for the year ended 31 March 2024**

..... 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
	<u>203,793</u>	<u>150,699</u>	<u>354,492</u>	<u>314,253</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 £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	<u>245,000</u>	<u>14,380</u>	<u>29,633</u>	<u>6,065</u>	<u>112,474</u>	<u>407,552</u>
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	<u>-</u>	<u>12,514</u>	<u>23,452</u>	<u>5,335</u>	<u>110,381</u>	<u>151,682</u>
Net book values						
At 31 March 2024	<u>245,000</u>	<u>1,866</u>	<u>6,181</u>	<u>730</u>	<u>2,093</u>	<u>255,870</u>
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>

South Kent Mind Ltd

Notes to the financial statements for the year ended 31 March 2024

..... continued

6. Debtors	2024	2023
	£	£
Trade debtors	7,789	10,254
Prepayments and accrued income	1,578	1,578
	<u>9,367</u>	<u>11,832</u>
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
	<u>9,298</u>	<u>36,084</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 2024**

..... continued

9. Reserves	Revaluation Reserve £	Restricted Funds £	Unrestricted		Total £
			Funds Re Fixed Assets £	Unrestricted Funds £	
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	<u>173,813</u>	<u>25,170</u>	<u>77,816</u>	<u>190,289</u>	<u>467,088</u>

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 2024**

..... 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	-

South Kent Mind Ltd

**Notes to the financial statements
for the year ended 31 March 2024**

..... 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
	<u>72,890</u>	<u>196,022</u>	<u>-</u>	<u>(243,742)</u>	<u>25,170</u>

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**

				2024	2023
		Restricted	Unrestricted		
		Funds	Funds	Total	Total
	Note	£	£	£	£
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)
		<hr/>	<hr/>	<hr/>	<hr/>
Surplus / (deficit) on Operating income		(47,720)	(83,191)	(130,911)	70,295
Other interest receivable and profit on investments	2	<hr/> -	<hr/> 1,853	<hr/> 1,853	<hr/> 150
Surplus / (deficit) for the year after tax		(47,720)	(81,338)	(129,058)	70,445
Transfers between funds	12	<hr/> -	<hr/> -	<hr/> -	<hr/> -
Retained surplus / (deficit) for the year		(47,720)	(81,338)	(129,058)	70,445
Retained surplus brought forward		<hr/> 72,890	<hr/> 349,443	<hr/> 422,333	<hr/> 351,888
Total funds carried forward		<hr/> <hr/> 25,170	<hr/> <hr/> 268,105	<hr/> <hr/> 293,275	<hr/> <hr/> 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**

		2024		2023	
	Notes	£	£	£	£
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	
		<u>240,016</u>		<u>415,805</u>	
Creditors: amounts falling due within one year	7	<u>(9,298)</u>		<u>(36,084)</u>	
Net current assets			<u>230,718</u>		<u>379,721</u>
Total assets less current liabilities			486,588		637,741
Accruals and deferred income			<u>(19,500)</u>		<u>(41,595)</u>
Net assets			<u>467,088</u>		<u>596,146</u>
Capital and reserves					
Funds and Reserves	9		<u>467,088</u>		<u>596,146</u>
Total reserves			<u>467,088</u>		<u>596,146</u>

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.

South Kent Mind Ltd

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.

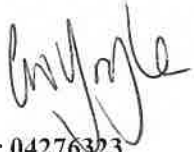
Trustees' responsibilities:

- 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

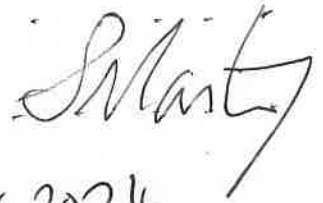
Registration number 04276323

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.

South Kent Mind Ltd

Notes to the financial statements for the year ended 31 March 2024

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 2024

..... 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 2024**

..... 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
	<u>196,022</u>	<u>246,566</u>	<u>442,588</u>	<u>492,484</u>
Other income	Restricted	Unrestricted	2024 £	2023 £
Property income	-	-	-	-
Other rental income	-	634	634	9,933
Other income	-	5,333	5,333	4,278
	<u>-</u>	<u>5,967</u>	<u>5,967</u>	<u>14,211</u>
Investment income	Restricted	Unrestricted	2024 £	2023 £
Bank interest received	-	1,853	1,853	150
	<u>-</u>	<u>1,853</u>	<u>1,853</u>	<u>150</u>

South Kent Mind Ltd

Notes to the financial statements for the year ended 31 March 2024

..... continued

3. Analysis of expenditure

Charitable expenditure	Restricted	Unrestricted	2024	2023
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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
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Abercrombie expenses	-	-	-	-
Fund raising expenses	-	-	-	-
	<u>-</u>	<u>161,508</u>	<u>161,508</u>	<u>39,529</u>

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South Kent Mind Ltd

**Notes to the financial statements
for the year ended 31 March 2024**

..... continued

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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>

South Kent Mind Ltd

Notes to the financial statements for the year ended 31 March 2024

..... continued

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Accruals and deferred income	3,180	6,784
Pension contributions	1,718	1,200
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South Kent Mind Ltd

**Notes to the financial statements
for the year ended 31 March 2024**

..... continued

9. Reserves	Revaluation Reserve £	Restricted Funds £	Unrestricted		Total £
			Funds Re Fixed Assets £	Unrestricted Funds £	
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At 31 March 2024	<u>173,813</u>	<u>25,170</u>	<u>77,816</u>	<u>190,289</u>	<u>467,088</u>

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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 2024**

..... 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	-

South Kent Mind Ltd

**Notes to the financial statements
for the year ended 31 March 2024**

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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
	<u>72,890</u>	<u>196,022</u>	<u>-</u>	<u>(243,742)</u>	<u>25,170</u>