

BIRMINGHAM AND SOLIHULL MENTAL HEALTH NHS
FOUNDATION TRUST CHARITY

(Operating as 'Caring Minds')

Trustees' Report and Financial Statements for the year
ended 31st March 2023

Registered Charity number
1098659

Birmingham and Solihull Mental Health NHS Foundation Trust Charity
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Foreword

The Birmingham and Solihull Mental Health NHS Foundation Trust Charity ('the Charity' re-launched in October 2013 as 'Caring Minds') presents its Annual Report together with the Financial Statements for the year ended 31 March 2023.

The Charity's annual report and accounts for the year ended 31 March 2023 have been prepared by the Corporate Trustee in accordance with section 132(1) of the Charities Act 2011. The Charity's Declaration of Trust and 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 (FRS102) (Effective 1 January 2015). The Charity's report and accounts include all the separately established funds for which the Birmingham and Solihull Mental Health NHS Foundation Trust is the sole beneficiary.

The Charity has a corporate trustee: Birmingham and Solihull Mental Health NHS Foundation Trust. The members of the NHS Trust Board who served during the financial year were as follows:

Monica Shafiq	Non-Executive Director (Appointed 3 January 2023, Caring Minds
Chair from February 2023)	
Roisin Fallon-Williams	Chief Executive
Phil Gayle	Trust Chair (Appointed 1 November 2022, Non-Executive Director
prior)	
David Tomlinson	Executive Director of Finance
Sarah Bloomfield	Executive Director of Quality and Safety
Steve Forsyth	Interim Chief Nurse (Appointed 17 October 2022)
Vanessa Devlin	Executive Director of Operations
Dr Fabida Aria	Executive Medical Director (Appointed 1 August 2022)
Patrick Nyarumbu	Executive Director of Strategy, People and Partnerships
Dr Linda Cullen	Non-Executive Director (Caring Minds Chair to August 2021)
Winston Weir	Non-Executive Director (Caring Minds Chair to January 2023)
Anne Baines	Non-Executive Director
Bal Claire	Non-Executive Director (Appointed 3 January 2023)
Danielle Oum	Trust Chair (Resigned 31 October 2022)
Dr Hilary Grant	Executive Medical Director (Resigned 30 June 2022)
Prof Russell Beale	Non-Executive Director (Resigned 31 January 2023)
Gianjeet Hunjan	Non-Executive Director (Resigned 31 July 2022)

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1. Objectives and activities

Objectives and strategy

The Charity has NHS wide objectives as follows:

“The Trustee shall hold the trust fund upon trust to apply the income, and at their discretion, so far as may be permissible, the capital, for any charitable purpose or purposes relating to the National Health Service (hereinafter referred to as “the objects”).

Annual review: our activities

During the year, the funds continued to support a wide range of charitable and health related activities benefiting both patients and staff which are for the benefit of the public. In general they are used to purchase varied additional goods and services that the NHS is unable to provide from within its allocated resources.

The wards and locality charitable funds receive many donations specifically given to thank the nursing staff and these are used for charitable activities that will benefit both patients and staff. The charitable funds also enable clinical staff to attend training courses or to carry out research that otherwise could not be funded through their ordinary budgets.

As Trustees, we were and still are concerned how the pandemic would have affected the UK economy, and how that will impact on donations and fundraising to Caring Minds. We saw an amazing outpouring of support to the hospital charity and the wider NHS in general during lockdown, as was evidenced by participation in Clap for Carers, and the whole country getting behind Captain (Sir) Tom Moore walking his 100 lengths of his garden before his 100th birthday, raising over £32 million for NHS Charities Together.

The national NHS Charities Together campaign has kindly provided over £200k to Caring Minds so far, and we hope to receive a further grants/funding in coming years.

2. Achievements and performance

Caring Minds is a fantastic charity that provides funding for a range of projects that support people suffering from mental health issues. Mental health affects 1 in 4 people and it has been important that we find innovative ways to enable people to access services which would not normally be funded through the NHS, and that's where Caring Minds plays a vital role. The charity raises money through a variety of avenues and would welcome people to carry out fundraising events to raise vital funds to support the projects.

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Some of our Charitable Activities during 2022/2023

Support of a local book launch at the Uffculme Centre

Caring Minds were able to fund a small book launch and copies of the book to help celebrate the success of one of our experts by experience, who has written a book based on his own journey and experience with mental health. It is hoped the book will be beneficial to people in secure care or in the community as well as staff. The book is based on the writer's recovery.

It is a powerful story talking about a long history from his home country and here in the UK and what led to his mental breakdown. The story also explains the upheaval that Somalis were subjected to due to conflict and war and how that impacted on their entire livelihood as a nation both at home and abroad. The launch enabled colleagues and experts by experience to come together to celebrate and promote the book



A Garden of Reflection and a Green Gym at Moseley Hall Hospital, which is home to our Juniper site

Caring Minds have worked together with Birmingham Community Hospital Charities to transform a space at Mosley Hall, that will offer a place of calm and reflection for our colleagues and friends, the area will include seating, a sculpture to reflect hope and togetherness. There will be opportunities for staff, service users and those who wish to add a special plaque of thanks or memory to the 3 curved walls around the sculpture. We are hopeful this garden will be a place for our colleagues and those within our service to find moments peace and respite.

The Green Gym

Caring Minds and Birmingham Community Health Care charities further funded the new Green Gym at the Mosely Hall Site. The gym will provide an outdoor space for staff and service users to access gym equipment, this can then be used before and after work and on their breaks.

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This facility will offer a safe space for colleagues and service users to spend time working towards fitness goals, and a place they can take time for their physical and mental wellbeing.



Staff Wellbeing sports tournament

The charity funded a staff wellbeing day, where colleagues were invited to take part in a trust wide wellbeing event, that welcomed football and netball players alike to participate in an organised tournament. The main drive for the event was staff wellbeing, a chance for staff to come together and have some fun, as well as getting a bit competitive in trying to win the sought-after shield

As well as the sports tournament, there was opportunity for family and friends to join in the fun at the family inspired day, with games for the kids, big and small! and some delicious food for all to enjoy at the club house. The sun was shining, but it was the atmosphere that created the most warmth that day, we hope to make this event another day to look forward to, with more teams and players next year.

Ardenleigh Art Exhibition

Caring Minds provided funding for resources and material to facilitate this exhibition. 140 art pieces were collected as part of a summer art exhibition held at Ardenleigh. The former magnolia corridors at the centre have now been transformed into a colourful and meaningful array of artwork thanks to the recent project led by Deborah Tomlin-Taylor, our Senior Arts Psychotherapist.

Art can be a powerful form of communication and self-expression for individuals who find it difficult to put their feelings into words. Participants were given four weeks to create a piece of art that they could proudly exhibit. Submissions displayed a variety of themes exploring life,

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recovery and identify, all through different mediums such as paint, sculpture, crochet, or photography.



Holte School

Pupils in Year 9 from Holte School, Lozells, Birmingham, enjoyed raising money for Caring Minds for the second year in a row, raising an impressive £700.00

The children and staff worked together to achieve their target by selling cakes and samosas, organising a treasure hunt, making and selling bookmarks and keyrings and selling other stationary, lots of sports challenges, raffles and the ever popular name the bear competition Catherine Allen-Smith, Year 9 Manager shared this with us,

'We have lots of pupils in our school who suffer with Mental Health, so we decided to raise money for a local mental health charity (Caring Minds) this has meant a great deal to us as a school and community. We will continue to raise money for Caring Minds next term. I have great staff in my team who work with myself and the pupils to make our charity week work well'



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Enhanced Animal Therapy CAMHS

Caring Minds were able to fund Enhanced Animal Therapy for Young people in secure care. Many service users have not had opportunities to go on educational trips either with family or school to locations such as zoos or nature centres.

The funding enabled visits from specialist therapy Alpacas trained to support young people with mental health difficulties and other challenges. This was identified as a highlight of their time at Ardenleigh as it supported them to access a meaningful therapeutic resource, supported them to replicate a normal childhood experience, and was noted to improve quality of life and has provided education to the young people about different animals and their care



Our future plans

During 2020 we conducted a review of Caring Minds (this was completed by UHB Charities) and there are a number of recommendations that have been made including employing a Charity Manager, agreeing the Strategy & forward look for Caring Minds, establishing the existence (more impactful) of the Mental Health Charity in the West Midlands, growth and many more. We hope to see this growth and development of Caring Minds over the next couple of years. Our Charity Manager commenced in March 2022. We will also be expanding the Charity Team and are looking to recruit to an Events and Engagement Officer during 2023/2024.

The trustees are continually reviewing spending and fundraising plans. The trustees review the spending priorities for each fund annually, any funds that have had no activity within twelve months are reviewed and expenditure plans requested to be put in place.

The trustees will continue to welcome bids against the general fund (within the limits set) and are proactively promoting the use of Charitable Funds throughout the Foundation Trust.

Caring Minds will also be working closely alongside NHS Charities Together even after the main support during the COVID-19 Pandemic as they are still allocating funds for various bids/resources/developments to ensure Trusts are supported accordingly.

The Charity now has its own web page on the Foundation Trust's internet <https://www.bsmhft.nhs.uk/caringminds/> and intranet site and has opened avenues for donors to make donations online and via regular giving (staff lottery).

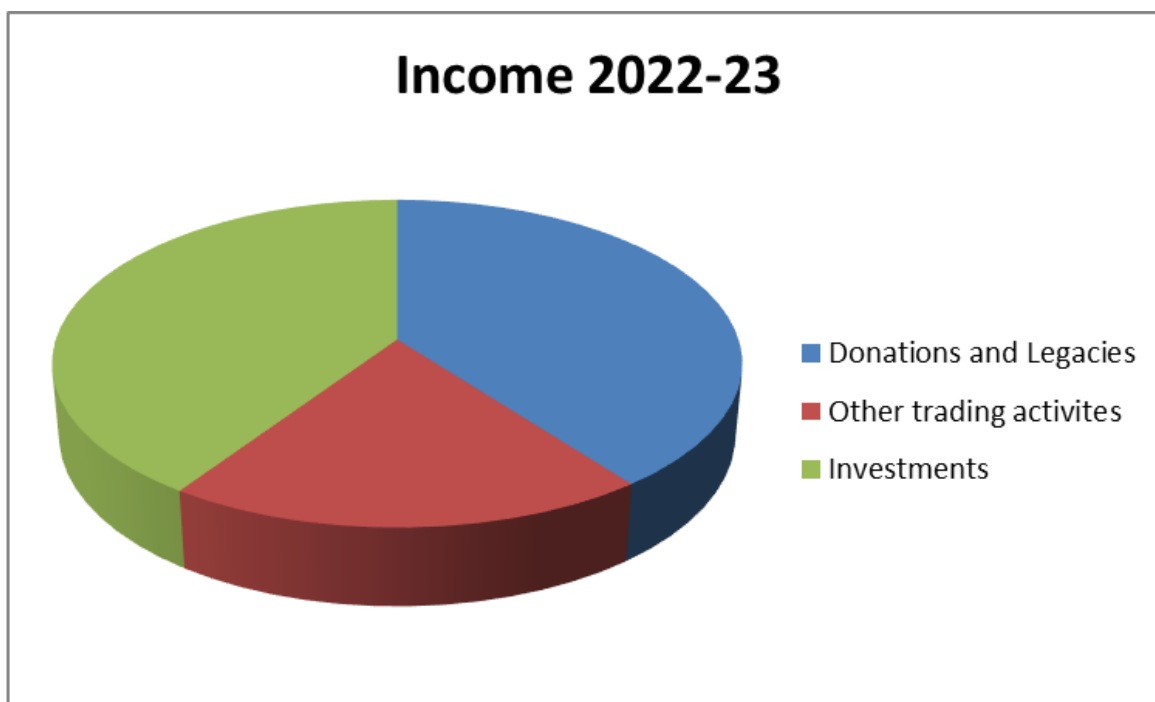
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3. Financial Review-A review of our Finances, achievements and performance

Income

The Charity's main stream of income is, and has been, from relatively small donations from patients and their relatives in appreciation of the care given to them by the NHS Trust. This has been supplemented by the occasional receipt of legacies and one-off donations from institutions. In accordance with Charity Commission guidelines, donations are not classified as restricted unless the terms of donation are mandatory as to the purpose of the gift; gifts with suggested uses are classified as designated, and it is the policy of the Charity to utilise them for the designated purpose. However, the Charitable Funds sub-committee in 2010/11 put in place a review programme for all funds, and designated funds that are not providing a benefit may be re-designated or have the designation removed. As part of this review a number of funds previously classified as restricted were reclassified as designated on the basis that the original intentions of the donor were not actually mandatory but rather an intention.

Total Income received by the charity was £54,589 compared to £46,384 in the previous year. The graph below shows the areas from which this income was received.



Donations and legacies (£21,645) – one of the main sources of income for the charity is donations and legacies from individuals and companies keen to help and support the charity in its cause.

- Gifts from Individuals (£6,385) there were a total of 64 donations from individuals during the year with an average donation value of £99.77.

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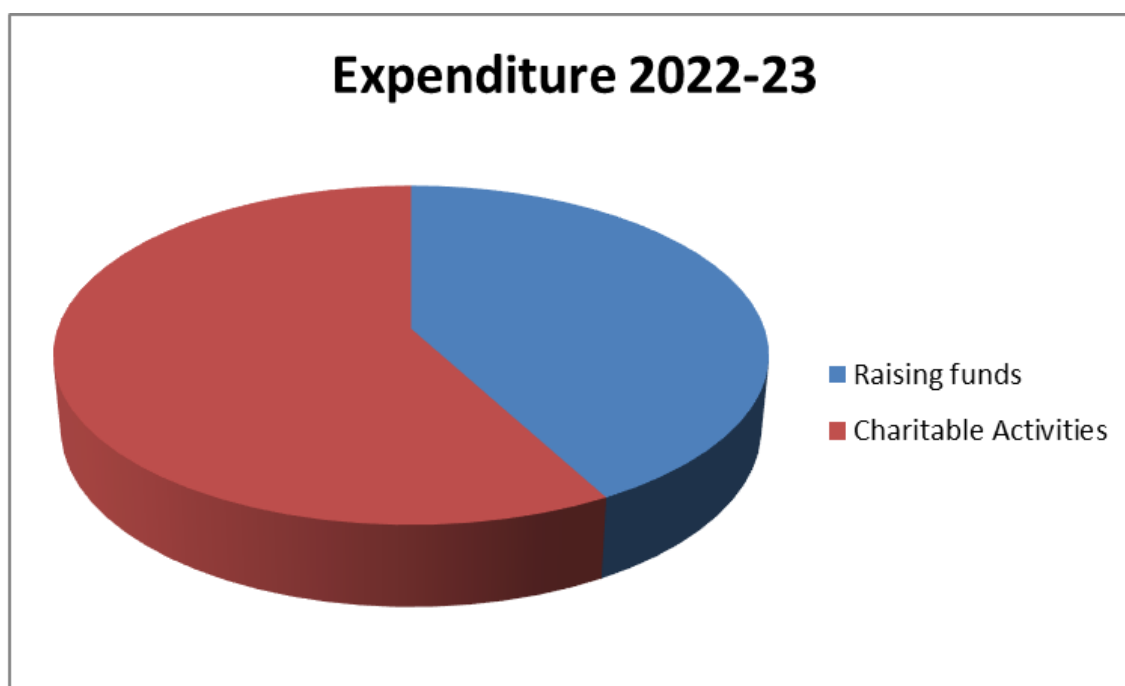
- Gifts from Companies (£12,087) there were a total of 7 donations from companies during the year with an average donation value of £1,726.69.
- Legacies (£3,174) we received a total 3 legacy donations during the year.
- NHS Charities Together Donations (£0) we received no further donations from NHS Charities Together during the year.

Other Trading activities (£10,807) – the charity undertakes a small number of activities each year to help supplement the income received from donations and legacies, some of the main ones are income from 4000 club lottery £10,129 and £678 from fundraising events.

Investments (£22,137) – the main source of income received from our investment are in the form of dividend payments received on a quarterly basis this totaled £18,233 during the year.

Expenditure

Total expenditure by the Charity was £134,405 compared to £196,306 in the previous year. The graph below shows how this money was spent.



Our expenditure is spread across a number of funds and projects.

We spent £77,807 on charitable activities and £56,598 on raising funds. The main area of expenditure within these categories in year was:

- £57,375 spent on staff and patient welfare.

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- £52,381 spent on a fundraising manager.
- £18,530 spent on administration fee from BSMHFT which is a recharge from the Trust's Finance and Communications department for administration of the funds.
- £3,250 spent on lottery payouts and license fees.

At 31 March 2023 restricted funds of £104,448 remain to be spent, designated funds total £79,213 and general funds available for allocation to specific projects total £209,499.

Investments

The Charity holds all investments with Cazenove (Schroders) Investment Management Limited. In 2009-10, following advice from the investment manager, the trustees decided on investing the Charity's cash deposit into equity based fund. The fund is managed by Cazenove (Schroders) and has an investment structure approved by the Charity Commission.

The fund adopts a diversified strategy; as well as exposure to equities, bonds and cash. The fund also includes exposure to alternative asset classes such as property, commodities and absolute return. The fund has a target return objective of inflation (RPI) plus 4% per annum over an economic cycle, a secondary aim is to achieve equity like returns with reduced volatility. The fund has exposure to real assets such as equities and property, therefore will not be immune to any market falls.

During 2022-23 the fund realised dividends of £18,233 It also has recognised unrealised market losses of £36,536. At the balance sheet date the fund was worth £81,711 more than the initial investment. The market value of the fund at the year-end is £414,329.

The investment manager and the trustees monitor the performance closely to ensure maximum gain whilst protecting the charities assets.

Reserves policy

Following a review of the guidance set out in the Charity Commission booklet CC19, Charities' Reserves, the trustee has revised the Charity's reserves policy to take account of the change in the charities expenditure policy.

The Trustees believe that all income donations should be spent in line with donors' wishes and within reasonable timescales. In order to ascertain the level of reserves to be held, the Trustees will continue to review the level of funds held and the reliability of each source of income on a regular basis.

Expenditure plans are prepared when appropriate to ensure that reserves are held to meet the needs of the Charity now and for the forthcoming years.

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The charity has conducted a review to look at its future and strategy with an aim to raise its profile and standing as a Mental Health Charity and overall seek to increase its donations so that it can spend more.

As we now have a Charity Manager in the role one of their priorities will be meeting regularly with the Fund managers across the clinical and corporate divisions to identify areas in which funds can be spent to make a difference for patients, carers and staff.

The trustees have agreed to an annual expenditure target of £50,000-£100,000 funds which aims to achieve a forward looking approach whereby reserves are held based on a year's future spend. It is proposed that the reserves will comprise cash in the Charity's current account and cash held with Cazenove.

The reserves held by the Charity are currently therefore in line with the agreed expenditure policy. This will be reviewed as the strategy and unique selling point (USP) of Caring Minds is further developed. There are plans to add an additional resource for the Charity Manager with the aim of growing the charity even further and with this anticipated growth our reserves policy will be under review periodically.

Grant making policy

Expenditure from specific funds is only made if it complies with the wishes of the donor when the original donation was made, these specific funds are managed by fund managers with delegated authority to spend the funds within the laid down fund criteria. The Charity has a General Fund which is used for any successful bids received by the trustees. The trustees meet twice a year for Committee meetings. Throughout the year they invite bids against the general fund and the trustees assess these bids on the following criteria:

- Does the bid fall into one of the predetermined 'charitable' categories
 - Patient Welfare and Amenities
 - Staff Welfare and Amenities
 - Research
- How will this benefit patients/staff? – How this benefits patients/staff and is covered in one of the above categories?
- What are the consequences of this bid not being successful? – What circumstances would prevail if this bid wasn't approved, would it have a knock on effect on service, will patients/staff morale be effected?
- Has alternative funding been sought? – has mainstream funding been reviewed, has a capital bid been submitted, have alternative charitable funds been sought?
- Is the bid value for money?
- Has a full breakdown of funding required been provided?
- Is the bid self-sustainable or is recurrent funding required?

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Notable awards (£2,500 and above) set aside from the general fund during the 2022/23 were:

- A sum of over £10k was designated in 2022/23 for International Nurses' Day held on the 12th May 2022. This was to support various events and activities across various Trust sites to help celebrate International Nurses' Day.
- A sum of £5,550 was designated in 2022/23 for the Laurel Ward Gym bid. This was to fund the revamp of the Laurel ward gym at Tamarind. A joint bid between service users and staff to help purchase some new equipment.
- A sum of £3,042 was designated in 2022/23 for the Hertford House ward activities. This was to fund the purchase of various recreational and entertaining activities for service users residing at the site.
- A sum of £5,850 was designated in 2022/23 for enhancing a safe space for Prisoners and staff alike to attend training sessions and or support, consultation or focus groups. To maintain and promote the wellbeing of Prisoners and staff alike. You need to be in a good place yourself (mentally and physically) to offer interventions and fully support others.
- A sum of £5,000 was designated in 2022/23 to support the BSMHFT LGBTQ network and Birmingham Pride.
- A sum of £9,220 was designated in 2022/23 for the Yoga provision bid. This was to support the provision of Yoga sessions for all colleagues within BSMHFT.
- A sum of £5,347 was designated in 2022/23 to continue the further support of EMIN COVID-19. Based on the successful recruitment, and positive preliminary findings from Phase 1 of EMIN COVID-19 the plan is to open this research project to all staff groups across BSMHFT. This will provide significant further insights into staff experiences of working during the height of the pandemic. We are therefore proposing 'Phase 2' of the project, which includes conducting interviews with a broader range of BSMHT staff, with the view that findings will contribute to staff wellbeing and workforce initiatives within the organization.

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4. Structure, governance and management

Structure, governance and management

The corporate trustee fulfills its legal duty by ensuring that funds are spent in accordance with the objectives of each fund and by designating funds the Trustee respects the wishes of our generous donors to benefit patient care and advance the good health and welfare of patients, carers and staff.

The corporate trustee has paid due regard to the Charity Commission's guidance on public benefit in deciding what activities the Charity should undertake.

The charitable funds available for spending are allocated to specialties within the NHS Foundation Trust's directorate management structure. Each allocation is managed by use of a designated fund. For example there are charitable funds for each ward within our main hospitals and funds for specific mental health locality units.

The Chair and Non-Executive Directors of the Foundation Trust Board are appointed by the Council of Governors. The Chair and Non-executives then appoint the Chief Executive Officer. A committee consisting of the Chair, the Chief Executive Officer and other Non-Executive Directors appoint the Executive members of the Board. Members of the Foundation Trust Board and the charitable funds Committee are not individual trustees under charity law but act as agents on behalf of the corporate trustee.

The Charity has its own procedural guidance that acts as an induction pack for newly appointed members of the NHS Foundation Trust Board and Charitable Funds Committee. This pack provides information about the charity, including the governing document, the Charitable Funds Committee terms of reference, trustees' annual report and accounts, budgets, policies and minutes, and information about trusteeship, including Charity Commission booklet CC3, *The Essential Trustee*.

Acting for the Corporate trustee, the Charitable Funds Committee is responsible for the overall management of the Charitable Fund. The Committee is required to:

- Control, manage and monitor the use of the fund's resources
- Provide support, guidance and encouragement for all its income raising activities whilst managing and monitoring the receipt of all income.
- Ensure that 'best practice' is followed in the conduct of all its affairs fulfilling all of its legal responsibilities.
- Ensure that the approved Investment Policy approved by the NHS Trust Board as Corporate trustee is adhered to and that performance is continually reviewed whilst being aware of ethical considerations.
- Keep the Trust Board informed on the activity, performance and risks of the Charity.

The accounting records and the day-to-day administration of the funds are dealt with by the Finance Department located at Uffculme Centre, 52 Queens bridge Road, Birmingham, B13 8QY.

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Risk Management

The major risks to which the Charity is exposed have been identified and considered. They have been reviewed and systems established to mitigate those risks. The most significant risks identified were possible losses from a fall in the value of the investments and the level of reserves available to mitigate the impact of such losses. There are procedures in place to review the investment policy and to ensure that both spending and firm financial commitments remain in line with income.

Income and expenditure is being monitored in total and is compared with the approved plan on a quarterly basis to detect trends as part of the risk management process to avoid unforeseen calls on reserve.

5. Reference and administration details

Reference and administrative details

The Charity, registered number 1098659, was entered on the Central Register of Charities on the 21 July 2003. In October 2013 the Charity changed its registered name from Birmingham and Solihull Mental Health NHS Foundation Trust Charity to 'Caring Minds'.

The Charity is governed in accordance with a Declaration of Trust dated 18 July 2003 as amended by a Supplemental Deed dated 1 July 2008.

Charitable funds received by the Charity are accepted, held and administered as funds and property held on trust for purposes relating to the health service in accordance with the National Health Service Act 1977 and the National Health Service and Community Care Act 1990 and these funds are held on trust by the corporate body.

Trustee

The Birmingham and Solihull Mental Health NHS Foundation Trust is the corporate trustee of the Charity governed by the law applicable to Trusts, principally the Trustee Act 2000 and the Charities Act 2011.

The NHS Trust Board devolved responsibility for the on-going management of funds to the Charitable Funds Sub-Committee which administers the funds on behalf of the corporate trustee. This committee was formed on 1 April 2003.

The names of those people who served as agents for the corporate trustee (during 2022/23 financial year), as permitted under regulation 16 of the NHS Trusts (Membership and Procedures) Regulations 1990, were as follows:

Monica Shafiq	Non-Executive Director (Appointed 3 January 2023, Caring Minds	Chair
from February 2023)		

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Patrick Nyarumbu	Executive Director of Strategy, People and Partnerships (Appointed 02 November 2020)
Dr Linda Cullen	Non-Executive Director (Caring Minds Chair to August 2021)
Winston Weir	Non-Executive Director (Caring Minds Chair January 2023)
Richard Sollars	Deputy Director of Finance
Jasmine Martin	Head of Financial Services
Tim Hamilton	Associate Director of Communications
Louise John	Charity Manager (Appointed 7 March 2022)
Hannah Sullivan	Deputy Company Secretary
Danielle Oum	Trust Chair (Resigned 31 October 2022)
Dr Hilary Grant	Executive Medical Director (Resigned 31 March 2022)
Gianjeet Hunjan	Non-Executive Director (Resigned 31 July 2022)

Principal charitable fund adviser to the Board:

The Chief executive of the NHS Foundation Trust, who, under a scheme of delegated authority approved by the corporate trustee, has day to day responsibility for the management of the Charitable Fund and must approve, on behalf of the corporate trustee, all expenditure over £1,000 with an upper limit of £5,000 using their delegated authority. All expenditure over £5,000 must be approved by the Charitable Funds Sub-Committee. The current Scheme of Delegation is being reviewed and will be updated in 2023/2024.

Principal Office

The principal office for the Charity is:

Finance Department
Uffculme Centre
52 Queensbridge Road
Birmingham
B13 8QY

Principal Professional Advisers:

Independent Examiner

Karen Hanlan
Independent Examiner Limited
1 Saracen Close
Ettington
CV37 7SZ

Investment Fund Managers

Cazenove Capital Management (nee Schroder)
3rd Floor
100 Wood Street
London, EC2V 7ER

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Bankers

The Royal Bank of Scotland Plc
Government Banking Services c/o RBS
London Corporate Service Centre
CPB Services 2nd Floor, 280 Bishopsgate, London, EC2M 4RB

Partnership Working and Networks

Birmingham and Solihull Mental Health NHS Foundation Trust is the main beneficiary of the Charity and is a related party by virtue of being corporate trustee of the Charity. By working in partnership with the Trust, the charitable funds are used to best effect. When deciding upon the most beneficial way to use charitable funds, the corporate trustee has regard to the main activities, objectives, strategies and plans of the Trust.

The Sub-Committee encourages bidders to seek additional external funding partnerships with external agencies.

A big thank you

On behalf of the staff and patients who have benefited from improved services due to donations and legacies, the Corporate trustee would like to thank all patients and relatives and staff who have made charitable donations.

Approved on behalf of the Corporate trustee:

Monica Shafiq

29th January 2024

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Statement of trustees' responsibilities

The trustees are required to prepare financial statements for each financial year which give a true and fair view of the state of the affairs of the charity and of the surplus or deficit incurred by the charity for that year. In preparing those financial statements the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- make judgments and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the accounts; and
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charity will continue to exist.

The trustees have overall responsibility for ensuring that the charity has an appropriate system of controls, financial and otherwise.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy, at any time, the financial position of the charity and to enable them to ensure that the financial statements comply with the Charities Act 2011.

They are also responsible for safeguarding the assets of the charity and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities and to provide reasonable assurance that:

- the charity is operating efficiently and effectively;
- its assets are safeguarded against unauthorised use or disposition;
- proper records are maintained and financial information used within the charity or for publication is reliable;
- the charity complies with relevant laws and regulations.

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Independent examiner's report to the Trustees of Birmingham and Solihull Mental Health NHS Foundation Trust General Charity

I report to the trustees on my examination of the financial statements of Birmingham and Solihull Mental Health NHS Foundation Trust General Charity ('the Charity') for the year ended 31st March 2023 which are set out on pages 20 to 33.

Responsibilities and basis of report

As the Charity's trustees you are responsible for the preparation of the financial statements in accordance with the requirements of the Charities Act 2011 ('the Act').

I report in respect of my examination of the Charity's accounts carried out under section 145 of the Act and in carrying out my examination I have followed all the applicable Directions given by the Charity Commission under section 145 (5)(b) of the Act.

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- 1) accounting records were not kept in respect of the Charity as required by section 130 of the Act; or
- 2) the accounts do not accord with those records; or
- 3) the accounts do not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Karen Hanlan, ACA
Independent Examiner Limited, 1 Saracen Close
Ettington, CV37 7SZ

19th February 2024

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Statement of financial activities

		Unrestricted Funds 2022/23	Restricted Funds 2022/23	Total Funds 2022/23	Total Funds 2021/22
	Note	£	£	£	£
Income and endowments from:					
Donations and Legacies	1	11,870	9,775	21,645	16,061
Other trading activities	2	10,807	-	10,807	12,340
Investments	3	21,776	361	22,137	17,983
Total Income		44,453	10,136	54,589	46,384
Expenditure on:					
Raising funds	4	56,598	-	56,598	6,991
Charitable Activities	5	71,596	6,211	77,807	189,315
Total Expenditure		128,194	6,211	134,405	196,306
Net (Expenditure) / Income before investment gains		(83,741)	3,925	(79,816)	(149,922)
Net gains on investment	13	(36,536)	-	(36,536)	15,463
Transfers between funds	3		(3)	-	-
Net movement in funds		(120,274)	3,922	(116,352)	(134,459)
Reconciliation of funds:					
Total funds brought forward		408,986	100,526	509,512	643,971
Total funds carried forward		288,712	104,448	393,160	509,512

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

All income and expenditure derive from continuing activities.

Birmingham and Solihull Mental Health NHS Foundation Trust Charity
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for the year ended 31st March 2023

Balance sheet

	Note	Unrestricted Funds 2022/23 £	Restricted Funds 2022/23 £	Total Funds 2022/23 £	Total Funds 2021/22 £
Fixed Assets:					
Tangible assets	12	-	-	-	-
Investments	13	414,329	-	414,329	450,865
Total Fixed Assets		414,329	-	414,329	450,865
Current Assets:					
Debtors	9	500	-	500	500
Cash held in investment portfolio	11	104,721	47,832	152,553	132,394
Cash at bank and in hand	11	(93,996)	106,358	12,362	118,269
Total Current Assets		11,225	154,190	165,415	251,163
Current Liabilities:					
Creditors: amounts falling due within one year	10	(136,842)	(49,742)	(186,584)	(192,516)
Total Current Liabilities		(136,842)	(49,742)	(186,584)	(192,516)
Net Current (Liabilities)/Assets		(125,617)	104,448	(21,169)	58,647
Total Assets Less Current Liabilities		288,712	104,448	393,160	509,512
Total Net Assets		288,712	104,448	393,160	509,512
The Funds of the Charity:					
Restricted Income Funds	15	-	104,448	104,448	100,526
Unrestricted income funds				-	-
- General Funds	15	209,499	-	209,499	326,454
- Designated Funds	15	79,213	-	79,213	82,532
Total Charity Funds		288,712	104,448	393,160	509,512

The accompanying accounting policies and notes form part of these financial statements.

Approved by the Trustees and signed on their behalf by:

Monica Shafiq

29th January 2024

Birmingham and Solihull Mental Health NHS Foundation Trust Charity
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for the year ended 31st March 2023

Principal accounting policies

1. Basis of preparation

The financial statements have been prepared under the historic cost convention, with the exception of investments which are held at market value.

The accounts have been prepared in accordance with the Statement of Recommended Practice: Accounting and Reporting by Charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (Updated 1 January 2019-Charities SORP (FRS 102)) and the Financial Reporting Standard applicable in the United Kingdom and Republic of Ireland (FRS 102) and the Charities Act 2011 and UK Generally Accepted Practice as it applies from 1 January 2015.

The Trust meets the definition of a public benefit entity under FRS102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy note.

The trustees consider that there are no material uncertainties about the Charities ability to continue as a going concern. There are no material uncertainties affecting the current year's accounts.

2. Fund structure

General accumulated funds are unrestricted funds available for general purposes and include funds designated for a particular purpose; the use of such funds remains at the discretion of the trustees.

Restricted funds are funds subject to conditions imposed by the donor or by specific terms of the appeal under which the funds are raised. The restrictive conditions are binding upon the Charity.

3. Income from donations and legacies

Income is recognised once the charity has entitlement to the funds, it is probable (more likely than not) that the income will be received and the monetary value can be measured with sufficient reliability.

Legacies are accounted for as income either upon receipt or where the receipt of the legacy is probable.

Receipt is probable when confirmation has been received from the representatives of the estate that probate has been granted. The executors have established that there are sufficient assets in the estate to pay the legacy and all conditions attached to the legacy have been fulfilled or are within the charity's control.

Birmingham and Solihull Mental Health NHS Foundation Trust Charity
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4. Expenditure and irrecoverable VAT

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to each category of expense shown in the Statement of Financial Activities. Expenditure is recognised when there is a present legal or constructive obligation resulting from a past event. It is more likely than not that a transfer of benefits (usually a cash payment) will be required in settlement. The amount of the obligation can be measured or estimated reliably.

Irrecoverable VAT is charged against the category of expenditure for which it was incurred.

5. Investments

Investments quoted on a recognised stock exchange are valued at market value at the year end.

6. Interest and investment income receivable

Bank interest and income from investments are included in the financial statements when receivable.

7. Investment gains and losses

Investment gains and losses include any gain or loss on the sale of investments and any gain or loss resulting from revaluing investments to market value at the end of the year.

8. Debtors

Debtors are amounts owed to the charity. They are measured on the basis of their recoverable amount.

9. Cash and cash equivalents

Cash at bank and in hand is held to meet the day to day running costs of the charity as they fall due.

10. Creditors

Creditors are amounts owed by the charity. They are measured at the amount that the charity expects to have to pay to settle the debt.

Birmingham and Solihull Mental Health NHS Foundation Trust Charity
Financial Statements
for the year ended 31st March 2023

11. Tangible Fixed Asset

Depreciation is provided at a rate calculated to write off the cost on a straight line basis over a period of less than the estimated useful life of the assets at the following rates:

Ford Galaxy (David Bromley House)	-	10 years
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Fixed assets are capitalised depending on their value at the discretion of the trustees.

12. Taxation

As a registered charity no provision is considered necessary for taxation.

Birmingham and Solihull Mental Health NHS Foundation Trust Charity
Financial Statements
for the year ended 31st March 2023

Notes to the financial statements

1. Income from Donations and Legacies

	Unrestricted Funds 2022/23 £	Restricted Funds 2022/23 £	Total Funds 2022/23 £	Total Funds 2021/22 £
Donations from Individuals	4,384	2,000	6,384	9,674
Corporate Donations	4,312	7,775	12,087	6,387
Legacies	3,174	-	3,174	-
NHS Charities Together Donations	-	-	-	-
Total	11,870	9,775	21,645	16,061

	Unrestricted Funds 2021/22 £	Restricted Funds 2021/22 £	Total Funds 2021/22 £	Total Funds 2020/21 £
Donations from Individuals	5,649	4,025	9,674	11,589
Corporate Donations	5,666	721	6,387	736
Legacies	-	-	-	-
NHS Charities Together Donations	-	-	-	225,600
Total	11,315	4,746	16,061	237,925

2. Income from Other Trading Activities

	Unrestricted Funds 2022/23 £	Restricted Funds 2022/23 £	Total Funds 2022/23 £	Total Funds 2021/22 £
Lottery Income	10,129	-	10,129	10,993
Fundraising Events	678	-	678	1,347
Total	10,807	-	10,807	12,340

	Unrestricted Funds 2021/22 £	Restricted Funds 2021/22 £	Total Funds 2021/22 £	Total Funds 2020/21 £
Lottery Income	10,993	-	10,993	11,730
Fundraising Events	1,347	-	1,347	938
Total	12,340	-	12,340	12,668

Birmingham and Solihull Mental Health NHS Foundation Trust Charity
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3. Investment Income

	Unrestricted Funds 2022/23	Restricted Funds 2022/23	Total Funds 2022/23	Total Funds 2021/22
	£	£	£	£
Interest	3,543	361	3,904	179
Dividends	18,233	-	18,233	17,804
Total	21,776	361	22,137	17,983

	Unrestricted Funds 2021/22	Restricted Funds 2021/22	Total Funds 2021/22	Total Funds 2020/21
	£	£	£	£
Interest	147	32	179	(33)
Dividends	17,804	-	17,804	17,537
Total	17,951	32	17,983	17,504

4. Expenditure on raising funds

	Unrestricted Funds 2022/23	Restricted Funds 2022/23	Total Funds 2022/23	Total Funds 2021/22
	£	£	£	£
Fundraising Manager	52,381	-	52,381	3,349
Lottery Payouts and license fees	3,250	-	3,250	3,020
Fundraising events	204	-	204	-
Domain Name fees	-	-	-	-
Just Giving.com Fees	144	-	144	-
Investment Managers Fee	619	-	619	622
Total	56,598	-	56,598	6,991

	Unrestricted Funds 2021/22	Restricted Funds 2021/22	Total Funds 2021/22	Total Funds 2020/21
	£	£	£	£
Fundraising Manager	3,349	-	3,349	-
Lottery Payouts and license fees	3,020	-	3,020	2,920
Fundraising events	-	-	-	835
Domain Name fees	-	-	-	53
Investment Managers Fee	622	-	622	585
Total	6,991	-	6,991	4,393

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5. Expenditure on Charitable Activities

	Unrestricted Funds 2022/23 £	Restricted Funds 2022/23 £	Total Funds 2022/23 £	Total Funds 2021/22 £
Staff education and welfare	21,320	-	21,320	26,175
Patient education and welfare	34,847	1,208	36,055	144,147
Depreciation of charitable assets	-	-	-	-
Support costs :			-	-
- Administration Fees	13,527	5,003	18,530	17,690
- Independent Examiners fee	1,600	-	1,600	1,000
- Bank charges	302	-	302	303
- Bad Debt Write Off	-	-	-	-
Total	71,596	6,211	77,807	189,315

	Unrestricted Funds 2021/22 £	Restricted Funds 2021/22 £	Total Funds 2021/22 £	Total Funds 2020/21 £
Staff education and welfare	250	25,925	26,175	22,831
Patient education and welfare	21,192	122,955	144,147	49,451
Depreciation of charitable assets	-	-	-	1,908
Support costs :			-	-
- Administration Fees	14,140	3,550	17,690	16,267
- Independent Examiners fee	1,000	-	1,000	1,000
- Bank charges	303	-	303	302
- Bad Debt Write Off	-	-	-	2,313
Total	36,885	152,430	189,315	94,072

6. Trustees' remuneration, benefits and expenses

The charity's trustees give their time freely and receive no remuneration for the work that they undertake as trustees. No expenses were reimbursed to any trustee.

7. Analysis of staff costs

The charity employed one staff member during the year £52,381 (2021/22: £3,349 commenced March 2022).

	2021-22	2022-23
Basic Pay	2,692.00	41,658.96
NI E/er	269.79	4,731.09
Pension E/er	387.11	5,990.52
Total	3,348.90	52,380.57

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8. Independent Examiner's remuneration

The independent Examiner's remuneration of £1,300 (2021/22: £1,300) related solely to the Independent Examination with no other additional work being undertaken.

9. Debtors

	2022/23	2021/22
	£	£
Other Debtors	500	500

10. Creditors: amounts falling due within one year

	2022/23	2021/22
	£	£
Accruals: Amounts owed to BSMHFT	186,584	192,516

11. Cash and Cash Equivalents

	2022/23	2021/22
	£	£
Cash held in investment portfolio	152,553	132,394
Cash at bank and in hand	12,362	118,269
Total	164,915	250,663

12. Tangible Assets

	Log Cabin	Ford Galaxy	Total
	£	£	£
Cost			
At beginning of year	-	19,078	19,078
Additions	-	-	-
Disposals	-	-	-
At end of the Year	-	19,078	19,078
Depreciation			
At beginning of year	-	19,078	19,078
Charge for the year	-	-	-
Disposals	-	-	-
At end of the Year	-	19,078	19,078
Net Book Value			
At 1 April 2022	-	-	-
At 31 March 2023	-	-	-

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13. Investment Asset

Movement in fixed asset investment	2022/23	2021/22
	£	£
Market Value at beginning of the year	450,865	435,402
Less: Disposal Proceeds		
Less: Net Loss on Revaluation	(36,536)	15,463
Market Value at end of the year	414,329	450,865
Historic Cost at end of the year	332,618	332,618
Fixed asset investment by type	2022/23	2021/22
	£	£
Schroder Charity Multi-Asset Fund (Income Units)	414,329	450,865
Total Listed Investment	414,329	450,865
Cash held in investment portfolio	152,553	132,394
Total	566,882	583,259

Investment is held at market value

14. Related Party Transactions

As stated in the Trustees Report all funds are held and administered by the Charity for the benefit of the Birmingham and Solihull Mental Health NHS Foundation Trust ('the Trust') which is the Corporate Trustee. As such all grants and donations are made to the various departments within the Trust and are not treated as related party transactions. There were no further transactions with related parties in the year (2021/22: None).

Birmingham and Solihull Mental Health NHS Foundation Trust Charity
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15. Analysis of Funds

Analysis of Funds 2022/23	Balance B/FWD	Income	Expenditure	Transfers	Investment Gains/(Losses)	Balance C/FWD
	£	£	£	£	£	£
Restricted Funds						
Norman Imlah Day Centre	947	3	(43)	-		907
B'ham Working Age Dementia Service	2,892	10	(133)	-		2,769
Little Bromwich Centre	540	2	(90)	(1)		451
David Bromley House	945	2,010	(136)	1		2,820
Hertford House	1,983	7	(91)	(1)		1,898
Ward 10 Solihull (Inc Solihull STEPS)	2,635	9	(121)	-		2,523
Highcroft / Northcroft	44,349	147	(2,034)	-		42,462
Gospel Choir	84	-	(4)	-		80
East AOT Team Fund	1,122	4	(51)	-		1,075
Chamomile Mother & Baby Unit	2,463	8	(113)	-		2,358
Endeavour Court & Hse, George Ward Eden Unit	282	1	(13)	-		270
Grove Avenue	43	-	(2)	-		41
Melissa Suite	85	-	(4)	-		81
Caffra Suite Fund	94	-	(4)	-		90
Admiral Nursing	548	2	(25)	-		525
Birmingham Healthy Minds	1,009	3	(46)	-		966
Personality Disorder-Staff Awareness	500	2	(23)	-		479
David Bromley & Dan Mooney House	9,497	28	(1,302)	1		8,224
Dan Mooney House	895	3	(41)	-		857
Solihull Assertive Outreach	1,481	5	(68)	-		1,418
NHS Charities Together	28,132	92	(1,511)	-		26,713
NHS Charities Together - UHB	-	7,800	(356)	(3)		7,441
Total Restricted Funds	100,526	10,136	(6,211)	(3)	-	104,448
Unrestricted Funds						
General Funds	326,454	43,728	(124,150)	3	(36,536)	209,499
Designated Funds	82,532	725	(4,044)			79,213
Total Unrestricted Funds	408,986	44,453	(128,194)	3	(36,536)	288,712
Total Funds	509,512	54,589	(134,405)	-	(36,536)	393,160

Birmingham and Solihull Mental Health NHS Foundation Trust Charity
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Purpose of Funds

Fund	Purpose
Norman Imlah Day Centre	To provide rehabilitation, educational and social activities only for the patients of the Norman Imlah day centre
B'ham Working Age Dementia Service	To promote the wellbeing of the older adult client group.
Little Bromwich Centre	To benefit the service users and staff of the Little Bromwich Centre only.
David Bromley House	The balance of the fund is for the benefit of all residents at David Bromley House only.
Hertford House	To benefit the patients of Hertford House only.
Ward 10 Solihull Hospital	To benefit the patients of Birmingham and Solihull Mental Health Foundation Trust within the Solihull area only.
STEPS	To provide activities recreational and entertainment for day hospital patients
Highcroft / Northcroft	To benefit the service user of Highcroft/Northcroft only.
Gospel Choir	To benefit the BSMHFT Gospel Choir
East AOT Team Fund	To benefit the service users of East AOT team.
Chamomile Mother & Baby Unit	To benefit the service users of Chamomile Unit
Endeavour Court & Hse, George Ward Eden Unit	To benefit the service users of Endeavour Court & House, George ward and eden unit
Grove Avenue	To benefit the service users of Grove Avenue
Melissa Suite	To benefit the service users of Melissa Suite
Caffra Suite Fund	To benefit the service users of Caffra Suite
Admiral Nursing	To benefit the service users of Solihull Admiral Nurses service
Birmingham Healthy Minds	To Benefit the service users of the Birmingham Healthy Minds service
Personality Disorder-Staff Awareness	To aid staff awareness in relation to personality disorders
David Bromley & Dan Mooney House	To Benefit the service users of Dan Mooney and David Bromley Hse
Dan Mooney House	To benefit the service users of Dan Mooney Hse
Solihull Assertive Outreach	To benefit the service users of Solihull Assertive Outreach
NHS Charities Together	To provide support during COVID-19
NHS Charities Together - UHB	To provide support during COVID-19

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Analysis of Funds 2021/22	Balance B/FWD	Income	Expenditure	Transfers	Investment Gains/(Losses)	Balance C/FWD
	£	£	£	£	£	£
Restricted Funds						
Norman Imlah Day Centre	981	-	(33)	(1)		947
B'ham Working Age Dementia Service	2,994	1	(102)	(1)		2,892
Little Bromwich Centre	560	-	(19)	(1)		540
David Bromley House	979	-	(33)	(1)		945
Hertford House	2,052	1	(70)			1,983
Ward 10 Solihull (Inc Solihull STEPS)	2,729	1	(93)	(2)		2,635
Highcroft / Northcroft	45,899	14	(1,566)	2		44,349
Gospel Choir	87	-	(3)			84
East AOT Team Fund	1,162	-	(40)			1,122
Chamomile Mother & Baby Unit	1,420	1,132	(87)	(2)		2,463
Endeavour Court & Hse, George Ward Eden Unit	289	-	(10)	3		282
Grove Avenue	45	-	(2)			43
Melissa Suite	88	-	(3)			85
Caffra Suite Fund	97	-	(3)			94
Admiral Nursing	540	25	(19)	2		548
Birmingham Healthy Minds	454	591	(36)			1,009
Personality Disorder-Staff Awareness	518	-	(18)			500
David Bromley & Dan Mooney House	9,281	2,003	(1,785)	(2)		9,497
Dan Mooney House	926	-	(32)	1		895
Solihull Assertive Outreach	531	1,001	(52)	1		1,481
NHS Charities Together	116,566	9	(88,424)	(19)		28,132
NHS Charities Together - UHB	59,997	-	(60,000)	3		-
Total Restricted Funds	248,195	4,778	(152,430)	(17)	-	100,526
Unrestricted Funds						
General Funds	311,494	40,153	(40,674)	18	15,463	326,454
Designated Funds	84,282	1,453	(3,202)	(1)		82,532
Total Unrestricted Funds	395,776	41,606	(43,876)	17	15,463	408,986
Total Funds	643,971	46,384	(196,306)	-	15,463	509,512

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16. Comparative 2021/22 SOFA

	Unrestricted Funds 2021/22 £	Restricted Funds 2021/22 £	Total Funds 2021/22 £
Income and endowments from:			
Donations and Legacies	11,315	4,746	16,061
Other trading activities	12,340	-	12,340
Investments	17,951	32	17,983
Total Income	41,606	4,778	46,384
Expenditure on:			
Raising funds	6,991	-	6,991
Charitable Activities	36,885	152,430	189,315
Total Expenditure	43,876	152,430	196,306
Net (gains) on investment	15,463	-	15,463
Transfers between funds	17	(17)	-
Net movement in funds	13,210	(147,669)	(134,459)
Reconciliation of funds:			
Total funds brought forward	395,776	248,195	643,971
Total funds carried forward	408,986	100,526	509,512