

BIRMINGHAM AND SOLIHULL MENTAL HEALTH NHS
FOUNDATION TRUST CHARITY

(Operating as 'Caring Minds')

Trustees' Report and Financial Statements for the year
ended 31st March 2025

Registered Charity number
1098659

Birmingham and Solihull Mental Health NHS Foundation Trust Charity
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Report or the Trustees

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 2025.

The Charity's annual report and accounts for the year ended 31 March 2025 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) (Updated 1 January 2019). 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 Shafaq	Non-Executive Director (Caring Minds Chair)
Roisin Fallon-Williams	Chief Executive
Phil Gayle	Trust Chair
David Tomlinson	Executive Director of Finance
Sarah Bloomfield	Executive Director of Quality and Safety
Vanessa Devlin	Executive Director of Operations
Dr Fabida Aria	Executive Medical Director
Patrick Nyarumbu	Executive Director of Strategy, People and Partnerships/Deputy Chief Executive Officer
Lisa Stalley-Green	Executive Director of Quality and Safety (Chief Nurse)
Dr Linda Cullen	Non-Executive Director and Senior Independent Director
Winston Weir	Non-Executive Director
Bal Claire	Non-Executive Director and Deputy Chair
Thomas Kearney	Non-Executive Director (to 31 st March 2025)
Sue Bedward	Non-Executive Director
Nick Moor	Associate Non- Executive Director (from December 2024)

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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

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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Activities of Caring Minds charity April 2024 - March 2025

Our vision continues to be:

For Caring Minds to support the Trusts Vision of **Improving Mental Health Wellbeing** by providing funding that will enhance staff wellbeing and add value to the service user beyond what the NHS is able to provide.

As a Mental Health Trust Charity, Caring Minds mission is to:

- Enhance the service user experience
- Nurture staff well being
- Support families and carers

In 2024 /25 significant projects funded were:

Tamarind Family Carer Event

This was an opportunity for families to come and spend time with loved ones, and enjoy some cultural food, activities and music, these events are always much anticipated and enjoyed by staff, service users and their loved ones, and offers opportunities for meaningful connection, which is essential to recovery.



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Hope & Recovery Affirmation boxes

These boxes were able to give service users an opportunity to discuss positive affirmations around hope and recovery. They will prompt further discussion around sharing their personal experiences of their recovery to help others.



Thrive Gardening Project - Hillis Lodge

The THRIVE team members worked with BSMHFT staff to deliver this project to service users. The sessions were split into morning and afternoon sessions allowing for the protected mealtimes and prep/tidy up time. The project was aptly named 'Hillis is THRIVING!' and the dedication and hard work was rewarded with much produce grown and utilised in meal preparation for all at Hillis Lodge.



Other projects we were able to support were

- **Music for Attachment (with Quench Arts) Perinatal West Birmingham Perinatal**
This project was able to increase patients' knowledge and skills around how music can help with building attachment with their child(ren) through simple activities that can be replicated at home, helps to increase social connectedness through group activities with other parents facing similar challenges (of either being at risk of or experiencing post/peri natal depression), therefore decreasing the feeling of isolation. It can also

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improve their ability to express their thoughts, feelings and emotions in a constructive and positive way, using music as the tool and increase their self-esteem and self-worth through participating in the programme.

- **Memorial Bench - for colleague – Juniper**

This was a very meaningful tribute to a much loved and valued colleague who sadly passed away, the bench has provided a warm and inviting place in the Juniper courtyard for colleagues to sit and remember their colleague fondly.

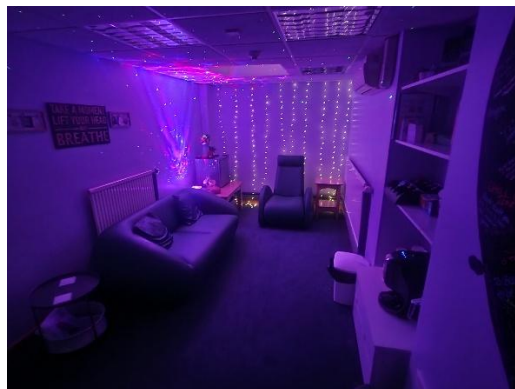


We continue to Focus on our Staff Wellbeing Spaces - Via funding from NHS CT

We have been able to fund a number of sites, to provide staff wellbeing rooms over the last 12 months and have successfully opened four sites to date, these rooms enable staff to step away from often stressful and difficult shifts; to take a moment to rest and recharge, we continue to seek applications for further improvements across other sites.

Sites that have benefited so far are:

Ashcroft, Prison Service HMP Birmingham, Uffculme Centre and Ardenleigh, Women's and Children's secure services (images below)



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Fundraising Activities

Caring Minds Events

Uffculme Quiz

Well attended by colleagues and a fun and engaging evening, promoting the charity and raising funds. Excellent event for building staff morale



Feel the Rhythm Events for BSMHFT

‘Feel the Rhythm, Beat the Stigma’ were community events put on across the summer, via BSMHFT community engagement team, and Caring Minds ran a stall at each event, this enabled us to engage with our colleagues and members of the community, to promote the charity and the amazing work we are able to support with the generosity of our donors and supporters. The wooden stocks were a real highlight, especially on the sunnier days, the best part about them was they were made for the charity, by a service user at one of our secure services.

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Other events during the last 12 months were

A virtual balloon race, a summer raffle and our Trust Values Awards raffle.



What others have done to support Caring Minds

Zumbathon - Our colleague from the Recovery Colleague service, wanted to give back to the charity, as we have been able to support them over the years, a Zumbathon was hosted at BSMHFT HQ and was very well attended, not only did this raise funds for Caring Minds, it also offered a fantastic and energetic way for colleagues to let off some steam and have some fun too.

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Colleague selling soap stone hearts – Soap hearts, handmade, with positive affirmations on them, a colleague sold these and encouraged colleagues and friends to make donations to Caring Minds.



Ardenleigh Wellbeing Day - Staff bake off – Colleagues from Ardenleigh, wanted to turn their passion of baking in to some light hearted fun, and bring a bit of competition to the team, the event was a huge success and there were some very worthy winners.



Corporate and Community support

In line with our objective to raise the profile of the charity externally we have been building stronger relationships with Corporates, which we will continue to do so. We have had the pleasure of being supported by Dnata UK, at their annual charity golf day this year.

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We were chosen again by Biosite, for their annual charity 5 a side football tournament, to provide funds for the FIRST team.

Starbucks and Gym group, continue to offer ad hoc support at events, donating prizes.

Kinvig Geographical society at the University of Birmingham took on various fundraising events during the year in support of Caring Minds.



NHS Charities Together (NHS CT)

We continue to be members of NHS CT, and are working on the Covid recovery staff wellbeing project, that has enabled the development of staff wellbeing spaces.

We will be applying for the next round of funding that is due in Autumn 2025, this is also for staff wellbeing.

The team benefits from special interest groups, and peer support from other NHS Charity colleagues via the NHS CT forums and platforms provided via the membership.

We continue to scope suitable and available grant opportunities from other Trust and foundations.

Changes to Structure and Development plan 25/26

25/26 will see the development of the charity, working collaboratively with Birmingham Community Health Care charity, with a new 2-year strategy.

The events and engagement post, fixed years funding came to an end in January 2025, and with the learning from this post, the charity has realigned and will be moving forward with more strategic support, in the form of a shared associate director of charities post, that will serve Caring Minds charity and Birmingham Community charity. The post will focus on the 2-year strategy, increasing unrestricted and restricted income, refreshing the charity aims and

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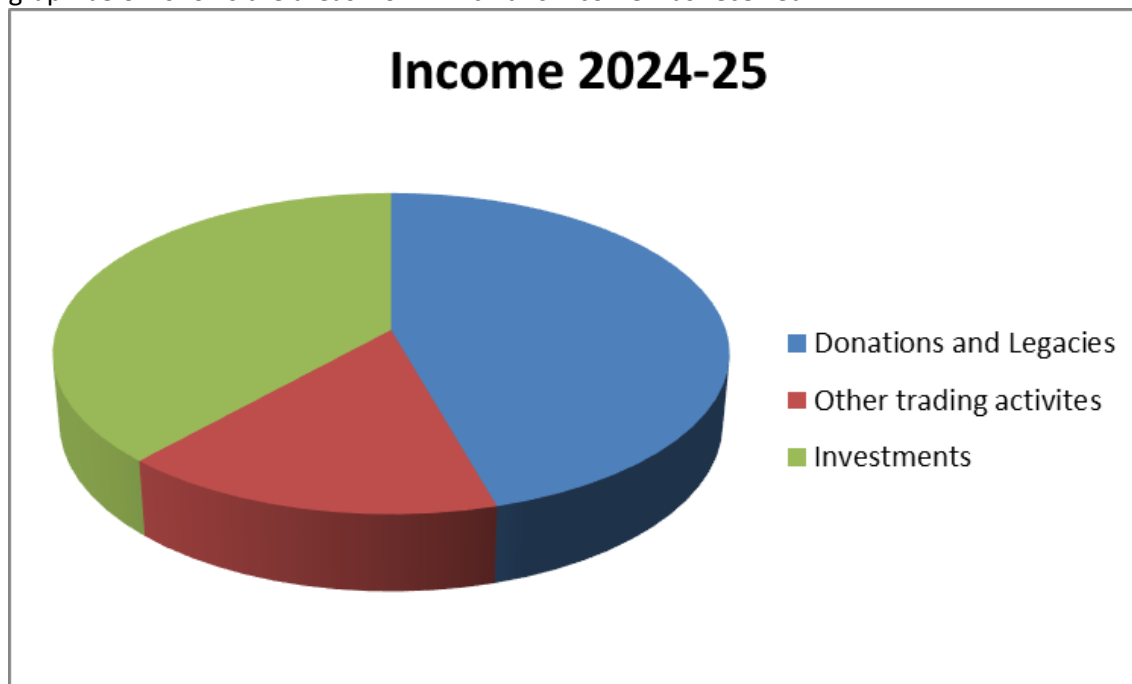
objectives, improving and developing all processes and maximising all grant opportunities. This is a very exciting time for both charities, as we lean into shared resource and skills, this will lead to positive changes and the beneficiaries of both charities will gain a greater experience.

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 £76,690 compared to £142,123 in the previous year. The graph below shows the areas from which this income was received.



Donations and legacies (£34,988) – 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.

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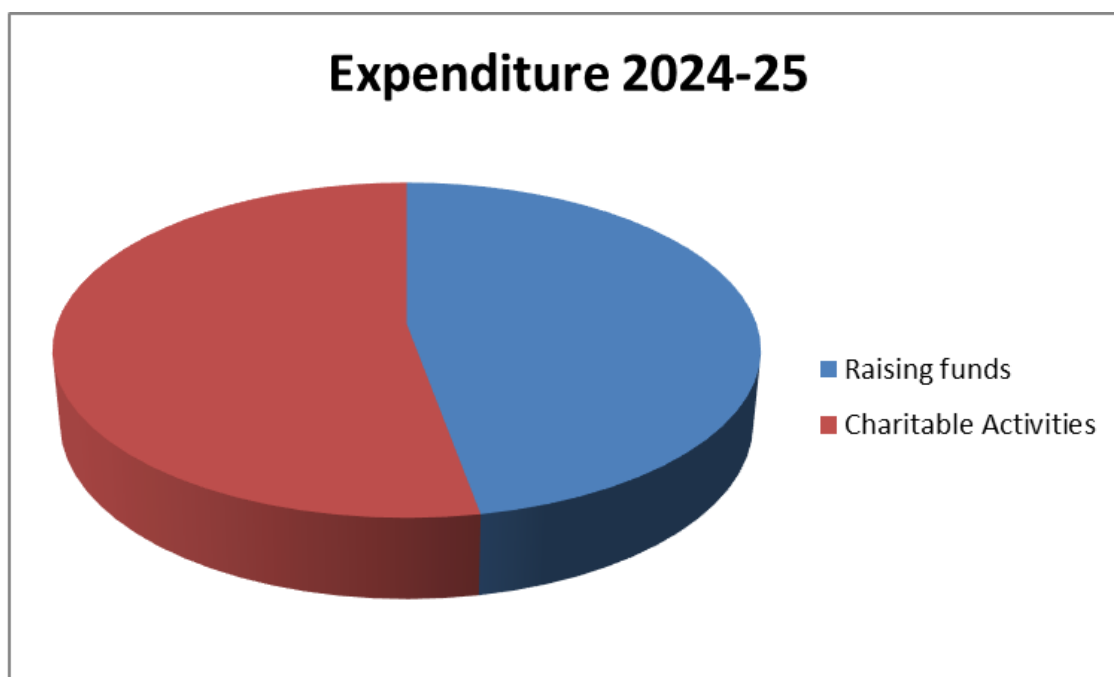
- Gifts from Individuals (£14,836) there were a total of 129 donations from individuals during the year with an average donation value of £115.01.
- Gifts from Companies (£20,152) there were a total of 15 donations from companies during the year with an average donation value of £1,343.46.
- Legacies (£0) we received a total 0 legacy donations during the year.

Other Trading activities (£12,313) – 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 £9,794 and £2,519 from fundraising events.

Investments (£29,389) – the main source of income received from our investment are in the form of dividend payments received on a quarterly basis this totaled £18,283 during the year.

Expenditure

Total expenditure by the Charity was £213,395 compared to £124,330 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 £112,803 on charitable activities and £100,592 on raising funds. The main area of expenditure within these categories in year was:

- £90,630 spent on staff and patient welfare.
- £91,968 spent on Charity Staffing.
- £20,567 spent on administration fee from BSMHFT which is a recharge from the Trust's Finance and Communications department for administration of the funds.

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- £3,020 spent on lottery payouts and license fees.

At 31 March 2025 restricted funds of £97,425 remain to be spent, designated funds total £74,204 and general funds available for allocation to specific projects total £122,100.

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 2024-25 the fund realised dividends of £18,283 It also has recognised unrealised market losses of £5,837. At the balance sheet date the fund was worth £101,192 more than the initial investment. The market value of the fund at the year-end is £433,810.

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.

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.

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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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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 (Caring Minds) 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 2023/24 financial year), as permitted under regulation 16 of the NHS Trusts (Membership and Procedures) Regulations 1990, were as follows:

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Monica Shafaq	Non-Executive Director (Caring Minds Chair)
Patrick Nyarumbu	Executive Director of Strategy, People and Partnerships/Deputy Chief Executive Officer
Dr Fabida Aria	Executive Medical Director
Dr Linda Cullen	Non-Executive Director and Senior Independent Director
Winston Weir	Non-Executive Director
Richard Sollars	Deputy Director of Finance
Jasmine Martin	Head of Financial Services
Tim Hamilton	Associate Director of Communications
Louise John	Charity Manager
Hannah Sullivan	Deputy Company Secretary

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 delegated day to day responsibility for the management of the Charitable Fund to the Charitable Funds (Caring Minds) Committee' delegated officers and must approve, on behalf of the corporate trustee, all expenditure over £1,000 with an upper limit of £25,000 using their delegated authority. All expenditure over £25,000 must be approved by the Charitable Funds (Caring Minds) Committee. The current Scheme of Delegation was 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

Bankers

The Royal Bank of Scotland Plc
Government Banking Services c/o RBS
London Corporate Service Centre

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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 Shafaq

26th January 2026

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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 2025 which are set out on pages 22 to 36.

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

26th January 2026

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Statement of financial activities

		Unrestricted Funds 2024/25 £	Restricted Funds 2024/25 £	Total Funds 2024/25 £	Total Funds 2023/24 £
	Note				
Income and endowments from:					
Donations and Legacies	1	26,528	8,460	34,988	101,189
Other trading activities	2	12,283	30	12,313	13,307
Investments	3	28,314	1,075	29,389	27,627
Total Income		67,125	9,565	76,690	142,123
Expenditure on:					
Raising funds	4	71,837	28,755	100,592	70,143
Charitable Activities	5	75,477	37,326	112,803	54,187
Total Expenditure		147,314	66,081	213,395	124,330
Net (Expenditure)/Income before investment (losses)/gains		(80,189)	(56,516)	(136,705)	17,793
Net (losses)/ gains on investment	13	(5,837)	-	(5,837)	25,318
Net movement in funds		(86,026)	(56,516)	(142,542)	43,111
Reconciliation of funds:					
Total funds brought forward		282,330	153,941	436,271	393,160
Total funds carried forward		196,304	97,425	293,729	436,271

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

All income and expenditure derive from continuing activities.

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Balance sheet

	Note	Unrestricted Funds 2024/25 £	Restricted Funds 2024/25 £	Total Funds 2024/25 £	Total Funds 2023/24 £
Fixed Assets:					
Tangible assets	12	-	-	-	-
Investments	13	433,810	-	433,810	439,647
Total Fixed Assets		433,810	-	433,810	439,647
Current Assets:					
Debtors	9	16,231	-	16,231	1,718
Cash held in investment portfolio	11	11,491	192,288	203,779	177,740
Cash at bank and in hand	11	9,561	21,358	30,919	91,846
Total Current Assets		37,283	213,646	250,929	271,304
Current Liabilities:					
Creditors: amounts falling due within one year	10	(274,789)	(116,221)	(391,010)	(274,680)
Total Current Liabilities		(274,789)	(116,221)	(391,010)	(274,680)
Net Current (Liabilities)/Assets		(237,506)	97,425	(140,081)	(3,376)
Total Assets Less Current Liabilities		196,304	97,425	293,729	436,271
Total Net Assets		196,304	97,425	293,729	436,271
The Funds of the Charity:					
Restricted Income Funds	15	-	97,425	97,425	153,941
Unrestricted income funds				-	-
- General Funds	15	122,100	-	122,100	205,350
- Designated Funds	15	74,204	-	74,204	76,980
Total Charity Funds		196,304	97,425	293,729	436,271

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

Approved by the Trustees and signed on their behalf by:

Monica Shafaq

26th January 2026

Birmingham and Solihull Mental Health NHS Foundation Trust Charity
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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.

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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.

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:

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Ford Galaxy (David Bromley House) - 10 years

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 2025

Notes to the financial statements

1. Income from Donations and Legacies

	Unrestricted Funds 2024/25 £	Restricted Funds 2024/25 £	Total Funds 2024/25 £	Total Funds 2023/24 £
Donations from Individuals	14,836	-	14,836	3,685
Corporate Donations	11,692	8,460	20,152	41,844
Legacies	-	-	-	-
NHS Charities Together Donations	-	-	-	55,660
Total	26,528	8,460	34,988	101,189

	Unrestricted Funds 2023/24 £	Restricted Funds 2023/24 £	Total Funds 2023/24 £	Total Funds 2022/23 £
Donations from Individuals	3,685	-	3,685	6,384
Corporate Donations	41,344	500	41,844	12,087
Legacies	-	-	-	3,174
NHS Charities Together Donations	-	55,660	55,660	-
Total	45,029	56,160	101,189	21,645

2. Income from Other Trading Activities

	Unrestricted Funds 2024/25 £	Restricted Funds 2024/25 £	Total Funds 2024/25 £	Total Funds 2023/24 £
Lottery Income	9,794	-	9,794	9,390
Fundraising Events	2,489	30	2,519	3,917
Total	12,283	30	12,313	13,307

	Unrestricted Funds 2023/24 £	Restricted Funds 2023/24 £	Total Funds 2023/24 £	Total Funds 2022/23 £
Lottery Income	9,390	-	9,390	10,129
Fundraising Events	3,917	-	3,917	678
Total	13,307	-	13,307	10,807

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3. Investment Income

	Unrestricted Funds 2024/25 £	Restricted Funds 2024/25 £	Total Funds 2024/25 £	Total Funds 2023/24 £
Interest	10,031	1,075	11,106	9,237
Dividends	18,283	-	18,283	18,390
Total	28,314	1,075	29,389	27,627

	Unrestricted Funds 2023/24 £	Restricted Funds 2023/24 £	Total Funds 2023/24 £	Total Funds 2022/23 £
Interest	8,588	649	9,237	3,904
Dividends	18,390	-	18,390	18,233
Total	26,978	649	27,627	22,137

4. Expenditure on raising funds

	Unrestricted Funds 2024/25 £	Restricted Funds 2024/25 £	Total Funds 2024/25 £	Total Funds 2023/24 £
Charity Manager	61,139	-	61,139	56,389
Events & Engagement Officer	2,074	28,755	30,829	8,765
Lottery Payouts and license fees	3,020	-	3,020	3,040
Fundraising events	4,730	-	4,730	1,133
Just Giving.com Fees	216	-	216	216
Investment Managers Fee	658	-	658	600
Total	71,837	28,755	100,592	70,143

	Unrestricted Funds 2023/24 £	Restricted Funds 2023/24 £	Total Funds 2023/24 £	Total Funds 2022/23 £
Charity Manager	56,389	-	56,389	52,381
Events & Engagement Officer	8,765	-	8,765	-
Lottery Payouts and license fees	3,040	-	3,040	3,250
Fundraising events	1,133	-	1,133	204
Just Giving.com Fees	216	-	216	144
Investment Managers Fee	600	-	600	619
Total	70,143	-	70,143	56,598

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5. Expenditure on Charitable Activities

	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	2024/25	2024/25	2024/25	2023/24
	£	£	£	£
Staff education and welfare	29,309	29,748	59,057	550
Patient education and welfare	30,914	659	31,573	31,601
Support costs :				
- Administration Fees	13,648	6,919	20,567	20,434
- Independent Examiners fee	1,300	-	1,300	1,300
- Bank charges	306	-	306	302
Total	75,477	37,326	112,803	54,187

	Unrestricted Funds	Restricted Funds	Total Funds	Total Funds
	2023/24	2023/24	2023/24	2022/23
	£	£	£	£
Staff education and welfare	550	-	550	21,320
Patient education and welfare	31,601	-	31,601	36,055
Support costs :				
- Administration Fees	13,118	7,316	20,434	18,530
- Independent Examiners fee	1,300	-	1,300	1,600
- Bank charges	302	-	302	302
Total	46,871	7,316	54,187	77,807

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.

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7. Analysis of staff costs

The charity employed two staff members' during the year £91,968 (2023/24: Two employee's £65,154).

	2024/25	2023/24
	£	£
Basic pay	73,529	52,209
NI E/er	7,866	5,636
Pension E/er	10,573	7,309
Total	91,968	65,154

8. Independent Examiner's remuneration

The independent Examiner's remuneration of £1,300 (2023/24: £1,300) related solely to the Independent Examination with no other additional work being undertaken.

9. Debtors

	2024/25	2023/24
	£	£
Other Debtors	16,231	1,718

10. Creditors: amounts falling due within one year

	2024/25	2023/24
	£	£
Accruals: Amounts owed to BSMHFT	391,010	274,680

11. Cash and Cash Equivalents

	2024/25	2023/24
	£	£
Cash held in investment portfolio	203,779	177,740
Cash at bank and in hand	30,919	91,846
Total	234,698	269,586

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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 2024	-	-	-
At 31 March 2025	-	-	-

13. Investment Asset

Movement in fixed asset investment	2024/25 £	2023/24 £
Market Value at beginning of the year	439,647	414,329
Less: Disposal Proceeds		
Less: Net Loss on Revaluation	(5,837)	25,318
Market Value at end of the year	433,810	439,647
Historic Cost at end of the year	332,618	332,618

Fixed asset investment by type	2024/25 £	2023/24 £
Schroder Charity Multi-Asset Fund (Income Units)	433,810	439,647
Total Listed Investment	433,810	439,647
Cash held in investment portfolio	203,779	177,740
Total	637,589	617,387

Investment is held at market value

Birmingham and Solihull Mental Health NHS Foundation Trust Charity
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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 (2023/24: None).

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15. Analysis of Funds

Analysis of Funds 2024/25	Balance B/FWD	Income	Expenditure	Transfers	Investment Gains/(Losses)	Balance C/FWD
	£	£	£	£	£	£
Restricted Funds						
Norman Imlah Day Centre	869	8	(58)			819
B'ham Working Age Dementia Service	2,654	23	(177)			2,500
Little Bromwich Centre	433	4	(29)			408
David Bromley House	2,703	23	(181)			2,545
Hertford House	1,819	16	(122)			1,713
Ward 10 Solihull (Inc Solihull STEPS)	2,418	21	(162)			2,277
Highcroft / Northcroft	40,699	350	(1,311)			39,738
Gospel Choir	77	1	(5)			73
East AOT Team Fund	1,030	9	(69)			970
Chamomile Mother & Baby Unit	2,739	24	(183)			2,580
Endeavour Court & Hse, George Ward Eden Unit	259	32	(19)			272
Grove Avenue	40	-	(3)			37
Melissa Suite	78	1	(5)			74
Caffra Suite Fund	87	1	(6)			82
Admiral Nursing	503	4	(34)			473
Birmingham Healthy Minds	926	8	(62)			872
Personality Disorder-Staff Awareness	459	4	(31)			432
David Bromley & Dan Mooney House	7,882	68	(527)			7,423
Dan Mooney House	821	7	(55)	1		774
Solihull Assertive Outreach	1,359	10	(264)			1,105
NHS Charities Together	25,604	217	(2,154)			23,667
NHS Charities Together - UHB	7,132	62	(477)			6,717
NHS Charities S3 Inc	24,595	212	(1,645)			23,162
NHS Charities Dev Fund	28,755	-	(28,755)			-
Well Being Spaces	-	8,460	(29,748)			(21,288)
Total Restricted Funds	153,941	9,565	(66,082)	1	-	97,425
Unrestricted Funds						
General Funds	204,900	64,864	(141,826)	(1)	(5,837)	122,100
Designated Funds	77,430	2,261	(5,487)			74,204
Total Unrestricted Funds	282,330	67,125	(147,313)	(1)	(5,837)	196,304
Total Funds	436,271	76,690	(213,395)	-	(5,837)	293,729

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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.
Sycamore Patient Fund	To benefit the service users of Sycamore ward at the tamarind centre.
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
DBH - Ford Galaxy	To benefit the service users of David Bromley House
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
NHS Charities S3 Inc	To provide support after COVID-19
NHS Charities Dev Fund	To provide support specific to the development of Caring Minds
Well Being Spaces	To provide support to the well being staff spaces project

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Analysis of Funds 2023/24	Balance B/FWD £	Income £	Expenditure £	Transfers £	Investment Gains/(Losses) £	Balance C/FWD £
Restricted Funds						
Norman Imlah Day Centre	907	4	(41)	(1)		869
B'ham Working Age Dementia Service	2,769	11	(126)			2,654
Little Bromwich Centre	451	2	(21)	1		433
David Bromley House	2,820	12	(128)	(1)		2,703
Hertford House	1,898	8	(86)	(1)		1,819
Ward 10 Solihull (Inc Solihull STEPS)	2,523	10	(115)			2,418
Highcroft / Northcroft	42,462	172	(1,934)	(1)		40,699
Gospel Choir	80	-	(4)	1		77
East AOT Team Fund	1,075	4	(49)			1,030
Chamomile Mother & Baby Unit	2,358	512	(130)	(1)		2,739
Endeavour Court & Hse, George Ward Eden Unit	270	1	(12)			259
Grove Avenue	41	-	(2)	1		40
Melissa Suite	81	-	(4)	1		78
Caffra Suite Fund	90	-	(4)	1		87
Admiral Nursing	525	2	(24)			503
Birmingham Healthy Minds	966	4	(44)			926
Personality Disorder-Staff Awareness	479	2	(22)			459
David Bromley & Dan Mooney House	8,224	33	(375)			7,882
Dan Mooney House	857	3	(39)			821
Solihull Assertive Outreach	1,418	6	(65)			1,359
NHS Charities Together	26,713	108	(1,217)			25,604
NHS Charities Together - UHB	7,441	30	(339)			7,132
NHS Charities S3 Inc	-	25,764	(1,169)			24,595
NHS Charities Dev Fund	-	30,121	(1,366)			28,755
Total Restricted Funds	104,448	56,809	(7,316)	-	-	153,941
Unrestricted Funds						
General Funds	209,499	83,056	(112,973)		25,318	204,900
Designated Funds	79,213	2,258	(4,041)			77,430
Total Unrestricted Funds	288,712	85,314	(117,014)	-	25,318	282,330
Total Funds	393,160	142,123	(124,330)	-	25,318	436,271

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16. Comparative 2023/24 SOFA

		Unrestricted Funds 2023/24	Restricted Funds 2023/24	Total Funds 2023/24
	Note	£	£	£
Income and endowments from:				
Donations and Legacies	1	45,029	56,160	101,189
Other trading activities	2	13,307	-	13,307
Investments	3	26,978	649	27,627
Total Income		85,314	56,809	142,123
Expenditure on:				
Raising funds	4	70,143	-	70,143
Charitable Activities	5	46,871	7,316	54,187
Total Expenditure		117,014	7,316	124,330
Net Income/(Expenditure) before investment gains/(losses)		(31,700)	49,493	17,793
Net gains/(losses) on investment	13	25,318	-	25,318
Net movement in funds		(6,382)	49,493	43,111
Reconciliation of funds:				
Total funds brought forward		288,712	104,448	393,160
Total funds carried forward		282,330	153,941	436,271