

Registered number: 05000185
Charity number: 01103063

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A company limited by guarantee)

TRUSTEES' REPORT AND FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 MARCH 2022



THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A company limited by guarantee)

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THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
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REFERENCE AND ADMINISTRATIVE DETAILS OF THE COMPANY, ITS TRUSTEES AND ADVISERS
FOR THE YEAR ENDED 31 MARCH 2022

Trustees	P R Bruce, Chair B M Sturdy C L Robinson-Learoyd R E A Long R K Parke (Resigned 11 May 2021) R J Swannell (Resigned 28 October 2021) H Tucker (Resigned 30 April 2021) L D Couves (Resigned 14 February 2022) R Fyfe (Resigned 26 July 2021) B P Henry (Appointed 28 September 2021) L R Michaelis (Appointed 28 August 2021) R K Avann (Appointed 28 September 2021) S K Stinton (Appointed 28 September 2021) S K Sotomey (Appointed 28 September 2021) C A Charlesworth (Appointed 1 March 2022)
Company registered number	05000185
Charity registered number	01103063
Registered office	14 Granville Street Aylesbury Bucks HP20 2JR
Company secretary	A McCubbin
Chief executive officer	A McCubbin
Independent auditor	Hillier Hopkins LLP Chartered Accountants Radius House 51 Clarendon Road Watford Herts WD17 1HP
Bankers	Lloyds Bank 1 Market Square Aylesbury Bucks HP20 1TD

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A company limited by guarantee)

TRUSTEES' REPORT
FOR THE YEAR ENDED 31 MARCH 2022

The Trustees present their annual report together with the audited financial statements of the The Buckinghamshire Association for Mental Health for the year 1 April 2021 to 31 March 2022. The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) 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 2019).

Since the Company qualifies as small under section 382 of the Companies Act 2006, the Strategic report required of medium and large companies under the Companies Act 2006 (Strategic Report and Directors' Report) Regulations 2013 has been omitted.

Responding to the second year of the Covid-19 has tested our resilience and required us to continue to be creative and agile in our approach. It is this mindset that has enabled Buckinghamshire Mind to provide extraordinary services to those in our community at this time of significant need. Trustees would like to formally thank colleagues and volunteers for their commitment and dedication. Thanks are also due to the people who use our services for sharing their lived experience with us. We plan to more firmly embed the principles of lived experience leadership across all aspects of the organisation in the year ahead.

The report outlines the trustees' response to mitigating the risks posed to the charity to ensure the ongoing success of the organisation. This is in response to the ongoing societal impacts since the Covid-19 pandemic. Trustees are pleased to report this approach has been successful with the continuation of service delivery in line with the Covid-secure guidelines in place during the year and the stabilisation of the charity's financial position. However, moving forward trustees are focused on closely monitoring the risks to the charity posed by the current cost of living crisis precipitated by widespread inflationary pressures, including energy costs at unprecedented levels.

We know that poverty, deprivation and economic inequality has a profoundly negative impact on mental health. Buckinghamshire Mind will continue to work, as an influential and visible partner in the broader mental health system across the Buckinghamshire, Oxfordshire and Berkshire (West) Integrated Care System (ICS) and the Frimley ICS, to voice the concerns and experiences of people accessing our services and stand-up for mental health in the communities we support across Buckinghamshire and East Berkshire.

Our Vision, Strategy and Objectives

About Buckinghamshire Mind

For over 100 years Buckinghamshire Mind has been a trusted charity working to support and represent people with mental health problems. We tackle stigma and discrimination head on. We support our service users to live safe, purposeful and fulfilled lives in our communities. We believe in their recovery and are hopeful about their future. Working together with national Mind we will not give up until everyone in our community gets the respect and support they need.

The charity is independent and responsible for its own governance and income generation. We are proud to be affiliated to national Mind (the leading mental health charity in England and Wales) and to play our part in a diverse network of over 110 other local Mind associations. To retain our affiliation, we adhere to the principles of the Mind Federation Agreement, which sets out the terms within which we work together.

The vision, purpose and values of the charity are as follows:

Our vision

Everyone experiencing a mental health problem gets both support and respect.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Our purpose

We are Buckinghamshire Mind – affiliated to national Mind and proud to play our part in the local Mind network. Together we are Mind.

Open, caring, experienced, unstoppable, together. We connect. We support. We influence. We are at the heart of our local communities, in Buckinghamshire and East Berkshire. We promote wellbeing and recovery; we prevent mental ill-health; we offer talking therapies and we provide support in times of crisis.

We stand up for mental health. Our services change lives. For support. For respect. For you.

Our values

- Open - we reach out and welcome anyone with a mental health need
- Caring - we treat everyone with compassion and kindness
- Experienced - we stand shoulder to shoulder with people with lived experience, ensuring our services make a difference
- Unstoppable - we speak out fearlessly and won't give up
- Together - we are stronger in partnership and respect everyone's contribution and background

Structure, governance and management

Structure of the Charity

The company is registered as a charitable company limited by guarantee and was set up by a Memorandum of Association on 19 December 2003. On 1 January 2006, the organisation changed its operational name to Buckinghamshire Mind, although it is still legally known as The Buckinghamshire Association for Mental Health.

The charity is a membership-based organisation that delegates authority for administering the charity to the Buckinghamshire Mind Board of Trustees. It is important that the membership remains representative of all stakeholders to ensure that their diverse voices are heard and to keep the charity at the heart of the communities it serves.

The board meets four times per annum with additional meetings convened as and when required. In addition to the trustees, the CEO and Director of Services, (Deputy CEO) attend the meetings. The board is further supported by the Finance and Risk Committee, the Operations and HR Sub Committee and the Accommodation Committee. All these Committees report directly to the board with terms of reference in place. There are clear guidelines by which authority is delegated within the organisation, with trustees delegating the day-to-day running of the charity to the senior management team.

Methods of appointment or election of Trustees

Under the requirements of the Memorandum and Articles of Association, the members of the Buckinghamshire Mind Board of Trustees are elected by ordinary resolution. At each Annual General Meeting (AGM) one third of the trustees or, if their number is not three or a multiple of three, the number nearest to one third must retire from office. The trustees to retire by rotation shall be those who have been longest in office since their last appointment. During the year trustees can be co-opted onto the board for ratification at the AGM. There is a robust recruitment, induction and checking process for all new trustees joining the board.

All members of the board of trustees give their time voluntarily and receive no benefits from the charity. Any expenses reclaimed from the charity are set out in the accounts. Trustees are required to disclose all relevant interests and withdraw from decisions where a conflict of interest arises and a conflict of interest register, which includes connected persons, is maintained.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Structure, governance and management (continued)

Policies adopted for the induction and training of Trustees

The Chair of the Board and the Chief Executive are responsible for the induction of new trustees. Once the appointment of the new trustee has been confirmed the trustee will receive a pack of relevant supporting information and a programme of meetings will be scheduled with staff, volunteers and other trustees, along with an observation of some activities and an opportunity to meet with service users. Trustees are also able to access governance support hosted by national Mind and can attend the annual Mind conference. It is very important that trustees are a visible part of the organisation, and they are encouraged to visit services and volunteer in other ways.

The Finance and Risk Committee

This committee meets quarterly and takes delegated responsibility on behalf of the board to ensure there is a clear framework for accountability. The key tasks include:

- Examining and reviewing all systems and methods of control, both financial and otherwise. The committee produces and reviews, on a rolling basis, all the financial controls and procedures of the organisation. Any changes are brought, on an annual basis, to the board.
- Risk analysis and risk management.
- Ensuring the charity is complying with all aspects of the law, relevant regulations and good practice.
- Reviewing the monthly management accounts and annual budget and the overall financial position of the charity. The production of the budget is delegated to the Chief Executive, Director of Services (Deputy CEO) and Finance Manager.
- Reviewing statutory and grant funding agreements/contracts delivered by the organisation.

The committee has delegated authority for making financial decisions that are within the currently agreed financial year budget. For decisions relating to out of budget expenditure and investment decisions, the committee reviews and submits recommendations to the main board meeting.

The Operations and Human Resources Sub Committee

This committee, set up during FY21_22, meets quarterly and oversees the development, monitoring and evaluation of operational delivery and strategic human resources actions and policies. Specifically, the committee:

- Monitors and advises on operational delivery, delivery strategy, policy development, safeguarding and health and safety reporting to the board.
- Oversees the progress against the operational plan for all funding/project streams and seeks to address any areas where targets are missed or delivery issues are experienced.
- Ensures that all new projects are effectively mobilised or ceased projects exited effectively, as appropriate.
- Advises on and monitors HR policy development, HR change management and pay, performance and reward systems, reporting to the board as appropriate.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Structure, governance and management (continued)

The Accommodation Committee

This committee meets when required and takes delegated responsibility on behalf of the board to ensure there is a clearly defined accommodation strategy that:

- Matches service delivery need both now and into the future.
- Ensures the most efficient use of the organisation's assets and resources.

The committee has some operational decision making capability. However, any recommendations relating to the selling of assets and undertaking/terminating leases must be given final approval at the main board meeting. This committee has not been required to meet during FY21_22.

Key Management Personnel Remuneration

Key management personnel remuneration and benefits (the Senior Management Team) totals £206,142 (2021 £163,515) per annum. The SMT was expanded to 5 personnel in the year.

All Buckinghamshire Mind colleagues are subject to annual appraisals and trustees' approval is required prior to implementing salary increments. As means of good practice, a benchmarking exercise is undertaken when recruiting into new roles against other competitors within the sector of a similar size and activity to ensure that the remuneration is in line with that of generally similar roles.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Structure, governance and management (continued)

Financial risk management

The board fully accepts its responsibilities under the Charity Commission's Statement of Recommended Practice (SORP) for ensuring that the major risks to which the charity is exposed are identified and reviewed, and that there are systems in place to mitigate them. Major risks are those that have a high probability of occurring and would, if they occurred, have a severe impact on either operational performance or achievement of purposes or could damage the charity.

The charity recognises that risk management is an essential part of good business practice and an effective mechanism of good governance. The board is committed to ensuring that risk management processes are embedded throughout the charity, and that these processes are used to help identify at an early stage issues that affect performance or achievement of purposes. However, the board recognises that risk management systems can only seek to manage rather than eliminate risk, and that it should therefore be only one of the tools that the board uses to provide effective control of the administration of the charity. Additionally, in recruiting new trustees, the board ensures that there is an appropriate mix of skills to further mitigate risk.

A detailed risk register is reviewed and updated quarterly by the Finance and Risk Committee and presented at each subsequent board meeting. The register covers risk across the following four categories

- o Quality and Management
- o Operations
- o Funding and Assets, and
- o Staffing

As a result, the trustees have assessed the major risks to which the charity is exposed and are satisfied that systems are in place to manage exposure to the risks.

The key risks to which the charity is exposed, along with the current situation, are outlined below:

Cost of Living Crisis	<p>The current level of inflation, not seen in the UK economy since the early 1980s, will increase the ongoing costs of running the charity whilst many of our grants remain fixed to the remainder of the financial year. Whilst a small proportion of these increases can be mitigated by looking for efficiencies, for example in closing the office in Aylesbury, the cost-of-living pressures colleagues face will inevitably result in higher salary benchmarks across all roles. This impacts our ability to retain and recruit colleagues.</p> <p>To mitigate this risk we will work with funders and commissioning partners to ensure that the grants and contracts we secure enable us to benchmark salaries appropriately and achieve full cost recovery. We will also continue to invest in supporting workplace wellbeing and flexible hybrid working practices to support colleague retention.</p> <p>Additional pressures on fuel, food, supplies, activity and transport costs require a robust approach to cost centre accounting. We will implement a revised reporting framework during the year to support managers to closely monitor their budget allocations. Our energy contract is fixed until March 2023.</p> <p>We will also respond to the changing needs of our volunteers, offering flexibility in the ways they can volunteer alongside colleagues to support people in our community. This is crucial as we know from previous experience that a squeeze on living standards, unmanageable debt and economic recessions cause a rise in mental health problems, demand for services and, sadly, are connected to a rise in suicides. Working in partnership with other local VCSE partners we will look to strengthen our offer around money and mental health and develop a joint delivery model that addresses this growing need.</p>
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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Structure, governance and management (continued)

Digital security and implementation risk	<p>As we move forward with our organisational digital strategy we have strengthened our Cyber security measures across all platforms and are now Cyber Essentials accredited. In addition, we now exceed all elements of the NHS Data Security and Protection Toolkit 2022/23.</p> <p>A robust implementation plan is in place to manage the risks associated with the phased launch of our new Client Relationship Management system, including data backups and robust information governance protocols and procedures.</p>
Sustainability of Funding Sources	<p>The cost-of-living crisis is expected to have an impact on our community fundraising activities due to the impact on our supporters' ability to donate. This is somewhat offset by the resumption of face-to-face community fundraising events and the fact that people continue to want to stand-up for mental health across our communities. To help mitigate this risk we will continue to explore new digital fundraising opportunities and strengthen our offer to corporate partners.</p> <p>All stakeholder relationships with commissioners and funders continue to be positive. We thank all our funders for the flexibility they have shown us during this challenging time. There is new investment coming into the mental health system over the coming months, particularly in relation to the Community Mental Health Framework and the Integrated Care System (ICS). Buckinghamshire Mind remains well positioned to work collaboratively with mental health system partners on these opportunities across both the Buckinghamshire, Oxfordshire and Berkshire (West) ICS and the Frimley ICS.</p> <p>However, the continued pressure on statutory budgets means we must ensure that plans are in place in the event of funding being withdrawn. This is particularly the case for those services currently funded by grants from Buckinghamshire Council.</p>
Modelling our accommodation needs to be "fit for the future"	<p>During 2022 we will continue to review our ongoing accommodation needs in line with our longer-term hybrid working model. Ensuring that colleagues accessing Ashton House in Aylesbury have suitable alternative accommodation is a priority as our lease comes to an end in December 2022.</p>

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TRUSTEES' REPORT (CONTINUED)
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Objectives and activities

Policies and objectives

The trustees confirm that they have referred to the guidance obtained in the Charity Commission's general guidance on the public benefit when reviewing the charity's aims and objectives and in planning future activities for the year.

The charity's objects are, "to promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions of emotional or mental distress requiring advice or treatment."

Investment policy

Our investments have been with M&G Charifund since May 2018. This investment product was felt by trustees to have a strong track record on growth, whilst also offering a quarterly income distribution. Movements in the stock market affect the capital value of the fund and the uncertainty in the markets caused by Covid-19 in the previous year resulted in a large loss in the fund's capital value, although a proportion of this loss was reversed in 2020/21.

In February 2021 trustees revised the investment policy to incorporate an investment performance framework with reserves invested in a minimum of two global multi-asset investment funds. In addition, suitably qualified advisors should be retained with a requirement for two trustees to participate in education and training events. The Finance and Risk Committee selected two suitable funds which were approved at the September 2021 board meeting.

We were able to invest in one of these funds and following a delay in the fund administrators setting up the second account we sought the advice of our advisors again in June 2022 for an update. This advice is currently being reviewed by the Treasurer with a view to a recommendation being given to the board at a subsequent meeting.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Objectives and activities (continued)

Strategies for achieving objectives

All our charitable activities focus on promoting good mental health and reaching out to support those who experience mental health problems. The trustees have considered how planned activities will contribute to the aims and objectives they have set for the future as outlined in the strategic planning process. This section sets out how we performed against our strategic objectives this year, reports on our key achievements and outlines our objectives for 2022-2023.

Our Strategy

In August 2021 we launched our new strategy, "We are Buckinghamshire Mind, 2021-2024". We have written five statements that describe our ambition in each of the following key areas – people, impact, engagement, sustainability and resources.

As we face issues and opportunities during the 3 years ahead we will repeatedly ask ourselves how our decisions fulfil at least one of these ambitions and how they align with our golden threads of agile, inclusive and informed.

These ambitions provide the framework against which we will measure our impact. They are:

People	<i>"We will ensure we are a great place for people to work, volunteer and experience services"</i>
Impact	<i>"We will target our services where we can have greatest impact"</i>
Engagement	<i>"We will build engagement, increase our influence and champion our vision for mental health"</i>
Sustainability	<i>"We will improve sustainability at a time of unprecedented need, building collaborations and partnerships with other service providers."</i>
Resources	<i>"We will invest in and maximise our resources to develop an organisation fit for the future."</i>

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Objectives and activities (continued)

To deliver these strategic priorities we identified 6 specific targets in the first strategic year, as outlined in the table below alongside our performance: -

Our ambitions	The things we have achieved in Year 1
People	
Capacity - we will plan and recruit for growth and succession.	<ul style="list-style-type: none"> The restructure of the organisation is now complete and additional colleagues have been recruited into the Senior Management Team – Director of Services (Deputy CEO) and Head of Quality. The quality team will also welcome a CRM Database Administrator, Inclusion Lead and Quality Lead. Removing this leadership and organisational stretch will enable us to move forward with delivering the components of our strategy and respond to the needs of our growing charity.
Engagement - we will expand the ways in which our service users can get involved and influence the shape of our services.	<ul style="list-style-type: none"> Working with national Mind, during the Mind Quality Mark review, we have strengthened our organisational understanding of excellence in lived experience leadership. This has resulted in a detailed plan of activity being developed for roll-out during Year 2 of the strategy.
Engagement	
Inclusion – we will adapt our services to be more accessible, with a specific focus on people experiencing racial inequality; facing financial hardship and financial insecurity; at risk of, or enduring homelessness and to LGBTQI+ identities.	<ul style="list-style-type: none"> During the year we were part of the Listen/Learn/Adapt partnership – a collaboration of 5 local charities looking to understand the barriers that people from minority ethnic communities face when accessing our services. This has been a complex piece of research to undertake – particularly during Covid-19 – but we are pleased that the report will be launched in autumn 2022. The recommendations contained within this report provide a clear rationale as to the approach we need to take moving forward. Colleagues will be supported to implement these recommendations by the newly recruited Inclusion Lead. Additional funding has been secured to expand the mental health support we provide through the Rough Sleepers Initiative. The Children and Young Peoples' team has been working in partnership with the Healthy Living Centre to support the Butterfly Trans Youth Group.
Sustainability	
Partnerships – we will seek additional partners to enhance our existing services and develop new services, helping to bring organisations together to address the growing need.	<ul style="list-style-type: none"> The Mind in Berkshire partnership with Oxfordshire Mind continues to grow and develop. A proposal for us to convene a mental health alliance in East Berkshire has been submitted. We have continued to build on our strategic partnership with Citizens Advice Bucks to explore how we can collaborate to design an integrated service focused on money and mental health. Additional funding was secured from the BOB Integrated Care System to support our development work with Citizens Advice Bucks.
Resources	
Data – we will implement a Customer Relationship Management system that improves management information and enables us to put evidence at the heart of our decision-making processes.	<ul style="list-style-type: none"> The due diligence phase to choose a new Client Relationship Management system has resulted in a system being chosen. A review of all the data held has been undertaken with detailed service process maps in development. The data will be cleansed prior to upload. Discussions around the additional impact questions to be collated are ongoing. The system will now be rolled out on a phased basis for each service.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Objectives and activities (continued)

Technology – we will continue to invest in technology that improves our efficiency, sustainability, reach and ability to communicate. We will embrace digital and provide the right tools for the job.	<ul style="list-style-type: none">• The Finance Team have established that, rather than procure a new accounting system, the existing system can be reconfigured to include integrated cost centre reporting against our budget. This work is underway.• The website was completely redesigned to be compliant with the new Mind branding guidelines and offer improved user experience.• We achieved Cyber Essentials accreditation.• An online learning and development platform was launched to enable us to provide mandatory training to all colleagues efficiently.
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Achieving the Mind Quality Mark

During the year we underwent the three yearly Mind Quality Mark accreditation process. This involved compiling evidence against a set of 20 standards which sit under four broader areas:

- Leadership and Governance
- Finance and Policies
- Services and People, and
- Influence and Engagement.

The review was carried out by a team made up of Peer Reviewers – leaders from local Minds and people with lived experience of mental health problems – with support from a member of Mind's Network Quality Team. It was based on the following information:

- A comprehensive self-assessment against each standard undertaken and submitted by the Buckinghamshire Mind Senior Management Team.
- A range of supporting documentation such as policies, procedures, and reports.
- Interviews with trustees, colleagues, volunteers and people who use our services.
- A 'Have your say' survey which is available for volunteers, service users, staff or trustees who are unable to participate in interviews. 96 people responded to this which was the highest response rate from a local Mind to date.
- Additional information from Charity Commission and Companies House records and Quarterly Return data.

The final report summary outlines that the 'review team were extremely impressed by Buckinghamshire Mind. It has many strengths to celebrate, including its self-reflective approach to quality improvement, which was obvious throughout the MQM review'.

Four of the twenty standards were fully met after the initial review process. Sixteen standards were partially met with an Improvement Action Plan being compiled around the relevant indicators in these areas. The Head of Quality worked closely with the network review team at National Mind and colleagues to undertake and evidence the work required. Final sign off was confirmed in mid July 2022.

Areas that were highlighted as needing improvement were mainly around Inclusion, Influence and Participation which have already been embedded into the forthcoming work of the new expanded SMT and new Quality Team. The framework of the MQM review will now form the basis of an organisation wide Quality Framework to ensure that standards are maintained and we seek to improve quality across all areas.

In addition, we were delighted to be recognised as excelling in three areas: Leadership, Effective Services and Supporting People. As a result, we have been encouraged by the national Mind team to apply for Mind's upcoming Excellence Awards in Effective Services and Leadership.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Objectives and activities (continued)

Mind in Berkshire

In 2021 Oxfordshire and Buckinghamshire Mind were granted exclusive use of the operating name "Mind in Berkshire" by national Mind. Buckinghamshire Mind operate in the East and Oxfordshire Mind operate in the West. Our partnership seeks to work together deliver mental health services across the county and create a unified voice and understanding across East and West Berkshire.

In East Berkshire, Buckinghamshire Mind already provides a number of services as outlined further in the Community and Prevention services section below.

Through the recruitment of an Engagement and Development Manager operating in East Berkshire we have focused on:-

- Keeping up to date with local data and intelligence.
- Building, developing and maintaining relationships with key stakeholders.
- Raising the profile of our local Mind presence in East Berkshire by ensuring good representation at system-wide meetings and forums.
- Promoting the services we already offer and working closely with those teams to find out how best to support them.
- Sharing feedback on the current and emerging mental health issues to influence the provision and design of services.

By engaging with people who work on the ground, asset mapping and intelligence gathering we have been able to identify gaps in current provision. These gaps and unmet needs, along with proposals for addressing them, have been discussed with decision makers, funders and partner organisations.

We want to build on our existing services and work closely with those existing local VCSE organisations who already offer great support. Working alongside people with lived experience we will collaborate on the provision of integrated and flexible mental health services with statutory health partners in primary and secondary care, via engagement in the Frimley Integrated Care System.

Our activities in the year and numbers of people supported

In the 2021/22 financial year, **Buckinghamshire Mind has directly touched the lives of 10,906 people, a 15% increase over the year.** The comparable figure in 2020/21 was 9,508. This is reflected in service provision opening up after the effects of Covid, particularly evident in our Community Connectors and Social Prescriber services where we saw an increase in service provision of over 260%. With access to schools improving, the Children and Young People's team saw their reach increase to 6,611 (26%). This demonstrates how the hard work of our teams over Covid, through innovative methods and use of digital connections, allowed us to maintain a presence and bounce back once services could re-engage with face-to-face provision.

Access to Friend in Need and Wellbeing services saw an increase to 599 (6%) as opportunities to provide face-to-face groups and activities increased. This was balanced with supporting people back into feeling confident to access these groups as concerns regarding Covid was still active over the year.

Training services continued to provide a range of well-targeted online offers but saw a 21% reduction in attendees. This was due to a reduction in the average number of people per session rather than the number of courses delivered, 93 sessions in FY21_22 compared to 91 in FY20_21. The move to virtual training in 2020 led to requests for team-wide "virtual presentation" sessions to large numbers of people at a time, in some cases up to 80 people. In FY21_22 there was more of a focus on "opt-in bitesize sessions" for around 7-10 people.

Our Safe Haven Crisis Service experience an 87% increase in number of lives touched over the year. Demonstrating the continued need for this vital service provision across Buckinghamshire.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Objectives and activities (continued)

Throughout the year, our impact continued to be measured through service user feedback. Across the organisation, 983 feedback forms were received a 148% increase from the previous year, demonstrating the increased reach of the services with the lifting of Covid restrictions. **98% of respondents were satisfied or very satisfied with the services they received from Buckinghamshire Mind.** 85% of respondents reported a positive response to the question 'I am better able to manage my mental health' and 73% reporting a positive response the question 'My Mental Health has improved'.

This impact reflects the dedication and hard work of colleagues and volunteers in reaching out to ensure that people with mental health problems across Buckinghamshire and East Berkshire get access to the help they need, across a broadening range of services, as outlined below.

1. Community and Prevention Services

a. Wellbeing Groups

Wellbeing Groups have continued to provide a blended service where the focus has been on providing in-person groups, with remote support being offered when necessary, such as during severe weather warnings or due to insufficient staffing caused by Covid. In August 2021 we began reviewing all Wellbeing Groups across Bucks to standardise their operating and impact/monitoring processes. Across the year the Wellbeing Groups 'lives touched' figure was 119; 53 in Aylesbury and 66 over High Wycombe, Chesham and the Chalfonts.

b. Employment Support

Our Employment Support programme is funded by Building Futures and a grant from Buckinghamshire Council. Building Futures, led by Adviza, is part of the Building Better Opportunities programme funded by the European Social Fund and The National Lottery Community Fund. The Building Futures partnership was extended until June 2023 with delivery ending in March 2023. The focus remains on supporting people who are economically inactive, minority ethnic groups, women, over 50s and people with disabilities.

The Employment Support team supported 83 people to either regain or retain employment, many of whom were experiencing mental health problems. This also includes supporting people to job search and find volunteering roles. The team continued to provide a blended service of both remote support and in-person meetings in total providing 123 in-person sessions, 392 phone and video calls, 2633 emails and 754 texts. At the end of the financial year funding from Buckinghamshire Council came to an end, meaning the team ceased supporting people to retain their employment focusing solely on the Building Futures project and supporting people to regain employment.

c. Befriending

This service offers training and support for volunteers to form befriending partnerships with referred clients who are lonely or socially isolated because of mental ill health. At the start of the pandemic, we had to suspend all face-to-face work and we moved our partnerships to telephone befriending, which we are now continuing to offer alongside face-to-face partnerships.

By this means, 127 people were placed in new supportive befriending partnerships and 81 people were supported to continue their existing partnerships. Additionally, the befriending team collaborated with Buckinghamshire Council during 2020/2021 to assist with completing 'Keeping in Touch' calls to those very vulnerable individuals known to services, but not actually accessing any, this continued until May 2021. During 2021/22 we supported 11 people this way. This programme continues to be grant funded by Buckinghamshire Council.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Objectives and activities (continued)

d. Services for Older People

We provide day services for 49 older adults with a dementia diagnosis, delivered from Sun House in Chesham. We can provide higher levels of support, which includes 1:1 personal care. As the government guidelines around Covid-19 changed, we introduced small bubble groups at our Chesham premises. This allowed us to continue to support our service users and provide respite for carers in a safe way. Since January 2022, we opened our groups back up to 10 service users and provided a light lunch. The funding for this service from Buckinghamshire Council ceased at the end of March 2022 and we have transitioned to a fee-paying model in consultation with our service users and their carers.

e. Training

The Training service has continued to deliver online courses that promote both workplace and general wellbeing, with a focus on supporting employees navigate the wellbeing challenges of work post-Covid through newly developed courses such as Working in the New Normal and Working Well From Home. The total number of people trained over the year was 1,734, a 21% decrease on FY20_21, due to the shift in demand from whole team awareness sessions to opt-in wellbeing sessions which have a lower participant capacity.

We continued to strengthen our partnerships including our delivery of monthly wellbeing sessions to Bracknell Forest Community Network service users. 77 frontline statutory and VSCE sector employees and volunteers were trained in Mental Health First Aid and Awareness through our partnership with Public Health. 74 faith sector employees and volunteers were trained in Suicide First Aid and Mental Health Awareness, funded through Health Education England.

We also received new commissions, to deliver wellbeing sessions to a national toy retailer, a bespoke men's mental health course for a local Housing Trust and a new workplace wellbeing programme for all employees at a Housing Association.

f. Outreach Services

In May 2021 we worked closely with Oxford Health's Community Mental Health Team to review the Mind roles to be focused on 1:1 and supported signposting. The team supported 141 individuals through a blended service model of service with 621 in-person meetings and 380 remote support sessions.

In the Perinatal team our Support Worker worked with 27 women in a 1:1 setting as well as providing a total of 90 peer support groups (with the team's Nursery Nurse) across the year. The work continues to cover a broad-spectrum of support including improving access to community support, befriending, exposure work, benefit and housing support and support throughout child protection inquiries.

g. Safe Haven

Safe Haven continues to offer blended crisis support to service users across the county from two locations - Aylesbury and High Wycombe. There still maintains a high uptake of remote provisions but there has been a steady increase in the use of the face-to-face provision. Over the year 21/22 we have received 244 new referrals with 1,824 attendances or contacts and on 276 occasions where individuals utilised Safe Haven as an alternative to A&E.

The new partnership is successful, and after some initial retraining the staff are successfully making referrals to other agencies, therefore reducing repeat long-term usage of the service ensuring we continue to have adequate resources to support the community.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Objectives and activities (continued)

h. Suicide Bereavement Support service

Following the evaluation report of the 3 Suicide Bereavement Services operating across the Thames Valley, which looked at creating a more standardised approach to delivery, the decision within Public Health and Trusts within Buckinghamshire, Oxfordshire and Berkshire (West) was to move to Thames Valley wide service delivered by one provider over a 3 year contract from April 22. The service went to competitive tender in January 2022, and after careful consideration of the financial implications and our ability to offer the level of support required for the team, we did not go forward in the tender process. Throughout the year, the service supported 32 people and families bereaved through suicide. People who were accessing the service as the new provider took over were carefully supported through the transition.

i. Rough Sleeper Initiative

Buckinghamshire Mind has continued to maintain both a therapeutic and outreach role, supporting individuals who are either homeless or about to become homeless. The focus is on looking at meeting immediate needs through the outreach work to more longer-term approaches through therapeutic interventions to work towards longer term goal of tenancy sustainment.

Our Mental Health Support and Liaison Worker supported 47 clients and carried out 697 sessions or wellbeing calls.

Due to the success of our work, Buckinghamshire Mind were awarded further funding for an additional worker. Our plans are developing for this role and our aim is to provide a greater presence and access to support for both North and South Buckinghamshire. The expansion will also allow us to divide the outreach and therapeutic post, enabling us to support a greater number and range of individuals countywide.

j. Peer support

- **Friends in Need**

Our peer support group for people with anxiety and depression, social isolation, and other mental health problems – Friends in Need (operating across East Berkshire and Buckinghamshire) - supported 480 people through a varied timetable of both face-to-face and online activities based on the 5 Ways to Wellbeing.

- **Mind the Gap**

Mind the Gap had a hugely successful year increasing the number of service users who attended the peer support groups to 100 service users. The service set up two new groups in Aylesbury: a social (café) group and a men's group. These groups provided much needed support for service users who previously attended the Recovery Groups and set up valuable partnership working with the Healthy Living Centre.

k. Supporting Young People

With funding from Buckinghamshire Council Public Health, William Harding and Freemasons Covid-19 Community Trust, as well as self-funded schools, we delivered our Peer Support in Schools (PSIS) programme to 39 schools across Buckinghamshire: middle, secondary, 6th form and SEN schools. This service reached 2,170 mentors and mentees throughout the year.

The Education team reached 4,441 children and young people over the course of the year via the delivery of assemblies and bespoke projects and workshops in Buckinghamshire and East Berkshire. We received funding from: The East Berkshire Innovation Fund, Berkshire Community Foundation, Bucks Community Boards and Thames Valley Police.

The team sent monthly newsletters (all created within the whole school approach) with something for students, parents, and school staff. In all 1,070 resources were sent.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Objectives and activities (continued)

I. Social Prescribing

Since November 2019, with funding from NHS England via Primary Care Networks (PCNs), we have recruited a team of 7 Community Link Workers to deliver a social prescribing service. Working within 4 PCNs the team has supported 671 people to access community-based groups and activities that support their health and wellbeing.

Following the lifting of restrictions, we have moved back to providing face-to-face support, whilst still supporting some individuals remotely, if that is their preference. We are now directly involved in hospital discharges and are able to filter out those that would benefit from seeing the Social Prescribing service.

m. Community Connectors

The Community Connector service has supported 202 people across East Berkshire, offering 757 support sessions. Working within the Mental Health Integrated Community Service (MHICS) team provides the best care possible for those with significant mental ill health who often fall between the gaps in services across Slough, Windsor & Bracknell.

Within the team, we have a Team Lead and 4 Community Connectors who are based in Bracknell Health Triangle, Bracknell District, Slough and Windsor PCN's. We seek out new community opportunities and work to link our clients to them. Clients often require encouragement and motivation to engage, and we do this usually within 6 sessions, working closely with the Mental Health Practitioner .

2. Counselling Service

The service was delivered by a dedicated team of 11 volunteers supported by a qualified senior counsellor. Four volunteers were trained to carry out initial assessments. This helped to reduce the waiting list from eight weeks to 5-6 weeks and increase the speed of client allocation to the team. The team offered 87 individual assessments and delivered 1,137 therapy sessions to 158 clients.

Face-to-face and online sessions continued to be offered and the promotion of the low-cost service allowed in-reach to local community groups, mosques, temples and churches. This resulted in receiving an increased number of referrals from minority ethnic groups, which included delivering sessions in Urdu.

Our digital reach

We have continued to extend the social media reach of Buckinghamshire Mind with the usual focus on signposting, providing information, tackling stigma and discrimination and celebrating our achievements. Added to this, is more storytelling to bring the impact of Buckinghamshire Mind to life. Instagram development has been delayed owing to capacity constraints, however, this is now on the forefront of objectives in the coming months with a solid action plan in place.

The overall percentage increase for social media of 10.8% is still positive although lower than last year's 19.4% which is far above industry average. With the new Communications and Fundraising Administrator position now recruited and in post, we now have more capacity to make strides in further social media development and reach, including broadening our target audience groups.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Objectives and activities (continued)

The data relating to our social media reach is outlined in the table below: -

	FY2020/21	FY2021/22	Increase	% Change
Twitter (impressions)	263,300	276,201	12,901	+4.9%
Facebook (reach)	50,867	66,274	15,407	+30.3%
Instagram (reach)	N/A	5,629	N/A	N/A
Social Media Total	314,167	348,104	28,308	+10.8%

The Bucks Mind Guide, an online directory of mental health services across Buckinghamshire, continues to be a valuable resource in supporting people to access community based mental health services; visit www.bucksmind.org.uk/guide. In FY2021/22 there were 51,665 users of the Buckinghamshire Mind website and 177,836 page views.

Our Campaigning

In June 2021, following the closure of the national Time to Change campaign, we rebranded our local anti-stigma campaign to Champion the Change. Throughout the year the project focused work on digital campaigning, using Facebook, LinkedIn, Instagram and Twitter to achieve a social media 'reach' of 30,295 with 4,499 'engagements.' We reviewed our Champion database, with 20 Champions continuing to support our campaign and offered grants to six Champions to support their project ideas.

The activities delivered included:-

- a Champion-led men's support group
- an inclusive football team for children with low mental health
- Champions sharing their experiences of mental health stigma on video
- a Champion helping to write social media content and the Champion newsletter
- a Champion football podcast episode with a Wycombe Wanderers player about men's mental health and stigma

The campaign priority groups are men, employees, children and young people and diverse groups. Our work with men included working with Wycombe Wanderers FFIT Trust to fund spaces for twenty men to join the exercise and wellbeing sessions for free. The funding also included a home equipment pack for each member to use at home during lockdown.

For employees we created and launched the Champion the Change Employer's Pledge to help businesses to complete actions to challenge stigma in the workplace. Such actions included training for line managers to help them be more comfortable talking about mental health with colleagues, using Wellness Action Plans, awareness raising activities and celebrating awareness days. Each company who signs up will have access to our free support and guidance to help them make lasting change, including free guides, quarterly content to send to staff and planning meetings with us.

Our work with children and young people included creating and providing schools with mental health resources to use with children, parents and staff. In addition, we made a key contact with Buckinghamshire Uniformed Youth (who lead organisations such as Brownies, Scouts and Girl Guides totalling 15,000 children and young people in Buckinghamshire) and began planning how to work together. We also spoke to The Poetry Project about inviting Buckinghamshire universities to join the student-led initiative to encourage conversations about mental health.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Objectives and activities (continued)

For diverse groups we supported three Champions to make films about their lived experience of the stigma surrounding depression in the black community. Three hundred people attended the initial film showing.

We marked four awareness days, such as World Mental Health Week and World Suicide Prevention Day, with social media content. We also planned and implemented four of our own awareness days called Bucks Big Chat. The first of which was centred around the theme of 'We all have mental health, let's normalise talking about it'. We were interviewed on multiple Bucks radio stations, including Wycombe Sound, Marlow FM and Greatest Hits Radio. We also contacted and were supported by Rob Butler MP, Aylesbury, who met with us and issued a press release stating his support for Champion the Change and Greg Smith MP, Buckingham, who shared our social media posts.

Another project we worked on includes establishing the Champion the Change Network. This is a group of influential individuals and organisations from across the county we invited to join to help us reach as many people across the county as possible. Within the network are sports clubs and Bucks Uniformed Youth.

We significantly developed the digital presence of Champion the Change on the Bucks Mind website, increasing from 1 landing page to 6 pages now including pages for Bucks Big Chat, Employers Pledge and Champion Stories. The Champion the Change landing page received 295 views and the Bucks Big Chat page 116.

Our Volunteers

Our volunteers assisted across all areas of Buckinghamshire Mind including Wellbeing and Peer Support Groups, Administration, Counselling, Employment Support and governing the charity as a trustee. In total, **863 individuals gifted their time and skills** to reinforce our staff and services. The largest cohorts of volunteers assist either within Befriending (Adult Volunteers) 148 or Peer Support in Schools with 656 children and young people working as volunteers and mentors in schools.

We continue to have a wide spread of ages (4-year-olds to older adults) talents, professions and aptitudes of people who were willing to start, or to continue, to support us the year. Befriending saw a drop in volunteers as people decided to take a break, in some cases due to a sense of compassion fatigue. Support was provided by keeping in touch and a development session workshop on managing compassion fatigue.

We remained committed to ensuring that our volunteers are valued and supported. The first face to face volunteer development meeting was held in December 2021. However, training and development sessions for volunteers continue to be provided on-line as this provides greater opportunities of attendance for our volunteering team.

Through the support of our existing and new volunteers, Buckinghamshire Mind continued to deliver services at a scale in the community that simply could not have been achieved without them. Trustees offer their warmest thanks to all volunteers who have given their time so generously over the past year.

Strategic Objectives for the forthcoming year

In August 2021 we launched our new strategy, "We are Buckinghamshire Mind, 2021-2024". During this financial year we move into the second year of delivering against our strategic priorities. Out lined below are the 8 chosen priority focus areas identified for Year 2.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Objectives and activities (continued)

People:- "We will ensure we are a great place for people to work, volunteer and experience services"

Training	Provide everyone with the training and development opportunities they need to build their confidence and skills to succeed in their role.
Engagement	Expand the ways in which our service users can get involved and influence the shape of our services.

Impact:- "We will target our services where we can have greatest impact"

Prevention	Build awareness of wellbeing at a time when so many have experienced challenges with their mental health.
The difference we make	Develop more sophisticated ways to understand our reach and demonstrate both the short and long-term impact of our work.

Engagement:- "We will build engagement, increase our influence and champion our vision for mental health"

Inclusion	Adapt our services to be more accessible, with a specific focus on people experiencing racial inequality; facing financial hardship and financial insecurity; at risk of, or enduring homelessness and to LGBTQI+ identities.
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Sustainability:- "We will improve sustainability at a time of unprecedented need, building collaborations and partnerships with other service providers."

Responding to demand	Expand capacity in specific areas, mindful of the impact of the pandemic on people with existing mental health problems and children and young people.
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Resources:- "We will invest in and maximise our resources to develop an organisation fit for the future."

Data	Implement a Customer Relationship Management system that improves management information and enables us to put evidence at the heart of our decision-making processes.
Funding	Diversify our sources of income to enable our ambition and build visibility and resilience.

A detailed implementation plan is in place to define the key metrics for each of these indicators and this will be used to monitor our progress moving forward.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Financial review

Financial Review

Buckinghamshire Mind recorded a surplus of £59,606 for the financial year ended 31 March 2022. This compares with a surplus of £139,786 for the previous year.

Total income increased by £404,165 to £1,907,209 (2021: £1,503,044).

The balance sheet is showing a total of £1,094,808 of unrestricted funds - £494,808 unrestricted cash reserves and £600,000 a freehold property, owned by Buckinghamshire Mind that is used for the provision of services and for office space. This was valued at £240,000 as at 1st April 2016 under FRS102, but has now been revalued in March 2022 to £600,000, reflecting the increase in funds available from £652,802 in FY21.

Our donations, fundraising and legacy income have recovered slightly this year, largely due to the reduction of restrictions due to Covid and lockdown. The total increased from £121,974 in 2020/21 to £124,810 this year. We are hopeful now that lockdown has ceased that we will have a further increase in our fundraising income in the coming year.

The trustees would like to thank warmly those members of the community who have chosen to fundraise for us both in this year and moving forward in so many diverse ways.

Income from charitable activities has increased by 32% on the previous year (2022 £1,770,586 and 2021 £1,343,247) which reflects the increasing demand for the services that we offer. In the same period the expenditure on charitable activities increased by 34% to £1,831,868 from £1,371,348. We maintained and enhanced the broad range of quality services we provide to the community.

In delivering these activities trustees would like to gratefully acknowledge the support of the following funders during the course of the year:

- Buckinghamshire Council
- Oxford Health NHS Foundation Trust
- NHS Frimley CCG
- Berkshire Community Foundation
- Heart of Bucks
- Monodraught Limited
- Shanley Foundation
- Adviza
- Rectory Homes
- Local Mind Grant Fund
- Mind
- Big Lottery Fund
- Reckitt Benkiser
- Oasis Partnership
- Tesco Bags of Help
- Berkshire Healthcare NHS Trust
- Marlow Rotary Club
- Chesham Sick Poor Fund
- Silverson Machines Ltd
- Grace Trust
- JP Hildreth Limited
- Roger and Jean Jefcoate Trust
- The Rothschild Foundation
- Mobbs Memorial Trust

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

- William Harding's Charity
- Masonic Charitable Foundation
- Buckinghamshire Community Boards
- Buckinghamshire East PH Hub
- Healthy Living Centre, Aylesbury
- Marlow Striders
- Chesham United FC
- Tuneless Choir, Maidenhead
- Penn FC
- TB Fitness
- Waitrose Chesham
- Clips Dog Grooming
- The George and Dragon Pub
- Bluepepper Designs
- Succession Wealth
- MBH Fitness
- HCR
- EKFB
- M&S Beaconsfield
- McFarlane Telfer Ltd
- Taylor Wimpey South Midlands
- Howdens Joinery Co
- Aylesbury Invitation Pool League
- Aston Clinton beer festival

Reserves policy

The Charity's funds consist of unrestricted funds and a revaluation reserve. Buckinghamshire Mind maintains a formal reserves policy, reviewed by trustees at least annually and amended as appropriate. The policy currently considers the following aspects:

- The definition of reserves as being the free reserves; namely total reserves less any restricted or asset reserves.
- The level of reserves decided by our trustees is no less than three months of the total annual budgeted operating costs.
- How the trustees intend to maintain reserves at the agreed level.
- The arrangements required by trustees to ensure the policy is regularly monitored and reviewed.

The required level of unrestricted reserves based on these criteria on reforecast expenditure values was £482,374 in 2021/22. The unrestricted reserves at balance sheet date are £494,808 so we are above the required level. This was due to the increase in the value of our investments during the year and the receipt of unexpected funding support from the Buckinghamshire Council Infection Control Fund during the first quarter of the year. Whilst the reserves are above the agreed level, we are conscious that, with the proposed expansion and increased cost base for 2022/23, the reserves target will now be attainable on a stepped basis after the surplus this year.

For 2022/23 the required level will be £558,569. In accordance with our policy, the level of reserves will be reviewed by the trustees in conjunction with the approval of the annual accounts. We expect the value of our investment to continue to recover in the next year. Appropriate business development and/or fundraising strategies will be put in place to increase reserves to the agreed level at the end of next year.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Fundraising Activities

Fundraising activities are carried out in-house largely by the Community Fundraising and Communications Team. We are committed to excellence in fundraising practices and have voluntarily registered with the Fundraising Regulator and comply with their Fundraising Promise as outlined on our website, <https://www.bucksmind.org.uk/fundraising/>. In addition, we have a procedure for supporting potential donors' whole circumstances, which links to our Safeguarding policy and procedure. There have been no complaints received during the year in relation to our fundraising practices.

Statement of Trustees' responsibilities

The Trustees (who are also the directors of the Company for the purposes of company law) are responsible for preparing the Trustees' report and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the Trustees to prepare financial statements for each financial . Under company law, the Trustees must not approve the financial statements unless they are satisfied that they give a true and fair view of the state of affairs of the Company and of its incoming resources and application of resources, including its income and expenditure, for that period. In preparing these financial statements, the Trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles of the Charities SORP (FRS 102);
- make judgments and accounting estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards (FRS 102) have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the Company will continue in business.

The Trustees are responsible for keeping adequate accounting records that are sufficient to show and explain the Company's transactions and disclose with reasonable accuracy at any time the financial position of the Company and enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the Company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

Disclosure of information to auditor

Each of the persons who are Trustees at the time when this Trustees' report is approved has confirmed that:

- so far as that Trustee is aware, there is no relevant audit information of which the charity's auditor is unaware, and
- that Trustee has taken all the steps that ought to have been taken as a Trustee in order to be aware of any relevant audit information and to establish that the charity's auditor is aware of that information.

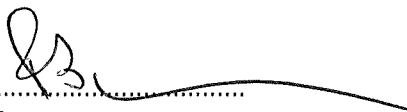
Auditor

The auditor, Hillier Hopkins LLP, has indicated his willingness to continue in office. The designated Trustees will propose a motion reappointing the auditor at a meeting of the Trustees.

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TRUSTEES' REPORT (CONTINUED)
FOR THE YEAR ENDED 31 MARCH 2022

Approved by order of the members of the board of Trustees and signed on their behalf by:


.....
P R Bruce

Date: 4/10/2022

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
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**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF THE BUCKINGHAMSHIRE ASSOCIATION
FOR MENTAL HEALTH**

Opinion

We have audited the financial statements of The Buckinghamshire Association for Mental Health (the 'charitable company') for the year ended 31 March 2022 which comprise the Statement of financial activities, the Balance sheet, the Statement of cash flows and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 March 2022 and of its incoming resources and application of resources, including its income and expenditure for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Charities Act 2011.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the United Kingdom, including the Financial Reporting Council's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the Trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the Trustees with respect to going concern are described in the relevant sections of this report.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
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**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF THE BUCKINGHAMSHIRE ASSOCIATION
FOR MENTAL HEALTH (CONTINUED)**

Other information

The other information comprises the information included in the Annual report other than the financial statements and our Auditor's report thereon. The Trustees are responsible for the other information contained within the Annual report. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon. Our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the course of the audit, or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

Matters on which we are required to report by exception

We have nothing to report in respect of the following matters where the Charities (Accounts and Reports) Regulations 2008 requires us to report to you if, in our opinion:

- the information given in the Trustees' report is inconsistent in any material respect with the financial statements; or
- sufficient accounting records have not been kept; or
- the financial statements are not in agreement with the accounting records and returns; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Trustees' responsibilities statement, the Trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the Trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the Trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the Trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

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**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF THE BUCKINGHAMSHIRE ASSOCIATION
FOR MENTAL HEALTH (CONTINUED)**

Auditor's responsibilities for the audit of the financial statements

We have been appointed as auditor under section 144 of the Charities Act 2011 and report in accordance with the Act and relevant regulations made or having effect thereunder.

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an Auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

- the nature of the industry and sector, control environment and business performance including the remuneration incentives and pressures of key management;
- the primary responsibility for the prevention and detection of fraud rests with both those charged with governance of the entity and management. We consider the results of our enquiries of management about their own identification and assessment of the risks of irregularities;
- any matters we identified having obtained and reviewed the Company's documentation of their policies and procedures relating to:
 - identifying, evaluating and complying with laws and regulations and whether they were aware of any instances of non-compliance;
 - detecting and responding to the risks of fraud and whether they have knowledge of any actual, suspected or alleged fraud;
 - the internal controls established to mitigate risks of fraud or non-compliance with laws and regulations;
- the matters discussed among the audit engagement team regarding how and where fraud might occur in the financial statements and any potential indicators of fraud.

As a result of these procedures, we considered the opportunities and incentives that may exist within the organisation for fraud and identified the greatest potential for fraud. In common with all audits under ISAs (UK), we are also required to perform specific procedures to respond to the risk of management override, including testing journals and evaluating whether there was evidence of bias by the directors that represented a risk of material misstatement due to fraud.

We also obtained an understanding of the legal and regulatory frameworks that the Company operates in, focusing on provisions of those laws and regulations that had a direct effect on the determination of material amounts and disclosures in the financial statements. We focused on laws and regulations that could give rise to a material misstatement in the financial statements, including, but not limited to, the Companies Act 2006 and relevant tax legislation.

Because of the inherent limitations of an audit, there is a risk that we will not detect all irregularities, including those leading to a material misstatement in the financial statements or non-compliance with regulation. This risk increases the more that compliance with a law or regulation is removed from the events and transactions reflected in the financial statements, as we will be less likely to become aware of instances of non-compliance. The risk is also greater regarding irregularities occurring due to fraud rather than error, as fraud involves intentional concealment, forgery, collusion, omission or misrepresentation.

A further description of our responsibilities for the audit of the financial statements is located on the Financial

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**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF THE BUCKINGHAMSHIRE ASSOCIATION
FOR MENTAL HEALTH (CONTINUED)**

Reporting Council's website at: www.frc.org.uk/auditorsresponsibilities. This description forms part of our Auditor's report.

Use of our report

This report is made solely to the charitable company's trustees, as a body, in accordance with Part 4 of the Charities (Accounts and Reports) Regulations 2008. Our audit work has been undertaken so that we might state to the charitable company's trustees those matters we are required to state to them in an Auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and its members, as a body, for our audit work, for this report, or for the opinions we have formed.



Hillier Hopkins LLP
Chartered Accountants
Statutory Auditor
Radius House
51 Clarendon Road
Watford
Herts
WD17 1HP

Date: 30 - 11 - 2022

Hillier Hopkins LLP are eligible to act as auditors in terms of section 1212 of the Companies Act 2006.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A company limited by guarantee)

**STATEMENT OF FINANCIAL ACTIVITIES (INCORPORATING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 MARCH 2022**

	Note	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Income from:					
Donations and legacies	2	-	48,264	48,264	31,570
Charitable activities	3	201,130	1,569,456	1,770,586	1,343,247
Other trading activities	4	-	76,546	76,546	90,404
Investments	5	-	11,813	11,813	10,214
Other income	6	-	-	-	27,609
Total income		201,130	1,706,079	1,907,209	1,503,044
Expenditure on:					
Raising funds:	7				
Costs of raising voluntary income		-	2,261	2,261	1,182
Other trading activities		-	34,319	34,319	34,095
Charitable activities		201,130	1,630,738	1,831,868	1,371,348
Total expenditure		201,130	1,667,318	1,868,448	1,406,625
Net income before net gains on investments		-	38,761	38,761	96,419
Net gains on investments		-	20,845	20,845	43,367
Net movement in funds before other recognised gains		-	59,606	59,606	139,786
Other recognised gains:					
Gains on revaluation of fixed assets		-	382,400	382,400	-
Net movement in funds		-	442,006	442,006	139,786
Reconciliation of funds:					
Total funds brought forward		-	652,802	652,802	513,016
Net movement in funds		-	442,006	442,006	139,786
Total funds carried forward		-	1,094,808	1,094,808	652,802

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

The notes on pages 32 to 48 form part of these financial statements.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A company limited by guarantee)
REGISTERED NUMBER: 05000185

BALANCE SHEET
AS AT 31 MARCH 2022

	Note	2022 £	2021 £
Fixed assets			
Tangible assets	12	600,000	220,800
Investments	13	451,414	230,569
		<u>1,051,414</u>	<u>451,369</u>
Current assets			
Debtors	14	73,471	38,614
Cash at bank and in hand		298,496	395,352
		<u>371,967</u>	<u>433,966</u>
Creditors: amounts falling due within one year	15	(328,573)	(232,533)
Net current assets		<u>43,394</u>	<u>201,433</u>
Total assets less current liabilities		<u>1,094,808</u>	<u>652,802</u>
Total net assets		<u><u>1,094,808</u></u>	<u><u>652,802</u></u>
Charity funds			
Restricted funds	16	-	-
Unrestricted funds			
General funds	16	494,808	432,002
Revaluation reserve		600,000	220,800
Total unrestricted funds	16	<u>1,094,808</u>	<u>652,802</u>
Total funds		<u><u>1,094,808</u></u>	<u><u>652,802</u></u>

The entity was entitled to exemption from audit under section 477 of the Companies Act 2006.

The members have not required the entity to obtain an audit for the year in question in accordance with section 476 of the Companies Act 2006.

However, an audit is required in accordance with section 144 of the Charities Act 2011.

The Trustees acknowledge their responsibilities for complying with the requirements of the Act with respect to accounting records and preparation of financial statements.

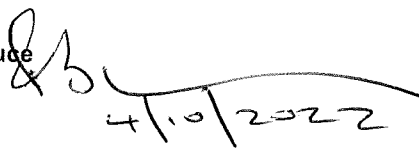
THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A company limited by guarantee)
REGISTERED NUMBER: 05000185

BALANCE SHEET (CONTINUED)
AS AT 31 MARCH 2022

The financial statements have been prepared in accordance with the provisions applicable to entities subject to the small companies regime.

The financial statements were approved and authorised for issue by the Trustees and signed on their behalf by:

P R Bruce
Chair
Date:


4/10/2022

The notes on pages 32 to 48 form part of these financial statements.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A company limited by guarantee)

STATEMENT OF CASH FLOWS
FOR THE YEAR ENDED 31 MARCH 2022

	2022 £	2021 £
Cash flows from operating activities		
Net cash used in operating activities	91,331	105,664
Cash flows from investing activities		
Dividends, interests and rents from investments	11,813	10,214
Purchase of investments	(200,000)	-
Net cash (used in)/provided by investing activities	(188,187)	10,214
Cash flows from financing activities		
Net cash provided by financing activities	-	-
Change in cash and cash equivalents in the year	(96,856)	115,878
Cash and cash equivalents at the beginning of the year	395,352	279,474
Cash and cash equivalents at the end of the year	298,496	395,352

The notes on pages 32 to 48 form part of these financial statements

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

1. Accounting policies

1.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Charities SORP (FRS 102) - Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019), the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) and the Companies Act 2006.

The Buckinghamshire Association for Mental Health meets the definition of a public benefit entity under FRS 102. Assets and liabilities are initially recognised at historical cost or transaction value unless otherwise stated in the relevant accounting policy.

1.2 Company status

The company is a company limited by guarantee. The members of the company are the Trustees named on page 1. In the event of the company being wound up, the liability in respect of the guarantee is limited to £1 per member of the company.

1.3 Going concern

The trustees have considered the impact of Coronavirus on the financial statements and believe that they have the ability to continue trading for at least 12 months from signing these financial statements. As such, the Trustees consider it appropriate to prepare the financial statements on the going concern basis.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

1. Accounting policies (continued)

1.4 Income

All income is recognised once the Company has entitlement to the income, it is probable that the income will be received and the amount of income receivable can be measured reliably.

Donated services or facilities are recognised when the company has control over the item, any conditions associated with the donated item have been met, the receipt of economic benefit from the use of the company of the item is probable and that economic benefit can be measured reliably. In accordance with the Charities SORP (FRS 102), the general volunteer time of the Friends is not recognised and refer to the Trustees' report for more information about their contribution.

Where the donated good is a fixed asset, it is measured at fair value, unless it is impractical to measure this reliably, in which case the cost of the item to the donor should be used. The gain is recognised as income from donations and a corresponding amount is included in the appropriate fixed asset class and depreciated over the useful economic life in accordance with the Company's accounting policies.

On receipt, donated professional services and facilities are recognised on the basis of the value of the gift to the Company which is the amount it would have been willing to pay to obtain services or facilities of equivalent economic benefit on the open market; a corresponding amount is then recognised in expenditure in the period of receipt.

Income tax recoverable in relation to donations received under Gift Aid or deeds of covenant is recognised at the time of the donation.

Income tax recoverable in relation to investment income is recognised at the time the investment income is receivable.

Other income is recognised in the period in which it is receivable and to the extent the goods have been provided or on completion of the service.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

1. Accounting policies (continued)

1.5 Expenditure

Expenditure is recognised once there is a legal or constructive obligation to transfer economic benefit to a third party, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is classified by activity. The costs of each activity are made up of the total of direct costs and shared costs, including support costs involved in undertaking each activity. Direct costs attributable to a single activity are allocated directly to that activity. Shared costs which contribute to more than one activity and support costs which are not attributable to a single activity are apportioned between those activities on a basis consistent with the use of resources. Central staff costs are allocated on the basis of time spent, and depreciation charges allocated on the portion of the asset's use.

Fundraising costs are those incurred in seeking voluntary contributions and do not include the costs of disseminating information in support of the charitable activities. Support costs are those costs incurred directly in support of expenditure on the objects of the company and include project management carried out at Headquarters.

Costs of generating funds are costs incurred in attracting voluntary income, and those incurred in trading activities that raise funds.

Charitable activities and Governance costs are costs incurred on the company's operations, including support costs and costs relating to the governance of the company apportioned to charitable activities.

1.6 Government grants

Government grants relating to tangible fixed assets are treated as deferred income and released to the Statement of financial activities over the expected useful lives of the assets concerned. Other grants are credited to the Statement of financial activities as the related expenditure is incurred.

1.7 Interest receivable

Interest on funds held on deposit is included when receivable and the amount can be measured reliably by the Company; this is normally upon notification of the interest paid or payable by the institution with whom the funds are deposited.

1.8 Tangible fixed assets and depreciation

Tangible fixed assets costing £1,000 or more are capitalised.

A review for impairment of a fixed asset is carried out if events or changes in circumstances indicate that the carrying value of any fixed asset may not be recoverable. Shortfalls between the carrying value of fixed assets and their recoverable amounts are recognised as impairments. impairment losses are recognised in the Statement of financial activities incorporating income and expenditure account.

Tangible fixed assets are carried at cost or valuation, net of depreciation and any provision for impairment.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

1. Accounting policies (continued)

1.8 Tangible fixed assets and depreciation (continued)

Depreciation is not charged on freehold land. Depreciation is provided at rates calculated to write off the cost or valuation of tangible fixed assets less their residual value over their estimated useful lives, using the straight-line method.

Depreciation is provided on the following bases:

Freehold property	- 2% straight line
Fixtures and fittings	- 33% straight line
Office equipment	- 33% straight line
Freehold property Improvement	- 20% straight line

1.9 Investments

Fixed asset investments are a form of financial instrument and are initially recognised at their transaction cost and subsequently measured at fair value at the Balance sheet date, unless the value cannot be measured reliably in which case it is measured at cost less impairment. Investment gains and losses, whether realised or unrealised, are combined and presented as 'Gains/(Losses) on investments' in the Statement of financial activities.

1.10 Debtors

Trade and other debtors are recognised at the settlement amount after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.11 Cash at bank and in hand

Cash at bank and in hand includes cash and short-term highly liquid investments with a short maturity of three months or less from the date of acquisition or opening of the deposit or similar account.

1.12 Liabilities and provisions

Liabilities are recognised when there is an obligation at the Balance sheet date as a result of a past event, it is probable that a transfer of economic benefit will be required in settlement, and the amount of the settlement can be estimated reliably.

Liabilities are recognised at the amount that the Company anticipates it will pay to settle the debt or the amount it has received as advanced payments for the goods or services it must provide.

Provisions are measured at the best estimate of the amounts required to settle the obligation. Where the effect of the time value of money is material, the provision is based on the present value of those amounts, discounted at the pre-tax discount rate that reflects the risks specific to the liability. The unwinding of the discount is recognised in the Statement of financial activities as a finance cost.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A company limited by guarantee)

NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

1. Accounting policies (continued)

1.13 Financial instruments

The Company only has financial assets and financial liabilities of a kind that qualify as basic financial instruments. Basic financial instruments are initially recognised at transaction value and subsequently measured at their settlement value with the exception of bank loans which are subsequently measured at amortised cost using the effective interest method.

1.14 Pensions

The Company operates a defined contribution pension scheme and the pension charge represents the amounts payable by the Company to the fund in respect of the year.

1.15 Fund accounting

General funds are unrestricted funds which are available for use at the discretion of the Trustees in furtherance of the general objectives of the Company and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors or which have been raised by the Company for particular purposes. The costs of raising and administering such funds are charged against the specific fund. The aim and use of each restricted fund is set out in the notes to the financial statements.

Investment income, gains and losses are allocated to the appropriate fund.

1.16 VAT

The company is now registered for VAT and its expenses are mostly inflated by VAT which cannot be recovered. VAT returns are prepared on a partial exemption basis.

2. Income from donations and legacies

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Donations	48,264	48,264	31,570

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

3. Income from charitable activities

	Restricted funds 2022 £	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Counselling	-	72,425	72,425	56,206
Community Services	201,130	1,497,031	1,698,161	1,266,855
Prevention Services	-	-	-	20,186
Total 2022	<u>201,130</u>	<u>1,569,456</u>	<u>1,770,586</u>	<u>1,343,247</u>
<i>Total 2021</i>	<u>213,664</u>	<u>1,129,583</u>	<u>1,343,247</u>	

4. Income from other trading activities

Income from fundraising events

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Sponsorship and fundraising	75,456	75,456	90,308
Rental property income	1,090	1,090	96
Total 2022	<u>76,546</u>	<u>76,546</u>	<u>90,404</u>

5. Investment income

	Unrestricted funds 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Income from listed investments	11,744	11,744	10,100
Bank interest	69	69	114
Total 2022	<u>11,813</u>	<u>11,813</u>	<u>10,214</u>

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

6. Other incoming resources

	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Coronavirus Job Retention Scheme	-	-	27,609
	<u>-</u>	<u>-</u>	<u>27,609</u>

7. Expenditure on raising funds

	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Costs of raising voluntary income	2,261	2,261	1,182
	<u>2,261</u>	<u>2,261</u>	<u>1,182</u>

Other trading activities

	Unrestricted funds 2022 £	Total funds 2022 £	Total funds 2021 £
Rental property costs	34,319	34,319	34,095
	<u>34,319</u>	<u>34,319</u>	<u>34,095</u>

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

8. Analysis of expenditure by activities

	Activities undertaken directly 2022 £	Support costs 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Counselling	152,150	44,377	196,527	166,337
Community Services	1,499,009	136,332	1,635,341	1,074,340
Prevention Services	-	-	-	130,671
	<u>1,651,159</u>	<u>180,709</u>	<u>1,831,868</u>	<u>1,371,348</u>
<i>Total 2021</i>	<u>1,206,171</u>	<u>165,177</u>	<u>1,371,348</u>	

Analysis of direct costs

	Counselling 2022 £	Community Services 2022 £	Prevention Services 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Staff costs	144,403	1,347,602	-	1,492,005	1,154,015
Direct costs	7,747	151,407	-	159,154	52,156
Total 2022	<u>152,150</u>	<u>1,499,009</u>	<u>-</u>	<u>1,651,159</u>	<u>1,206,171</u>
<i>Total 2021</i>	<u>125,843</u>	<u>998,250</u>	<u>82,078</u>	<u>1,206,171</u>	

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

8. Analysis of expenditure by activities (continued)

Analysis of support costs

	Counselling 2022 £	Community Services 2022 £	Prevention Services 2022 £	Total funds 2022 £	<i>Total funds 2021 £</i>
Depreciation	-	3,200	-	3,200	3,200
Support costs	44,377	133,132	-	177,509	161,977
	<u>44,377</u>	<u>136,332</u>	<u>-</u>	<u>180,709</u>	<u>165,177</u>
<i>Total 2021</i>	<u>40,494</u>	<u>76,090</u>	<u>48,593</u>	<u>165,177</u>	

9. Auditor's remuneration

The auditor's remuneration amounts to an auditor fee of £7,380 (2021 - £7,080).

10. Staff costs

	2022 £	<i>2021 £</i>
Wages and salaries	1,362,387	1,054,084
Social security costs	93,226	72,086
Contribution to defined contribution pension schemes	36,392	27,845
	<u>1,492,005</u>	<u>1,154,015</u>

The average number of persons employed by the Company during the year was as follows:

	2022 No.	<i>2021 No.</i>
Employees	<u>82</u>	<u>65</u>

No employee received remuneration amounting to more than £60,000 in either year.

During the year the charity paid remuneration of £206,143 (2021 - £163,515) to its key management personnel.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

11. Trustees' remuneration and expenses

During the year, no Trustees received any remuneration or other benefits (2021 - £NIL).

During the year ended 31 March 2022, expenses totalling £31 were reimbursed or paid directly to 1 Trustee (2021 - £NIL to Trustee).

12. Tangible fixed assets

	Freehold property £	Office equipment £	Other fixed assets £	Total £
Cost or valuation				
At 1 April 2021	240,000	76,044	15,421	331,465
Revaluations	360,000	-	-	360,000
At 31 March 2022	600,000	76,044	15,421	691,465
Depreciation				
At 1 April 2021	19,200	76,044	15,421	110,665
Charge for the year	3,200	-	-	3,200
On revalued assets	(22,400)	-	-	(22,400)
At 31 March 2022	-	76,044	15,421	91,465
Net book value				
At 31 March 2022	600,000	-	-	600,000
At 31 March 2021	220,800	-	-	220,800

Included in land and buildings is freehold land at valuation of £600,000 (2021 - £80,000) which is not depreciated.

The Trustees have reviewed the value of the property at the balance sheet date and consider the above value to be materially correct.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
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**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

13. Fixed asset investments

	Listed investments £
Cost or valuation	
At 1 April 2021	230,569
Additions	200,000
Revaluations	20,845
At 31 March 2022	<u>451,414</u>
Net book value	
At 31 March 2022	451,414
At 31 March 2021	<u>230,569</u>

14. Debtors

	2022 £	2021 £
Due within one year		
Trade debtors	61,029	21,797
Other debtors	200	-
Prepayments and accrued income	12,242	16,817
	<u>73,471</u>	<u>38,614</u>

15. Creditors: Amounts falling due within one year

	2022 £	2021 £
Trade creditors	35,503	17,329
Other taxation and social security	32,359	27,187
Other creditors	10,938	14,401
Accruals and deferred income	249,773	173,616
	<u>328,573</u>	<u>232,533</u>

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
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NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022

	2022	2021
	£	£
Deferred income		
Deferred income at 1 April 2021	153,571	<i>155,076</i>
Resources deferred during the year	227,976	<i>153,571</i>
Amounts released from previous periods	(153,571)	<i>(155,076)</i>
Deferred income at 31 March 2022	227,976	<i>153,571</i>

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

16. Statement of funds

Statement of funds - current year

	Balance at 1 April 2021 £	Income £	Expenditure £	Gains/ (Losses) £	Balance at 31 March 2022 £
Unrestricted funds					
General Funds - all funds	432,002	1,706,079	(1,664,118)	20,845	494,808
Revaluation reserve	220,800	-	(3,200)	382,400	600,000
	<u>652,802</u>	<u>1,706,079</u>	<u>(1,667,318)</u>	<u>403,245</u>	<u>1,094,808</u>
Restricted funds					
Befriending Services	-	88,598	(88,598)	-	-
Employment Support	-	41,018	(41,018)	-	-
Older Adults Service	-	67,864	(67,864)	-	-
Mind CRM system development	-	3,000	(3,000)	-	-
National Mind	-	650	(650)	-	-
	<u>-</u>	<u>201,130</u>	<u>(201,130)</u>	<u>-</u>	<u>-</u>
Total of funds	<u>652,802</u>	<u>1,907,209</u>	<u>(1,868,448)</u>	<u>403,245</u>	<u>1,094,808</u>

PURPOSE OF FUNDS

RESTRICTED FUNDS

Befriending – this grant contributes towards our long term and short term befriending services.

Employment support – this grant contributes towards our employment support service.

Older adults service – this grant contributes towards our older adults service.

National Mind – this fund contributed to our support of Time to Talk day.

Mind CRM system development – this grant contributed to our project to identify and choose an appropriate CRM system.

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

16. Statement of funds (continued)

Statement of funds - prior year

	<i>Balance at 1 April 2020 £</i>	<i>Income £</i>	<i>Expenditure £</i>	<i>Transfers in/out £</i>	<i>Gains/ (Losses) £</i>	<i>Balance at 31 March 2021 £</i>
Unrestricted funds						
General Funds - all funds	289,016	1,289,380	(1,192,961)	3,200	43,367	432,002
Revaluation reserve	224,000	-	-	(3,200)	-	220,800
	<u>513,016</u>	<u>1,289,380</u>	<u>(1,192,961)</u>	<u>-</u>	<u>43,367</u>	<u>652,802</u>
Restricted funds						
Counselling	-	9,924	(9,924)	-	-	-
Local Mind Grant Fund	-	6,000	(6,000)	-	-	-
Befriending Services	-	88,858	(88,858)	-	-	-
Employment Support	-	41,018	(41,018)	-	-	-
Older Adults Service	-	67,864	(67,864)	-	-	-
	<u>-</u>	<u>213,664</u>	<u>(213,664)</u>	<u>-</u>	<u>-</u>	<u>-</u>
Total of funds	<u>513,016</u>	<u>1,503,044</u>	<u>(1,406,625)</u>	<u>-</u>	<u>43,367</u>	<u>652,802</u>

THE BUCKINGHAMSHIRE ASSOCIATION FOR MENTAL HEALTH
(A company limited by guarantee)

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 MARCH 2022**

17. Summary of funds

Summary of funds - current year

	Balance at 1 April 2021 £	Income £	Expenditure £	Gains/ (Losses) £	Balance at 31 March 2022 £
General funds	652,802	1,706,079	(1,667,318)	403,245	1,094,808
Restricted funds	-	201,130	(201,130)	-	-
	<u>652,802</u>	<u>1,907,209</u>	<u>(1,868,448)</u>	<u>403,245</u>	<u>1,094,808</u>

Summary of funds - prior year

	Balance at 1 April 2020 £	Income £	Expenditure £	Transfers in/out £	Gains/ (Losses) £	Balance at 31 March 2021 £
General funds	513,016	1,289,380	(1,192,961)	-	43,367	652,802
Restricted funds	-	213,664	(213,664)	-	-	-
	<u>513,016</u>	<u>1,503,044</u>	<u>(1,406,625)</u>	<u>-</u>	<u>43,367</u>	<u>652,802</u>

18. Analysis of net assets between funds

Analysis of net assets between funds - current year

	Unrestricted funds 2022 £	Total funds 2022 £
Tangible fixed assets	600,000	600,000
Fixed asset investments	451,414	451,414
Current assets	371,967	371,967
Creditors due within one year	(328,573)	(328,573)
Total	<u>1,094,808</u>	<u>1,094,808</u>

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18. Analysis of net assets between funds (continued)

Analysis of net assets between funds - prior year

	<i>Unrestricted funds 2021 £</i>	<i>Total funds 2021 £</i>
Tangible fixed assets	220,800	220,800
Fixed asset investments	230,569	230,569
Current assets	433,966	433,966
Creditors due within one year	(232,533)	(232,533)
Total	<u>652,802</u>	<u>652,802</u>

19. Reconciliation of net movement in funds to net cash flow from operating activities

	2022 £	2021 £
Net income for the year (as per Statement of Financial Activities)	<u>59,606</u>	<u>139,786</u>
Adjustments for:		
Depreciation charges	3,200	3,200
Gains on investments	(20,845)	(43,367)
Dividends, interests and rents from investments	(11,813)	(10,214)
Decrease/increase in debtors	(34,857)	8,801
Increase in creditors	96,040	7,458
Net cash provided by operating activities	<u>91,331</u>	<u>105,664</u>

20. Analysis of cash and cash equivalents

	2022 £	2021 £
Cash in hand	298,496	395,352
Total cash and cash equivalents	<u>298,496</u>	<u>395,352</u>

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21. Analysis of changes in net debt

	At 1 April 2021	Cash flows	At 31 March 2022
	£	£	£
Cash at bank and in hand	395,352	(96,856)	298,496
	<u>395,352</u>	<u>(96,856)</u>	<u>298,496</u>

22. Pension commitments

The charity operates a defined contribution pension scheme. The assets of the scheme are held separately from those of the charity in an independently administered fund. The pension cost charge represents contributions payable by the group to the fund and amounted to £36,392 (2021 - £27,845). Contributions totalling £9,236 (2021 - £8,984) were payable to the fund at the balance sheet date and are included in creditors.

23. Operating lease commitments

At 31 March 2022 the Company had commitments to make future minimum lease payments under non-cancellable operating leases as follows:

	2022 £	2021 £
Not later than 1 year	26,381	29,339
Later than 1 year and not later than 5 years	45,051	13,656
	<u>71,432</u>	<u>42,995</u>