

REGISTERED COMPANY NUMBER: 04184862 (England and Wales)
REGISTERED CHARITY NUMBER: 1108470

Report of the Trustees and
Financial Statements for the Year Ended 31 March 2022
for
Havering Mind

Havering Mind

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Havering Mind

Chairman's Statement for the Year Ended 31 March 2022

There has been a dramatic increase in demand for the mental health services that we provide in Havering, Barking & Dagenham in the last 12 months. I am pleased to say that we have maintained our existing project services and have been commissioned to provide extra services as both awareness and demand has increased.

Our staff and volunteers have, as always, shown a great dedication to both new and old service users, working longer hours and weekends to provide gateway services to local people in urgent need of both advice and help and I thank them for their strength and perseverance in such a difficult time.

We held the Family Fest weekend in July and the Christmas Land event in December, which were again a fantastic success and I thank everyone who was involved in the planning and execution of the weekend. Our fundraising events are now a major part of our annual calendar. They not only generate much valued funds for the charity but also create a great team ethic as both volunteers and service users come together for the benefit of the charity. We did hold the Half Marathon in October 2021 but sadly were forced to cancel the event in 2022 because the costs of running the event dramatically increased which made the staging of the event unrealistic. We are currently reviewing the future of the race. We were pleased to officially open the garden in September 2022. This is a fantastic space for both service users and staff to meet and work in. We owe a great deal of thanks to a team of volunteers who have completed the garden through the last year.

During this year Sheldon Attridge, Chrissie MacNeil and Eithne Herlihy have stepped down as trustees of the charity and I thank them for their longstanding contributions over many years.

You will see from the Treasurers Report that the charity is in a strong financial position. Despite the continued mental health cost of the pandemic I believe that we are in a good position to sustain the charity for the future, helping to provide the mental health services in Havering Barking and Dagenham for which we are renowned and admired.

I would like to finish by saying a great thank you to all of our fantastic staff, volunteers and trustees who have worked so hard this year and also to thank our sponsors, donors and supporters for their commitment and investment in what we do.

Havering Mind
Report of the Trustees
for the Year Ended 31 March 2022

The Trustees who are also Directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 March 2022. The Trustees have adopted the provisions of 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 2015).

OBJECTIVES AND ACTIVITIES

Objectives and aims

Havering Mind objectives are:

To promote the preservation of mental health and to assist in relieving and rehabilitating persons suffering from mental disorder or conditions or emotional or mental distress requiring advice or treatment, in the London Borough of Havering and surrounding area (the area of benefit) in association and in accordance with the aims and objects of National Mind.

Charitable Activities and Public benefit

At Havering Mind we are pro-active in supporting and educating people about mental health in our local community. We do this through:

1. Providing advice and information
2. Helping individuals learn how to manage their mental health
3. Providing activities to create peer support
4. Raising awareness and providing education to reduce the stigma around mental health

The Trustees confirm that they have complied with the duty in Section 4 of the Charities Act 2006 to have due regard to the Charity Commission's general guidance on public benefit.

Havering Mind

Report of the Trustees for the Year Ended 31 March 2022

STRATEGIC REPORT

Achievement and performance

Some of our Achievements during 2021-22

We expanded our reach to people with mental health concerns across both Boroughs of Havering and Barking & Dagenham

We spoke to 2,016 members of the public seeking help and advice through our Gateway Telephone Service

This represents a 30% increase on the previous year

We directly supported 3,589 individuals through our services (2,215 in 2020/21)

This represents a 62% increase on the previous year

We delivered 85 face to face interventions post C19 lockdown restrictions

We mobilised and launched 9 new services including Mums Matter, Hoarding Pathway and Work Well Programme

We delivered mental health awareness sessions to schools in Havering

Over 200 parents expressed their interest in our Parent Support Group in the first 5 months

We developed our staff through supporting hundreds of hours of continuous personal development training

We mobilised a team of over 20 therapists from the London Mind network to support the delivery of the Victim Improvement Package Trial

Havering Christmas Land was visited by over 25,000 people during December 2021

800+ runners participated in our Mind Havering Half Marathon in October 2021

We delivered excellent outcomes for many people using our services

18,000+ more Facebook likes received during this year

Our total income was £970,764.

Overall, there was a 62% increase in the number of people supported by our services during the year, due to a combination of growth in demand for some services and the delivery of new services across both Boroughs.

Gateway Telephone Service

2,016 initial contact, information and advice enquiries

Our Gateway Telephone Service is the foundation of what we do, providing access to information at a time when callers are feeling afraid, anxious, depressed or just don't know what to do. Our interventions have been via telephone, email and face to face

- Supporting people who present in crisis to access the best service to meet their needs
- Offering an initial assessment and further short-term intervention
- Supporting families, friends and carers seeking help for someone they are close to
- Offering a navigation service so that people access the right service at the right time
- Signposting to other local providers to ensure continuity of support
- Introducing new clients to the range of services offered at Havering Mind and the local community

'I rang up in desperate need of help for my son who I believed was going through a crisis with his mental health. The lady I spoke to was very helpful and empathetic. She talked me through the services that they provide and how my son could go about getting involved. She also spoke to me about ways in which I can support not only his, but my own mental health during this difficult time.'

Havering Mind

Report of the Trustees for the Year Ended 31 March 2022

We delivered this service across Havering, Barking and Dagenham

Live a Better Life Project

290 people supported

Our Live a Better Life Programme supports adults with mental health problems, giving them the tools they need to manage their wellbeing and resilience, acting as a preventative service to reduce further problems from arising. Our aim is to improve the recovery time for those experiencing a crisis with their mental health and ensure ongoing support is provided. We also help people achieve improvements in their overall physical health, and support the development of life-long coping skills for mental wellbeing. The programme run over several weeks, aims to achieve individual goals through CBT informed workshops including 'How to manage stress' and 'How to cope with anxiety'; physical activities including yoga, gardening, badminton and cycling; health workshops such as 'Food & Mood' and 'Sleep & Stress'; and other groups including walking.

'I've learnt a lot more about myself, as well as skills such as confidence and assertiveness that I am applying to my life. Having the awareness about mental health is very important and it is easier now to notice changes within myself that I can work to improve. I'm making more of an effort to be mindful and work on myself. Learning things like breathing techniques and meditation is useful to apply in situations where I am feeling anxious and I try to incorporate this in to my life when necessary. I am going out more and being a lot more social, making positive steps to grow my business and no longer feel 'stuck'.

We delivered this service in Havering and Barking & Dagenham

Meaningful Activities Project

89 people supported

Meaningful Activities Project gives a space for those who are suffering with long term mental illness. The project provides sessions which help with mindfulness, confidence and encourages socialising. There are different groups including i) self-discovery which includes poetry, News topics and current affairs ii) games including pool and table tennis iii) creativity including arts, crafts, writing and much more.

'Unless I push myself to get out there and do things, I can become isolated. So it's really beneficial to have a place to meet people - it's about interaction, communication, self-esteem and security. If I didn't have that place, I can become reclusive and blinkered- everything becomes more difficult. And the longer that goes on, the harder it is to persuade myself to go out of the front door.'

We delivered this service in Havering

Peer Support and Links Projects

177 people supported

Our Peer Support and Links Project are services that supported the creation of peer networks in the community bringing people together to support one another, keep active and strengthen resilience. By boosting individuals knowledge and understanding of mental health, peer support has been a way of helping each other to find and use their own and each others abilities.

Through our Links Project, people had the opportunity to engage with peers through a dynamic programme of activities which improved confidence and self esteem.

'Peer support is a rock in a stormy sea. When the waves overwhelm me they give me a footing back to life. The people in it are links in the chain that is my anchor. We stand alone but together gaining strength from each other and cannot be broken. Without peer support I don't know what I would do every week. I would have nowhere to go every week as there is always something going on. As I live alone this is my lifeline. If I did not have peer support I don't know what I would do.'

We delivered this service in Havering

Havering Mind
Report of the Trustees
for the Year Ended 31 March 2022

Work Well Programme

84 people supported

Our Work Well Programme Team launched in November 2021. The Work Well Programme has been created to support eligible* local residents to promote positive mental health and wellbeing and increase employability plus other opportunities. (*Eligibility is subject to receiving unemployment benefit)

We offered an up to 6 week programme, tailored to the required support to achieve future aims and ambitions.

"The people I got to experience with - the team and the other clients. I feel like I am now part of a 'friendship group.' Clients who take on this course are very lucky as they are in great hands" Participant of Cohort #1

"I feel confident to go out looking for a job." Participant of Cohort #4

"The service has helped a lot, gained confidence and opened my eyes to future opportunities. Support, counselling, guidance and made friends." Participant of Cohort #8

We delivered this service in Havering

Ready for Adulthood Project

16 young people supported

Our Ready for Adulthood Project Team launched in January 2022. They organise a regular 6 week face to face programme for 17 - 25 year olds experiencing different mental health challenges. The interactive and supportive group comprises of sessions on topics including communication, resilience, wellbeing, living skills plus 1:1 support and peer activities.

"Just to let you know, my son went out today with some young people from the Mind group. They went to a park at 1pm and he is still out (email sent at 6pm). He just face-timed me to say they are all going into town together. He looked happier than he has been for years. I can't thank you enough for enabling them all to get together. It really is the best thing that has happened to him"

We delivered this service in Havering

Parent Support Group

149 people supported

Our Parent Support Group Team launched in January 2022. They run a regular 6 week online programme for parents and carers of young people aged 11 - 25 years with mental health challenges. Our parents and carers meet with peers with similar experiences and receive advice, reassurance, tips and techniques for supporting their young person and their own wellbeing.

"It is very reassuring to know that I am not the only parent in a similar situation but we all know our children differently. I have learnt that I am a good parent and there are techniques from the course I can employ to encourage a natural flow of communication. Having been selfless and putting my child first as a parent, I am also learning the importance of self-care and to put myself first and enjoying my life with all the turbulence it comes with. I have learnt not to raise my voice and to walk away from situations that can be volatile."

We delivered this service across Havering and Barking & Dagenham

Community Reconnections Service

104 people supported

Havering Mind

Report of the Trustees for the Year Ended 31 March 2022

This service supported people requiring practical and emotional encouragement to reconnect with face-to-face services and other support programmes as they reintegrated after Covid 19 restrictions lifted.

Each person was offered:

- An opportunity to complete a Wellbeing Star assessment
- Encouragement and involvement in completing a personal action plan
- A home visit to discuss their action plan and look at ways of implementing the changes indicated
- Regular phone calls to support them while they are re-engaging with services and their community
- Sensitive and warm transfer when they are accessing the services /new opportunities

"I have made remarkable progress and made many friends within Mind. My confidence has increased so much I have started attending other community groups with my friends"

"I finally have a purpose in my life. It is all good. I know I did not want to engage in the beginning. But, you never gave up on me. Something I will never forget"

"I was lost and lonely without anyone who cared - until you took notice of my needs and me"

"You really listened and were so friendly on the phone. Lockdown had an impact on my mental health so knowing you were there for me helped"

We delivered this service in Havering

Gateway Counselling Service

13 people supported

When our other services weren't considered to be appropriate, counselling enabled and empowered people to express their concerns through 1:1 sessions with a trained counsellor. Through free to access, person centred counselling, we were able to:

- Provide support when the need was greatest
- Help individuals resolve complicated feelings or find ways to live with them
- Help find resolutions for future planning
- Reduce isolation and loneliness
- Build inner resilience
- Reduce depression and anxiety
- Reduce self-harm
- Educate and inform about positive coping strategies for stress and anxiety
- Reduce suicidal thoughts

We delivered this service across Havering and Barking & Dagenham

Mums Matter Project

46 people supported

Our Mums Matter Teams were established in January 2022. Mums Matter is a support service to empower mums to take control of their health and wellbeing. The 6 week course was originally designed by mums for mums with a perinatal mental health problem. Our aim is to support mums using a holistic approach to their health and wellbeing incorporating practical and emotional support. We are pleased to share that we support our mums with creche facilities to ensure our mums are able to participate fully in the group sessions. We also invite dads/supporters of each mum to have a 1:1 session with our practitioners towards the end of each course.

Havering Mind

Report of the Trustees for the Year Ended 31 March 2022

"I don't really know how to put into words how much the Mums Matter Project helped me. When I started the course, I would barely go one day without crying or having a meltdown, due to the frustration I felt for not being a good enough mum. Although I always felt at ease to speak with my husband about how I felt, I found that sharing how I felt with other mums was crucial - and the peer support received from the other mums and the facilitators worked wonders - much better than any medicine, in my opinion. Also, a big thanks to the crèche workers, who always went above and beyond to ensure the little ones were so well looked after! Those two hours every Tuesday were the highlight of my week - they made me realise that us that ask for help are indeed excellent mums. I hope this project continues to help many mums in the future, I'm always talking about it."

We delivered this service across Havering and Barking and Dagenham

Safe Connections Service

8 people supported

Safe Connections aims to support people who are experiencing suicidal thoughts and ideation, to access the right service at the right time. We offer a safe space for people to talk about their feelings and concerns, and explore the underlying reasons as to why someone may feel suicidal. We provide a mixture of emotional and practical support and tailored signposting to help meet the individual's needs.

Safe Connections 0300 561 0115

Grief in Pieces helps people understand grief, develop coping strategies and offers a safe space to explore thoughts, feelings; and grief education through closed groups.

We delivered this service across Havering and Barking & Dagenham

Hoarding Project

Life should be more than just 'getting by'. But for thousands of people living with a mental health problem that is all they can do. Adults who are reluctant to or who do not engage with services can have complex and diverse needs that often fall between different agencies and can leave them at direct risk of harm. Self-neglect can cover a wide range of behaviours such as neglecting personal hygiene, health or living environment, and includes hoarding. In these situations, peoples' needs are usually long standing and recurring and may be commonly known to a range of agencies. They may frequently put themselves and neighbours, family and animals at significant high risk of harm as self-neglect and hoarding behaviours can lead to the risk of fires, gas and water leaks and of infestations spreading.

We mobilised and launched our Hoarding Project in the final quarter of 2021/22, and the service has provided a pathway to enable change in hoarding behaviours. Working in partnership with Social Care and Mental Health Teams, we are receiving and working with people referred to us by statutory services for specified support.

We delivered this service in Barking & Dagenham

Peer Support Workers

We mobilised our team of Peer Support Workers in December 2021, and launched our Peer Programme in the final quarter of 2021/22. Peer support is delivered by those with lived experience of mental distress or as a carer, to build empathy and recovery as a template in their roles. This is a provision of support and recovery guidance to individuals experiencing common and severe mental health problems, and supports recovery-based programmes for service users and members of the local community, in partnership with statutory and community organisations.

We delivered this service across Havering and Barking & Dagenham

Social Prescribing Programme

356 people supported

Havering Mind

Report of the Trustees for the Year Ended 31 March 2022

We mobilised our team of Social Prescribers in the summer 2021 and they began liaising with GP Surgeries and Clinics thereafter. It aims to improve the health and reduce health inequalities of the registered population, as well as complement traditional medical interventions. Social Prescribing has proven to have a positive impact on GP consultation rates.

Our Social Prescribers have been passionate about supporting local people to achieve their fullest potential in terms of health, mental health, wellbeing and resilience, and understand the need to make services even more accessible, putting people at the heart of a personalised support plan. They have been proactive in encouraging agency and self-referrals, and connecting with all local communities, particularly those communities that statutory agencies have considered hard to reach. They have worked with the person, their families and carers and carefully considered how they can all be supported, through the social prescribing model.

We delivered this service in Havering

Social Inclusion Project

224 people supported

Within this service, we supported adults living with mental health problems in Havering, who are also socially isolated. The aim of the project is to reduce isolation and promote inclusion

Each person receives

- A friendly one to one appointment to complete a Recovery Star assessment
- Access to a specially tailored six week course
- Access to a peer group within their local area
- Opportunity to look at volunteering opportunities
- Signposting and warm transfer to other relevant services

Within the six week course we share good sleeping practices, tips for managing stress and improving resilience, as well as learning relaxation skills, mindfulness, peer skills and five ways to wellbeing,

On completion of the course, everyone is offered access to a peer group and we look at other opportunities within their local area.

"I don't feel so alone, as I have Mind's support"

"A lifeline for me, to know someone is connecting with me. I don't have any family so glad I am part of this project "

We delivered this service in Havering

Victim Improvement Package

17 people referred

Older people are vulnerable to sustained high levels of psychosocial distress following a crime. A cognitive behavioural therapy (CBT)-informed psychological therapy, the Victim Improvement Package (VIP) can help to aid the recovery. Working in partnership with UCL, Mind in Havering, Barking & Dagenham has delivered the VIP trial since the summer of 2021. The trial aims to test the clinical and cost-effectiveness of the VIP for alleviating depressive and anxiety symptoms in older victims of crime.

People aged 65 years or more who have reported being a victim of crime, are screened by the Metropolitan Police Service Safer Neighbourhood Teams within a month of the crime for distress. Those who screened positive in the assessment are signposted to their GP for assistance, and re-screened at 3 months. Participants who screened positive for depression and/or anxiety at re-screening are randomised to a CBT informed VIP in addition to treatment as usual (TAU), compared to TAU alone. This VIP intervention has consisted of 10 individual 1 hour sessions, delivered weekly by therapists from the pan London Mind network, and facilitated by Mind in Havering, Barking & Dagenham.

We delivered this service across North and East London

Havering Mind

Report of the Trustees for the Year Ended 31 March 2022

Training

We have provided tailored mental health training to organisations, businesses, individuals, charities and schools this year. Our 4 main training programmes delivered have been:

- Mental Health Awareness
- Mental Health in the Workplace
- Mental Health and Young People

Taking part in our training can lead to - more confidence to talk about mental health - improved knowledge around what support is available - greater understanding of mental health - more mindfulness of how people are feeling - more positive ways to start conversations in the workplace

Fundraising, Donations and Legacies

Income generated through fundraising, donations and legacies will continue to play an important role in ensuring the sustainability and diversity of our services. Our Corporate and Community Fundraising Strategy includes a focus on increasing our corporate partnership and sponsorship income; and encouraging the amazing individuals and local organisations who continue to support us. We maintain that our fundraising should be carried out in a responsible manner. As such, we will not use fundraising methods that might be considered intrusive or that put pressure on people to donate. We will not share or purchase donor data from third parties.

There were no complaints about our fundraising activities during the year.

Financial review

Financial position

The charity held fund balances at 31 March 2022 of £488,386 (2021 - £362,147) comprising restricted funds of £176,343 (2021 - £71,017), and general funds of £312,043 (2021 - £281,130).

Principal funding sources

The principal funding sources for the charity were grants from the London Borough of Havering and the London Borough of Barking & Dagenham, NHS Clinical Commissioning Groups and Health Foundations, the Lottery Community Fund, The Tudor Trust, The Bulldog Trust, The Department of Work and Pensions, North East London Foundation Trust, Lloyd's Bank Foundation, amongst others.

We are grateful to all our funders for their support during a challenging year.

Investment policy and objectives

The Trustees manage the investments within the regulations contained in the Trustee Investments Act 1961. Due to the need to maintain the liquidity of the charity funds are currently held in a deposit account or on bank deposit.

Reserves Policy

Ordinarily, the Trustees' policy is to maintain an appropriate level of unrestricted funds not committed or invested in tangible fixed assets, so that in the event of all funding being withdrawn there would be sufficient resources to wind down the current activities in a professional manner. However, this number was temporarily increased to £250,000 in response to the uncertainties and volatility caused by the pandemic.

The unrestricted free reserves are £304,468. Whilst the major risks relating to Covid 19 have reduced the trustees have determined to maintain the minimum reserve level at £250,000 for the foreseeable future. In addition to the general requirement the trustees previously approved capital expenditure of £20,000 and a level of self-funding on both the Live a Better Life project and the Gateway Service of £50,000.

Due to the nature of the charity's activities it is felt that the maintenance of such reserves is not only financially prudent in general, but is a key requirement in order to provide a managed handover process for clients in the event that the charity had to be wound down. It also provides a positive feeling of stability to both current and potential sources of funding alike, thus giving them confidence that the organisation is sustainable and well managed in its financial affairs.

Havering Mind

Report of the Trustees for the Year Ended 31 March 2022

STRATEGIC REPORT

Financial review

Going concern

The Trustees consider the Charity to be a going concern and they are not aware of any material uncertainties which may cast significant doubt on this view. In addition they have a reasonable expectation that the Charity has adequate resources to continue for the foreseeable future.

Treasurer's Report

Total revenue for the year ended 31st March 2022 was £970,764 representing an increase of 87.1% compared with last year.

Total costs were £844,525 representing an increase of 217% compared with last year.

Net surplus for the year amounted to £126,239 compared to a surplus in the previous year of £129,220.

Free reserves have increased to £304,468 (2021: £278,444).

As in 2021, in response to the Covid 19 pandemic significant additional funding was made available by both local government and other charitable foundations to provide emergency services relating to the pandemic.

The main sources of project income for the year are the London Borough of Havering, (£197,553) London Borough of Barking and Dagenham, (£122,832) BHRUT Clinical Commissioning Group, (£212,836) and other charitable foundations (£156,384). In addition, the charity was awarded short term pandemic emergency funding for other services of £44,755.

The charity's main expenditure item continues to be staffing costs, which, at £598,021 represents 71% of total expenditure as compared to 72% for last year. The significant increase in staff costs is indicative of the increase in staff numbers caused by both new projects together with the emergency funding requirements of the pandemic. The organisation has an experienced, dedicated and hardworking group of staff and volunteers. Without them our quality range of services could not be maintained in such an efficient manner.

CONCLUSION

In summary, the charity has expanded considerably in the last 12 months prompted by a large increase in funding both central and local government and continues to be financially stable. Fundraising levels in 2022 were also returning to pre pandemic levels with a significant contribution from the Christmas Land event.

The Board will endeavour to maintain income to ensure stability in what is a very difficult economic climate, whilst striving to further improve and expand our services in assisting all members of society who are affected by mental health issues.

Future plans

The trustees are focussed on increasing project funding from additional sources so that the organisation is able to widen, increase and improve further the various mental health services it provides in Havering Barking and Dagenham.

This will be supplemented by a continued excellent contribution from the fundraising team. After losing income in 2020 because of the pandemic we held the Havering Tribute Fest weekend, the Havering Half Marathon and the Havering Christmas Land events once again in 2021. These events not only raise income for the charity but also increase our profile in Havering and Barking and Dagenham to the general public.

The charity will continue to rely upon voluntary staff, who assist significantly in the day to day running of our organisation. It is very important that we continue to invest in the training and support for both volunteers and staff alike.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The charity is controlled by its governing document, a deed of trust, and constitutes a limited company, limited by guarantee, as defined by the Companies Act 2006.

Havering Mind

Report of the Trustees for the Year Ended 31 March 2022

Havering Mind, founded in 1961, is a registered charity (No: 1108470). The Charity was incorporated as a company limited by guarantee on 22 March 2001 and is governed by a memorandum and articles of association. In the event of the company being wound up members are required to contribute an amount not exceeding £1.

Recruitment and appointment of new Trustees

The Trustees are appointed every three years by the members of the company at the Annual General Meeting. Additionally the Trustees who are also Directors may be appointed by the existing Directors subject to a maximum of 20.

Organisational structure

The Charity is run by the Management committee which consists of 4 officers and an elected number of members as decided at the Annual General Meeting. In addition the Committee may co-opt representatives of the voluntary and statutory bodies concerned with Mental Health.

The charity is managed by the trustees. However, the trustees delegate the day to day management of the charity to the Chief Executive Officer by a policy document covering the responsibilities of the Chief Executive Officer.

Induction and training of new Trustees

Most Trustees are already familiar with the practical work of the charity but all new Trustees undergo an orientation course to brief them on their legal obligations under charity and company law, the content of the Memorandum and Articles of Charity. The committee, decision making processes, the business plan and recent financial performance together with Health and Safety are all covered within the induction. Trustees are encouraged to attend appropriate external training events to support the role they are performing.

Affiliation

We are affiliated to Mind, the national mental health charity. In all, more than 114 local Minds are affiliated to national Mind. During the year, we have been involved in working with the Mind network, and played a key role in the Mind in London network and a newly formed North East London Strategic Alliance with Mind in Tower Hamlet and Newham, and Mind in City, Hackney and Waltham Forest. We have embedded our expansion of service in the London Borough of Barking & Dagenham.

Staffing

At the end of the year, Havering Mind had 48 staff (14 full time and 34 part time).

The trustees are responsible for establishing remuneration levels for senior management.

Risk management

The trustees have identified staff recruitment and retention and sustainability of income as the key risks faced.

The Trustees actively review the major risks which the charity faces on a regular basis and believes maintaining reserves at current levels, combined with a regular review over key financial systems, will provide sufficient resources in the event of any adverse conditions arising. The trustees have also examined other operational and business risks faced by the charity and confirm they have established systems to mitigate significant risks.

REFERENCE AND ADMINISTRATIVE DETAILS

Registered Company number

04184862 (England and Wales)

Registered Charity number

1108470

Registered office

Harmile House
54 St Mary's Lane
Upminster
Essex
RM14 2QP

Havering Mind

Report of the Trustees for the Year Ended 31 March 2022

Trustees

Mr Sheldon Attridge (resigned 18.10.22)
Mr Pronoy Bose (resigned 6.9.21)
Miss Lisa Alice Hallett (resigned 20.4.21)
Eithne Anne Herlihy (resigned 17.8.22)
Mr Stephen McCann
Christina Mary MacNeil (resigned 22.2.22)
Ms Zenya Greenaway
Mr Gary Anderson (appointed 22.9.21)
Miss Amy Elizabeth Burgess (appointed 22.9.21)
Mrs Shahina Haque (appointed 22.9.21)
Miss Georgia Russell (appointed 22.9.21) (resigned 31.5.22)
Mr Daniel Robert Shore (appointed 22.9.21)
Mr Paul Masterson (appointed 22.9.21)
Mrs Linda Joy Van Den Hende (appointed 22.9.21)
Miss Tracey Colleen Nunn (appointed 22.9.21)

Independent Examiner

A S Robinson
FCA
J P B Harris & Co.
Chartered Accountants
Harmile House
54 St Marys Lane
Upminster
Essex
RM14 2QP

Bankers

Barclays Bank Plc
Newham Business Centre
737 Barking Road
London
E13 9PL

Metro Bank Plc
Brewery Walk
Waterloo Road
Romford RM1 1AU

CHIEF EXECUTIVE

Sarah Balser

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on and signed on the board's behalf by:

.....
Mr Stephen McCann - Trustee

Independent Examiner's Report to the Trustees of Havering Mind

Independent examiner's report to the trustees of Havering Mind ('the Company')

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 March 2022.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under Section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under Section 145(5) (b) of the 2011 Act.

Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination because I am a registered member of FCA which is one of the listed bodies.

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

1. accounting records were not kept in respect of the Company as required by Section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of Section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities (applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)).

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

A S Robinson
FCA
J P B Harris & Co.
Chartered Accountants
Harmile House
54 St Marys Lane
Upminster
Essex
RM14 2QP

Date:

Havering Mind

Statement of Financial Activities for the Year Ended 31 March 2022

		Unrestricted funds £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
	Notes				
INCOME AND ENDOWMENTS FROM					
Donations and legacies	2	36,934	-	36,934	42,932
Charitable activities					
Client services		146,201	588,159	734,360	457,604
Other trading activities	3	199,019	-	199,019	17,409
Investment income	4	451	-	451	866
Total		<u>382,605</u>	<u>588,159</u>	<u>970,764</u>	<u>518,811</u>
EXPENDITURE ON					
Raising funds	6	134,107	42,266	176,373	70,153
Charitable activities	7				
Client services		205,421	446,327	651,748	304,153
Other		16,404	-	16,404	15,285
Total		<u>355,932</u>	<u>488,593</u>	<u>844,525</u>	<u>389,591</u>
NET INCOME		26,673	99,566	126,239	129,220
Transfers between funds	17	(5,760)	5,760	-	-
Net movement in funds		<u>20,913</u>	<u>105,326</u>	<u>126,239</u>	<u>129,220</u>
RECONCILIATION OF FUNDS					
Total funds brought forward		291,130	71,017	362,147	232,927
TOTAL FUNDS CARRIED FORWARD		<u>312,043</u>	<u>176,343</u>	<u>488,386</u>	<u>362,147</u>

The notes form part of these financial statements

Havering Mind

Balance Sheet **31 March 2022**

	Notes	Unrestricted funds £	Restricted funds £	31.3.22 Total funds £	31.3.21 Total funds £
FIXED ASSETS					
Tangible assets	14	7,575	-	7,575	12,686
CURRENT ASSETS					
Debtors: amounts falling due within one year	15	79,642	137,640	217,282	58,727
Cash at bank and in hand		343,772	170,803	514,575	372,113
		423,414	308,443	731,857	430,840
CREDITORS					
Amounts falling due within one year	16	(118,946)	(132,100)	(251,046)	(81,379)
NET CURRENT ASSETS		304,468	176,343	480,811	349,461
TOTAL ASSETS LESS CURRENT LIABILITIES		312,043	176,343	488,386	362,147
NET ASSETS		312,043	176,343	488,386	362,147
FUNDS	17				
Unrestricted funds:					
General fund				312,043	281,130
Designated Funds				-	10,000
				312,043	291,130
Restricted funds				176,343	71,017
TOTAL FUNDS				488,386	362,147

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 March 2022.

The members have not required the company to obtain an audit of its financial statements for the year ended 31 March 2022 in accordance with Section 476 of the Companies Act 2006.

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company.

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

The notes form part of these financial statements

Havering Mind

Balance Sheet - continued
31 March 2022

.....
Mr Stephen McCann - Trustee

Havering Mind

Cash Flow Statement for the Year Ended 31 March 2022

	Notes	31.3.22 £	31.3.21 £
Cash flows from operating activities			
Cash generated from operations	1	<u>144,729</u>	<u>143,535</u>
Net cash provided by operating activities		<u>144,729</u>	<u>143,535</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		(2,718)	-
Interest received		<u>451</u>	<u>866</u>
Net cash (used in)/provided by investing activities		<u>(2,267)</u>	<u>866</u>
Change in cash and cash equivalents in the reporting period		<u>142,462</u>	<u>144,401</u>
Cash and cash equivalents at the beginning of the reporting period		<u>372,113</u>	<u>227,712</u>
Cash and cash equivalents at the end of the reporting period		<u><u>514,575</u></u>	<u><u>372,113</u></u>

The notes form part of these financial statements

Havering Mind

Notes to the Cash Flow Statement for the Year Ended 31 March 2022

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	31.3.22 £	31.3.21 £
Net income for the reporting period (as per the Statement of Financial Activities)	126,239	129,220
Adjustments for:		
Depreciation charges	7,829	7,763
Interest received	(451)	(866)
Increase in debtors	(158,555)	(30,065)
Increase in creditors	169,667	37,483
Net cash provided by operations	144,729	143,535

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.4.21 £	Cash flow £	At 31.3.22 £
Net cash			
Cash at bank and in hand	372,113	142,462	514,575
	<u>372,113</u>	<u>142,462</u>	<u>514,575</u>
Total	<u>372,113</u>	<u>142,462</u>	<u>514,575</u>

The notes form part of these financial statements

**Notes to the Financial Statements
for the Year Ended 31 March 2022**

1. ACCOUNTING POLICIES

BASIS OF PREPARING THE FINANCIAL STATEMENTS AND GOING CONCERN

The financial statements of the charitable company, which is a public benefit entity under FRS 102, 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)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

Going concern

The trustees have assessed whether the use of the going concern assumption is appropriate in preparing these accounts. The trustees have made this assessment in respect to a period of one year from the date of approval of these accounts.

The trustees of the charity have concluded that there are no material uncertainties related to events or conditions that may cast significant doubt on the ability of the charity to continue as a going concern. The trustees are of the opinion that the charity will have sufficient resources to meet its liabilities as they fall due. Despite the global uncertainty in relation to COVID-19, there are no concerns regarding the charity's ability to continue as a going concern.

INCOME

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

EXPENDITURE

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, 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 accounted for on an accruals basis and has been classified under headings that aggregate all cost related to the category. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Grants offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

ALLOCATION AND APPORTIONMENT OF COSTS

The costs of generating funds relate to the costs incurred by the charitable company in raising the funds for its charitable work. Fundraising costs incorporate an apportionment of the cost of the time spent by the administration staff in obtaining new sources of funding and securing the renewal of current funding.

TANGIBLE FIXED ASSETS

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Short leasehold	- 20% on cost
Plant and machinery	- 33% on cost
Fixtures and fittings	- 25% on reducing balance
Motor vehicles	- 25% on reducing balance
Computer equipment	- 25% on reducing balance

TAXATION

The company is a registered charity and therefore is not liable for income tax on income derived from its charitable activities, as it falls within the various exemptions available to registered charities.

FUND ACCOUNTING

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Havering Mind

Notes to the Financial Statements - continued for the Year Ended 31 March 2022

1. ACCOUNTING POLICIES - continued

FUND ACCOUNTING

Designated funds comprise unrestricted funds that have been set aside by the trustees for particular purposes.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each fund is included in the notes to the financial statements.

PENSION COSTS AND OTHER POST-RETIREMENT BENEFITS

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. DONATIONS AND LEGACIES

	31.3.22	31.3.21
	£	£
Other income	7,775	4,273
Donations	24,159	38,659
Legacies	5,000	-
	<u>36,934</u>	<u>42,932</u>

3. OTHER TRADING ACTIVITIES

	31.3.22	31.3.21
	£	£
Fundraising events	<u>199,019</u>	<u>17,409</u>

4. INVESTMENT INCOME

	31.3.22	31.3.21
	£	£
Deposit account interest	<u>451</u>	<u>866</u>

5. INCOME FROM CHARITABLE ACTIVITIES

	31.3.22	31.3.21
	£	£
Grants	<u>734,360</u>	<u>457,604</u>

Grants received, included in the above, are as follows:

	31.3.22	31.3.21
	£	£
London Borough of Havering - Social Inclusion	39,871	40,153
London Borough of Havering - Peer Support	40,008	40,358
London Borough of Havering - CAMHS Mind your head	-	25,000
London Borough of Havering - Telephone triage service	53,260	15,926
London Borough of Havering Trauma & Bereavement Project	-	12,519
London Borough of Barking and Dagenham - Hoarding project	49,000	48,605
BHRUT CCG - Meaningful activities	50,241	50,240
Big Lottery Fund Grant - Live a Better Life	93,016	66,926
People's Health Trust - Links	-	2,617
	<u>325,396</u>	<u>302,344</u>
Carried forward		

Havering Mind

Notes to the Financial Statements - continued for the Year Ended 31 March 2022

5. INCOME FROM CHARITABLE ACTIVITIES - continued

	31.3.22	31.3.21
	£	£
Brought forward	325,396	302,344
Lloyds Bank - Peer support	5,500	27,500
CAMHS Ready for Adulthood	17,750	-
Pears DCM	-	9,784
London Community Fund	5,309	55,257
National Mind - Bereavement & Loneliness	-	23,419
Emergency Covid Funding - from numerous charities and foundations	13,800	39,300
London Borough of Barking and Dagenham - Counselling service	10,000	-
MIND - Suicide prevention	25,646	-
Tapestry - Social prescriber	36,808	-
Tudor Trust - Gateway	15,000	-
DWP - Economical Wellbeing Project	29,369	-
Bulldog - Peer support	4,499	-
HBD - VIP project funded by UCL	9,000	-
BHRUT CCG - Mum's matter	22,500	-
Community reconnection service	103,287	-
London Borough of Barking and Dagenham - Mums Matter	28,500	-
London Borough of Barking and Dagenham - NELFT Peer Support	35,332	-
London Borough of Havering - NELFT Peer Support	46,664	-
	734,360	457,604

6. RAISING FUNDS

RAISING DONATIONS AND LEGACIES

Fundraising costs comprise:-

	31.3.22	31.3.21
	£	£
Salaries	25,317	21,928
Fundraising expenses	108,790	12,046
External fundraiser	42,266	36,179
	176,373	70,153

7. CHARITABLE ACTIVITIES COSTS

	Direct Costs £
Client services	651,748

Havering Mind

Notes to the Financial Statements - continued for the Year Ended 31 March 2022

8. GRANTS PAYABLE

	31.3.22	31.3.21
	£	£
Client services	-	1,000
	<u> </u>	<u> </u>

The total grants paid to institutions during the year was as follows:

	31.3.22	31.3.21
	£	£
Garden for the Blind	-	1,000
	<u> </u>	<u> </u>

9. SUPPORT COSTS

	Management £	Finance £	Totals £
Other resources expended	15,478	926	16,404
	<u> </u>	<u> </u>	<u> </u>

Support costs, included in the above, are as follows:

	31.3.22	31.3.21
	Other resources expended £	Total activities £
Wages	13,175	12,433
Independent examination	2,303	2,290
Bank charges	926	562
	<u> </u>	<u> </u>
	16,404	15,285
	<u> </u>	<u> </u>

10. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	31.3.22	31.3.21
	£	£
Depreciation - owned assets	7,829	7,763
Independent examination	2,040	2,290
	<u> </u>	<u> </u>

11. TRUSTEES' REMUNERATION AND BENEFITS

There were no trustees' remuneration or other benefits for the year ended 31 March 2022 nor for the year ended 31 March 2021.

The Charity subscribes to the Mind block insurance scheme, for trustees and officers.

TRUSTEES' EXPENSES

There were no trustees' expenses paid for the year ended 31 March 2022 nor for the year ended 31 March 2021.

Havering Mind

Notes to the Financial Statements - continued for the Year Ended 31 March 2022

12. STAFF COSTS

	31.3.22	31.3.21
	£	£
Wages and salaries	549,999	255,349
Social security costs	40,392	19,264
Other pension costs	7,630	5,878
	<u>598,021</u>	<u>280,491</u>

The total remuneration of key management personnel amounted to £50,187 (2021: £46,683).

The average monthly number of employees during the year was as follows:

	31.3.22	31.3.21
Chief executive	1	1
Direct charitable work	25	10
Administration	1	1
Fundraising	1	1
	<u>28</u>	<u>13</u>

No employees received emoluments in excess of £60,000.

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted funds £	Total funds £
INCOME AND ENDOWMENTS FROM			
Donations and legacies	42,932	-	42,932
Charitable activities			
Client services	187,903	269,701	457,604
Other trading activities	17,409	-	17,409
Investment income	866	-	866
Total	<u>249,110</u>	<u>269,701</u>	<u>518,811</u>
EXPENDITURE ON			
Raising funds	70,153	-	70,153
Charitable activities			
Client services	97,055	207,098	304,153
Other	15,285	-	15,285
Total	<u>182,493</u>	<u>207,098</u>	<u>389,591</u>
NET INCOME	66,617	62,603	129,220
RECONCILIATION OF FUNDS			
Total funds brought forward	224,513	8,414	232,927

Havering Mind

Notes to the Financial Statements - continued for the Year Ended 31 March 2022

13. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued

	Unrestricted funds £	Restricted funds £	Total funds £
TOTAL FUNDS CARRIED FORWARD	291,130	71,017	362,147

14. TANGIBLE FIXED ASSETS

	Short leasehold £	Plant and machinery £	Fixtures and fittings £
COST			
At 1 April 2021	5,250	15,909	37,024
Additions	-	-	2,718
Disposals	(5,250)	-	-
At 31 March 2022	-	15,909	39,742
DEPRECIATION			
At 1 April 2021	5,250	10,606	34,270
Charge for year	-	5,303	853
Eliminated on disposal	(5,250)	-	-
At 31 March 2022	-	15,909	35,123
NET BOOK VALUE			
At 31 March 2022	-	-	4,619
At 31 March 2021	-	5,303	2,754
	Motor vehicles £	Computer equipment £	Totals £
COST			
At 1 April 2021	31,400	25,272	114,855
Additions	-	-	2,718
Disposals	-	-	(5,250)
At 31 March 2022	31,400	25,272	112,323
DEPRECIATION			
At 1 April 2021	30,240	21,803	102,169
Charge for year	290	1,383	7,829
Eliminated on disposal	-	-	(5,250)
At 31 March 2022	30,530	23,186	104,748
NET BOOK VALUE			
At 31 March 2022	870	2,086	7,575
At 31 March 2021	1,160	3,469	12,686

Plant and machinery comprises assets associated with the Christmas Land fundraising event.

Havering Mind

Notes to the Financial Statements - continued for the Year Ended 31 March 2022

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22	31.3.21
	£	£
Trade debtors	25,636	50,922
Prepayments and accrued income	191,646	7,805
	<u>217,282</u>	<u>58,727</u>

16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	31.3.22	31.3.21
	£	£
Trade creditors	21,844	14,483
Social security and other taxes	17,620	9,638
Other creditors	3,273	1,836
Accruals and deferred income	208,309	55,422
	<u>251,046</u>	<u>81,379</u>
	31.3.22	31.3.21
	£	£
Deferred Income		
Deferred income at 1 April 2021	37,520	10,898
Incoming resources deferred during the year	198,671	37,520
Released from previous years	(37,520)	(10,898)
	<u>198,671</u>	<u>37,520</u>

17. MOVEMENT IN FUNDS

	At 1.4.21	Net movement in funds	Transfers between funds	At 31.3.22
	£	£	£	£
Unrestricted funds				
General fund	281,130	26,673	4,240	312,043
Designated Funds	10,000	-	(10,000)	-
	<u>291,130</u>	<u>26,673</u>	<u>(5,760)</u>	<u>312,043</u>
Restricted funds				
Restricted funds	71,017	99,566	5,760	176,343
	<u>362,147</u>	<u>126,239</u>	<u>-</u>	<u>488,386</u>

Havering Mind

Notes to the Financial Statements - continued for the Year Ended 31 March 2022

17. MOVEMENT IN FUNDS - continued

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	382,605	(355,932)	26,673
Restricted funds			
Restricted funds	588,159	(488,593)	99,566
TOTAL FUNDS	970,764	(844,525)	126,239

Comparatives for movement in funds

	At 1.4.20 £	Net movement in funds £	At 31.3.21 £
Unrestricted funds			
General fund	214,513	66,617	281,130
Designated Funds	10,000	-	10,000
	224,513	66,617	291,130
Restricted funds			
Restricted funds	8,414	62,603	71,017
TOTAL FUNDS	232,927	129,220	362,147

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	249,110	(182,493)	66,617
Restricted funds			
Restricted funds	269,701	(207,098)	62,603
TOTAL FUNDS	518,811	(389,591)	129,220

Havering Mind

Notes to the Financial Statements - continued for the Year Ended 31 March 2022

17. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.4.20 £	Net movement in funds £	Transfers between funds £	At 31.3.22 £
Unrestricted funds				
General fund	214,513	93,290	4,240	312,043
Designated Funds	10,000	-	(10,000)	-
	<u>224,513</u>	<u>93,290</u>	<u>(5,760)</u>	<u>312,043</u>
Restricted funds				
Restricted funds	8,414	162,169	5,760	176,343
	<u>8,414</u>	<u>162,169</u>	<u>5,760</u>	<u>176,343</u>
TOTAL FUNDS	<u>232,927</u>	<u>255,459</u>	<u>-</u>	<u>488,386</u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
General fund	631,715	(538,425)	93,290
Restricted funds			
Restricted funds	857,860	(695,691)	162,169
	<u>857,860</u>	<u>(695,691)</u>	<u>162,169</u>
TOTAL FUNDS	<u>1,489,575</u>	<u>(1,234,116)</u>	<u>255,459</u>

The designated fund was established to provide training for key personnel.

Restricted funds are amounts carried forward to be spent on projects in the future.

TRANSFERS BETWEEN FUNDS

The transfers between restricted and unrestricted funds reflect the charity's use of unrestricted funds to support its local authority services.

Havering Mind

Notes to the Financial Statements - continued for the Year Ended 31 March 2022

18. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 March 2021.

There were no donations from trustees.

19. STATUS

The organisation is a charitable company limited by guarantee. The company was established under a Memorandum of Association which establishes the object and powers of the charitable company and is governed under its Articles of Association.