

**Registered Company Number: 5393807 (England & Wales)**  
**Registered Charity Number: 1110130**

**Report of the Trustees and**  
**Audited Financial Statements for the Year Ended**  
**31 March 2021**  
**For**  
**Mind in Bexley and East Kent Limited**

# **Mind in Bexley and East Kent Limited**

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# Mind in Bexley and East Kent Limited

## Report of the Trustees for the year ended 31 March 2021

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### REFERENCE AND ADMINISTRATIVE DETAILS

**Registered Company number**

5393807 (England and Wales)

**Registered Charity number**

1110130

**Registered office**

2a Devonshire Road  
Bexleyheath  
Kent DA6 8DS

**Trustees**

I Guerrini  
N Mahama  
A M F Rashid  
E Mason  
J A Hofmann  
M A Magho  
S C Westcombe (Chair)

**Adviser**

R. Pendlebury (Adviser to the Board)

**Company Secretary and Chief Executive**

D Palmer

**Senior Management Team**

D Palmer	Chief Executive
B Goyal	Finance Manager
G Holmes	Senior Support Manager
E Collings	IAPT Clinical Lead
L Rey	Recovery and Prevention Lead

**Auditors**

Oracle Limited  
Chartered Certified Accountants & Registered Auditors  
Ashley House, Ashley Road  
Tottenham  
London, N17 9LZ

**Bankers**

Barclays Bank  
6 Market Place, Bexleyheath  
DA6 7DY

# **Mind in Bexley and East Kent Limited**

## **Report of the Trustees for the year ended 31 March 2021**

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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 2021. 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).

### **AIMS, OBJECTIVES AND ACTIVITIES**

Mind in Bexley and East Kent is a local Mind mental health charity offering an extensive range of support, advice, and information to communities in Bexley and East Kent. The purpose and objects of the charity is 'to promote the preservation and the safeguarding of mental health and the relief of persons suffering from mental disorder'. We promote well-being and work to reduce poor mental health and the stigma associated with it. We support people in their recovery and champion better services for everyone.

We seek to meet these purposes by undertaking a wide range of therapeutic and non-clinical mental health activities within Bexley and East Kent, including direct therapeutic support of individuals, advice, advocacy and signposting, recovery and employment services, and campaigning to reduce the stigma of mental health and to raise awareness of mental health issues. During the year in question we delivered support to individuals through more than 40 different community-based projects and we highlight some of our established, newer and innovative projects later in this Report. Much of our work comprises delivering contractual services for NHS and local authority commissioning organisations and deliver many services in partnership. We currently have several funded partnerships in place. During 2020/21, we have developed a number of innovative initiatives due to the Covid pandemic including a wellbeing support line, an IT access HUB for those who digitally excluded and a community pantry, which complement and enhance existing provision, and allow us to support more people with impaired mental health. We also invested in our digital offer and provided support via an IT hub to support those who are individually excluded.

We would like to record our thanks to our management and staff team, whose commitment to service users often goes way beyond what we are entitled to expect from them. We are also grateful for the support we receive from our volunteers and the local community. Since the beginning of the pandemic, our staff have responded with courage and resilience, finding innovative and flexible ways to support our service users. Most of our services have continued at similar levels to pre-pandemic, whilst the demand for other services – notably the telephone support helpline and our Crisis Cafe – have experienced significantly increased demand. We are proud we were able to respond to the needs of local people, and proud of the way staff and volunteers responded.

### **Organisational Fitness**

During the period we have continued to upgrade our Information Systems recognising that many of our organisational processes needed to be improved to enhance organisational fitness within our increasingly competitive environment. Work has continued on the development of bespoke client management systems for all of our major services. We have also continued to invest in up-to-date equipment and software to promote and take full advantage of the benefits of mobile working whilst also increasing IT system security and resilience. During the year we have worked with staff to implement a new HR system Breathe and have worked with an external agency in order to improve our overall HR offer.

# **Mind in Bexley and East Kent Limited**

## **Report of the Trustees for the year ended 31 March 2021**

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### **Volunteers**

Bexley and East Kent Mind know that volunteers add value to what we do in many different ways. Volunteers bring vital experience, knowledge and skills to the organisation. They champion our vision and values, and help us to ensure that the voices of people with lived experience are at the core of everything we do. During the year we worked with over 100 volunteers including 40 mentors across Bexley and East Kent. We also trained 12 volunteers in East Kent who worked closely with staff to deliver well-being support via our wellbeing line which started in April 2020.

Volunteers including mentoring are a key part of our invaluable network of supporters; serving as ambassadors for the organisation as well as being likely donors and possible future employees. We are developing volunteering to ensure that volunteering at Mind is a meaningful experience for everyone involved, and we will continuously develop and offer further opportunities for volunteers at Bexley and East Kent Mind.

### **Principal activities**

Our objectives are achieved by various projects/services including our Recovery and Employment Hub, Improving Access to Psychological Therapies (IAPT) Employment Support (IPS), Crisis Cafes, Carers, Advocacy plus many others.

Our principle services are:

- Social Prescribing/Community Connect
- Recovery Services based on Co-Production/Volunteering and Peer Support
- Welfare Rights
- Improving Access to Psychological Therapies (IAPT)
- Counselling
- Carers Support
- Mentoring
- Health promotion and prevention initiatives
- The Crisis Café
- Hosting Healthwatch Bexley with Age UK Bexley
- Social Enterprise Café
- IPS Employment Support
- Breathing Space (National Project)
- Revival Social Enterprise Café
- IT Support Access Hub
- Community Pantry
- Research

### **Public benefit**

The Trustees confirm that in setting these objectives they have considered the Public Benefit guidance issued by the Charity Commission and conclude that all of the activities undertaken by Mind in Bexley and East Kent Limited meet those requirements. The remainder of this report outlines the areas in which the Charity works and draws attention to the benefits to the general public.

# **Mind in Bexley and East Kent Limited**

## **Report of the Trustees for the year ended 31 March 2021**

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### **COVID 19**

At Mind in Bexley and East Kent we work to make sure everyone can get mental health support, whoever they are, whatever their race, gender, sexuality, disability or beliefs. It means we design our services together with the people who use them. It means we stand up to the injustices that make life harder for people with mental health problems. It means we build on the incredible power of National Mind and the local Mind.

When a global pandemic was recorded in March 2020 it created a mental health emergency. We acted quickly to do all we can to make sure everyone with a mental health problem got support and maintained their health and well. The coronavirus urgent need to tackle racial disparities within mental health also defined our work going forward. Last year the world has seen much loss, uncertainty, turmoil, and change. At Mind we are familiar with these sorts of challenges. Our mantra is to make 'a difference every day' and not stop until everyone has access to the mental health support they need. With this in mind and knowing how important consistency is for our clients, we rapidly responded to the country's first lockdown by moving the majority of our services to remote working by April 2020. Our café staff were furloughed.

The success of our response meant that we not only managed to exceed our KPIs, but we also saw a 30% increase in demand for some of our services. We began to explore innovative new ways of working and new partnerships that would help us further enhance how we connect and engage with our clients and the communities we served. From this, we successfully evolved our services during the year to grow our peer-led and co-produced programmes, increase our support for bereavement and tailor our advice and resources to help our clients with their housing and employment challenges. Thanks to the help of additional Covid funding, we were also able to broaden our reach and extend some of our services in East Kent.

Our world has changed, but our commitment to do everything we can to support better mental health has never been stronger. We continue to work towards achieving the goals set out in our current business plan. We are currently on target to reach all the key milestones within this plan and in many cases have far exceeded what we had expected. We plan to continue to expand the work of Mind in Bexley and East Kent, particularly in relation to early intervention and prevention. We wanted to further develop and expand our offer for digital platforms and as we come to the end of this financial year we have been hit by the Coronavirus Pandemic, which means that we will have to re-think the way that we deliver many of our service going forward.

The use of digital will be a primary part of this and we will continue to work with our staff and volunteers to ensure that no one should face a mental health problem on their own – even during lockdowns. We would again like to thank our staff for their dedication and support during this difficult period. It's been truly inspiring, for example, to see how staff and volunteers across our services have responded since the coronavirus began to spread.

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The Trustees continue to closely monitor the effects of the pandemic on our ongoing financial resilience and our strategic priorities. We have learnt from our experience of the various changes to how we operate and respond to the pandemic, and this will inform us as we continue through the pandemic and beyond. Home working has in some cases increased the amount of support we offer beneficiaries, and some service users have enjoyed improving outcomes because of the frequency and style of contact and support. Remote working has also strengthened links across the organisation, bringing together staff that are normally geographically dispersed.

***ACTIVITIES AND THEIR POSITIVE IMPACT DURING THE YEAR 2020/21***

***IAPT (Improving Access to Psychological Therapies)***

Background: The Improving Access to Psychological Therapies (IAPT) programme began in 2008 and has transformed the treatment of adult anxiety disorders and depression in England. IAPT is widely recognised as the most ambitious programme of talking therapies in the world and in the past year alone more than one million people accessed IAPT services for help to overcome their depression and anxiety, and better managed their mental health.

Plans set out in the NHS Long Term Plan build on the ambitions of the Five Year Forward View for Mental Health, and will see the number of people with anxiety disorders or depression who can access talking therapies through IAPT increase by an additional 380,000 per year to reach 1.9 million by 2023/24. The NHS Mental Health Implementation Plan 2019/20 – 2023/24 provides a new framework to ensure delivery, at the local level, on the commitment to pursue the most ambitious transformation of mental health care in England.

IAPT services are characterised by three things:

From April 2018 all clinical commissioning groups are required to offer IAPT services integrated with physical healthcare pathways. The IAPT Pathway for People with Long-term Physical Health Conditions and Medically Unexplained Symptoms<sup>4</sup> guidance is intended to help with implementation and sets out the ideal pathway for IAPT services.

Routine outcome monitoring: so that the person having therapy and the clinician offering it have up-to-date information on an individual's progress. This supports the development of a positive and shared approach to the goals of therapy and as this data is anonymised and published this promotes transparency in service performance encouraging improvement.

Regular and outcomes focused supervision so practitioners are supported to continuously improve and deliver high quality care.

## Mind in Bexley and East Kent Limited

### Report of the Trustees for the year ended 31 March 2021

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The priorities for service development are:

- Expanding services so that nationally 1.9m adults access treatment each year by 2024
- Focusing on people with long term conditions. Two thirds of people with a long-term physical health problem also have a common mental health problem, greatly increasing the cost of their care by an average of 45% more than those without a mental health problem. By integrating IAPT services with physical health services the NHS can provide better support to this group of people and achieve better outcomes.
- Supporting people to find or stay in work. Good work contributes to good mental health, and IAPT services can better contribute to improved employment outcomes.
- Improving quality and people's experience of services. Improving the number of people who recover, reducing geographic variation between services, and reducing inequalities in access and outcomes for particular population groups are all important aspects of the development of IAPT services.

The contract with Mind in Bexley was tendered and awarded in 2016/17 with the contract commencing on 1 April 2017 on a 3-year + 2-year basis. In April 2019 Bexley CCG's Commissioning Strategy Committee agreed to the 2-year extension from 1 April 2020 and the contract will therefore run to 31 March 2022.

**IAPT services and the COVID-19 pandemic:** The Covid-19 pandemic brought significant changes to IAPT services across England. At the start of the first national lockdown, IAPT services across the country including Bexley's IAPT services moved to a 100% digital service provision overnight. Initially, services mainly offered one-to-one interventions virtually as well as cCBT but by the end of April 2020, we also started to offer group interventions virtually and now have a portfolio of groups running online. During the first wave of the pandemic, access rates to IAPT dropped significantly both locally and nationally.

Despite a decrease in referrals, IAPT services were asked to step in and support clients who would usually be supported by other teams. Many Secondary MH staff, were seconded into COVID response services and other Mental Health services, did not have the infrastructure to operate remotely. As a result, IAPT worked to support a number of vulnerable clients, who would not usually be seen in primary mental health settings. In addition to receiving and working with complex clients, we also recognised the need to work alongside other teams, such as Domestic Abuse and Drug and alcohol services. We quickly had to adapt our working practices to accommodate these changes.

Factors such as social isolation, job and financial losses, housing insecurity and quality, working in front-line services, loss of normal coping mechanisms, and lack of access to mental health services have affected our local population. This resulted - in demand for IAPT services going forward.

The IAPT workforce consists of low-intensity practitioners (ie PWP's) and high-intensity IAPT therapists who together deliver the full range of NICE-recommended interventions for people presenting with mild to moderate, depression and anxiety disorders, operating within the stepped-care model. Referral sources into the Bexley IAPT service was very similar across South East London with services receiving referrals online (via their individual websites), email, and telephone referrals. These referrals are a combination of self-referrals and referrals from professionals.

The total number of referrals to the service in 2020/21 was 3,808. A decrease on the previous year, due to the impact of the pandemic. Despite the challenges, we achieved a recovery rate of 53.8% in the year ending March 2021, which exceeded the national target of 50%. The number of clients who received a first treatment appointment was 3,071. The impact of the pandemic led to a decrease in cancellation and DNA rates, and engagement was high. National waiting time targets (18 and 16



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weeks) were met. The remote therapy options (telephone and telemedicine) were, and continue to be, well received by our clients.

The IAPT team have previously worked alongside the Health Innovation Network (HIN) to develop referral pathways for older adults. We also provide a DWP led project, which helps clients to find new employment, retain employment and manage difficulties in the workplace. We have a team of Employment Advisers who offer career support whilst our clients receive therapy.

Alongside our SEL colleagues, we developed the 'Keeping Well in South East London' scheme, to offer Wellbeing and Psychology services, to provide priority care to NHS and Social Care staff.

Once again, the ever-increasing targets coupled with the pandemic have presented us with a number of difficult challenges, despite this, we have been able to achieve huge success in all areas. This can largely be attributed to the hard work and commitment of the IAPT team, and their ability to adapt and respond effectively, in unprecedented times

### **Recovery Services**

The Recovery College model arrived in UK in 2010 and there are now over 80 recovery colleges across the country. The Mind in Bexley Recovery College has been fully operational for 7 years and is a well establish community recovery - based resource center. The Recovery College develops and delivers learning and tools to support wellbeing and the self-management of mental health difficulties. We work with those experiencing challenges in their own mental health and wellbeing and their families. We also are accessible for any Bexley workforce to enroll. The college offers a learning and strength-based model rather than a clinical approach. We follow the guiding principles for recovery colleges as defined by Implementing Recovery through Organisational Change (ImROC). Our resources are developed, shaped and co-delivered with people with lived experience.

Our services delivered a holistic, person centered approach to mental health care. Our principles are:

- 1) It is possible to recover from a mental health condition
- 2) The most effective recovery is client -directed

We followed the four phases of learning in our curriculum. That means our interventions follow these concepts as a roadmap to learning:

- Explore: Students discover a concept
- Learn & Practice: Students apply their discoveries
- Reflect: Students review what they've learned
- Reinforce: Students apply theory, concepts, and materials to scenarios and problems

We aspired to empower people to actively take control of their wellbeing journey of discovery through providing opportunity, connectedness and hope.

The Recovery College in Bexley has a multi-faceted, diverse and innovation timetable where individuals can engage with:

- Psychoeducational workshops and courses
- Peer Support
- Green Spaces and Eco-Allotment
- Physical Activities

During the year we delivered on average over 50 activities weekly,

We work alongside many agencies within Bexley including both statutory and voluntary sector. Mind in Bexley are the leading VSC Mental Health provider within operational and strategic boards and

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meetings. These forums enabled us to develop strong relationships and encouraged collective responsibility. These relationships enabled us to continuously upskill our workforce to improve outcomes for Bexley residents

**Crisis Café**

The aim of the Crisis Café was to be a safe, welcoming place where people can go outside of normal working hours, instead of A&E or other urgent services, if they are feeling emotionally distressed or are in a 'mental health crisis'

The Bexley model aimed to deliver the following key outcomes:

- Prevent escalation of mental health problems and thereby avoid a mental health crisis
- Prevent unnecessary referrals to secondary mental health services, A&E departments and other emergency and out of hours services
- Provide emotional support and resilience building to improve mental health and wellbeing
- Increase independence and self-management
- Reduce isolation
- Signpost to appropriate services to be accessed within an acceptable time frame
- Actively encouraging/recruiting those who attend the cafe to act as role models to others on their own personal recovery journey

The café was open every evening from 18.00 – 22.00hrs and offered face to face support throughout Covid. We worked with over 700 individuals during the reported year.

During the year many users accessing the Crisis Café presented with complex needs and included:

- Multimorbidity (the coexistence of 2 or more chronic diseases, and a common phenomenon especially in those in older age groups)
- Social factors including
  - poverty
  - social isolation
  - trauma
  - housing
  - substance misuse
  - financial problems
  - history of traumatic experiences
  - relationship problems

The Crisis Café has worked, and continues to work, with many customers who display complex needs as outlined above with many 'presenting in crisis'.

Users informed us that project has helped when in crisis. Several individuals (well over 30%) informed us that they would have attended A&E whilst a significant amount stated they would have contacted Primary Care the following day.

All services in Bexley were disrupted in some way during COVID , with most closed or offering very limited support. The effects of this were seen clearly in clients, particularly those who faced more challenging mental health issues. It is difficult to communicate clearly what this has meant but to give some insight, these are a sample of some of the issues the pandemic has created:

- Supporting clients who had family members contact covid19 and the related impact of this. Over 20 presented with bereavement issues

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- 'Shielding' clients who faced extended periods of time alone and experienced a decline in their mental health as a result
- Supporting clients who were confused over the changing government guidelines and worried about the impact of this on their mental health
- Higher numbers of clients reported self-harm, suicidal ideation, and severe isolation
- Offered support to carers.
- Clients reported challenges accessing secondary care, and the impact this had on the clients already fragile mental health and therefore presented in Crisis
- Drug and alcohol support
- Parents of children with special needs and anxiety and home schooling. Some were physically exhausted and drained by this experience. It was common to hear parents stating that they found it virtually impossible to successfully work on their own mental health whilst the mental health of their child and the world they live in was in such turmoil
- Significant concerns about Furlough and future personal income streams

**Additions to services post Covid 19.**

**Digital Inclusion Hub (DIH)**

The effects of digital exclusion on health are mostly the result of difficulties in obtaining information and acting on it. More than half of the people surveyed in the 2019 ONS report listed "looking for health-related information" as one of the key uses of the internet.

*A lack of access to digital technologies during lockdowns has implications beyond daily practicalities. "It has consequences for wellbeing and mental health," says Milner. "Being able to connect with other people is critical."*

At Mind in Bexley we are committed to reduce the digital divide and address the health inequities that digital exclusion generates. In the wake of Covid 19, this became more prevalent than we could have ever anticipated. In January 2021, we developed the Digital Inclusion Hub (DIH). The DIH, was located in the Mind in Bexley office in the heart of the Bexleyheath.

According to NHS Digital the main barriers for digital inclusion are:

- Access - not everyone has the ability to connect to the internet and go online.
- Skills - not everyone has the ability to use the internet and online services.
- Confidence - some people fear online crime, lack trust or don't know where to start online.

Our DIH is open and accessible for any Mind in Bexley service user have access to digital devices in a safe environment, engage with others online and be supported by a Digital Champion if required. Our Digital Champions helps others to understand the benefits of being online and can spend some time showing them how use digital online services. Digital Champions do a range of simple things that can make a big difference to people who can't, struggle with or don't use the internet.

**Wellbeing Line**

In April 2020 Mind in Bexley opened a free, confidential wellbeing for Bexley residents. The aim of the Wellbeing Line is to listen, offer reassurance, support and advice. . The Wellbeing Line not only ensures that people are given support to access mental health services such as those offered by Mind in Bexley, callers are also given information, depending on individual needs, about local services such as Mutual Aid Groups, Covid19 support and food banks. The Wellbeing Line is not a Crisis Support Line. The Wellbeing Line operates Monday to Friday between 9am-6pm. Over the reported year we have taken over 1600 calls.

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During the year we worked collaboratively with key agencies in Bexley and that offer housing, education, employment, benefits and social support. These social economic factors are included in our recovery planning with clients. During the year we also co-designed and developed both the Young Adults Project and Pride not Prejudice group with great success.

Typically, mental health problems and financial difficulties can create a spiralling vicious circle where one compounds the other. We have found that when individuals have poor mental health, organising and managing financial issues becomes more challenging. In turn this creates a sense of fear, anxiety and worry, once again affecting our overall mental health. Within the vicious cycle of financial problems and mental health effects are the nature of the financial problems themselves. If individuals are unable to work for any period of time, and don't have income protection in place, then times can become financially difficult. Other mental health problems can exacerbate financial problems, for example, when individuals turn to spending to cheer themselves up, or to feel better. Maintaining motivation for managing financial situations can be hard work at the best of the times, but can become a positively uphill battle with poor mental health. Once financial problems have taken root then the effects on mental health become even more complex. The current Benefits system is difficult to navigate, and frequently requires an element of 'fighting' and pushing for help. Individuals with mental health difficulties are the least well placed to work with this. The devastating impact of the benefits cap for families with children, the freezing of benefits at a time of inflation, and the cutting of benefits for those with mental ill health are putting claimants under terrible mental and financial strain.

Our Welfare Rights team secured over 1 million pounds in financial gain for our clients during 2021—this success has been down to establishing great rapport and trusting relationships with clients and the DWP.

#### **Carers Support and Peer Support (Carers in Mind)**

Mind in Bexley Carers Support Service exists to improve support for anyone living with the challenges of caring for a family member or friend who has mental health and/or addiction problems whether in hospital or the community. The Service works closely with the Family Support Service at the Pier Road Project (Drug & Alcohol Team). This support takes several forms including:

- Providing specific psychoeducation: mental health awareness addiction and cycle of change
- Discussing ways of coping and responding: boundaries, managing challenging behavior
- Carers health & well-being – self-care/ help, stress reduction, CBT tools.
- Explore and enhance support and social networks
- Contingency planning/ Planning for the future
- Move on support options: peer support, carers advice line, health & well-being activities, counselling, recovery college, wider community.

We provided specific targeted information & advice:

- Carers Rights
- Confidentiality and Information sharing.
- Carers Allowance

During this year we have continued to develop community support for Carers in order to strengthen support networks and build friendships based on mutual understanding. We have developed a number of new ways to support carers as a result of the impact of caring during Covid. A total number of 368 carers accessed support during April 2020 - March 2021

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**Carers reported to us during the pandemic that they experienced:**

- An increase in isolation & feelings of loneliness
- An increase in domestic abuse
- An increase in stress & anxiety
- An increase in psychological distress and mental health worsened, thus impacting on physical health.
- Worry about the person they care for catching Covid and spreading to carer through necessary caregiving contact.
- Frequent episodes of burnout
- Ongoing Trauma
- Cared for persons challenging behaviour posing increased risk of harm to carers
- Cared for persons relapse (mental health & Addiction)
- Not able to take a break from caring
- Relationship breakdowns
- Financial difficulties
- An increase in pressure and caring role duties
- Additional caring roles for other relatives, friends and neighbours'
- Bereavement

**As a result of the impact of Covid we developed:**

- Extended opening hours:
- A Carers Advice line accessed by over 100 individuals
- Matched 20 carers who provided peer and emotional telephone support to one another during lockdowns
- We provided 8 sessions on 1-1 tailored support with a carers support worker which included; specialist advice and information, personalised support planning, mental health interventions, emotional support, safety and crisis planning, carers health and well-being plan and carers advocacy.
- Weekly wellbeing telephone calls to isolated carers
- Psychoeducation workshops on self-care/coping/resilience/boundaries and carers safety first

**Peer Mentoring support**

We provided mentoring support for those who had experienced distress and for individuals who had experienced dual diagnosis (i.e. mental health and addictions). Mentoring focuses on an individual's strengths not weaknesses, and works towards the individual's wellbeing and recovery.

Peer support has also benefits for the 40 peer support mentors themselves, increasing levels of self-esteem, confidence and positive feelings that they are doing good. Peer support mentors also tell us that they often experience an increase in their own ability to cope with mental health problems. We worked with over 100 mentors and mentees across Bexley and East Kent throughout the year.

**Revival Whitstable (East Kent) and Bexleyheath**

As with all charities and businesses Revival had an extremely challenging 2020-21. March 2020 saw the first COVID lockdown within the UK and Revival had to respond quickly and professionally ensuring staff and customers were safe and secure. At this point so much was unknown so the priority was working with the Landlord and funders to develop a strategy to maintain our services and retain staff. The first three months of this financial year were spent fundraising and planning strategically for the year ahead and the strategic management team maintained this focus for the rest of the year. Revival was able to secure Local Authority Government Business recovery funds,

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maintained staff levels via furlough and were instrumental in applying for Charity funds for the organisations, to include Revival, as part of grant funders emergency COVID response.

Resilience was key to enable the Revival staff to responded positively with commitment and dedication. A small café provision was moved online and family cooking and craft activity packs, wellbeing packs and small treat packs were developed for local delivery. It was most important to try and maintain the established and much needed mental health support work at some level in the absence of the drop in and informal support the café offered when open. The lockdown provided time to review staff training and roles and allowed staff to upskill and retrain in order to formalize the mental health and wellbeing provision offered. Our newly trained staff facilitators were able to offer online peer support groups including a MenTalk, Women's Wellness and an anxiety group, the Walking for Wellbeing group was able to continue outside and saw the biggest participant growth of all groups. Throughout April-July 2020 Revival was supporting up to 40 local residents in its peer support groups and staff were supporting 40+ East Kent wide residents via the East Kent Mind Wellbeing line.

Plans for reopening were undertaken from May 2020 and were considered in relation to Government Guidance. Revival worked with the Horsebridge Centre to clarify opening plans and risk assessments and were set to reopen when Guidance permitted. Unfortunately, Revival then received notification from the Horsebridge Centre that they had, at short notice, decided not to reopen until September 2020 and were not granting permission for Revival to open as an independent business. The Board undertook nearly 3 months negotiation to allow Revival to reopen, but without an income stream it would not be able to survive. This was eventually agreed and Revival was given full responsibility of the building and had a very successful and busy summer.

During the August-November 2020 period it became apparent that levels of anxiety and stress within the community were extremely high and the general impact on wellbeing had been very negative. It was important for Revival to respond to this, which it did with its 'Ways to Wellbeing' project. Working with local wellbeing practitioners, schools, artists and volunteers Revival developed creative mindful experiences including a mindful art workshop with all materials provided for 30 local school children identified by the school's wellbeing teams, a 4 week mindful photography course for 16 local residents with qualified social worker, mentor and photographer, mindful slow stitch packs and a copper wellbeing tree with leaves decorated by 600 local school children depicting what they felt was important to their own wellbeing. This positive campaign sharing wellbeing stories and experiences and collecting three ways to wellbeing words from 3000 local residents that would be used by a local artist to create a community wellbeing artwork, would culminate in a community exhibition in our space in the Horsebridge in early spring 2021. The campaign eventually lasted much longer, and the exhibition date had to be reviewed, due to the second lockdown in December 2020.

There had also been worrying developments with Revival's Landlords, the Horsebridge Trustees from the Autumn 2020. The negotiations for summer opening had revealed the Trustees reluctance to allow Revival business autonomy within the building and planned considerable control over day-to-day decisions, and most significantly they had also yet to provide the long requested finalized lease (signed in August 2019). Plans for their own reopening (delayed until October 2020), highlighted other matters that concerned the Revival staff team, such as the Horsebridge Trustees reluctance to allow Revival's logo (that included the East Kent Mind logo) on the external parts of the building or indeed any mention of our Mental Health work in our advertising within or outside the building other than the noticeboards within our café space. This change in attitude was very concerning for the staff team, such demands were not a stipulation of the lease or any other agreement. Revival tried, to no avail, to negotiate with the trustees, when this was not progressing, we asked Canterbury City Council as head landlords to facilitate a meeting. This was arranged for 23<sup>rd</sup> February 2021.

Revival continued with its Ways to Wellbeing campaign and tried to work with the Horsebridge Centre Management to secure payment and booking for a small room next to the café space as part of the planned community exhibition to display local school children's creative mindful artwork. Unfortunately, this request was refused. Three days later and completely without warning and in the middle of lockdown Revival received a 5-week eviction notice via their solicitors (9/2/2021), and all

**Report of the Trustees for the year ended 31 March 2021**

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communication between Revival and the center was blocked. There followed a huge local campaign by residents that were outraged at the injustice (including 4000 signed petition and email campaign) and legal process. It was established that the 5 week notice period was not in fact legal but also that Revival would need to undertake a costly legal battle regarding the signed 10 year lease that, even though signed by both parties, the Horsebridge Trustees had evidently delayed completing. The heartbreaking decision was made to vacate the premises at the extended date of May 2021. Revival managed to secure free storage via two local business people who were aware of the circumstances and wanted to do what they could to support their local mental health charity.

From March 2021 the priority for Revival was to find alternative premises, unfortunately the £30,000 invested in the move and renovation of the Horsebridge café space (on the understanding of a 10 year lease) was not reimbursed so options were limited. Despite the obvious property distraction it would be busy and positive time for Revival staff who were determined to ensure that the Community 'Ways to Wellbeing' exhibition would go ahead, as a much needed focus on wellbeing and a celebration of all different and unique ways everyone can all look after their wellbeing and build connection, resilience and happiness.

**Mental Health Advocacy Service.** –The Mind in Bexley Advocacy Service is the umbrella term for three separate advocacy provisions provided by Mind in Bexley.

**Generic Advocacy Service.** The service provided general advocacy to over 90 mental health service users who were resident in the Borough of Bexley. The service covered both hospital and community settings. We continued to provide digital and face to face support during the pandemic.

**Independent Mental Health Advocacy (IMHA).** Provides statutory advocacy to residents of Bexley Borough who are detained under the mental health act whilst in hospital or when in the community on a CTO or supervised Discharge. Our **Forensic Independent Mental Health Advocacy (IMHA)** provided advocacy services to all Residents at the Medium Secure Bracton Centre and the Memorial and secure settings of Greenwood and Hazelwood. Over 100 individuals accessed this support during the year.

**Community Connect**

Community Connect is the social prescribing service in Bexley led by the Bexley Voluntary Service Council (BVSC) in partnership with Mind. The project is supported by NHS Bexley Clinical Commissioning Group and the London Borough of Bexley. 'Social Prescribing' is recognising that people's health is influenced by a range of social, economic and environmental factors and seeks to address people's needs in a holistic way. It also aims to support individuals to take greater control of their own health. Social prescribing is a way of linking patients in primary care with sources of support within the community to help improve their health and well-being. Individuals will often go to their GP or local hospital to ask for non- clinical support and are unaware of the wide range of voluntary and community services throughout Bexley or how to access them. There are many issues which can make people feel stressed, isolated or unwell and Community Connect aims to support the residents of Bexley to improve their wellbeing by connecting people with local activities and support services. Our Wellbeing Coordinators are able to speak to people over the phone or face to face, to discuss any issues they may be having or any possible support available to them. Once an individual has met with a coordinator, they will be supported to access services throughout the borough to aid their wellbeing and support them through any issues they may be having.

Community Connect has been able to support over 650 clients during the year to jointly develop bespoke well-being plans to promote social integration and or social reactivation. Community Connect has successfully supported clients to gain qualifications, start volunteering, seek counselling support and engage with local community activities such as local lunch clubs and exercise groups.

Like all services the global pandemic impacted upon the delivery and evaluation of Community Connect, requiring a rapid response in an ever-shifting landscape. During the pandemic a community volunteer force was recruited and trained to work with the team to deliver a programme of telephone support for new and existing service users. Service users experiencing multi-morbidity, combined with

## Mind in Bexley and East Kent Limited

### Report of the Trustees for the year ended 31 March 2021

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mental health problems, loneliness and isolation were adversely affected physically, emotionally and socially by the national lockdown. The intervention engendered feelings of self-worth and reduced social isolation, having a positive impact on mental wellbeing of over 200 residents.

#### **Breathing Space – National Project**

Since the beginning of March 2020, Mind in Bexley and East Kent (MiBEK) has been running a project called 'Breathing Space'. This innovative mental wellbeing project - funded by Orbit Housing Group - has supported both Orbit and non-Orbit residents. MiBEK manage the project and is the central point of administration and management of referrals from across the country including the London Borough of Bexley and also Warwickshire, Thanet, Coventry, Kettering, Northampton, Rugby, Stratford-upon-Avon, Norfolk, Hastings, and Rother. We have been working in partnership with Orbit and with our colleagues across various branches of Mind in those areas, including East Kent Mind, Springfield Mind, Coventry and Warwickshire Mind, Kettering Mind, Northampton and District Mind, Norfolk and Waveney Mind, and Mind in Brighton and Hove. The structure of the Breathing Space Project also means that MiBEK is directly responsible for managing over 50% of all referrals through direct line management of three of the areas - one of which, Lot 9, receives over one third of all referrals.

During the Covid-19 pandemic, clients were assessed and then supported via regular telephone calls, signposted to appropriate specialist services and, where available and appropriate, via digital workshops. Referrals increased exponentially during the first quarter in 2020 and have continued to be steady across the two years of the Project. To the end of March 2021, 1,400 referrals had been received, with an 98% client engagement rate across the varied 'Lots' or branches of Mind.

As Covid-19 restrictions began to be lifted, the various Mind partners innovated a blended approach of digital and face-to-face support for individuals, many of whom have complex mental health needs. This has included not only weekly telephone support to assess and devise individual SMART action plans with specific wellbeing goals, but also the opportunity to participate in varied activities including peer support activity groups; physical 'Get-Set-to-Go' activity sessions; wellbeing walks; partnering with community gardens to facilitate peer support groups; 'Scrapbooking for Wellbeing'; LGBTQ+ Pride events; and library drop-in sessions all alongside the Recovery College model of face-to-face and digital support.

Key achievements to March 2021 included

- **98%** engagement rate of those individuals suitable for the service.
- **83%** evidenced an improvement in mental wellbeing
- **81%** evidenced a reduction in social isolation
- **99%** satisfaction with the service received
- **21%** engaged in training, volunteering or were successful in securing a job.
- Overall net benefit of Social Value - **£2,074,835**

Managing a complex partnership during an unprecedented pandemic proved challenging, but through regular digital meetings with our MIND partners across the country, committed and dedicated Facilitators and Managers, and strong leadership within MiBEK, the Partnership was not only nominated but won Orbit Housing's, 'Thriving Community Award – Stronger Together category' in 2021.

Our **Individual placement support (IPS)** service was another successful initiative which aims to support individuals in gaining or even retaining paid employment. We believe that having a paid job links with our overall wellbeing. Paid employment can have a positive effect on your mental health and wellbeing. Therefore, employment can also be a part of your recovery journey too. This service is



## **Mind in Bexley and East Kent Limited**

### **Report of the Trustees for the year ended 31 March 2021**

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provided in partnership with Oxleas NHS Foundation Trust and the service is available for adults living in the borough of Bexley, who are using Oxleas NHS Foundation Trust Mental health services. Individuals receive regular, one-to-one support from our employment specialist to create a 'Journey to Work' plan, tailored to individual needs and interests. This is followed by a rapid job search, support throughout the recruitment process and, once in work, time-unlimited, individualised support for both the individual and their employer.

#### **East Kent Mind**

One of the most exciting developments during the year was moving into our premises in King Street, Ramsgate and further developing our Live Well Kent services for Thanet residents. Our initiatives support Thanet residents to build resilience to improve and sustain their mental and physical wellbeing. We also assist in the promotion, support and maintenance of good mental health in the community.

Accessing information and advice can play an important part in the choice individuals make about their mental wellbeing. During the year we offered a range of 1 to 1, telephone and online advice and information services to anyone affected by mental health issues including their families friends and carers. Our projects offer a range of Wellbeing workshops and taster sessions, promotes Wellness awareness, and engages the community in a host of Wellbeing activities designed with and chosen by residents. We provide an array of support including Digital Workshops, activity groups, offered one to one support, peer support groups mentoring and volunteering. East Kent Mind continued to develop programmes of activities and groups which aim to promote good mental health in friendly informal and safe environments. During the year we received funding to develop our mentoring support for young people aged over 17 years. The project is expected to start later in the year.

#### **Kent Community Oasis Garden (East Kent)**

The existing Oasis Garden and the larger area around it has the potential to become a well-used resource for teaching, learning and engagement. Situated at the University of Kent, East Kent Mind have been working very closely with the project steering group to develop the space.

The project aims to:

- Create an accessible multiuse space
- Provide opportunities for skills building and training
- Provide opportunities for work experience and apprenticeships
- Promote sustainable and healthy food
- Provide access to growing space
- Create activities and quiet spaces for wellbeing and mental health programmes
- Enhance the student experience
- Promote social enterprise
- Enhance social cohesion
- Provide an interesting space for Learning and Teaching/A Living Lab
- Provide a safe environment working within the University's processes and procedures.

East Kent Mind signed a 10-year lease in January 2020 to work in partnership with a variety of partners to develop the space and establish wellbeing initiatives for students at the University. Due to Covid the garden was closed in early January and did not reopen until late summer. We have provided digital workshops to 18 students during late summer referred into the project by the Student Wellbeing Team.

**Report of the Trustees for the year ended 31 March 2021**

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**Healthwatch Bexley with Age UK**

Healthwatch Bexley provides an essential service listening to residents, patients and the service users of Bexley's Health and Social Care Services. Uniquely placed at a strategic level as an independent body that seeks to identify and represent the voice of local people, Healthwatch Bexley punches way above its weight in terms of representation, engagement, and impact.

Over the last year during the Covid-19 pandemic, Healthwatch have continued to attend numerous strategic meetings. The majority of meetings have been virtual and include the Bexley Health and Wellbeing Board, Bexley Council Communities and Health Scrutiny Committees, and Local Care Partnership meetings run by the CCG. We have met with and discussed, local issues with senior decision-makers across the borough including the, Director of Public Health, Director of Adult Social Care and Health, lead councillors for Health and Social Care and senior staff at Bexley NHS Clinical Commissioning Group.

The 6 Healthwatch in the South East London, Bexley, Bromley, Greenwich, Lambeth, Lewisham and Southwark collectively appointed a representative to represent them at South East London level. Attending Clinical Commissioning Meetings, the Borough Based Board and at other SEL level meetings. This agreement has worked well and will continue going forward ensuring Healthwatch have a voice in the development of the new Integrated Care System.

Despite restrictions due to the Covid-19 pandemic, last year over 4,000 people told us about their experience of a number of different areas of health and social care. We helped people get the advice and information they need by:

- Delivering 40,000 Healthwatch Bexley leaflets to local residents homes
- Providing advice and information articles on our website and through social media.
- Answering people's queries about services over the phone, by email, or online.
- When Covid restrictions allowed, talking to people in the community such as at food banks or by working with the LBB Covid-19 information bus.
- Holding Zoom and Teams events

Healthwatch Bexley have worked extensively over the past year, throughout the pandemic with both SELCCG-Bexley and the London Borough of Bexley. Thanks to people sharing their views and concerns of the Covid-19 vaccination, we were able to produce our Covid-19 Vaccine Hesitancy Report. Questions and concerns residents had were voiced to commissioners and Public Health Bexley who ensured these were addressed. As a result residents had access to simple, clear up to date information and messages about the Covid-19 vaccination.

This has been achieved through a targeted communication program and engagement plans have been tailored to local population needs and included webinars and virtual meetings to address local concerns and fears. Our report recommended the need for 'deep dives' to look at vaccination confidence amongst specific groups of the population such as the homeless, gypsies and travellers and certain minority groups. We were pleased to work with the LBB and be commissioned to carry out these deep dives. We also supported the LBB 'Let's Talk Covid' bus as it went out in the community, visiting various locations throughout the borough, going out to residents to listen to them in their own communities.

The arrival of the pandemic changed the way we access many services including visiting the GP practice. To keep both staff and service user's safe there has been an increased reliance on the use of technology as a means of communication. We engaged with over 185 residents to find out how they were being affected by this rapid move to online services. We found that although 50% of residents with digital access had used online platforms to book appointments, many had experienced

## Mind in Bexley and East Kent Limited

### Report of the Trustees for the year ended 31 March 2021

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problems or did not feel confident online. We worked with SELCCG to explore ways in which access could be improved being part of the Digital Inclusion Working Group. As a result a training and support package was commissioned and this is now being provided by BVSC digital champions.

*“Since working with Healthwatch Bexley we are really pleased to have received funding and training to help our members get online and join our virtual groups.”*

The pandemic and Covid-19 restrictions made it more difficult or impossible for our volunteers to safely engage with local people as they normally would. However, we are very grateful that our wonderful volunteers helped us to deliver 40,000 Healthwatch leaflets to Bexley homes. This allowed us to reach out to local residents who may not have digital access and as a result, we saw an increase in the number of residents contacting us by telephone to discuss their concerns or ask for help.

We adapted well to new ways of working during the pandemic and as a result our social media presence has increased and our website has greatly improved. However we remain mindful that many people do not have digital access and are aware of the need to use a blended approach to engagement when possible.

We have had a very busy year, dominated by the pandemic and as we move through ever changing stages of the pandemic, we expect to see Covid-19 continue as a priority going forward. The pandemic has exacerbated inequalities and as restrictions ease we will be looking at the impact that Covid-19 has had on the people of Bexley.

#### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

Mind in Bexley was founded in 1986 and has been actively involved in the development of mental health services in Bexley and more recently in East Kent. Mind in Bexley and East Kent are primarily supported by the London Borough of Bexley and Bexley CCG and Live Well through KCC.

##### **Affiliation**

Mind in Bexley and East Kent has a membership agreement with Mind which confirms that both parties have common charitable objectives. The parties agree to promote Mind's values (informed, determined, diversity, integrity and partnership) and to work to make it possible for people who experience mental distress to live full lives and play their full part in society.

We are affiliated to National Mind and work with our local statutory partners the London Borough of Bexley, Bexley CCG, Bexley Care and Oxleas NHS Foundation Trust, and KCC. Affiliation also entitles Mind in Bexley and East Kent to use the Mind name, logo and image in accordance with the trademark license agreement.

##### **Constitution and organisational structure**

The organisation is a charitable company limited by guarantee. The Charitable Company was established under a Memorandum of Association, which established the objects and powers of the charitable company, and is governed by its Articles of Association. In the event of the Charitable Company being wound up members are required to contribute an amount not exceeding £1.

The Board of Trustees consists of 7 members who administer the Charity. The Board meets quarterly and some members are involved in project steering groups and project development.

# **Mind in Bexley and East Kent Limited**

## **Report of the Trustees for the year ended 31 March 2021**

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### **Recruitment and appointment of new Trustees**

Membership is open to anyone who agrees and subscribes to the aims and objectives of the Charity. A Register of Members is kept showing name, address and date of membership and is available for inspection. We have a quota of trustees.

### **STRUCTURE, GOVERNANCE AND MANAGEMENT**

#### **Induction and training of new Trustees**

New Trustees are provided with the most recent annual accounts and report and a portfolio of current policies and procedures. A Trustees' Handbook provides Trustees with a comprehensive reference pack that includes the governing instrument, details of activities, organisation structure, assets, accounts, responsibilities and procedures of the Charity.

This handbook forms the basis for induction of new Board members, staff and or briefing of professional advisors. A meeting is held so as to give new Trustees an understanding of the Charity and its activities. Training for Trustees takes place as and when training needs are identified.

The current Chief Executive Officer (CEO) was appointed in January 2008 by the Trustees to manage the day to day operations of the Charity. To facilitate effective operations, the CEO has delegated authority, within terms of delegation approved by the Trustees, for operational matters including finance, employment and staff training.

#### **Risk management**

The Board of Trustees are responsible for assessing and managing risks in all aspects of the organisation with the objective of ameliorating the effects of predictable untoward events.

The risk management process has three aspects:

- Risk assessment to identify all the factors, events and situations that could present a risk to the organisation;
- Risk analysis to sort score and rank risks as the basis for making decisions about how to handle them; and;
- Risk management to develop strategies and methods to avert or minimise risk.
- When assessing risks, strategic, operational, financial and regulatory and people aspects of the organisation are considered.

# **Mind in Bexley and East Kent Limited**

## **Report of the Trustees for the year ended 31 March 2021**

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### **FINANCIAL REVIEW**

The Charity's income was £4,803,138 in the year ended 31 March 2021 compared to £3,731,881 in the year ended 31 March 2020. An increase of some 29%. The principal sources of funding continue to be grants received from the Bexley CCG and the London Borough of Bexley. The total expenditure amounted to £3,805,188 in the year to 31 March 2021 compared to £3,353,238 in the year ended 31 March 2020. The fund balance carried forward at 31 March 2021 was £1,379,379 on general funds and £1,231,523 on designated funds. The balance carried forward on restricted funds was £601,976 on 31 March 2021. The full Statement of Financial Activities is set out in these accounts.

The trustees are not aware of any issues that create an immediate threat to the charity continuing as a going concern.

### **Reserves policy**

The Board of Trustees aim to maintain a level of unrestricted reserves which ensures that there are adequate funds to meet current and known future liabilities. In order to fulfil its responsibility to secure

Mind in Bexley and East Kent's viability beyond the immediate future, and in order to protect the charitable company against serious disruption to its charitable work, we need to build reliable funds against future uncertainty, to absorb setbacks, and to take advantage of change and opportunity over the long term.

The Trustees' policy aims to have free reserves to a minimum of 3 months (and preferably a maximum of 6 months) of core costs. At current levels of expenditure this amounts to between £500,000 to £1,000,000. The free reserves are unrestricted reserves excluding those amounts tied up in tangible fixed assets or designated for particular purposes.

At the year-end free reserves amounted to £1,379,379. The board of Trustees is looking to build up free reserves to achieve the desired expansion programme as described in its future plans.

### **Investment policy and performance**

The Memorandum & Articles of Association provides that the organisation invests monies not immediately required for its own purposes in or upon such investments, securities or property, as may be thought fit. At the present time the Trustees' policy is to maintain all such monies on deposits earning a market rate of interest.

### **PLANS FOR THE FUTURE**

Throughout 2021/22 Mind in Bexley and East Kent's performance will be assessed through a number of performance measures.

#### **The key indicators are:**

- Achieve an operational surplus;
- Explore the impact of the Crisis Café in Bexley and East Kent
- Work with service users in order to develop and record users' experience of our services during Covid;
- Work with colleagues in South East London CCG to further develop our IAPT services via digital means in Bexley in order to improve access;
- Further develop a Recovery model based on co-production and learning-Person Centred model of care including Personalisation and in particular Personal Health Budgets
- Further develop digital mechanisms across all services

## **Mind in Bexley and East Kent Limited**

### **Report of the Trustees for the year ended 31 March 2021**

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- Work closely with BVSC and the consortia in Bexley on securing Adult Social Work contracts in Bexley
- Further Develop our Social Enterprise Café's and explore diversifying income streams
- Develop services in East Kent including mentoring and peer support and services for young people
- Expand our wellbeing lines in Bexley and East Kent to assist those who are isolated due to pandemic and set up a Digital Hub so that residents can be supported to access our digital offers.
- Develop services at Kent COG
- Develop services for those discharged from hospital
- Set up BAME Specific services with BAME community members and measure impact
- Undertake research on Covid and the impact on mental health and explore Personal Health Budgets with service users who may be eligible
- Be actively involved in the Transformation agenda in Bexley
- Increase the level of reserves, to take into account the rapid expansion over the last four-five years;
- Secure suitable premises for Revival in East Kent
- Purchase a mini bus in order to improve access and reach.
- Further develop the Crisis Café in East Kent and measure impact
- Further develop our community pantry in Bexley.
- Undertake academic research in the area of Personal Health Budgets
- Work with the CCG, Primary Care and Oxleas to establish a Transformation Hub in Bexley
- Provide Bereavement Support for those affected by Suicide
- Develop our services for those who are digitally excluded
- Develop a pilot project with Charlton museum which explores reminiscence and aims to reduce isolation
- Further develop our mentoring schemes

#### **ACKNOWLEDGEMENTS**

The Charity's principle funding sources during the last year have been:

- Bexley CCG
- London Borough of Bexley
- KCC
- Orbit Housing
- Julia and Hans Rausing Trust
- Charities Aid Foundation

# **Mind in Bexley and East Kent Limited**

## **Report of the Trustees for the year ended 31 March 2021**

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### **STATEMENT OF TRUSTEES RESPONSIBILITIES**

The trustees (who are also the directors of Mind in Bexley and East Kent Limited for the purposes of company law) are responsible for preparing the Report of the Trustees 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 year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to:

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable UK Accounting Standards 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 charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006.

They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- There is no relevant audit information of which the charitable company's auditors are unaware; and
- The trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

### **AUDITORS**

The auditors, Moracle Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

### **ON BEHALF OF THE BOARD:**

**S C Westcombe – Chair**

**20<sup>th</sup> December 2021**

**Report of the Independent Auditor to the Trustees  
Mind in Bexley and East Kent Limited  
for the year ended 31 March 2021**

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## **Opinion**

We have audited the financial statements of Mind in Bexley and East Kent Limited (the 'charity') for the year ended 31 March 2021, which comprise the Statement of Financial Activities, Balance Sheet, Statement of Cash Flows, and Notes to the Financial Statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is United Kingdom Accounting Standards, comprising Charities SORP - FRS 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and applicable law (United Kingdom Generally Accepted Accounting Practice).

This report is made solely to the charitable company's trustees, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charity'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 trustees as a body, for our audit work, for this report, or for the opinions we have formed.

In our opinion the financial statements:

- give a true and fair view of the state of the charity's affairs as at 31 March 2021 and of its results 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 Companies Act 2006.

## **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 charity in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC'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**

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the trustees use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the trustees have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the charity's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

## **Other information**

- The trustees are responsible for the other information. The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. 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.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the



**Report of the Independent Auditor to the Trustees  
Mind in Bexley and East Kent Limited  
for the year ended 31 March 2021**

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financial statements or our knowledge obtained in 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 there is a material misstatement in the financial statements or a material misstatement of the other information. 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.

**Opinion on other matters prescribed by the Companies Act 2006**

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Trustees' Report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Trustees' Report has been prepared in accordance with applicable legal requirements.

**Matters on which we are required to report by exception**

In the light of our knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the Trustees' Report.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

**Responsibilities of trustees**

As explained more fully in the Statement of Trustees' Responsibilities (set out on page 4), the trustees 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 charity'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 charity or to cease operations, or have no realistic alternative but to do so.

**Auditor's responsibilities for the audit of the financial statements**

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.

As part of an audit in accordance with ISAs (UK), we exercise professional judgement and maintain professional scepticism throughout the audit. We also:

**Report of the Independent Auditor to the Trustees  
Mind in Bexley and East Kent Limited  
for the year ended 31 March 2021**

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- Identify and assess the risks of material misstatement of the financial statements, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.
- Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the charity's internal control.
- Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the trustees.
- Conclude on the appropriateness of the trustees use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the charity's ability to continue as a going concern. If we conclude that a material uncertainty exists, we are required to draw attention in our auditor's report to the related disclosures in the financial statements or, if such disclosures are inadequate, to modify our opinion. Our conclusions are based on the audit evidence obtained up to the date of our auditor's report. However, future events or conditions may cause the charity to cease to continue as a going concern.
- Evaluate the overall presentation, structure and content of the financial statements, including the disclosures, and whether the financial statements represent the underlying transactions and events in a manner that achieves fair presentation.
- Obtain sufficient appropriate audit evidence regarding the financial information of the entities or business activities within the charity to express an opinion on the financial statements. We are responsible for the direction, supervision and performance of the charity audit. We remain solely responsible for our audit opinion.

We communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal control that we identify during our audit.

.....  
**Morlai Kargbo (Senior Statutory Auditor)**  
**For and on behalf of Moracle Limited**  
**Statutory Auditor**  
**Ashley House**  
**Ashley Road**  
**London**  
**N17 9LZ**

**20<sup>th</sup> December 2021**

# Mind in Bexley and East Kent Limited

## Statement of Financial Activities for the year ended 31 March 2021

	Notes	Unrestricted Funds £	Restricted Funds £	Total funds 2021 £	Total funds 2020 £
<b>Income and endowments from:</b>					
Donations and legacies	2	43,626	-	43,626	58,971
Investments	3	1,101	-	1,101	1,344
Other trading activities	4	30,129	-	30,129	179,600
Charitable activities: Mental health preservation	5	1,725,147	3,003,135	4,728,282	3,491,966
<b>Total Income</b>		<u>1,800,003</u>	<u>3,003,135</u>	<u>4,803,138</u>	<u>3,731,881</u>
<b>Expenditure on:</b>					
<b>Raising funds</b>	6	40,465	-	40,465	92,724
<b>Charitable activity</b> Mental health preservation	7	885,577	2,879,146	3,764,723	3,260,514
<b>Total expenditure</b>		<u>926,041</u>	<u>2,879,146</u>	<u>3,805,188</u>	<u>3,353,238</u>
					-
<b>Net income</b>		<u>873,962</u>	<u>123,989</u>	<u>997,951</u>	<u>378,643</u>
<b>Net movement in funds</b>		<u>873,962</u>	<u>123,989</u>	<u>997,951</u>	<u>378,643</u>
Total funds brought forward		<u>1,736,940</u>	<u>477,987</u>	<u>2,214,927</u>	<u>1,836,283</u>
<b>Total funds carried forward</b>		<u><u>2,610,902</u></u>	<u><u>601,976</u></u>	<u><u>3,212,878</u></u>	<u><u>2,214,927</u></u>

All the charity's activities are continuing.

The accompanying notes form part of these financial statements.

# Mind in Bexley and East Kent Limited

## Balance Sheet for the year ended 31 March 2021

	Notes	2021 £	2020 £
<b>FIXED ASSETS</b>			
Intangible assets	12	-	24,000
Tangible assets	13	741,523	780,030
<b>CURRENT ASSETS</b>			
Debtors	14	563,758	626,952
Cash at bank and in hand		<u>2,344,450</u>	<u>864,311</u>
		2,908,208	1,491,263
<b>CREDITORS</b>			
Amounts falling due within one year	15	(436,853)	(80,366)
<b>NET CURRENT ASSETS</b>		<u>2,471,355</u>	<u>1,410,897</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		3,212,878	2,214,927
<b>NET ASSETS</b>		<u>3,212,878</u>	<u>2,214,927</u>
<b>FUNDS</b>	18		
Unrestricted funds			
General funds		1,379,379	542,910
Designated funds		1,231,523	1,194,030
Restricted funds		<u>601,976</u>	<u>477,987</u>
<b>TOTAL FUNDS</b>		<u>3,212,878</u>	<u>2,214,927</u>

The financial statements were approved and authorised by the Trustees on 20th December 2021 and signed on their behalf, by:

.....  
**S C Westcombe - Trustee**

The accompanying notes form part of these financial statements

# Mind in Bexley and East Kent Limited

## Statement of Cash flows For the year ended 31 March 2021

		2021	2020
	Notes	£	£
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	1,496,374	(63,445)
<b>Net cash provided by (used in) operating activities</b>		1,496,374	(63,445)
<b>Cash flows from investing activities:</b>			
Investment income		1,101	1,344
Purchase of tangible fixed assets		(17,336)	(35,791)
<b>Net cash provided by (used in) investing activities</b>		(16,235)	(34,447)
<b>Change in cash and cash equivalents in the reporting period</b>		1,480,139	(97,891)
<b>Cash and cash equivalents at the beginning of the reporting period</b>	2	864,311	962,203
<b>Cash and cash equivalents at the end of the reporting period</b>	2	2,344,450	864,311

# Mind in Bexley and East Kent Limited

## Notes to the Statement of Cash flows For the year ended 31 March 2021

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### 1 RECONCILIATION OF NET MOVEMENT IN FUNDS TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2021 £	2020 £
Net movement in funds for the reporting period (as per the statement of financial activities)	997,951	378,644
Adjustments for:		
Depreciation charges	79,843	38,434
Investment income	(1,101)	(1,344)
(Increase)/decrease in debtors	63,194	(476,548)
Increase/(decrease) in creditors	356,487	(2,630)
Net cash provided by (used in) operating activities	<u>1,496,374</u>	<u>(63,445)</u>

### 2 ANALYSIS OF CASH AND CASH EQUIVALENTS

	2021 £	2020 £
Cash in hand	2,344,450	864,311
Notice deposits (less than 30 days)	-	-
Total cash and cash equivalents	<u>2,344,450</u>	<u>864,311</u>

# **Mind in Bexley and East Kent Limited**

## **Notes to the Financial Statements For the year ended 31 March 2021**

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### **1. ACCOUNTING POLICIES**

#### **1.1 Basis of preparation of financial statements**

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 2015)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland', the Charities Act 2011 and the Companies Act 2006. The financial statements have been prepared under the historical cost convention.

The trustees consider there are no material uncertainties about the Charity's ability to continue as a going concern. The financial statements have therefore been prepared on a going concern basis.

#### **1.2 Charitable Company status**

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

#### **1.3 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 Charitable 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 which have been raised by the Charitable Company for particular purposes. The cost 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.

#### **1.4 Income and endowments**

Income is recognised when the charity has entitlement to the funds, any performance conditions attached to the item(s) of income have been met, it is probable that the income will be received and the amount can be measured reliably.

Income from government and other grant, whether capital grants or revenue grants, is recognised when the charity has entitlement to the funds, any performance conditions attached to the grants have been met, it is probable that the income will be received and the amount can be measured reliably and is not deferred.

#### **1.5 Expenditure**

All expenditure is accounted for on an accruals basis and has been included under expense categories that aggregate all costs for allocation to activities. Where costs cannot be directly attributed to particular activities they have been allocated on a basis consistent with the use of the resources.

# Mind in Bexley and East Kent Limited

## Notes to the Financial Statements For the year ended 31 March 2021

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### 1. ACCOUNTING POLICIES (CONTINUED)

#### 1.5 Expenditure (continued)

Overheads and other salaries are allocated between the expense headings on the basis of head count. Liabilities are recognised when there is a legal or constructive obligation committing the charity to the expenditure.

Support costs are those costs incurred directly in support of expenditure on the objects of the Charity and are allocated on the basis of staff cost. Governance costs which form part of Support costs and are those incurred in connection with enabling the Charity to comply with external regulation, constitutional and statutory requirements and in providing support to the Trustees in the discharge of their statutory duties.

#### 1.6 Depreciation

Assets costing more than £1,000 are capitalised. Depreciation is provided using the following rates and bases to reduce by annual instalments the cost, less estimated residual values, of tangible assets over their estimated useful lives.

- |                             |   |  |
|-----------------------------|---|--|
| • Goodwill                  | - | Amortised over 10 years                                |
| • Freehold land & buildings | - | 2% straight line. The land element is not depreciated. |
| • Furniture & equipment     | - | 25% on written down value                              |
| • Computer equipment        | - | 25% on written down value                              |

#### 1.7 Operating leases

Rentals applicable to operating leases where substantially all of the benefits and risks of ownership remain with the lessor are charged to the Statement of Financial Activities as incurred.

#### 1.8 VAT

The Charity is registered for VAT.

#### 1.9 Pension scheme

The charity operates a defined Contribution Pension Scheme for its employees. The pension costs charged in the financial statements represent the contribution payable by the charity during the year.



# Mind in Bexley and East Kent Limited

## Notes to the Financial Statements For the year ended 31 March 2021

### 1.91 Judgements and key sources of estimation uncertainty

In the application of the charity's accounting policies, the trustees are required to make judgements, estimates and assumptions about the carrying amount of assets and liabilities that are not readily apparent from other sources. The estimates and associated assumptions are based on historical experience and other factors including expectations of future events that are believed to be reasonable under the circumstances. Actual results may differ from these estimates.

The estimates and underlying assumptions are reviewed on an ongoing basis. Revisions to accounting estimates are recognised in the period in which the estimate is revised where the revision affects only that period, or in the period of the revision and future periods where the revision affects both current and future periods.

### 2. DONATIONS AND LEGACIES

Unrestricted funds	Restricted funds	Total funds	2020 Total Funds
£	£	£	£
<u>43,626</u>	<u>-</u>	<u>43,626</u>	<u>58,971</u>

### 3. INCOME FROM INVESTMENTS

Unrestricted Funds	Restricted funds	2021 Total Funds	2020 Total Funds
£	£	£	£
Deposit account interest	-	1,101	1,344

### 4. OTHER TRADING ACTIVITIES

Unrestricted funds	Restricted funds	2021 Total Funds	2020 Total Funds
£	£	£	£
Trading Café	-	30,129	179,600

# Mind in Bexley and East Kent Limited

## Notes to the Financial Statements For the year ended 31 March 2021

### 5. INCOME FROM CHARITABLE ACTIVITIES

		2021 £	2020 £
Grants	Mental health preservation	<u>4,728,282</u>	<u>3,491,966</u>

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

	2021 £	2020 £
Crisis Café Bexley	96,000	96,000
Ramsgate Wellbeing Café	59,199	4,933
IPS Employment	77,944	77,944
Resource Centre	197,900	197,900
DWP Employment Advisers	183,000	193,000
East Kent Living Well	92,000	40,000
Community Connect	121,000	121,000
IMHA Advocacy	139,990	139,990
Breathing Space	413,910	134,694
Employment & Recovery Hub	479,200	479,200
Bexley IAPT	1,973,953	1,738,133
HEE Bexley IAPT	187,993	73,747
Healthwatch	101,000	108,051
Carers Support	36,000	31,000
Carers in Mind	34,000	34,000
Personalisation	-	9,016
Small Grants	282,846	13,358
Other Grants	252,347	-
	<u>4,728,282</u>	<u>3,491,966</u>

### 6. RAISING FUNDS

	2021 £	2020 £
Direct costs	18,843	71,359
Support costs (Note 8)	21,622	21,366
	<u>40,465</u>	<u>92,725</u>

# Mind in Bexley and East Kent Limited

## Notes to the Financial Statements For the year ended 31 March 2021

### 7. CHARITABLE ACTIVITY

- Mental health preservation

	2021 £	2020 £
Direct costs	105,303	116,948
Staff costs	3,122,338	2,572,079
Support costs (Note 8)	537,082	571,487
	<u>3,764,723</u>	<u>3,260,514</u>

### 8. SUPPORT COSTS:

	Charitable activity £	Raising funds £	2021 £	2020 £
Premises costs	74,907	-	74,907	155,243
Staff costs	201,408	21,622	223,030	232,337
Office costs	75,632	-	75,632	103,343
Other costs	171,235	-	171,235	83,215
Governance costs	13,900	-	13,900	18,715
<b>Total</b>	<u>537,082</u>	<u>21,622</u>	<u>558,704</u>	<u>592,853</u>

### 9. NET INCOME

Net income is stated after charging/ (crediting)

	2021 £	2020 £
Depreciation - owned assets	55,843	35,434
Amortisation - goodwill	24,000	3,000
Audit remuneration - audit services (excluding VAT)	8,200	8,200
- other services (excluding VAT)	3,000	3,000
	<u>8,200</u>	<u>3,000</u>

# Mind in Bexley and East Kent Limited

## Notes to the Financial Statements For the year ended 31 March 2021

### 10. TRUSTEES' REMUNERATION AND BENEFITS

During the year, no Trustees received any remuneration (2020: Nil)  
 During the year, no Trustees received any benefits in kind (2020: Nil)  
 During the year, no Trustees received any reimbursements of expenses (2020: Nil).

### 11. STAFF COSTS

	2021 £	2020 £
Wages and salaries	2,425,754	2,149,863
Social security costs	215,626	184,936
Pension costs	103,915	90,344
	<u>2,745,295</u>	<u>2,425,143</u>

The average monthly headcount of staff during the year was 78 (2020: 68) and the average number of full time equivalent employees during the year was as follows:

	2021	2020
Charitable activities	75.1	65.0
Support activities	3.0	3.0
	<u>78.1</u>	<u>68.0</u>

1 employee received remuneration between £90,000 - £100,000 (2020: 1).  
 1 employee received remuneration between 60,000 - £70,000 (2020: 1).  
 The total employee benefits of the senior management team were £343,948 (2020: £327,227).

### 12. INTANGIBLE FIXED ASSETS

	Goodwill £
<b>COST</b>	
At 1 April 2020	30,000
Additions	-
At 31 March 2021	<u>30,000</u>
<b>AMORTISATION</b>	
At 1 April 2020	6,000
Charge for the year	24,000
At 31 March 2021	<u>30,000</u>
<b>NET BOOK VALUE</b>	
At 31 March 2021	<u>-</u>
At 31 March 2020	<u>24,000</u>

The Goodwill relates to the purchase of Revival 2 Café in Whitstable.

**Mind in Bexley and East Kent Limited**

**Notes to the Financial Statements  
For the year ended 31 March 2021**

**13. TANGIBLE FIXED ASSETS**

	<b>Freehold Building</b>	<b>Fixtures and fittings £</b>	<b>Computer £</b>	<b>Leasehold Properties £</b>	<b>Totals £</b>
<b>COST</b>					
At 1 April 2020	731,822	85,566	115,109	32,000	964,497
Additions	-	(1,571)	18,907	-	17,336
At 31 March 2021	<u>731,822</u>	<u>83,995</u>	<u>134,016</u>	<u>32,000</u>	<u>981,834</u>
<b>DEPRECIATION</b>					
At 1 April 2020	29,153	54,299	91,469	9,547	184,468
Charge for year	14,636	8,117	10,637	22,453	55,843
At 31 March 2021	<u>43,789</u>	<u>62,416</u>	<u>102,106</u>	<u>32,000</u>	<u>240,311</u>
<b>NET BOOK VALUE</b>					
At 31 March 2021	<u>688,033</u>	<u>21,580</u>	<u>31,910</u>	<u>-</u>	<u>741,523</u>
At 31 March 2020	<u>702,670</u>	<u>31,267</u>	<u>23,640</u>	<u>22,453</u>	<u>780,030</u>

**14. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	<b>2021 £</b>	<b>2020 £</b>
Trade debtors	534,355	594,397
Other debtors	<u>29,403</u>	<u>32,555</u>
	<u>563,758</u>	<u>626,952</u>

**15. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR**

	<b>2021 £</b>	<b>2020 £</b>
Trade creditors	50,583	61,438
Other creditors	<u>386,270</u>	<u>18,928</u>
	<u>436,853</u>	<u>80,366</u>

Other creditors include deferred income of £386,270 (2020: £8,500) relating to grants received in 2021 for projects to be undertaken in 2022. Deferred income of £8,500 was released in the year.

# Mind in Bexley and East Kent Limited

## Notes to the Financial Statements For the year ended 31 March 2021

### 16. OPERATING LEASE COMMITMENTS

At 31 March 2021 the Charitable Company had lease commitments under non-cancellable operating lease as follows:

	2021 £	2020 £
Not later than one year	31,357	49,031
Later than one year and not later than five years	122,463	97,347
	<u>          </u>	<u>          </u>

### 17. ANALYSIS OF NET ASSETS BETWEEN FUNDS - CURRENT YEAR

	General funds £	Designated funds £	Restricted funds £	Total funds 2021 £	Total funds 2020 £
Intangible fixed assets	-	-	-	-	24,000
Tangible fixed assets	-	741,523	-	741,523	780,030
Current assets	1,816,232	490,000	601,976	2,908,208	1,491,263
Current liabilities	(436,853)	-	-	(436,853)	(80,366)
	<u>1,379,379</u>	<u>1,231,523</u>	<u>601,976</u>	<u>3,212,878</u>	<u>2,214,927</u>

#### 17.1 ANALYSIS OF NET ASSETS BETWEEN FUNDS - PRIOR YEAR

	General funds £	Designated funds £	Restricted funds £	Total funds 2020 £	Total funds 2019 £
Intangible fixed assets	-	24,000	-	24,000	27,000
Tangible fixed assets	-	780,030	-	780,030	725,822
Current assets	623,277	390,000	477,987	1,491,263	411,849
Current liabilities	(80,366)	-	-	(80,366)	(82,996)
	<u>542,910</u>	<u>1,194,030</u>	<u>477,987</u>	<u>2,214,927</u>	<u>1,836,284</u>

# Mind in Bexley and East Kent Limited

## Notes to the Financial Statements For the year ended 31 March 2021

### 18. MOVEMENT IN FUNDS - CURRENT YEAR

	At 01.04.20	Income	Expenditure	Transfers between funds	At 31.03.21
	£	£	£	£	£
<b>Unrestricted funds</b>					
<b>General funds</b>	542,910	1,781,160	907,199	(37,493)	1,379,379
	<u>542,910</u>	<u>1,781,160</u>	<u>907,199</u>	<u>(37,493)</u>	<u>1,379,379</u>
<b>Designated funds</b>					
Management recruitment	65,000	-	-	55,000	120,000
Fundraising	15,000	-	-	-	15,000
Legal Fees	-	-	-	45,000	45,000
Research	10,000	-	-	-	10,000
Building Improvement	20,000	-	-	(20,000)	-
Tangible Fixed Assets	780,030	-	-	(38,507)	741,523
Intangible Fixed Assets	24,000	-	-	(24,000)	-
Accounting systems	25,000	-	-	(10,000)	15,000
Building refurbishment	10,000	-	-	10,000	20,000
Marketing	10,000	-	-	10,000	20,000
Staff	15,000	-	-	-	15,000
Training	10,000	-	-	-	10,000
Minibus	15,000	-	-	-	15,000
Computers/IT	50,000	-	-	(20,000)	30,000
Digital Support for IAPT	120,000	-	-	30,000	150,000
Health and Safety	25,000	-	-	-	25,000
	<u>1,194,030</u>	<u>-</u>	<u>-</u>	<u>37,493</u>	<u>1,231,523</u>
<b>Restricted funds</b>					
Community Connect	20,786	121,000	101,690	-	40,096
BCT IMHA Advocacy	24,086	139,990	132,216	-	31,860
Bexley IAPT	348,090	2,161,945	2,091,019	-	419,016
Healthwatch	32,110	101,000	100,597	-	32,513
Employment Recovery	46,174	479,200	446,886	-	78,488
Other	6,739	-	6,739	-	-
	<u>477,987</u>	<u>3,003,135</u>	<u>2,879,146</u>	<u>-</u>	<u>601,976</u>
<b>TOTAL FUNDS</b>	<u>2,214,927</u>	<u>4,784,295</u>	<u>3,786,345</u>	<u>-</u>	<u>3,212,878</u>

# Mind in Bexley and East Kent Limited

## Notes to the Financial Statements For the year ended 31 March 2021

### 18.1 MOVEMENT IN FUNDS - PRIOR YEAR

	At 01.04.19	Income	Expenditure	Transfers between funds	At 31.03.20
	£	£	£	£	£
<b>Unrestricted funds</b>					
<b>General funds</b>					
	337,208	1,031,846	796,784	(29,359)	542,910
	<u>337,208</u>	<u>1,031,846</u>	<u>796,784</u>	<u>(29,359)</u>	<u>542,910</u>
<b>Designated funds</b>					
Management recruitment	65,000	-	-	-	65,000
Fundraising	45,000	-	-	(30,000)	15,000
Legal Fees	15,000	-	-	(15,000)	-
Research	10,000	-	-	-	10,000
Building Improvement	80,000	-	-	(60,000)	20,000
Tangible Fixed Assets	779,671	-	-	359	780,030
Intangible Fixed Assets	27,000	-	-	(3,000)	24,000
Building refurbishment	20,000	-	-	(10,000)	10,000
Costal Kent	-	-	-	-	-
Training	20,000	-	-	(10,000)	10,000
Minibus	15,000	-	-	-	15,000
Computer/IT	25,000	-	-	25,000	50,000
Other Funds	63,000	-	-	(13,000)	50,000
Digital Support for IAPT	-	-	-	120,000	120,000
Health and Safety	-	-	-	25,000	25,000
	<u>1,164,671</u>	<u>-</u>	<u>-</u>	<u>29,359</u>	<u>1,194,030</u>
<b>Restricted funds</b>					
Community Connect	19,806	121,000	120,020	-	20,786
BCT IMHA Advocacy	16,499	139,990	132,403	-	24,086
Bexley IAPT	231,435	1,811,880	1,695,224	-	348,090
Healthwatch	23,335	108,051	99,276	-	32,110
Employment Recovery	43,330	479,200	476,356	-	46,174
East Kent Living Well	-	40,000	33,261	-	6,739
	<u>334,405</u>	<u>2,700,121</u>	<u>2,556,540</u>	<u>-</u>	<u>477,987</u>
<b>TOTAL FUNDS</b>					
	<u>1,836,284</u>	<u>3,731,967</u>	<u>3,353,324</u>	<u>-</u>	<u>2,214,927</u>

The transfers between funds were made to create the designated funds.



## **Mind in Bexley and East Kent Limited**

### **Notes to the Financial Statements For the year ended 31 March 2021**

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#### **Designated funds purposes:**

Management recruitment – Recruitment senior management with specialism for HR support in Bexley and East Kent in addition to an operations lead to assist in East Kent due to significant growth in recent years.

Fundraising – Recruitment fundraising support to develop Revival and explore diversifying income.

Legal Fees – Including Horsebridge eviction and on new premises for Revival in East Kent.

Research – East Kent/Bexley exploring the impact of Covid on MH and exploring our offer including Digital offer.

Building Improvements – Building development including monies on Covid safety.

Fixed Assets - The Designated Fixed Assets Fund represents the net book value of the charity's fixed assets. Without these assets, the charity will be unable to carry out its activities. Accordingly, a designated fund has been created to recognise this.

Training – Information Governance System/Staff training/new Breathe HR data base.

Minibus – Agreed by trustees in order to improve reach, challenge stigma and improve access into IAPT/C/F due to Covid.

Computers/IT – Post Covid Digital working and supporting staff with remote access.

Building refurbishment – Ongoing particularly with water damage to East Kent building.

Marketing – IT and Digital Marketing support Bexley & East Kent in order to improve reach.

Staff – Staff Wellbeing particularly due to the impact of Covid and remote working.

Accounting System – Allocated for software development and training and preparation for the Mind quality standards.

Digital Support for IAPT – Digital therapies services due to national challenges with recruitment approved by the CCG.

Health and Safety – Covid special Health and Safety

#### **Restricted funds:**

Community Connect – a new social prescribing service in Bexley that aims to connect local people with non-clinical sources of support in the community to improve their health and wellbeing.

IMHA Advocacy – Funding to provide independent advocacy to those under section and in specialist forensic units in Bexley.

Bexley IAPT – Monies received to provide stepped care IAPT and counselling provision for residents with a Bexley GP and undertake exercise discharge planning.

Healthwatch – In partnership with Age UK to represent views of local residents re Healthcare in Bexley.

Employment Recovery – Recovery College and peer support initiatives to support residents in their recovery, help them to remain independent and support towards accessing employment and education.

## **Mind in Bexley and East Kent Limited**

### **Notes to the Financial Statements For the year ended 31 March 2021**

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#### **19. SHARE CAPITAL**

Mind in Bexley and East Kent Limited is a company limited by guarantee and has no share capital. Each member is liable to contribute a sum not exceeding £1 in the event of the Charity being wound up.

#### **20. TAXATION**

Under the provision of TA 1988 sections 505 and 506, the Charitable Company is not liable to tax on its charitable grants, donations or fee income earned in the course of its charitable activities, so long as the income is applied for the purposes of the company's charitable aims.