

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

**Report of the Trustees and**  
**Audited Financial Statements for the Year Ended**  
**31 March 2022**  
**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 2022

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### REFERENCE AND ADMINISTRATIVE DETAILS

#### Registered Company number

5393807 (England and Wales) (A company limited by guarantee)

#### Registered Charity number

1110130

#### Registered office

2a Devonshire Road  
Bexleyheath  
Kent DA6 8DS

#### Trustees

S C Westcombe (Chair)  
I Guerrini  
J A Hofmann  
M A Magho  
N Mahama  
E Mason  
A M F Rashid – resigned April 2022

#### 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
H Johnston	Strategic and Operations Lead
B Reader	IT Manager

#### Auditors

Moracle Limited  
Chartered Certified Accountants & Registered Auditors  
960 Capability Green, Luton, England LU1 3PE

#### 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 2022**

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The Trustees present their annual report together with the audited financial statements of the company for the year ended 31 March 2022. The Annual report serves the purposes of both a Trustees' report and a directors' report under company law. The Trustees confirm that the Annual report and financial statements of the charitable company comply with the current statutory requirements, the requirements of the charitable company's governing document and the provisions of the Statement of Recommended Practice (SORP) applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS102) (effective 1 January 2019)

### **OBJECTIVES AND ACTIVITIES**

Mind in Bexley and East Kent's Memorandum of Association sets out the organisations principle objectives, which are for public benefit and compatible with the Charities Act 2006. These are 'to promote the preservation and the safeguarding of mental health and the relief of persons suffering from mental disorder'. We promote health and well-being and work to reduce poor mental health and the stigma associated with it. We support people in their recovery and campaign for better services for everyone.

The charity met these objectives by undertaking a wide range of therapeutic and non-clinical preventative 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 issues and to raise awareness of mental health issues. In the year, we delivered support to individuals through more than 45 different community-based projects and we highlight the public benefit and impact of our work. We delivered contractual funded services in partnership with NHS England and local authority commissioning organisations. During 2021-2022, we continued post Covid services including the wellbeing support line, an IT access HUB for those digitally excluded and a community food pantry, which complemented and enhanced our existing services, and allow us to support more people with enduring mental health issues.

### **Public Benefit**

The Trustees confirm that they have referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing the charity's objectives and activities and in planning future activities. All our charitable activities focus on the provision of accessible and effective mental health support, education and campaigning for people in Bexley and East Kent. Our programme of activities is invaluable by contributing to healthy active citizens, family and community cohesion and increased social inclusion.

Our work prevents the escalation levels of mental health issues. We offer a fully accessible service to all diverse community groups in our area. Our staffing reflected the community we service and we can enable a range of different languages. We offer a safe, effective and enabling environment to vulnerable adults so are very cost effective in our medium and long-term plans.

The charity has raised awareness and trained over 1300 people in the community on Mental Health First Aid. Our advocacy support team engaged with the community to improve access, share concerns and campaign for better care through the new integrated health care model.

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

### **Report of the Trustees for the year ended 31 March 2022**

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The Board recorded our sincere thanks to all our management, staff and volunteers, whose commitment and support to service users is incredible and lifesaving. Post COVID, our staff have determination and full commitment to establishing creative and flexible ways to support our service users. The demand for digital support, telephone wellbeing helpline, out of hours 365 day Crisis Cafe from 6-10pm and basic food supply from the Pantry have significantly increased. Working collaboratively with our funders, sponsors, partners, food stores and corporate bodies we have pooled shared resources to maximise local impact and level up local services so that we can all thrive together.

#### **STRATEGIC REPORT – ACHIEVEMENTS AND PERFORMANCE**

In April 2021, some of the COVID lockdown restrictions lifted but there was considerable uncertainty about health safety. In line with other services, the Board agreed that the majority of services would remain digital and that staff could continue to work from home with laptops and mobile phones following DSE assessments of homework stations, if staff were able to work effectively from home. This strategy helped us to keep all our staff and service users safe with extra cleaning and PPE equipment available to all staff at all the sites, initially on a day rota basis.

The Charity introduced a new training programme for Mental Health First Aid available to all staff and Emergency First Aid with 18 staff attending a half day course on site. Our staff hold enhanced DBS clearances to safeguard our service users and have access to digital learning through the Bexley Council E-Learning and NHS Health Education England- E-Learning for Healthcare. Completion of these online courses have helped all staff to improve our awareness around data security, GDPR, Domestic Violence, Diversity, Equality and Inclusion and the Mental Health Care Act. Our training to outside corporate bodies with Mental Health First Aid training to March 22 raised over £37,000.

The Board agreed in April 2021 to invest in a low cost, intuitive cloud based HR software called Breathe HR for all staff. This investment allowed managers and staff to store HR documents safely in the cloud, manage staff annual leave and absence requests, plan staff appraisals, monitor performance, run reports, share new open vacancies and upload staff announcements. The staff have access to their own personal data and can update and upload documents to their own personal dashboard as required. This has been cost effective in time for managers and staff.

#### **Volunteers**

The Charity recruited, trained and was supported by volunteers in this post COVID period to help others improve their self-esteem and confidence through the Mentoring programme. They assisted as co-facilitators on workshop and courses; mentors for our mentoring projects, with activity groups in parks and community settings; on Open Spaces project with our allotment and walking groups; with the food pantry supporting over 100 local families and with administrative tasks throughout the organisation. Our heartfelt thanks go to each one of them for all the hard work over the year.

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

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#### **Principal activities**

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

Our principle services are:

- Advocacy Support Service
- Breathing Space (National Project) - Ceased in February 2022
- Carers Support
- Community Connect/ Social Prescribing
- Community Pantry
- Crisis Café
- Digital Inclusion Hub
- Live well Kent
- Kent Community Oasis Garden (University of Kent)
- Research
- Hosting Healthwatch Bexley
- Improving Access to Psychological Therapies (IAPT)
- IPS Employment Support
- Peer Mentoring Support
- Recovery Services based on Co-Production/Volunteering and Peer Support
- Revival Food and Café Whitstable, East Kent
- Wellbeing Telephone Help Line
- Welfare Rights

#### **Performance and Impact in 2021-22**

##### **Advocacy Support Service.**

The Mind in Bexley Advocacy Service was the umbrella term for three separate advocacy provisions provided by Mind in Bexley.

Generic Advocacy Service. This service provided general advocacy to over 220 mental health service users who were resident in the Borough of Bexley and the team have had in excess of 1300 contacts. The service covered both hospital and community settings. During the year the service continued to provide digital and face to face support on wards and with home visits and in community settings.

Independent Mental Health Advocacy (IMHA). Provided 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. We also provided Forensic Independent Mental Health Advocacy (IMHA) to all Residents at the Medium Secure Bracton Centre and the Memorial and secure settings of Greenwood and Hazelwood. The team also provided teaching sessions for staff to increase their knowledge and understanding of what advocacy is and staff attended the bi-monthly Service User Forum at the Bracton Unit, raising collective issues for residents detained in the forensic unit and assisted with challenging decisions when necessary. Staff also attended the monthly Acute Care Forum at the Woodlands Unit to provide patient feedback to the care service provider who in turn frequently implement changes to encompass these.

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

This innovative mental wellbeing project - funded by Orbit Housing Group - has supported both Orbit and non-Orbit residents. Mind in Bexley and East Kent (MiBEK) managed 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 worked 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.

To the end of February 2022, 1,400 referrals had been received, with an 98% client engagement rate across the varied 'Lots' or branches of Mind. 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 during the year 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**

The project won Orbit Housing's, 'Thriving Community Award – Stronger Together category' in February 2022. The Board with the Mind consortia decided not to re tender for the service.

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

The Carer's Support Service existed 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 supported ways of coping and responding and opportunities were created to explore and enhance care support and social networks with peer support, a carer's advice line, health and well-being activities, counselling and access to our recovery college services and services within the wider community. We also provided support via our community pantry and provided specific targeted information and advice on carers' rights, carers' benefits and allowances.

A total number of 375 carers accessed support during April 2021 - March 2022.

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**Community Connect**

Community Connect is the social prescribing service in Bexley led by the Bexley Voluntary Service Council (BVSC) in partnership with Mind in Bexley. 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. Community Connect supported the local residents to improve their wellbeing by connecting people with activities and support services. Our Wellbeing Coordinators were able to support over 700 Bexley residents 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.

**Community Pantry**

As part of our work, tackling the causes and consequences of mental health issues were determined to ensure no one unnecessarily suffers from food insecurity. Our innovative service aims to empower individuals to make a difference to their life. We aim to work with individuals by offering good quality, healthy and nutritious food through our low-cost membership. The Mind Community Pantry offer access by memberships, where for a small weekly contribution, members receive food to a significantly higher value. The pantry refers also individuals to Mind services, which provides a wraparound support services and social interaction for those who are isolated. The Bexley pantry began on 1st December 2020, and by March 2022, we were seeing on average 135 clients per month.

The food bank was created in response to local need to address household poverty. During the year we developed relationships with donors which includes Hovis, Ferndale foods, Welling Morrisons, Sidcup Morrisons, Bexleyheath Asda and Crook Log and Trinity Church. We are developing a new school uniform and IT exchange in the New Year.

**Crisis Café**

The Crisis Café is a safe and secure environment where distressed people can go outside of normal working hours, instead of A&E or other urgent out of hours services, if they are feeling emotionally distressed, during relapse or are in a 'mental health crisis'.

We delivered the following key outcomes:

- Prevented escalation of mental health problems and thereby avoided a mental health crisis
- Prevented unnecessary referrals to secondary mental health services, A&E departments and other emergency and out of hours services
- Provided emotional support and resilience building to improve mental health and wellbeing
- Increased independence and self-management
- Reduced social isolation
- Signposted to appropriate services to be accessed within an acceptable time frame
- Actively encouraged 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 6pm to 10pm and offered face-to-face support throughout the year. We worked with over 900 individuals during this year.



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

## **Report of the Trustees for the year ended 31 March 2022**

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

- Social factors including financial hardship, social isolation, family trauma, poor housing conditions drug misuse and relationship problems.

### **Digital Inclusion Hub (DIH)**

The Charity was committed to reduce the wide digital divide and address the health inequities that digital exclusion generates. Post Covid we developed the Digital Inclusion Hub (DIH). The Charity created this initiative to enable people to come into the offices to access two rooms on the ground floor. These rooms had full internet connections, with large computer screens and headphones. A new member of staff was appointed during the year to support people with their digital skills and empower them to maximise the global resources online at their own pace. Our DIH is open and accessible for Mind in Bexley service users to have access to digital devices in a safe environment, engage with others online and can also be supported by a Digital Champion if required. Our volunteer Digital Champions helped residents to understand the benefits of accessing services online and can spend some time showing them how to use digital online services. Digital Champions supported people to complete a range of simple things, which made a big difference to people who struggled with or did not use the internet at home.

### **Live Well Thanet and additional services (East Kent Mind)**

East Kent Mind supports clients across Thanet Council and Canterbury Council Districts. Funding for 2021-22 was received from Live Well Kent and Medway, Kent and Medway CCG, Canterbury City Council, University of Kent, Kent Community Foundation, The Loveday Family Fund, Albert Burns Trust Fund, Breathing Space and public donations. East Kent Mind services include individual client support, mentoring, Crisis Café (Friday, Saturday, Sunday evenings), psychoeducational and psychosocial groups (online and in person), Kent Community Oasis Garden, Young People's project and suicide prevention training,

Between April 2021 to March 2022, East Kent Mind supported over 380 clients, 30% with serious mental illness and 70% with common mental illness. Over 80% of clients are from the highest areas of deprivation. East Kent Mind had 44 volunteers providing over 2,000 hours of their time. Most were volunteer mentors (n=30), committing 6 months to mentoring clients. The Kent Community Oasis Garden has University students, staff and community members whose wellbeing is improved through involvement in the gardening, green spaces and mental health workshops at the project. Clients support by the mentoring service have shown significant improvement in their mental health and wellbeing. Volunteers, many of whom have lived experience, also report benefiting from have the opportunity to support others in this way.

### **Hosting Healthwatch Bexley**

The last year has continued to be an extremely challenging time for all of us, with patients, service users and carers particularly affected. The grief and loss of the last two years still weighs heavy, despite the more recent lifting of restrictions and a return for most of us to the freedoms we had previously enjoyed. However, there is still a huge amount of work to be done. Many health services have a significant backlog, especially elective procedures, which may take months or years to clear. Some care homes are struggling from the sheer exhaustion and stress of the last two years, but also financially and operationally due to reduced occupancy and nationwide staffing shortages. GP services are as pressured as ever, with appointments and access remaining some of the biggest issues people contact us about.

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The team carried out a significant piece of research, identifying and describing the problems local people have had accessing GPs. These findings were published in our comprehensive GP Access Report and were discussed at the Bexley Health and Wellbeing Board, Bexley Strategic Board and local authority Scrutiny Panels. We will be revisiting the recommendations in the report over the coming year to identify changes and improvements in access and to ensure patients are kept informed of the rapid changes the local health economy has and is continuing to go through

During the year the team engaged with 4,535 people to share their experiences of health and social care services with us in different community settings to help us to raise awareness of issues and improve care

We published four reports about the improvements people would like to see to health and social care services and produced one commissioned report for Public Health Bexley

We provided information and advice to 17,396 people through improved communication on social media sites.

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

We have now been delivering these services for 10 years and we structure our delivery on a core of permanent therapeutic staff supplemented by a range of self-employed Sessional workers. We have maintained recovery rates in this service at 49% and are pleased to report that 90% of our clients who have a first session return for further sessions against a national target of 70%. With high demand for this service, we took decisive action to manage this, by signposting to other digital service providers. Factors such as social isolation as a result of the pandemic, job and financial insecurity, housing insecurity and quality, stressors associated with working in front-line services, loss of normal coping mechanisms, and lack of access to mental health services have affected our local population. We expect this will impact on demand for IAPT services going forward and our working closely with our colleagues in South East London (SEL) on strategies to deal with future demands.

The IAPT workforce consisted of low-intensity practitioners (i.e. PWPs) 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 2021-22 was 4983. Despite the challenges in the year, we achieved a recovery rate of 49% in the year ending March 2022. The number of clients who received a first treatment appointment was 3368. 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 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 post COVID implications and recruitment challenges have presented us with a number of difficult challenges, despite this, we have been able to achieve huge success in all areas. This was attributed to the hard work and commitment of the IAPT team, and their ability to adapt and respond effectively, during unprecedented times.

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We have established a new BAME services officer to work more actively with BAME community members to raise awareness and explore making access and engagement with the service more culturally appropriate.

**Individual placement support (IPS)**

The IPS service is a successful project which supported individuals to gain or even retain paid employment. This service was provided in partnership with Oxleas NHS Foundation Trust and the service is available for adults living in the Borough of Bexley, who are accessing 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. In February 2022, we completed our fidelity review which has been a significant undertaking for the team. This extensive work has been further strained by capacity issues. We have devised a development action plan with IPS Grow and will be working with Oxleas NHS Trust on this throughout 2022/23. We are also looking at increasing the team during the forthcoming year.

**Digital Accelerator Project**

In February 2021, Digital First released a 'Digital Accelerator' funding opportunity. This was for £60,000 for a year-long project with the aim of demonstrating engagement with patients who might be excluded from the current drive for digitalisation of healthcare. The Bexley Local Care Partnership (LCP) had identified digital inclusion as one of the local system priorities. The LCP established a Digital Inclusion Working Group to bring together local partners and try to improve digital access within Bexley. The LCP submitted a joint bid for the Digital First funding from NHS South East London CCG, London Borough of Bexley, Bexley Voluntary Services Council (BVSC), Mind in Bexley and Bexley Mencap. This was awarded in February 2021. The delivery of the project was led by two providers: Mind in Bexley (£30,000) and Bexley Mencap (£30,000) and was delivered between April 2021 and March 2022. The Mind in Bexley project focused on clients experiencing Severe Mental Ill health (or "on SMI register"). Mind in Bexley recruited a Digital Health Project Co-ordinator into post end June 2021, induction took place in July and work kicked off in earnest in August. The objectives were: 1) Make existing pathways more accessible 2) Provide support (for targeted practices) to help improve their digital engagement with SMI patients, including training and potentially dedicated champion support on a fixed term basis for surgeries with particularly low take up rates 3) Provide training and tools (e.g. FAQs, social support stories) for social prescribers 4) Supporting carers to navigate the healthcare system more easily"

We recruited and trained 5 out of the anticipated 6 volunteers with the help of Digital Unite recruitment assets (e.g. recruitment posters). We created a new and robust training program of which the Digital Unite platform and training content was key. We established a robust referral pathway that allowed all referrers and participants to clearly understand the process and next steps. The co-ordinator established a digital skills questionnaire that allowed us to capture data on key digital challenges facing this particular cohort and simplified the existing referral pathway so that GPs could refer directly in from their DSX system rather than via the MIB website. We recruited 13 clients from a particularly hard-to-reach audience at a time when they were even harder-to-reach owing to the Covid pandemic restrictions and the absence of usual opportunities and touchpoints. The project delivered 27 hours training to clients experiencing severe mental illness and embedded the pilot program into the newly established Digital Network Digital/Champions program hosted by Bexley Voluntary Sector Council.

**Report of the Trustees for the year ended 31 March 2022**

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**Peer Mentoring support**

We provided mentoring support for those who had experienced distress and for individuals who are mental health carers. We also set up a young persons mentoring scheme during the year. Mentoring focuses on an individuals' strengths 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 110 mentors and mentees across Bexley and East Kent throughout the year.

**Recovery Services**

The recovery 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 an integrated, 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

The Recovery College has a diverse and creative digital and face-to-face range of activities where individuals can engage with:

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

Activity has remained continual throughout the year with many people welcoming the return of face-to-face meetings in quarter four.

This financial year we delivered:

- 1239 online sessions inclusive of workshops and courses
- 108 face to face activities
- 3761 telephone support sessions

In February 2022, we exhibited Painting the Pandemic at Hall Place. This was delivered in partnership with Mind in Bexley Young Adults Group and Gallery 32, a local artist led gallery. The exhibition had an opening event where we had over 50 visitors from various health and social care settings, service users and their families. It was a very rewarding experience for all involved. The exhibition was displayed in Hall Place for 2 weeks during February and there were over 200 visitors. The exhibition has been selected to be part of the moving display for local Bexley libraries.

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In March 2022, we completed our external Advice Quality Standard (AQS accreditation) which again was another rigorous process including redrafting processes and guidance. This has been passed and we are awaiting certification.

We work alongside many partners agencies within South East London including both statutory and third sector providers. Mind in Bexley are the leading VSC Mental Health provider within local; strategic boards and operational meetings. These forums enabled us to develop stronger relationships and facilitated collective delivery. These working relationships enabled us to continuously upskill to improve positive outcomes for local residents.

#### **Personal Health Budgets**

The NHS Long Term Plan published in January 2019 made a clear commitment to expand personalised care and Personal Health Budgets, with a specific expectation that these will be offered within mental health services as part of plans for up to 200,000 people to benefit by 2023/24. One of the key drivers behind Personal Health Budgets is giving people greater choice and control over the support they access to manage their mental health as this increases their prospects of recovery. The South London Mental Health & Community Partnership (SLP) and South East London CCG Personalisation lead commissioned Mind in Bexley to develop a programme of engagement to draw on the expertise of people with lived experience of mental health difficulties regarding Personal Health Budgets. The research provided valuable information for commissioners and service providers in designing a pathway and as a result, the SLP commissioned Mind in Bexley to support the uptake of Personal Health Budgets across the SLP with a view to increasing recovery outcomes, choice and control. This is an exciting initiative and we are looking at implementing a similar model in line with the Transformation Hub in Bexley.

#### **Revival Café Whitstable East Kent**

Revival Food & Mood has had a challenging 2021/22 but its resilience, commitment and community support has been unwavering. Having received a no-fault eviction notice from its premises within a community arts centre in February 2021, it finally moved out in May 2021 after a short legal challenge to the first illegal notice period. The local community response to the eviction was incredibly strong and supportive of Revival with genuine shock and outrage at the actions of the Trustees of the local Whitstable Art's Centre, with a signed petition of nearly 4000 demanding the centre withdraw its lockdown eviction. Whilst the costs of legally challenging the eviction were prohibitive, the community rallied around and helped Revival move out, two local businessmen offered free storage for the furniture and equipment and several businesses offered their space for Revival to be able to continue their support groups and initiatives. This time also resulted in Revival becoming a membership organisation, the local campaign inspired a new funding and support scheme whereby local residents invest £10 a year to become a Revival Proud Member (RPM), the resultant income aimed to help Revival to relocate to a High Street position and bridge the gap between affordable and expected rent payments. Within a matter of weeks, Revival had nearly 300 RPM's and a subsequent bank of supporters and volunteers wanting to be involved in the Revival relocation project. The viability and local support for relocating Revival was very clearly established, Revival was both wanted and needed.

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Whilst the search for new premises was underway, Revival staff were busy with preparations for its Ways to Wellbeing exhibition based on several projects it had undertaken in response to the needs of the community after Covid19. It was becoming more and more evident from the interactions with the community and service users that local residents were fatigued, motivation was low and wellbeing was suffering from increased anxiety, fear and loss. Revival responded with its positive Ways to Wellbeing campaign whereby the community shared and celebrated all their different, unique and often similar ways that they looked after their wellbeing. This campaign was also a positive endeavour for Revival staff and motivated them to support others within the community as well as thinking about and prioritising their own wellbeing.

Revival connected with local groups and organisations who volunteered their time to allow local residents to try different activities, we also worked with trained mentors and mindful practitioners to develop mindfulness courses for local residents looking for new ways to support their wellbeing. These courses included creative mindfulness art sessions with local school children, Mindful photography 4-week courses and work with the Slow Stitch Community. This campaign provided opportunities for people to connect, support each other and try new ways to improve their own wellbeing. These were shared and celebrated on Revival's social media and other networks, and eventually in an exhibition in July 2021 that ran for four days and welcomed 296 visitors.

A big part of the Ways to Wellbeing campaign was also the 'Three Little Words' project whereby Revival engaged with the entire community via social media, local press, advertising, working with local schools and other organisations to start a conversation about wellbeing asking people to think about the Three Little Words that explained how they supported their wellbeing. We had a fantastic response with over 3000 words shared. These words were displayed at the exhibition in the form of a wellbeing tree with the leaves representing the children's words, a full-size graffiti art work by students at the Far Skate Academy, and a community artwork by local artist Ben Dickson who donated his time to create a piece that incorporated all of these wellbeing words into the shape of an Oyster.

Whilst Revival unfortunately lost many staff due to its eviction, a core number of staff remained and the Autumn of 2021 focused on the upskilling and retraining of these staff so that they could continue to work within East Kent Mind. The focus also very much remained on searching for new premises and maintaining its vital support work. The loyal and dedicated staff worked tirelessly to continue to support the community and was able to sustain five support groups throughout the week, every week.

It was with much excitement that in the winter of 2021 a potential building was identified as suitable for a new Revival café and wellbeing hub on the High Street in Whitstable. After a considerable engagement and consultation campaign led by MIBEK with the Revival Management and locally led Strategic Committee, in addition to a comprehensive feasibility study, the decision was made by the MIBEK Trustees to invest in the identified property in Whitstable, it would be an asset for the Charity and provide a secure base for its social enterprise Revival Food & Mood. The purchase was completed in March 2022 and the challenge of fundraising for its renovation and refit was begun. Revival was a community led, community asset that the community wanted to save, it was a challenge but certain funding streams were identified and the Revival Executive Director began working non-stop to secure the necessary funding, something that would extend well into 2022. There was also an exciting project under development as part of the 'Lets Create Jubilee Celebrations', 2022 was looking to be a very busy year ahead.

**Report of the Trustees for the year ended 31 March 2022**

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**Wellbeing Line**

Set up during Covid, our team are experienced in understanding mental health and provide a confidential “safe space” for people to talk about their mental health and wellbeing. We support individuals with a wide range of mental health issues impacting on their professional and personal life:

- COVID-related concerns such as long COVID, anxiety or stress related to factors caused by the pandemic.
- Work-related concerns.
- Emotional wellbeing/mental health concerns, including exhaustion/burnout, trauma, depression, anxiety.
- Personal circumstances such as bereavement, relationship issues, lifestyle changes, underlying health conditions.

The vision for The Wellbeing Line is to destigmatise mental health, normalise conversations around mental health and wellbeing and to encourage people to reach out and connect with each other and with Mind services, rather than struggle alone. The Wellbeing Line puts connection with others at the heart of its work, providing a safe space, a listening ear, a supportive person to help the individual find the most appropriate support for themselves

The Wellbeing Line operated Monday to Friday between 9am-6pm. Over the reported year we had taken over 900 calls on a wide range of personal, benefits and debt, family and health issues. Over 40% of callers were referred into the Mind Recovery College, Carers and IAPT services. From the calls received we found:

- Rates of Depression doubled during the coronavirus pandemic.
- Significant Digital poverty
- Individuals reported resorting to unhelpful coping methods during this time e.g. drinking more alcohol during lockdown
- GP referrals decreased due to individuals not attending GP appointments
- Increase in domestic violence and relationship issues
- Home schooling and anxiety on returning to education increased significant pressure on parents
- Employment concerns
- Financial worries
- Anxiety regarding vulnerable family members and carers
- People unable to access GP and secondary services
- Negative impact of social media and news programmes on anxiety

**Welfare Rights**

The current Benefits system is still difficult to understand and navigate, with a constant element of ‘fighting’ and pushing for help. Individuals with mental health difficulties were 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 2022 this success has been down to establishing great rapport and trusting relationships with clients and the DWP.

**Report of the Trustees for the year ended 31 March 2022**

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**Research - COVID STORIES Oral History'**

After two years of living with COVID-19 the physical toll of the pandemic is self-evident in terms of actual cases, hospitalisations, and deaths but the legacy mental health impacts on residents are less well understood. Frontline workers, older and younger people, and residents from black and minority ethnic communities have been some of the hardest hit, but no one has escaped the impact of the pandemic. Mind in Bexley has sought to explore the impact of Covid-19 on mental health from the perspectives of individual residents and has established an 'Oral History' project in order to explore experiences and trends and share learning. The purpose of the 'COVID STORIES Oral History' project is to create unique, lengthy exchanges between interviewers and narrators, and conversations that yield a richness of detail and a sense of character not available through data or other primary sources. The oral history recordings chronicle the individual journeys and document the cascade of mental and in some cases physical health challenges, social, and other worries but also highlight innovation and some of the coping mechanisms set in motion by COVID-19. Conducted virtually, the COVID STORIES project features twenty in depth recorded interviews with a diverse group of Bexley residents. Each interview provides a first-hand account of, and unique individual insights into, residents struggles, worries and anxieties, resilience, coping mechanics, support, and triumphs from March 2020 onwards.

Participants involved had a range of mental health conditions including depression and anxiety (including social anxiety and postnatal depression), Post Traumatic Stress Disorder (PTSD), Borderline Personality Disorder (BPD), Agoraphobia, Bipolar Disorder and Schizoaffective Disorder. Others spoke of accessing support for mild depression and anxiety. Some residents also presented with a range of physical health conditions including Chronic Obstructive Pulmonary Disease (COPD), Asthma and Irritable Bowel Syndrome (IBS). Autism and dyslexia were also issues raised by some participants.

The project was advertised widely, and participants were recruited by Mind via social media, its website and individuals who were accessing support from services. Three participants had long-term relationships with Mind and had been accessing its services for a number of years. Five participants had used Mind's services in the past and were returning to Mind during the pandemic. One participant had only just began working with Mind, not long before the pandemic started. Eight participants were totally new to Mind's services.

With more than fifteen hours of recorded audio, the project bears witness to an unprecedented era as it unfolded in real time. Data analysis followed the 'Framework' approach (Ritchie and Spencer, 1994) a content analysis technique widely used in qualitative research. Thus, a set of categories were obtained which described the main themes arising from the interviews with individual 'voices' narrating stories, expressing opinion, and therefore contributing to the on-going discourse within the field of COVID-19 and mental health in general. The main themes were:

- Anxiety and Isolation
- Working through the pandemic, challenges of home schooling and family life
- Strategies for managing mental health
- Support from Mind and the wider Bexley community
- Accessing Digital Services

The project has highlighted some of the challenges and coping mechanisms encountered by Bexley residents during the pandemic. It is apparent that the findings of this project concur with wider recent research findings, highlighting that Covid related isolation and anxiety can create and exacerbate psychological distress. In addition, the strength, creativity, and resilience of participants have been inspiring and the openness with which people have shared their stories and experiences during the Covid pandemic has been humbling.



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

## **Report of the Trustees for the year ended 31 March 2022**

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The project will result in an audio-visual digital online 'exhibition' using extracts from interviews together with the images that have been provided by participants. It is also planned for a physical exhibition to take place at Hall Place in January 2023. An information booklet will be created to accompany both the online and physical exhibition to generate awareness and share learning.

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

#### **Affiliation**

Mind in Bexley and East Kent is affiliated to National Mind, and this has been codified in a Mind Federation Agreement. This defines the relationship between National Mind and local Minds, as well as the relationship the 125 Local Mind Associations have with each other. This affiliation brings with it the advantages of a known and valued brand name, cooperative mutual help across the network, access to financially advantageous Insurance and Human Resources expertise, and regular quality audits. 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 work closely with our local statutory partners the London Borough of Bexley, NHS South East London, CCG, Bexley Care and Oxleas NHS Foundation Trust, Kent County Council.

#### **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 govern the Charity. The Board meets quarterly and some members are involved with project steering groups and co-production of new ideas.

#### **Trustee Recruitment, Induction and Training**

The charity encourages local people and service users with lived experiences to join the Board. Recruitment is an ongoing task. Once elected, new Trustees are provided with an induction pack, which includes the most recent annual accounts, organisational chart and a portfolio of current policies and procedures. A face-to-face meeting is held so as to give new Trustees an introduction to the Charity, meet the senior management team and understand its public benefit activities. Board meetings and training for Trustees takes place regularly through the year. All Board members are welcome to take up any of the charities training offers.

The current Chief Executive Officer (CEO) appointed 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. The CEO is supported by the Senior Management Team, which includes Head of Departments, IT, Finance and HR managers.

#### **Risk management**

The Board of Trustees carried out the annual risk review to assess the impact of any identified risks and uncertainties may have upon the business and operation of the charity. They decided on how best to manage and mitigate potential risks with the probability of each risk happening at regular quarterly board meetings and with quarterly performance reports.

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

## **Report of the Trustees for the year ended 31 March 2022**

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### **FINANCIAL REVIEW**

The Charity's income was £5,108,620 in the year ended 31 March 2022 compared to £4,803,138 in the year ended 31 March 2021. An increase of some 6.4%. The principal sources of funding continue to be grants received from the NHS South East London CCG and the London Borough of Bexley. The total expenditure amounted to £3,826,104 in the year to 31 March 2022 compared to £3,805,188 in the year ended 31 March 2021. The fund balance carried forward at 31 March 2022 was £1,170,452 on general funds and £2,129,592 on designated funds. The balance carried forward on restricted funds was £1,195,350 on 31 March 2022. 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 £600,000 to £1,200,000. 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 £1,170,452. 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**

The long-term impact of COVID-19 lead to significant growth in demand for our services. Research indicators suggest a doubling in the number of people who are experiencing depression or other forms of mental ill health. Our own experiences confirm this, as we see the proportion of the population not meeting their emotional needs on average has also doubled since the beginning of lockdown. With inflation, rising costs national disquiet around strikes, it makes sense to predict a big increase in demand for mental health services in the future.

Throughout 2022-23, Mind in Bexley and East Kent's performance will be assessed through a number of performance measures.

# Mind in Bexley and East Kent Limited

## Report of the Trustees for the year ended 31 March 2022

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**The key indicators (KPI's) are:** Work with our funders to deliver quality services to achieve value for money

- Review our running costs to ensure cost value and maintain sufficient reserves
- Explore the impact of the Crisis Café and the possible need for an out of hours service each evening in Thanet
- Work with colleagues in South East London CCG to further develop our IAPT services via digital means in Bexley in order to improve access and reduce waiting times
- Co-design in partnership with Oxleas a Transformation Hub based on co-production, co-delivery and learning-person Centred model of care including Personalisation.
- Improve our communication and social digital mechanisms across all services with new post
- Work closely with BVSC and Bexley consortia on future Adult Social Work contracts in Bexley
- Explore diversifying income streams with corporate partners, donors and trusts
- Develop services in East Kent – mentoring, peer support and services for young people
- Promote the IT Digital Hub so that residents can be supported to access digital offers
- Develop volunteer services at Kent Community Open Gardens
- Retender for Live Well Contracts
- Explore opportunities to develop services in Herne Bay East Kent
- Explore Personal Health Budgets with service users who may be eligible
- Be actively involved in the development of Integrated Care Partnerships in South East London and East Kent
- Purchase a mini bus in order to improve access and reach
- Offer tailored bereavement support for those affected by suicide
- Embrace digitally changes more and work with software providers to improve access to all including a redesign of our website
- Develop a pilot project with Charlton Athletic museum which explores reminiscence and aims to reduce isolation
- Enhance the mental health mentoring schemes in the area
- Fundraise and secure Capital building costs for our Revival Cafe
- Risk management – more rigorous monitoring of our own rising costs with high inflation.
- Undertake Quality Assurance (Quality Mark) for Mind

### ACKNOWLEDGEMENTS

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

- NHS South East London CCG
- London Borough of Bexley
- Kent County Council
- Porchlight
- Orbit Housing
- Greenwich and Bexley Community Hospice
- Thanet District
- Canterbury City Council
- Bromley, Greenwich and Lewisham Mind (Suicide Bereavement)
- University of Kent

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

## **Report of the Trustees for the year ended 31 March 2022**

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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.

### **APPROVAL**

On behalf of the Board of Trustees:

**S C Westcombe – Chair**

**20<sup>th</sup> December 2022**

**Report of the Independent Auditor to the Trustees  
Mind in Bexley and East Kent Limited  
For the year ended 31 March 2022**

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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 2022, 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 2022 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.

**Report of the Independent Auditor to the Trustees  
Mind in Bexley and East Kent Limited  
For the year ended 31 March 2022**

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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 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.

**Report of the Independent Auditor to the Trustees  
Mind in Bexley and East Kent Limited  
For the year ended 31 March 2022**

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

- 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**  
**960 Capability Green**  
**Luton**  
**England**  
**LU1 3PE**

**20<sup>th</sup> December 2022**

# Mind in Bexley and East Kent Limited

## Statement of Financial Activities For the year ended 31 March 2022

	Notes	Unrestricted Funds £	Restricted Funds £	Total Funds 2022 £	Total Funds 2021 £
<b>Income and endowments from:</b>					
Donations and legacies	2	35,450	1,461	36,911	43,626
Investments	3	642	-	642	1,101
Other trading activities	4	4,299	-	4,299	30,129
Charitable activities: Mental health preservation	5	1,295,015	3,771,752	5,066,768	4,728,282
<b>Total Income</b>		<u>1,335,407</u>	<u>3,773,213</u>	<u>5,108,620</u>	<u>4,803,138</u>
<b>Expenditure on:</b>					
<b>Raising funds</b>	6	28,924	-	28,924	40,465
<b>Charitable activity</b> Mental health preservation	7	617,341	3,179,839	3,797,180	3,764,723
<b>Total expenditure</b>		<u>646,265</u>	<u>3,179,839</u>	<u>3,826,104</u>	<u>3,805,188</u>
<b>Net income</b>	9	689,142	593,374	1,282,516	997,951
<b>Transfer between funds</b>	18	-	-	-	-
<b>Net movement in funds</b>	18	<u>689,142</u>	<u>593,374</u>	<u>1,282,516</u>	<u>997,951</u>
Total funds brought forward		<u>2,610,902</u>	<u>601,976</u>	<u>3,212,878</u>	<u>2,214,927</u>
<b>Total funds carried forward</b>		<u><u>3,300,044</u></u>	<u><u>1,195,350</u></u>	<u><u>4,495,394</u></u>	<u><u>3,212,878</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 2022

	Notes	2022 £	2021 £
<b>FIXED ASSETS</b>			
Intangible assets	12	-	-
Tangible assets	13	1,384,592	741,523
<b>CURRENT ASSETS</b>			
Debtors	14	519,362	563,758
Cash at bank and in hand		<u>2,905,373</u>	<u>2,344,450</u>
		3,424,735	2,908,208
<b>CREDITORS</b>			
Amounts falling due within one year	15	(83,533)	(436,853)
<b>NET CURRENT ASSETS</b>		<u>3,341,202</u>	<u>2,471,355</u>
<b>TOTAL ASSETS LESS CURRENT LIABILITIES</b>		4,725,794	3,212,878
<b>Creditors:</b> Amounts falling due after more than one year	16	(230,400)	-
<b>NET ASSETS</b>		<u><u>4,495,394</u></u>	<u><u>3,212,878</u></u>
<b>FUNDS</b>	18		
Unrestricted funds			
General funds		1,170,452	1,379,379
Designated funds		2,129,592	1,231,523
Restricted funds		<u>1,195,350</u>	<u>601,976</u>
<b>TOTAL FUNDS</b>		<u><u>4,495,394</u></u>	<u><u>3,212,878</u></u>

The financial statements were approved and authorised by the Board of Trustees on 20th December 2022 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 2022

		<b>2022</b>	<b>2021</b>
	Notes	£	£
<b>Cash flows from operating activities</b>			
Cash generated from operations	1	<u>1,234,728</u>	<u>1,496,374</u>
<b>Net cash provided by (used in) operating activities</b>		<u>1,234,728</u>	<u>1,496,374</u>
<b>Cash flows from investing activities:</b>			
Investment income		4,299	1,101
Purchase of tangible fixed assets		<u>(678,105)</u>	<u>(17,336)</u>
<b>Net cash provided by (used in) investing activities</b>		<u>(673,806)</u>	<u>(16,235)</u>
<b>Change in cash and cash equivalents in the reporting period</b>		560,923	1,480,139
<b>Cash and cash equivalents at the beginning of the reporting period</b>	2	<u>2,344,450</u>	<u>864,311</u>
<b>Cash and cash equivalents at the end of the reporting period</b>	2	<u><u>2,905,373</u></u>	<u><u>2,344,450</u></u>

# Mind in Bexley and East Kent Limited

## Notes to the Statement of Cash flows For the year ended 31 March 2022

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

	2022 £	2021 £
Net movement in funds for the reporting period (as per the statement of financial activities)	1,282,516	997,951
<b>Adjustments for:</b>		
Depreciation charges	35,035	79,843
Investment income	(4,299)	(1,101)
(Increase)/decrease in debtors	44,396	63,194
Increase/(decrease) in creditors	(122,920)	356,487
<b>Net cash provided by (used in) operating activities</b>	<u>1,234,728</u>	<u>1,496,374</u>

### 2 ANALYSIS OF CASH AND CASH EQUIVALENTS

	2022 £	2021 £
Cash in hand	2,905,373	2,344,450
Notice deposits (less than 30 days)	-	-
<b>Total cash and cash equivalents</b>	<u>2,905,373</u>	<u>2,344,450</u>

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

## **Notes to the Financial Statements For the year ended 31 March 2022**

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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 2022

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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 2022

### 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	Restricted	2022	2021
Funds	Funds	Total	Total
£	£	Funds	Funds
£	£	£	£
35,450	1,461	36,911	43,626

### 3. INCOME FROM INVESTMENTS

	Unrestricted	Restricted	2022	2021
	Funds	Funds	Total	Total
	£	£	Funds	Funds
	£	£	£	£
Deposit account interest	642	-	642	1,101

### 4. OTHER TRADING ACTIVITIES

	Unrestricted	Restricted	2022	2020
	Funds	Funds	Total	Total
	£	£	Funds	Funds
	£	£	£	£
Trading Café	4,299	-	4,299	30,129

# Mind in Bexley and East Kent Limited

## Notes to the Financial Statements For the year ended 31 March 2022

### 5. INCOME FROM CHARITABLE ACTIVITIES

		<b>2022</b>	<b>2021</b>
	<b>Activity</b>	<b>£</b>	<b>£</b>
Grants	Mental health preservation	<u>5,066,768</u>	<u>4,728,282</u>

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

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Crisis Café Bexley	100,000	96,000
Ramsgate Wellbeing Café	59,199	59,199
IPS Employment	79,464	77,944
Resource Centre	-	197,900
Hospital Discharge	99,618	-
DWP Employment Advisers	189,000	183,000
Digital Accelerator	30,000	-
East Kent Living Well	84,000	92,000
Community Connect	121,000	121,000
IMHA Advocacy	139,992	139,990
Breathing Space	374,834	413,910
Peer Support	80,000	-
Recovery, Wellbeing and Employment Support	715,177	479,200
Transformation Hub	69,087	-
Bexley IAPT	2,278,123	1,973,953
HEE Bexley IAPT	251,658	187,993
Healthwatch	107,574	101,000
Carers Support	-	36,000
Carers in Mind	42,500	34,000
Small Grants	182,114	282,846
Other Grants	63,428	252,347
	<u>5,066,768</u>	<u>4,728,282</u>

### 6. RAISING FUNDS

	<b>2022</b>	<b>2021</b>
	<b>£</b>	<b>£</b>
Direct costs	7,302	18,843
Support costs (Note 8)	21,622	21,622
	<u>28,924</u>	<u>40,465</u>

# Mind in Bexley and East Kent Limited

## Notes to the Financial Statements For the year ended 31 March 2022

### 7. CHARITABLE ACTIVITY - Mental health preservation

	2022 £	2021 £
Direct costs	102,767	105,303
Staff costs	3,137,181	3,122,338
Support costs (Note 8)	557,232	537,082
	<hr/>	<hr/>
	3,797,180	3,764,723
	<hr/>	<hr/>

### 8. SUPPORT COSTS:

	Charitable activity £	Raising funds £	2022 £	2021 £
Premises costs	70,212	-	70,212	155,243
Staff costs	210,938	21,622	232,560	232,337
Office costs	88,114	-	88,114	103,343
Other costs	116,280	-	116,280	83,215
Governance costs	71,688	-	71,688	18,715
<b>Total</b>	<hr/>	<hr/>	<hr/>	<hr/>
	557,232	21,622	578,854	592,853
	<hr/>	<hr/>	<hr/>	<hr/>



# Mind in Bexley and East Kent Limited

## Notes to the Financial Statements For the year ended 31 March 2022

### 9. NET INCOME

Net income is stated after charging/ (crediting)

	2022 £	2021 £
Depreciation - owned assets	35,035	55,843
Amortisation - goodwill	-	24,000
Audit remuneration - audit services (excluding VAT)	10,000	8,200
- other services (excluding VAT)	4,440	3,000
	<u>          </u>	<u>          </u>

### 10. TRUSTEES' REMUNERATION AND BENEFITS

During the year, no Trustees received any remuneration (2021: Nil)

During the year, no Trustees received any benefits in kind (2021: Nil)

During the year, no Trustees received any reimbursements of expenses (2021: Nil).

### 11. STAFF COSTS

	2022 £	2021 £
Wages and salaries	2,552,993	2,425,754
Social security costs	224,971	215,626
Pension costs	113,104	103,915
	<u>2,891,068</u>	<u>2,745,295</u>
Other staff costs	<u>478,673</u>	<u>609,380</u>
	<u>3,369,741</u>	<u>3,354,675</u>

The average monthly headcount of staff during the year was 119 (2021: 127) and the average number of full time equivalent employees during the year was as follows:

	2022	2021
Charitable activities	72.0	75.1
Support activities	3.0	3.0
	<u>75.0</u>	<u>78.1</u>

1 employee received remuneration between £90,000 - £100,000 (2021: 1).

No employee received remuneration between 60,000 - £70,000 (2021: 1).

The total employee benefits of the senior management team were £368,807 (2021: £343,948).

# Mind in Bexley and East Kent Limited

## Notes to the Financial Statements For the year ended 31 March 2022

### 12. INTANGIBLE FIXED ASSETS

	Goodwill £
<b>COST</b>	
At 1 April 2021	30,000
Additions	-
At 31 March 2022	<u>30,000</u>
<b>AMORTISATION</b>	
At 1 April 2021	30,000
Charge for the year	-
At 31 March 2022	<u>30,000</u>
<b>NET BOOK VALUE</b>	
At 31 March 2022	<u>-</u>
At 31 March 2021	<u>-</u>

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

### 13. TANGIBLE FIXED ASSETS

	Freehold Building	Leasehold properties	Fixtures and fittings	Computer equipment	Total
	£	£	£	£	£
<b>COST</b>					
At 1 April 2021	731,822	32,000	83,995	134,016	981,834
Additions	650,000	-	12,222	15,882	678,104
At 31 March 2022	<u>1,381,822</u>	<u>32,000</u>	<u>96,218</u>	<u>149,898</u>	<u>1,659,938</u>
<b>DEPRECIATION</b>					
At 1 April 2021	43,789	32,000	62,416	102,106	240,311
Charge for year	14,636	-	8,451	11,948	35,035
At 31 March 2022	<u>58,426</u>	<u>32,000</u>	<u>70,866</u>	<u>114,054</u>	<u>275,346</u>
<b>NET BOOK VALUE</b>					
At 31 March 2022	<u>1,323,397</u>	<u>-</u>	<u>25,352</u>	<u>35,844</u>	<u>1,384,592</u>
At 31 March 2021	<u>688,033</u>	<u>-</u>	<u>21,580</u>	<u>31,910</u>	<u>741,523</u>

The freehold property purchased in the year was not brought into full use in the year under review as the building was undergoing extensive refurbishment until September 2022. Accordingly, no depreciation charge was made in the year under review.

# Mind in Bexley and East Kent Limited

## Notes to the Financial Statements For the year ended 31 March 2022

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

	2022 £	2021 £
Trade debtors	498,836	534,355
Other debtors	<u>20,526</u>	<u>29,403</u>
	<u>519,362</u>	<u>563,758</u>

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

	2022 £	2021 £
Trade creditors	72,992	50,583
Other creditors	<u>10,541</u>	<u>386,270</u>
	<u>83,533</u>	<u>436,853</u>

Other creditors include short-term bank loan of £9,600 (2021: £Nil); deferred income of £Nil (2021: £386,270) relating to grants received in 2022 for projects to be undertaken in 2023. Deferred income of £386,270 was released in the year under review.

### 16. CREDITORS: AMOUNTS FALLING DUE AFTER MORE THAN ONE YEAR

	2022 £	2021 £
Bank loan	<u>230,400</u>	<u>-</u>

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

	General funds £	Designated funds £	Restricted funds £	Total funds 2022 £	Total funds 2021 £
Intangible fixed assets	-	-	-	-	-
Tangible fixed assets	-	1,384,592	-	1,384,592	741,523
Current assets	1484,385	745,000	1,195,350	3,424,735	2,908,208
Current liabilities	(83,533)	-	-	(83,533)	(436,853)
Long term liabilities	(230,400)	-	-	(230,400)	-
	<u>1,170,452</u>	<u>2,129,592</u>	<u>1,195,350</u>	<u>4,495,394</u>	<u>3,212,878</u>

# Mind in Bexley and East Kent Limited

## Notes to the Financial Statements For the year ended 31 March 2022

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

### 18. MOVEMENT IN FUNDS - CURRENT YEAR

	At 01.04.21	Income	Expenditure	Transfers between funds	At 31.03.22
	£	£	£	£	£
<b>Unrestricted funds</b>					
<b>General funds</b>	1,379,379	1,335,407	(646,265)	(898,069)	1,170,452
	<u>1,379,379</u>	<u>1,335,407</u>	<u>(646,265)</u>	<u>(898,069)</u>	<u>1,170,452</u>
<b>Designated funds</b>					
Management recruitment	120,000	-	-	15,000	135,000
Fundraising	15,000	-	-	(15,000)	-
Legal Fees	45,000	-	-	-	45,000
Research	10,000	-	-	-	10,000
Tangible Fixed Assets	741,523	-	-	643,069	1,384,592
Intangible Fixed Assets	-	-	-	-	-
Accounting systems	15,000	-	-	-	15,000
Building refurbishment	20,000	-	-	160,000	180,000
Marketing	20,000	-	-	(5,000)	15,000
Staff	15,000	-	-	(15,000)	-
Training	10,000	-	-	-	10,000
Minibus	15,000	-	-	-	15,000
Computers/IT	30,000	-	-	-	30,000
Digital Support for IAPT	150,000	-	-	(150,000)	-
Health and Safety	25,000	-	-	(25,000)	-
Staff salary	-	-	-	120,000	120,000
Recruitment & advertising	-	-	-	20,000	20,000
Loan repayment	-	-	-	150,000	150,000
	<u>1,231,523</u>	<u>-</u>	<u>-</u>	<u>898,069</u>	<u>2,129,592</u>

# Mind in Bexley and East Kent Limited

## Notes to the Financial Statements For the year ended 31 March 2022

### Restricted funds

Community Connect	40,096	121,000	(132,198)	-	28,898
BCT IMHA Advocacy	31,860	139,992	(171,852)	-	-
Bexley IAPT	419,016	2,529,784	(1,970,668)	-	978,132
Healthwatch	32,513	107,574	(103,168)	-	36,919
Employment Recovery	78,488	715,177	(697,157)	-	96,508
Transformation Hub	-	69,087	(3,246)	-	65,841
East Kent Live Well	-	90,602	(101,550)	-	(10,948)
	<u>601,976</u>	<u>3,773,213</u>	<u>(3,179,839)</u>	<u>-</u>	<u>1,195,350</u>
<b>TOTAL FUNDS</b>	<u>3,212,878</u>	<u>5,108,620</u>	<u>(3,826,104)</u>	<u>-</u>	<u>4,495,394</u>

### 18.1 MOVEMENT IN FUNDS - PRIOR YEAR

	<b>At 01.04.20</b>	<b>Income</b>	<b>Expenditure</b>	<b>Transfers between funds</b>	<b>At 31.03.21</b>
	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>	<b>£</b>
<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>

## Mind in Bexley and East Kent Limited

### Notes to the Financial Statements For the year ended 31 March 2022

#### Restricted funds

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>

#### Designated funds purposes:

Management recruitment - Recruitment to organisational and senior management incl specialism for HR support in Bexley and East Kent in addition to additional IT and Marketing support, support with narrative and quantitative data support and an operations lead due to significant growth and the development of East Kent in recent years

Fundraising - Recruitment fundraising support to develop Revival and explore diversifying income, now no longer required.

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

Research - Research East Kent/Bexley exploring the impact of Covid on MH, printing boards and exhibiting in order to raise awareness.

Tangible Fixed Assets - Designated fixed assets - an additional premise purchased in East Kent for service provision.

Accounting system - Allocated for software development, training, additional support and preparation for quality standards.

Building refurbishment - £30k for installation of new windows on the first floor, services & replacements of the air conditioning units and other maintenance works at Bexleyheath and Thanet premises and £150k costs towards quoted building works at East Kent - Revival Premises.

Marketing - IT and integrated website support Bexley & East Kent in order to improve reach

Staff - Allocated to cost of living support.

Training - Staff training and investment in new Breathe HR database.

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

Computers/IT - Digital investment including Digital Hub

Digital Support for IAPT - Allocated from Bexley IAPT services for service user support with access

Health and Safety - Covid specific Health and Safety, monies spent and no longer required.

Staff salary - Cost of living increases and financial support for staff to assist with retention and wellbeing.

# Mind in Bexley and East Kent Limited

## Notes to the Financial Statements For the year ended 31 March 2022

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Recruitment & advertising - Agencies fees for recruitment (IAPT).

Loan repayment - Reduce mortgage loan due to rising interest rates national and concern about long-term liabilities.

### 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. £400k for digital support with access due to national challenges with recruitment approved by SEL CCG in addition to staff recruitment costs and additional Data Support with IAPTus from SLAM. £574k C/F 22/23.

Healthwatch – In partnership with Age UK to represent views of local residents re Healthcare in Bexley. Staff recruitment C/F 22/23.

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

Transformation Hub (Stay Well in Bexley) - This community mental health service aims to deliver excellent integrated, recovery focused and effective evidence-based health and social care. The hub will make it easy for Bexley residents and anyone who is a carer to access a wide range of clinical and wellbeing services. C/F to spend in 22/23 with the set-up of the Hub.

### 19. OPERATING LEASE COMMITMENTS

At 31 March 2022 the Charitable Company had lease commitments under non-cancellable operating lease as follows:

	2022 £	2021 £
Not later than one year	19,039	31,357
Later than one year and not later than five years	117,500	122,463
	<u>          </u>	<u>          </u>

### 20. 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.

### 21. 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.